

June 1, 2020

Volume 1, Issue 8

CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

EXTENSION UPDATES

NYFB Launches Farmworkers Relief Database

New York Farm Bureau is launching a new system to connect farms in need of labor during the COVID-19 pandemic. During this time of uncertainty, farms may temporarily be down some employees who may have to quarantine due to the virus or to take care of a sick family member. This could potentially create issues on the farm, especially when livestock need to be cared for or during a critical time of the growing season.



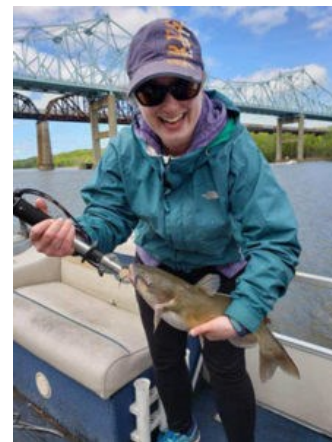
In turn, there is now an online database for farmers to turn to and for people who may be looking for additional, temporary agricultural work, perhaps someone who is in need of employment, may be retired from farm labor, or would like to add additional hours. Anyone who is interested and willing to work on a farm is encouraged to submit their information to the new database to potentially be matched up with a farm in need in their area. [Click here](#) to view the database...[continue reading article.](#)

Fishing: A great outdoor activity for the whole family with some advisories

By Diane Whitten, Nutrition Educator, Cornell Cooperative Extension of Saratoga County

Are you getting tired of just going for walks with the kids? Try fishing, a great outdoor activity for the whole family. Fishing provides an opportunity to explore new places in parks or along rivers and streams. It's also a great way to learn about water ecology and the many species of fish that live in the water.

Fishing is fun, and fish are a healthy source of protein. Most of the fish caught in New York State are healthy to eat, however, the New York State Department of Health has advisories in place regarding certain fish from specific bodies of water.



The body of water in our area where many fish advisories are in place is the Hudson River. Fish in the section of the Hudson River between the Hudson Falls Dam and the Federal Dam in Troy contain levels of chemicals called PCBs (polychlorinated biphenyls) that are unhealthy for anyone to eat.

Because of this, the New York State Department of Environmental Conservation has designated this section Catch & Release only. Below the Federal Dam, depending on where you fish and what you catch, your catch may be safe to eat. For more information, visit www.health.ny.gov/fish.

....[continue reading the article.](#)

Extension Responds:

Building Food System & Community Capacity

Diverse, flexible and strong throughout, the people of Cornell Cooperative Extension fill educational and crisis response gaps like no other organization in the state and county. Committed to helping our neighbors, especially the most vulnerable among us, CCE connects communities to services and resources from a variety of stakeholders, giving our communities access to no- or low-cost solutions to emerging challenges. Never has that been more important than during this COVID-19 pandemic as CCE has been on the front lines:

Assisting farmers and food processors with food donation initiatives to recoup losses and distribute valuable local food products across New York State



Advising food system workers including Spanish speaking farmworkers, and UPick and farm stand operators on workplace health strategies and food safety practices that keep workers safe and food consumers nourished



Keeping farmers and food producers up to date on rapidly changing policies



Leading face covering and sanitizer distribution initiatives to help protect the essential employees supporting New York's food systems



Organizing dairy drives and meal delivery to help New Yorkers who are suddenly dealing with food insecurity



Bringing much-needed educational services and virtual connection opportunities to all New Yorkers, from vulnerable seniors to homebound youth, to help them cope with social isolation



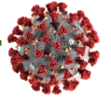
Continuing to engage children, families, and individuals in reliable research-based educational opportunities designed to support emotional, physical and financial wellbeing of all

OUR MISSION

Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

CCE Saratoga in times of COVID-19

CCE prioritizes the health, safety and well-being of the communities we serve. Given the uncertainty surrounding COVID-19, and due to an abundance of caution, all on-site and off-site programs, workshops & 4-H activities and all 4-H Club meetings are cancelled effective immediately until further notice.



In addition, our offices will be closed to the public, including our volunteers, beginning at noon on Wednesday, March 18, again, until further notice.

Please be assured we are committed to supporting our communities through this very difficult time and encourage you to [visit our website](#) and social media regularly for up-to-date information including links to relevant websites.

If you need to contact us, call (518) 885-8995 and leave a message or email [our staff](#).

Deer Impacts on Vegetation

Wednesday, June 10, 2020, 10:00 AM - 11:00 AM

Join us for this exciting training to learn about how deer might be impacting your native plants, in both forests and gardens. Deer populations can reduce native plant regeneration and presence while creating opportunities for invasive plants to gain ground and thrive. Tracey Testo, Natural Resource Program Coordinator, will bring us to the forest to discuss how to identify these impacts. Donna Peterson, Community Horticulture Program Coordinator will take us to the gardens to talk about deer impacts on native plantings. During this training, participants will also learn about a monitoring activity called AVID- Assessing Vegetation Impacts from Deer. You can become a citizen science and learn how to use native trees and wild-flowers to monitor your land.



Link <http://ccesaratoga.org/events/2020/06/10/deer-impacts-on-vegetation>

Stink Bugs

Now is the time of year for brown marmorated stink bugs to look for overwintering spots in homes and buildings. Learn how to identify them and prevent them from entering your home with Cornell's Community IPM guidelines at:

[Community IPM: The Unwelcome House Guest: Brown Marmorated Stink Bug – A Guide for Residents, Property Managers, and Pest Management Professionals](#)



Interim Guidance for Prevention and Response of COVID-19 at Farms

New York state has released official guidance specific to farms addressing COVID-19 (Novel Coronavirus). You can find the document titled “Interim Guidance for Prevention and Response of COVID-19 at Farms” at this link: <https://agriculture.ny.gov/interim-guidance-prevention-and-...>

The document covers: cleaning and disinfection, face coverings, social distancing, high-risk locations, coordination with local health departments, employee health screening, quarantine/isolation, and farm-provided employee housing.

A companion document is a helpful checklist for farms to be sure they have covered every required item: <https://agriculture.ny.gov/covid-19-operator-checklist-farms>.



USDA allows extensions on insurance deadlines, deferral of interest

Extensions to help producers amid Coronavirus Pandemic

USDA’s Risk Management Agency (RMA) is making further adjustments to assist producers during the COVID-19 pandemic. Specifically, Approved Insurance Providers (AIPs) are authorized to extend the deadlines for payment of premiums and administrative fees, defer the resulting accrual of interest and to extend the correction time period for acreage reports or other forms...[continue reading article](#).

Northeast Dairy Management Webinar Series

During June Dairy Month

Hosted by PRO-DAIRY and NEDPA, the [Northeast Dairy Management Webinar Series](#) is a five-part presentation series to re-energize businesses and improve performance, even in challenging times, and includes presentations and speakers that would have been featured at the Northeast Dairy Management Conference in March. The series will include one-hour webinars held each Wednesday at 1:00 PM EDT, June 3 through July 1.

[Registration](#) is required, but free, and participants will receive links to all five live, weekly presentations. In addition to the live feed, registrants will have access to the recorded sessions.



June 3, 2020: Managing Employees in Challenging Times (Because They're Always Challenging Times)
- Tom Wall, The Dairy Coach

June 10, 2020 Evolutions and Revolutions: A New Normal - Phil Plourd, Blimling and Associates

June 17, 2020 Good Times, Bad Times - Lean and Flexibility - Cheryl Jones, University of Kentucky

June 24, 2020, 2020 Financial Check-Up - Steve Bodart, Compeer Financial

July 1, 2020, Producer Panel Discussion - Moderator: Rich Stup, Cornell Ag Workforce Development



Need help managing your diabetes?

DINING WITH DIABETES

a program for people with diabetes or prediabetes and their family members. Participants will learn how to fit carbohydrates into a healthy menu, effectively use food labels, choose meals at a restaurant and adopt other healthy habits to help manage diabetes through healthy eating. Recipes will be provided.

CCE

**JOIN US VIA ZOOM:
CORNELL COOPERATIVE
EXTENSION
ALBANY, SARATOGA &
WARREN COUNTIES**

JUNE 4, 11, 18, 25
10-11 AM

PRESENTED BY
NUTRITION EDUCATORS

KAREN MORT, MS
CCE ALBANY CO.

DIANE WHITTEN, MS
CCE SARATOGA CO.

MARYBETH
MITCHAM, MPH
CCE WARREN CO.

Zoom Registration Link:

<https://cornell.zoom.us/join/register/tJ0ocuutqjgpGtUQTb8qcund3Zz9jpKEmBts>

Food Preservation Educational Series via Zoom for 2020

Register for one or all of these **FREE** classes taught by Diane Whitten, CCE Nutrition Educator and Cornell Certified Master Food Preserver. You must register for each one separately.



Friday, May 1, 11 am

Freezing Vegetables: Learn tips & techniques for getting the best quality frozen vegetables. Will include blanching, dry and tray packs, plus types of packaging.



Friday, May 22, 11 am

Freezing Berries & Other Fruit: Learn tips & techniques for getting the best quality frozen fruit. This class will include dry pack, tray pack, sugar pack and syrup pack.

Friday, June 12, 11 am

Making Strawberry Jam: Learn how to make a full sugar, low sugar or no sugar jam, plus freezer jam; a no cook recipe great for kids that requires no canning equipment. This class will cover the basics of canning in a boiling water bath or steam canner, including equipment needed. [Register here](#)

Friday, June 26, 11 am

Fermenting Vegetables: Learn how easy and fun it is to ferment foods at home, including sauerkraut and kim chi. This class will include equipment, tips and techniques for successful fermentation. The health benefits of probiotic bacteria in fermented foods will be discussed. [Register here](#)

Friday, July 17, 11 am

Canning at Home; An Intro to Boiling Water, Steam and Pressure Canning: Learn when and how to use these different canning methods. This class will include a discussion of low acid and high acid canning, plus how to avoid botulism food poisoning. [Register here](#)

Friday, July 31, 11 am

Quick Pickling: Learn tips and techniques for successful pickling, including making a crisp pickle. This class will cover pickling ingredients, plus the basics of canning in a boiling water bath or steam canner, including equipment needed. [Register here](#)

Friday, August 14, 11 am

Pressure Canning Vegetables, Meats & Soups: Learn the procedures for safely canning low-acid foods, such as vegetables, meats, and soups in a pressure canner. This class will include a discussion of dial gauge vs. weighted gauge pressure canners and how to use them. [Register here](#)

Friday, September 11, 11 am

Canning Salsa & Tomatoes: Learn how to can whole and diced tomatoes, plus make salsa. This class will cover the basics of canning in a boiling water bath or steam canner, including equipment needed. [Register here](#)

Friday, September 25, 11 am

Dehydrating Fruits & Vegetables: Learn tips and techniques for getting quality dehydrated fruits & vegetables. This class will include a discussion of types of dehydrators. [Register here](#)

Friday, October 16, 11 am

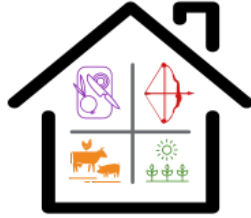
Making Meat Jerky: Learn how to safely make your own jerky in an oven or food dehydrator. This class will include the three methods of making a safe jerky, options for marinating, plus testing for doneness. [Register here](#)

For more information on the Food Preservation Educational Series contact Diane Whitten at dsh23@cornell.edu

If you've never used Zoom before, follow this link for information on the basics of joining a Zoom meeting. <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

Homesteaders & Self-sufficiency

CCE Saratoga educators have created an [educational webpage](#) where people can learn all aspects of becoming self-sufficient and what it means to have a homestead. The informational platform brings together agriculture (Livestock & Animal Husbandry, Food Preservation & Preparation, Hunting & Gathering, and Planting & Growing recourses.

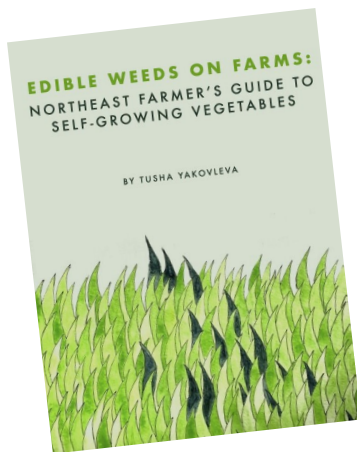


Edible weeds on farms:

[Northeast Farmer's Guide to Self-growing vegetables](#)

A resource guide for wild edible plants on cultivated soils

Edible weeds are nourishing, resilient, powerful, culturally rich, ecologically essential, economically useful, and much maligned. Weeds can compete with cultivated vegetables in some spaces, but to consider them a nuisance is to disregard the ecological, social, and economic benefits they contribute to a farm or garden. To the farmer, edible weeds provide supplemental income, diversify production, abate biological risks, offset labor costs and fossil fuel input, and open new markets. To everyone else, edible weeds offer novel flavors and phytonutrients that may be inaccessible from cultivated crops. Ecologically, weeds can increase biodiversity, heal soil, protect water, and guard sown crops. Socially, they encourage the sharing of cross-cultural food stories, strengthen farm communities, address food insecurity, and raise opportunities for environmentally harmonious land stewardship. [Click here for link.](#)



HOMESTEADING Video Series

CCE Saratoga County is pleased to announce a brand new virtual series for Homesteading and Self-sufficiency. This [8-week video series](#) will be hosted on our website with a new video released every Wednesday starting May 13th.

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For more information or questions, email Nicolina at nvf5@cornell.edu

TOPICS include.....



[Adding Livestock to a Homesteaders Backyard](#)

Wednesday, May 13



[Permaculture and Homesteading](#)

Wednesday, May 27



Annual Vegetables

Wednesday, June 3



Perennial Vegetables

Wednesday, June 10



Natural Resources: Edible Foraging

Wednesday, June 17



Backyard Chickens 101

Wednesday, June 24



Water Bath Canning 101

Wednesday, July 1



Fermenting Vegetables

Wednesday, July 8

***Please Note: Dates have changed from previous newsletter**

Test your Soil's pH

Spring has sprung, which means its time to test your soil and get it prepared for planting, whether for lawn, vegetable or flowers.

April - May is the time to test your soil pH to determine if it is within the preferred range of 6.5-7.0. If not, recommendations will be given to either apply lime to increase the pH or apply sulfur to reduce the pH.

TAKING A SOIL SAMPLE ...THE CORRECT WAY

For most situations (Lawn, vegetable garden, ornamentals, etc.), the soil should be sampled every 2 to 3 years. For situations involving high-value cash crops or soils under intensive use, it is recommended that the soil be tested prior to planting the crop.



Soil samples may be taken at any time during the year; however, avoid extremely wet soil conditions unless absolutely necessary. It is recommended that successive samples from a given situation be taken about the same time of year.

- (1) Using a garden spade or shovel (if available, a soil probe or auger works best) slice into the soil to a depth 4-6 inches.
- (2) Take a one-inch-thick slice of soil from the side of the hole. Repeat this process to obtain 5-10 samples, randomly taken, depending on the size of your lawn or garden.
- (3)** Combine all samples into a clean container and mix thoroughly, removing any plant debris or stone.

ONE CUP OF SOIL IS ALL THAT IS NEEDED FOR Ph TESTING (IF SENDING FOR COMPLETE ANALYSIS 2 CUPS ARE NECESSARY). Avoid as much hand contact as possible as it may alter the true pH of the soil.

- (4) If your soil is wet, you will need to let it dry. Let it dry naturally. **DO NOT** dry in a conventional or microwave oven.
- (5) Label samples for proper identification (ie: back lawn, vegetable garden). Include your name, address, daytime phone number, and email address.

Samples can be brought to the Cornell Cooperative Extension Office, 50 West High Street, Ballston Spa for testing. There is a fee of \$1.00 per sample for pH testing. Currently the turn around time for samples is a max of one week. **Please use the Soil Sample Drop Off Box located in front of the building entrance.**



PLEASE NOTE



Cornell Cooperative Extension of Saratoga County is no longer accepting soil samples needing nutrient analysis testing that requires being sent to AGRO-ONE. In an effort to cut down on the number of handlers, we ask that you send your samples directly to them. Please [visit their website for directions](#). We will continue to accept samples for pH testing only. If you have any questions, email Jessica Holmes, jmh452@cornell.edu.

Vegetable Garden Resources

Community and home food gardening are active and affordable ways to improve food security status and be an ecological steward. Vegetables and fruits can be grown in containers, raised beds, or directly into the ground. There are many resources about vegetables gardening at Cornell University and beyond to help one recognize common vegetable families, identify common garden pests and diseases, examine methods to start vegetable seeds indoor and outdoor, and describe pest management practices for water, weed, pest prevention, and nutrient management for maintaining vegetable and herb crops...[continue reading to access the vegetable gardening resources](#).

Companion Planting

Mary Concklin, Extension Horticulturist, Penn State Cooperative Extension -Montgomery County
National Sustainable Agricultural Information Service

Plants influence other plants in ways that are mutually beneficial, detrimental or provide something positive such as protection or improved growth. Utilizing any of the positive attributes may help you produce better quality produce, reduce pesticide usage.

Some of the benefits include nitrogen fixation. Legumes-such as peas, beans, and clover-have the ability to fix atmospheric nitrogen for their own use and for the benefit of neighboring plants via symbiotic relationship with Rhizobium bacteria. Forage legumes, for example, are commonly seeded with grasses to reduce the need for nitrogen fertilizer. Likewise, beans are sometimes interplanted with corn.

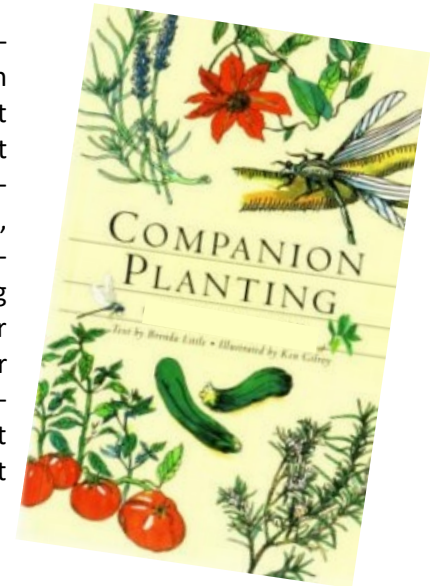
Sometimes, a neighboring crop may be selected because it is more attractive to pests and serves to distract them from the main crop. An excellent example of this is the use of collards to draw the diamond back moth away from cabbage

Some plants exude chemicals from roots or aerial parts that suppress or repel pests and protect neighboring plants. The African marigold, for example, releases thiopene-a nematode repellent- making it a good companion for a number of garden crops. The manufacture and release of certain biochemicals is also a factor in plant antagonism. Allelochemicals such as juglone-found in black walnut-suppress the growth of a wide range of other plants, which often creates a problem in home horticulture. A positive use of plant allelopathy is the use of mow-killed grain rye as a



Image by [Jean-noël Lafargue](#)

mulch. The allelochemicals that leach from rye residue prevent weed germination but do not harm transplanted tomatoes, broccoli, or many other vegetables. Instead of leaving your garden bare for the winter, consider planting a rye cover-crop, and then mow it in the spring and plant through the cut rye.



Physical spatial interactions provide synergistic benefits for different plants. For example, tall-growing, sun-loving plants may share space with lower-growing, shade-tolerant species, resulting in higher total yields from the land. Spatial interaction can also yield pest control benefits. The diverse canopy resulting when corn is companion-planted with squash or pumpkins is believed to disorient the adult squash vine borer and protect the vining crop from this damaging pest. In turn, the presence of the prickly vines is said to discourage raccoons from ravaging the sweet corn.

Beneficial habitats-sometimes called refugia-are another type of companion plant interaction that has drawn considerable attention in recent years. The benefit is derived when companion plants provide a desirable environment for beneficial insects and other arthropods-especially those predatory and parasitic species which help to keep pest populations in check. Predators include ladybird beetles, lacewings, hover flies, mantids, robber flies, and non-insects such as spiders and predatory mites. Parasites include a wide range of fly and wasp species including tachinid flies, and Trichogramma and ichneumonid wasps.

[Companion Planting Chart](#)

Buy Local at Farmers' Markets

Each week throughout the growing season, the public can experience the freshest seasonal fruits, vegetables, herbs, bedding plants, perennials



and fresh-cut flowers that are grown locally, with many being organic. Crafters offer body botanicals, soaps, fine millinery, pottery, handbags, candles, jewelry, and crafts. The local farms produce cheeses, yogurt, jams, wines, maple syrup, honey, free-range eggs, fish, pork, poultry, and beef, along with specialty foods that will keep you returning again and again for quiches, soups, sauces, breads, pastries, cookies, and barbecue. Find a Farmers' Market near you from the list below:

Ballston Spa

Ballston Spa Business & Professional Assoc.

Thursday 3-6 pm, June 18 – September

Wiswall Park, Front St.

Saturday 9-noon June 13 – September

Cyndi Pastore, 885-2559

Burnt Hills

Rt 50 Farmers Market

Saturday 9-1pm, June 6 – October

802 Route 50 between Dino's Pizza and Burnt Hills Café

Sarah Emerich, semerich402@gmail.com

Clifton Park

Saratoga Farmers' Market Association

Thursday 2-5 pm, July—October

St. George's Church, Route 146

www.saratogafarmersmarket.org

Galway

Galway Farmers' Market

Friday 4-7pm, July — October

5078 Sacandaga Road

Under the pavilion

Sue Sutch 518-882-5367

Mike Tillson 518-882-9306

www.facebook.com/GalwayFarmersMarket

Gansevoort

Village Park

Thursday 3-6 pm, June – October

Linda Gifford, 792-0198

Greenfield

Town of Greenfield Historical Society

Middle Grove Park

Friday 4-7 pm, late June—September

Ron Deutsch 518-469-6769

Malta

Allerdice ACE Hardware parking lot

2570 Route 9

(Just south of Malta Community Center)

Tuesdays, 3:00pm – 6:00pm

www.saratogafarmersmarket.org/malta-farmers-market

Saratoga Springs

Saratoga Farmers' Market Association

Summer Market at High Rock Park

Saturday 9-1pm & Wednesday 3-6 pm

May – October

Winter Market at Lincoln Baths

Saturday 9-1pm

November – April

www.saratogafarmersmarket.org

Spa City Market

Sunday 10-3pm

All Year May-October 10am-3pm

and November-April 10am-2pm

Lincoln Baths 99 S Broadway

Shannon Campagna, 518-915-2200

www.spacityfarmersmarket.com

South Glens Falls

Village Park

Monday 10-1 pm June – October

Linda Gifford, 518-792-0198

Waterford

Waterford Harbor Farmers Market

Sunday 9am-1pm June – October

Waterford Harbor Promenade

Jeanne Grebert, 207-7514

www.facebook.com/waterfordmarket

Buy Local at Saratoga County Farms

Willow Marsh Farm

Monday—Tuesday **Closed**
Wednesday—Friday **10am –6pm**
Saturday **10am-5pm**
Sunday **12pm-5pm**
(518) 885-8731
343 Hop City Rd
Ballston Spa, NY 12020

King Brothers Dairy

Home delivery available
Monday—Saturday **9am-7pm**
Sunday **12pm-5pm**
kingbrothers.deliverybizpro.com
(518) 695-6455
311 King Rd,
Schuylerville, NY 12871

Old Saratoga Mercantile

Place orders online, with curbside pickup only.
*schedule curbside pickup time
Monday –Friday **9am-6pm**
Saturday—Sunday **9am-5pm**
www.oldsaratogamercantile.com
(518) 695-3678
1120 NY-29,
Schuylerville, NY 12871

Wm. H. Buckley Farm

Curbside pickup is available
Friday **9am to 4pm**
Saturday **9am to 4pm**
Sunday **9am to 4pm**
www.buckleyfarm.com
(518)-280-3562
946 Saratoga Road
Ballston Lake, NY 12019

Smith Orchard

Pie Shop closed but Orders available with scheduled pickup
Monday **9am-6pm**
Tuesday **Closed**
Wednesday —Saturday **9am-6pm**
Sunday **9am–2pm**
(518) 882-6598
4561 Jockey Street
Ballston Spa, NY 12020

Greenfield's Forever

Self Service
Monday –Sunday **8am-5pm**
(518) 265-1322
236 Wilton Rd.
Greenfield Center, NY 12833

Saratoga Apple

Store is open; Curbside pick up is available.
Friday & Saturday Pop up dinners are available from *Vashti's kitchen delights*
vashtiskitchendelights.com
Monday –Sunday **9am-6pm**
(518) 695-3131
1174 NY-29,
Schuylerville, NY 12871

9 Miles East

Order meals and schedule delivery's online
subscriptions.9mileseast.com
(518)-810-3731
adam@9mileseast.com



Maple Valley Farm

Call ahead to place order
Monday –Sunday **10am-4pm**
(518) 654-8775
84 Harris Rd.
Corinth, NY 12822

Sugar Oak Farms

Online orders available for scheduled pick up and delivery within 10miles
Store Open Thursdays
10am-1pm & 7pm-9pm
www.sugaroakfarms.com
(518) 288-8653
50 Atkins Rd.
Malta, NY 12020

Maple Hill Farms

Open Monday– Sunday **8 am-5pm**
(518) 863-4188
167 Tennantville Rd.
Edinburg, NY 12134

Nightingale's Maple Farm

Monday-Saturday **12-6pm**
Sunday **Closed**
(518) 882-9334
4888 Jersey Hill Rd,
Amsterdam, NY 12010

Thomas Poultry Farm

Monday-Friday **7am-12pm**
Saturday **9am-2:30 pm**
(518) 695-3427
411 Stonebridge Road
Schuylerville, NY 12871

Virtual Horse Symposium



CCE Equine continues to offer their six week Virtual Horse Symposium Series. With over 300 people registered and about 30-50 people in attendance so far it has been a great success. CCE Equine is proud to offer quality virtual programming done by our team

at CCE Equine and professionals in the field donating their time to talk about their specialties. We have host-

ed a variety of presentations including an emergency planning, hoof care for the horse owner, and pasture management for the horse owner. There are three weeks left in our Virtual Horse Symposium hosted on Thursdays at 6:00. Future topics include Equine nutrition and horse behavior and clicker training.



To register please follow this link: https://cornell.qualtrics.com/jfe/form/SV_3r5H1ppzKYN9pC5

Grazing Systems for Livestock and Horses

Pick a grazing strategy that best matches your management system for your operation.

Pasturing horses and other livestock is often the most economical and easiest way to feed. Producers have several options for grazing livestock and horses. Some grazing strategies are better at maintaining pasture ground cover and reducing the risk of overgrazing than others. Remember that in the Eastern United States, any grazing and pasture turnout should not start until the grass has reached a height of 6 inches, and should be stopped when grass has been grazed down to 3 to 4 inches. Here are some grazing strategies to choose from; pick one

that best matches your management system for your operation:

- Continuous (24hrs/7day a week) grazing
- Limiting turnout time (used most often with horses)
- Rotational grazing



[...continue reading the article.](#)

Penn State Extension

Fence Planning

Fence Planning for Horses features of a horse facility. But not all fence is suitable for horses.

Horse fence can be one of the most attractive features of a horse facility. But not all fence is suitable for horses. Fencing is a major capital investment that should be carefully planned before construction. A fence should keep horses on the property and keep away nuisances such as dogs and unwanted visitors. Fences aid facility management by allowing controlled grazing and segregating groups of horses according to sex, age, value, or use.



Well-constructed and maintained fences en-

hance the aesthetics and value of a stable facility, which in turn complements marketing efforts. Poorly planned, haphazard, unsafe, or unmaintained fences will detract from a facility's value and reflect poor management. Good fences can be formal or informal in appearance, yet all should be well built and carefully planned. Many experienced horse owners will relay stories about the savings for cheaper, but unsafe, horse fence (barbed wire, for example) eventually being paid for in veterinary bills to treat injured horses....[keep reading.](#)

Penn State Extension

Keeping your child safe “Every Ride Every Time” is CCE’s goal!

CCE of Saratoga is committed to meeting the needs of county residents during this pandemic. Our Occupant Protection Educator has been working with all of the County Agencies so that those in need of car seats can have their needs met. Many families in Saratoga County are having babies and many children are getting bigger needing a different size car seat. CCE’s Occupant Protection Educator has a few options for those families truly in immediate need and we have a set of guidelines for you to follow listed below:



1. Families meeting low income guidelines or that have been financially impacted with job losses, please call your case worker at any Saratoga County Social Service Agency to have a referral sent to CCE. If you do not have a caseworker please

call our office at

518-885-8995 x 2228 and leave your name, return phone number and information about your child’s height, weight, age, type of vehicle (make, model, year). Your call will be returned and arrangements based on your individual situation will be made to get you a car seat to meet your child’s needs and properly installed.

2. If you have a car seat and need help with proper installation, please call our office at **518-885-8995 x2228** and arrangements will be made.

3. CCE can offer virtual installation opportunities and if you are not able to do a virtual installation, we can make an appointment to meet using safety guidelines.

- Your vehicle must be cleaned inside prior to appointment
- You must disinfect your vehicle prior to coming
- Everyone in vehicle must wear a mask at time of visit
- CCE’s Instructor will be fully covered in a 1 piece coverall, with a mask and gloves, have Clorox wipes and disinfectant spray for before and after the installation.

- Families will be required to actually install the seat with the Instructor using social distancing to do “curbside education” so the seat will properly installed and all necessary education can be given.
- If you have the capability to do FaceTime or zoom, CCE’s Instructor will make arrangements to connect with you and virtually educate you on installing your car seat.

CCE is committed to the safety of all our Saratoga County residents and we are working each day to offer as many opportunities as possible while ensuring everyone is safe and following every safety protocol available.



- CCE’s Instructor is currently producing videos that will be available to offer you education on NYS Child Passenger Safety Laws, best practices, understanding car seat parts, how to change and use harness straps, correct use of LATCH, locking clips, the vehicle seat belt system, what are non-regulated products and actual hands on step by step installation of car seats, booster seat and when a child is ready for using the vehicle seat belt.

Keeping your child safe “Every Ride Every Time” is CCE’s goal. We are excited to be a part of your child’s safety in your vehicle with these new opportunities.

For more information on Child Passenger Safety please [click here to view our Buckle Up Properly Brochure](#)

Or click on <http://www.safeny.ny.gov>

Or: <http://www.nhtsa.gov>

Or: <http://www.safekids.org>

Ongoing Educational Programs for Parents/Caregivers

The Magic Years

Four-part parenting education program for parents/caregivers of children **ages 0 - 4-years-old**. Topics include understanding the stages of child development, the benefits of nurturing routines at home, and



managing parent & child stress. Different parenting styles, and strategies to implement positive discipline techniques will be discussed.

This current version will also include tips for parents on managing within the current COVID-19 crisis.

Program is offered **via Zoom on Tuesdays & Thursdays at 11:00 am**. Participants are awarded a certificate of completion upon attendance and completion of all four sessions.

Registration is required participants will be provided with the meeting information. Contact Maria at mkd59@cornell.edu or text 518-598-9937 to register.

Lessons and online driving skills for the young driver

This program will provide insight into what your teen is learning as part of a simulation-based, driver training course. The purpose of this program to allow you to follow along with your teen as they learn safe driving techniques .

Each lesson in this program will share the same techniques your teen would learn in a classroom setting. The difference being, your teen will interact directly with a simulator to gain hands-on experience using various driving techniques. In this program, you will not need to drive and there are no tests to take, so enjoy.



Follow the [link](#) for lessons and online driving skills for the young driver.

Login is: **parentcompanion2020**

The Virtual Strengthening Families Program

The Virtual Strengthening Families Program is a parenting education program for parents/caregivers of **school-age youth – teens**.

Topics include understanding child/teenage development, common youth challenges and how to help youth navigate their world. Ideas on how to improve family communication skills, keep kids safe online, and positive youth and family activities that can help during this challenging time will be shared.



The Virtual Strengthening Families Program is offered **via Zoom on Wednesdays at 11:00 am** on an ongoing basis. Participants are awarded a certificate of completion upon attendance and completion of all four sessions.

Advance registration is required. Upon registration, participants will be provided with the meeting information. If the use of cellphone data is a concern, participants may also call into the program to participate. Contact Maria at mkd59@cornell.edu or text 518-598-9937 to register.

Games teach farm safety skills to young children

The Propane Education & Research Council is sharing an interactive online activity center for parents and caretakers of preschool and young school children looking for fun learning opportunities while much of the country is keeping safe at home.



The site, PropaneKids.com, includes games, activities, and even science experiments for children that are designed to reinforce the importance of propane safety and education with a focus on the farm.

...[Read more](#)

Mrs. Curren's 4-H Happy Place—Ongoing Activities

Mrs. Curren is bring 4-H School Outreach to elementary students through her “4-H Happy Place.” [Mrs. Curren's 4-H Happy Place](#) is a place to extend the fun and learning usually experienced in the classroom ... just in your home. The 4-H Happy Place is designed with you and your family in mind. Everyone is encouraged to participate. All programs are specially designed by Mrs. Curren to be age appropriate for elementary students with some adult help required at times. Keep checking [Mrs. Curren's page](#) for updates.



Saratoga Trail BINGO Challenge

The [Saratoga County Trail Challenge](#) has been going through a transformation. There are now Bingo cards for 10 trails throughout the county. There are also extended learning pages that are being uploaded that can be printed or used online. The pages highlight a sampling of the most common things seen while walking in the woods in Saratoga County. Included are realistic coloring pages, information on trees and links to the Cornell Lab of Ornithology for bird identification. The images in the coloring pages can be colored on line as well as on paper and links can be accessed on smartphones and used on the trail.



Create Your Own Pollinator Garden

Pollinators, such as honey bees, butterflies, and birds, move pollen from the male flower (or male part of a flower) to the female flower (or female part of a flower) in order to bring about fertilization. This results in the creation of seeds and the fruit surrounding the seeds. In other words, more flowers.



Mrs. Curren has created a web-based learning unit called “[Create Your Own Pollinator Garden](#)”. The series has videos to instruct you on container and raised bed gardening, as well as, information on soil and how to make your own. Mrs. Curren demonstrates how to make seed bombs and seed strips. There is also a shopping list provided of all supplies needed in order to do so.

Build Your Own Bluebird Nest Box

23 Bluebird nest box kits were picked up at the 4-H Training Center on Wednesday May 6, 2020.

If you missed the event and wish you build a bluebird nest box of your own, visit our [website](#) to get plans, and follow along with the videos.



4-H Virtual Field Days (Teachers Only)

There has been an overwhelming response from Saratoga County teachers for the 4-H Virtual Field Days. The Animals, Food and Agricultural Life Field Day currently has a registration of 66 classrooms in 29 elementary schools for a total over 1300 six to eight-year-olds in grades 1st – 3rd. The Environmental Field Day has over 73 registered classrooms in 24 school with a total of over 1700 nine to twelve-year-olds in grades 3rd-5th. The classrooms consist of public and private schools, homeschools and special education classrooms.

The 4-H Virtual Animals, Food and Agricultural Life Field Day will feature videos Saratoga County farmers presenting life cycle and care videos about horses, goats, chickens, cows, sheep, pigs and more.

4-H Virtual Environmental Field Day will feature 10-minute presentations by agencies and professionals in Saratoga County on subjects such as aquatic macroinvertebrates, by DEC, Safety in the Woods by Adirondack Search and Rescue, Eastern Bluebirds by Greg Stevens 4-H, The Hudson Water Fish Advisory Go Fish! Program by Diane Whitten, DEC Forestry and more!

If you are a teacher in Saratoga County and would like more information, contact Julie at jac275@cornell.edu.

Want to Join 4-H?

Saratoga County 4-H is as diverse as the members of our communities! It is a fun, hands-on, youth development program.



4-H is...an American Idea - the world's largest dynamic, informal educational program for young people based on demographic principles. The real essence of the 4-H movement is defined by three goals.

Even though our programming has been impacted by COVID-19, we are still taking new 4-H members. If you or someone you know would like to become a 4-H member, you can call and leave a message for Leland at 518.885.8995 or email glb76@cornell.edu.

4-H Enrollment Forms

Become a 4-H Leader

4-H volunteer leaders are the core group of every successful 4-H program! As a 4-H volunteer leader, you play a key role in helping young people grow as individuals, acquire new knowledge and skills, and become active members of their communities. You will gain personal satisfaction and pride in knowing you have contributed significantly to the personal development of youth.



All potential adult 4-H volunteers must go through our screening process and introductory education class. Contact Leland Bunting at the 4-H office for a leader information packet.

4-H Facebook

Visit our Saratoga County 4-H Facebook page for virtual activities and 4-H happenings. There are plenty of activities to enjoy.



4-H Teen Zoom Meet-Ups and Virtual Interstate Exchange

Saratoga County 4-H Teen Council is hosting weekly Zoom meet-ups for our 4-H Teen members so that we can all stay connected while social distancing. Each week we talk about things that are going on in our lives, share ideas for staying busy and play fun games.

We are also arranging Virtual 4-H Teen Exchanges with other states. All teens are invited to participate in these fun exchanges and meet new 4-H friends from across the country!

If you would like more information about how to join these meet-ups, please email Leland at glb76@cornell.edu

Teen Council is a countywide group specifically for teen members. Its purpose is to help teen 4-H'ers develop



leadership skills, while helping to build a strong, county 4-H program that benefits all members and volunteers. Teen Council members meet monthly to plan and implement 4-H educational programs, as well as community service, fund raisers and social activities.

Any enrolled 4-H member ages 13-18, is eligible to join Teen Council. New members can join at any time during the year. If you would like more information about how to join these meet-ups, please email Leland at glb76@cornell.edu

Saratoga County 4-H Alumni Facebook Group

We are excited to announce the launch of our Saratoga County 4-H Alumni Group. We hope this group will help our 4-H Alumni

**SARATOGA COUNTY
4-H ALUMNI**



connect with their fellow 4-H'ers! If you are a former Saratoga County 4-H'er, please join in on the fun.

Website and Social Media

Click the photos to be navigated to each of our Facebook accounts:



CCE Saratoga



4-H



CCE Equine



Agriculture
Economic
Development



Capital Region
PRISM

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Laura McDermott	

Central NY Dairy, Livestock and Field Crops

Kevin Ganoë	Ashley McFarland
David Balbian	Nicole Tommell

GC-SBN Leads

Mike Ryan	Erik Yager
Jim McNaughton	



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