

June 7, 2021

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CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

EXTENSION NEWS

NY Invasive Species Awareness Week June 6-12

What are you doing for New York Invasive Awareness Week [#NYISAW](#)? From June 6-12, you can take part in local outdoor events, important community science, and engaging webinars to learn why invasive species are a problem and how YOU can make a difference. To learn about these events visit www.nyisaw.org. Click picture above to view video.

New York Invasive Species Awareness Week

[#NYISAW](#) June 6-12, 2021

0:09 / 1:12 New York ISAW from June 6th through the 12th



FOREST PEST WOODS WALK

JUNE 9TH 6:30 - 7:30 PM

Join us along with Kristopher Williams, coordinator of the Partnership for Regional Invasive Species Management (PRISM) through the Cornell Cooperative Extension of Saratoga County for a walk through the woods! Along the way participants will look out for and learn about forest pests that are commonly found in the local area.

Registration is required.

For more information or to register for this event please contact the Wilton Wildlife Preserve & Park Office at (518)-450-0321 or via email at info@wiltonpreserve.org

Conserving ecological systems and natural settings while providing opportunities for environmental education and outdoor recreation.
INFO@WILTONPRESERVE.ORG (518)-450-0321

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.

June is Dairy Month



Photo credit: NYS Dept of Ag & Markets

June 1st was World Milk Day – the annual kickoff to Dairy Month! Dairy is the largest single segment of New York's ag industry. Our state has nearly 3,600 dairy producers that produce over 15 billion pounds of milk annually, making New York the nation's 4th largest dairy state. The dairy community in NY includes both large dairy operations and small, family run farms. It also boasts processing facilities of various types and sizes, from major global processing companies to small artisanal dairy product makers.

The NYS Department of Agriculture and Markets has a lot planned this month, like fun giveaways, exciting events, spotlights on their dairy inspectors, and interesting facts about dairy farms around the state. Stay tuned throughout the month as we celebrate all things [#DairyMonth!](#) [#juneisdairymonth](#) [#worldmilkday](#)

Sundae on the Farm



Bring the whole family for Ice Cream Coupons donated by:



(while supplies last)

Sunday

June 20, 2021

11 AM - 2 PM

Mill Creek Farm

1019 Co Rd 70, Stillwater

Owned by: Anne Morgan,
Michael Morgan, Samantha
Little, and in Memory of Tim
Little (04/1953-06/2018)

FREE Drive-Through Tour

- Learn about AGRICULTURE
- Tour the Farm & See
- Dairy Cows
- Beef Cows
- Meat Sheep
- Horses
- Farm Equipment
- Golden Horseshoe Hunt

(Audio Recording of Local Farm Families
With a tribute to Farm Fathers on Father's day!)



For more information contact Cornell Cooperative Extension
518-885-8995

June Is Dairy Month



Summer safety tips for children staying at home or working on the farm

Amid the warm weather, energy, and excitement, it is important to keep safety at the forefront



With Memorial Day marking the unofficial start to summer, longer days and warmer weather will lead to a rise in outdoor recreation in the upcoming months. Additionally, students have been eagerly counting down the final days until their summer break begins. However, amid the warm weather, energy, and excitement, it is important to keep safety at the forefront.

In coming summer months, youth may find themselves helping on the farm a bit more, or maybe even helping to watch over a younger sibling at home alone during the workday. No matter the case, families should begin important conversations about safety expectations.

For age-appropriate children staying at home alone during the workday, start by establishing safety rules and boundaries for when an adult is not able to be with them. Remind them to be careful about what they share on social media – as what may seem like an innocent post or “snap” could unintentionally alert others that they are home alone. For older children and early teens, especially those providing the childcare for their younger siblings, ensure that they know what to do in case of an emergency. It is also important for the parent or guardian to identify a trusted neighbor that can periodically stop in and be available in the case of an emergency for the children at home alone. If children will be preparing meals during the day, make sure that they understand how to stay safe around kitchen appliances and cooking tools, such as stovetops, microwaves, knives, and other sharp objects. Adults should also reinforce why it is important to read product directions before cooking, along with tips on how to prevent fires and burns and what to do should one occur.

For children helping to work on the farm or ranch, always ensure that they are given developmentally appropriate tasks. Also, be sure that the child understands the possible risks involved, the necessary safety precautions, and what pieces of personal protective equipment (PPE) should be utilized while completing certain tasks. Adults should remind youth about the importance of staying hydrated and taking breaks, as the hot, summer days on the farm are often filled with much to get accomplished. Lastly, youth should be reminded about the dangers of “cutting corners” to get a task completed quicker, or risks related to being distracted when on smart phones while working. As adults, working alongside youth, we should role model these safe behaviors as well.

No matter the day of the week, it is important to encourage a healthy balance between time spent on technology devices and physical activity. And while enjoying a walk, bicycle ride, or other outdoor activities, youth should always apply sunscreen, and then reapply sunscreen every two hours or after swimming or excessive sweating.

Remember to always follow simple safety tips while cherishing the warm summer days.

The “Safety Day Corner” is a safety message by the Progressive Agriculture Foundation® (PAF), a 501(c)(3) charitable organization, with the mission to provide education, training, and resources to make farm, ranch, and rural life safer and healthier for all children and their communities. Recognized as the largest rural safety and health education program in North America, the Foundation’s Progressive Agriculture Safety Day® program, has reached more than 1.8 million youth – and counting – since the program’s inception in 1995. For more information about PAF and its programs, visit: www.progressiveag.org.

[Article link](#)



NYS INVASIVE SPECIES AWARENESS WEEK

June 6th - 12th



Capital Region PRISM

Partnership for Regional Invasive Species Management

Events Calendar

Monday, June 7th

[iMap Invasives Mobile App-Training Zoom Webinar](#)

6:30-7:30 PM. Hosted by Kris Williams (PRISM) via Zoom.

Tuesday, June 8th

[Daketown State Forest Woods Walk Saratoga County](#)

8:30 AM-12:30 PM. Hosted by Kristopher Williams (PRISM) Rich McDermott (DEC).

[Invasive Species in Agriculture Zoom Webinar](#)

3:30-5:00 PM. Hosted by Nicole Campbell (PRISM) & Thom Allgaier (Ag and Mrkts)

Wednesday, June 9th

[Aquatic Invasive Species Floating Classroom Saratoga Lake](#)

10:00 AM-2:30 PM. Two separate sessions hosted by Lauren Henderson (PRISM) and Saratoga Lake Protection and Improvement District.

[Terrestrial Invasive Species Zoom Webinar](#)

1:00-2:00 PM. Hosted by Nicole Campbell (PRISM) via Zoom.

[Invasive Species Woods Walk Rowland Hollow Creek Preserve](#)

6:00-7:30 PM. Hosted by Nicole Campbell (PRISM)

[Forest Pests Woods Walk at the Wilton Wildlife Preserve](#)

6:30-7:30 PM. Hosted by (PRISM) & Erin McCabe Wildlife Stewardship Coordinator

Thursday, June 10th

[Avian Spread of Invasive Species Video Premier](#)

12:00 Noon Saratoga Public Library Social Media.

[Hudson Crossing Woods Walk Schuylerville County](#)

2:00-4:00 PM. Hosted by Nicole Campbell (PRISM) at Hudson Crossing Park.

[Invasive Species in our Preserves Zoom Webinar](#)

6:30-7:30 PM. Hosted by Kristopher Williams (PRISM) and Saratoga PLAN

Friday, June 11th

[Woodlawn Preserve Schenectady County Naturalist Walk](#)

10:00 AM-12:00 PM. Hosted by (PRISM) & Steve Young (NYSNHP Botanist).

Saturday, June 12th

[Aquatic Invasive Species Identification Paddle at Round Lake](#)

9:00-11:00 AM. Hosted by Lauren Henderson (PRISM) at Round Lake.

Invasive Species at the Albany Pine Bush

10:30 AM-1:00 PM at the Karner Barrens Trailhead

[When Nature Attacks: The Challenges of Invasive Species in Albany's Washington Park](#)

10:00 11:00 am Washington Park Conservancy Starting at The Lake House

When horses are not feeling well, they will often display physiological and behavioral signs indicating illness. These signs are deviations from the horse's normal state and may suggest a veterinarian needs to be contacted.



Photo credit: Danielle Smarsh, Penn State.

A horse's normal state, or their typical behavior and physiological measurements when they are healthy, can be assessed by looking at vital signs, appetite, attitude, weight and body condition, posture, thirst, and defecation. Subtle changes in these observations can clue owners in that their horse is unwell and that a veterinary professional should be contacted. Assessment of a horse's normal state should be included in routine management and conducted regularly rather than just when illness is suspected.

Vital Signs

Temperature, Pulse, Respiration

Temperature, pulse, and respiration (TPR) are three critical vital signs evaluated when assessing a horse's health. These signs indicate the horse's internal body temperature, heart rate, and breathing rate, respectively. Just like with people, when horses are sick, they may have abnormal values for these three measurements. It is important to know what the normal TPR measurements are for your horse so you can better detect changes. Incorporating TPR assessment into your normal management routine can be very helpful as it allows you to become comfortable with evaluating vital signs, allows your horse to grow accustomed to having them assessed, and provides a baseline for that horse's typical values.

Temperature, Pulse, and Respiration Averages

Average TPRs have been calculated for both adult horses and foals, however, some differences can occur from horse to horse. Variations are mostly due to differences in age, sex, and genetics. Your horse's TPR should be checked periodically so the horse's individual average is known for comparison when illness is suspected.

In the table below, the average TPR measurements for adult horses and foals are listed. These numbers are for horses at rest. Horses that are excited or have just been exercised are expected to have higher values.

	Temperature	Pulse	Respiration
Adult Horses	99-101.5°	28-44 beats per minutes	10-24 breaths per minute
Foals	99-102°F	70-110 beats per minute	30-40 breaths per minute

Note. Values from the American Association of Equine Practitioners.

Mucous Membranes and Capillary Refill

Mucous membranes and tissue blood flow are also evaluated when assessing a horse's overall health. Mucous membranes are tissues that line a part of the body and secrete mucus, such as the oral and nasal cavities. The texture, color, and wetness of mucous membranes are often evaluated when determining hydration levels and, for horses, this is most often done by looking at the gums. When healthy and hydrated, a horse's gums will be shiny, wet, and pink. If the horse is dehydrated, the gums will be dry, pale, and/or tacky instead. You should consult your veterinarian if your horse's gums show signs of dehydration.



Above: Healthy gums that are pink and moist.

Capillary refill, or how quickly the blood flow returns to the tissue, is also assessed when looking at the gums. In a healthy horse, when the gums are pressed and then released, color will return to normal within 1.5 seconds. If it takes longer than three seconds for the color to return to normal, there could be a problem and you should contact a veterinarian.

For more information on how you can assess your horse's vital signs, see our article on [Taking Your Horse's Vital Signs](#).

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

SOURCE: PennState Extension

Support for People with Diabetes

By Diane Whitten, MS, Nutrition Educator

Cornell Cooperative Extension Saratoga County

If you have diabetes you know it's hard to live with diabetes. There's no magic bullet or pill that cures diabetes. Living with diabetes means you have to pay attention all day long not only to what you're eating, but to your physical activity, medications, and of course your blood sugar levels. You don't have to go it alone though, take advantage to the support that's out there for people living with diabetes. Research shows that people with diabetes who are part of some support system manage their diabetes in a healthier way.

Family can be wonderful support, but even the best-intentioned family member doesn't know exactly what you're going through if they don't have diabetes too. Family might also get tired of dealing with your questions, concerns, anxiety or even depression over your diagnosis.

Locally in the Capital District there are support groups and professionals who can answer your questions, or give you fresh ideas for meal planning. As a nutrition educator for Cornell Cooperative Extension (CCE), I offer Dining with Diabetes programs several times a year, so do CCE Albany and Warren counties.



Photo credit: livetradingnews

Contact me for our next program dates, dwhitten@cornell.edu, and check out our website for support: <http://ccesaratoga.org/nutrition-food/-support>

Being a Wise Consumer in the Utility Market

When: Thursday, June 10, 11:00 AM - 1:00 PM

Cost: Free

In this special Consumer Issues Presentation via ZOOM, New York State Assistant Attorney General, Michael Danaher, will speak for 45 minutes to 1 hour, covering information on how consumers can protect themselves from problems and what to do if a problem occurs. Issues to be covered include electric and gas utilities, internet service, telephones, telemarketing scams, and related consumer concerns. Then from 12:00-1:00pm, he will then take questions that have been submitted via the Zoom chat box.

Due to this being a remote broadcast, Danaher will not offer the individual consultations that he normally provides after an in-person presentation. Presentations are videotaped for broadcast on Public Access Channel 15 on Mondays at 7:00 am, 1:00 pm & 7:00 pm.



Mike Danaher, New York State Assistant Attorney General

One tap mobile

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Dial by your location

+1 646 876 9923 US (New York)

+1 646 518 9805 US (New York)

Join via Zoom:

[https://cornell.zoom.us/j/97548810797?](https://cornell.zoom.us/j/97548810797?pwd=dUZ2YVVVbmJyMENXVik0TVAwb0dEz09)

[pwd=dUZ2YVVVbmJyMENXVik0TVAwb0dEz09](https://cornell.zoom.us/j/97548810797?pwd=dUZ2YVVVbmJyMENXVik0TVAwb0dEz09)

Meeting ID: 975 4881 0797

Passcode: 418060

Setting Up Zoom:

To download and install the Zoo Application [click here](#).

Farmers' Market Recipe

Diane Whitten, Cornell Cooperative Extension

Radishes are plentiful at local Farmers' Markets now. Their beautiful red, pink and white colors are a feast for the eyes. Their earthy flavor and crunchy texture make them a great addition to salads. However, they can be cooked too which mellows the flavor.

To steam, simply clean radishes and place in a steamer basket over water. Steam for 8-10 minutes, or until just tender. Or cook by thinly slicing radishes and sautéing in butter until just tender, 3-4 minutes. Save the radish tops and use them in soup.

The Goat Cheese and Radish Spread recipe below is another delicious use for radishes. This no-cook recipe would be a great appetizer at your next summer gathering. Nearly all the ingredients can be found at local Farmers' Markets.

Radishes offer a surprisingly good amount of vitamin C. Radishes will keep about 1 week in the refrigerator, remove tops and place in a perforated plastic bag before storing. If radishes become soft, crisp them in ice water.

Goat Cheese and Radish Spread

2 cups radishes*, about 10
½ cup chevre (goat cheese)*, or low-fat cream cheese
¼ cup plain Greek yogurt*
2 tablespoons chopped scallions* or chives*
1 tablespoon fresh dill*
¼ teaspoon red cayenne pepper

Wash and trim radishes, place in a food processor and pulse until finely chopped. Place chopped radishes in a strainer to allow radish juice to strain out. (Don't discard this spicy juice; mix it with your favorite fruit/vegetable juice blend.) Place chevre and yogurt in a food processor and blend until smooth; add scallions or chives, dill and cayenne pepper; pulse until blended. Scrape into a bowl, and mix in radishes. Serve Goat Cheese and Radish Spread on rye or pumpernickel cocktail bread, or on rounds of cucumber or summer squash and garnish with parsley. Makes 2 cups, 8 - ¼ cup servings.

Nutrition per 1/4 cup serving: 50 calories, 3.5 g fat, 2.5 g sat. fat, 75 mg sodium, 2 g carbohydrates, 4 g protein.

Ingredients marked with an asterisk (*) are available at local Farmers' Markets. from 9-1 pm. For information about food and nutrition contact Diane Whitten at Cornell Cooperative Extension at 518-885-8995 or email dwhitten@cornell.edu.

Farmers' Markets

Spa City Farmers' Market

"All participating vendors are premium local brands and the best of the best including a bounty of the State's most sought after farmers and producers – to ensure the integrity of the market all vendors MUST be legitimate producers and open to facility inspection."



When: Sundays

Time: 10 AM - 2 PM

Where: Lincoln Baths, 65 South Broadway
Saratoga Springs

Link: <http://www.spacityfarmersmarket.com/>

Saratoga Farmers' Market

"A producers-only farmers' market with local products in Saratoga Springs, NY. A source of great food, plants, crafts, and live music. Our members practice and support sustainable agriculture and slow food practices."



When: Saturdays 9:30 AM - 1:30 PM

Where: Wilton Mall Parking Lot
(area of BJ's Wholesale Club and Former Bon-Ton)

When: Wednesdays 3:00 PM - 6:00 PM

Where: High Rock Park

Link: <https://www.saratogafarmersmarket.org/>

Share Financial Data with Care - Free Webinar

This free financial education webinar is being promoted by the CCE Financial Education & Resource Management Program Work Team.

Dear Community Partner,

The pandemic—including the resulting shift toward contactless payment—has greatly accelerated FinTech adoption among consumers. So, are you educating your client communities about safe data sharing practices and why they should be cautious about sharing financial account information, such as their login credentials?

Over 54% of U.S. banking customers are using a combination of FinTech tools for viewing and managing their financial accounts, sending and receiving money, paying bills, tracking and analyzing their spending, creating and updating a budget, paying off debt, saving, and investing. Yet most of these FinTech users—80%—are unaware that financial apps and other data aggregators often store consumers' bank account login credentials, enabling the apps to access users' account information at any time. Or that users are subject to "terms and conditions" that typically limit the app company's liability in the event of a data breach exposing sensitive account information.

Join us on **Tuesday, June 29**, when Consumer Action will host a free webinar, Share Financial Data with Care—a training that will focus on expanding consumer awareness of financial data sharing practices. The webinar will feature presentations by Ben Isaacson, senior vice president of product strategy at The Clearing House; Linda Jun, senior policy counsel for Americans for Financial Reform; and Erin Ross, digital product manager for PNC.

The webinar will cover:

- How financial information is stored, used and sold
- Financial app practices and how consumers can gain control over their data
- What consumers can do to protect their privacy when using FinTech apps and tools
- How to become familiar with and use the tools and services offered by banks
- Resources, tips and tools that consumers can use to ensure that their financial information is protected

Register to participate in this free 90-minute webinar:

Tuesday, June 29, at 10:00 a.m. PT (11:00 a.m. MT; 12:00 p.m. CT; 1:00 p.m. ET)

<https://attendee.gotowebinar.com/register/7798996919469214990>

Follow us on Twitter and tweet us your questions: Follow Consumer Action's handle on Twitter—**@consumeraction**—and tweet us your questions during the webinar using the hashtag **#CAWebinars**. You will also find helpful consumer tips and links to resources related to our webinars at **#CAWebinars**.

If you have any questions for our guest speakers, please send them to me at linda.williams@consumer-action.org by **June 15**. You can also email me with any questions you may have regarding the webinar, or call me at 213-624-4631, ext. 1.

Sincerely,

Linda Williams
Community Outreach and Training Manager
Consumer Action

This webinar is presented as part of Consumer Action's Share Financial Data with Care Educational Project, funded by The Clearing House.

HOMESTEADING & 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.

If you missed the 8-week video series for Homesteading and Self-sufficiency [you can find it here](#).



Home Cheesemaking

By Kerri E. Kaylegian, PH.D.

Penn State Extension Dairy Foods Research & Extension Associate

09-11-17

Making cheese at home is fun. Proper preparation and attention to sanitation will make good tasting cheese that is safe for the whole family to enjoy.



Choosing a Cheese Recipe

Home cheese making can be as simple as adding vinegar to warm milk to make ricotta for tonight's lasagna or as complicated as waiting months for a mold-ripened cheese to be ready to eat. For the best success, start with simpler recipes until you are familiar with the basic principles of cheese making.

Recipes are found in cheese books, supplier websites, and other internet sites. There is no single recipe for making a cheese, so look around and compare recipes.

Milk for Cheese Making

Fresh milk with good flavor makes the best tasting cheese. For the home cheesemaker it is easiest to obtain pasteurized milk from the grocery store. This milk is usually homogenized.

Pasteurization is a heat process that destroys pathogens (bacteria that cause human disease) that may be found in raw milk. Regular pasteurized milk is okay to use for cheesemaking, but ultra-pasteurized and ultra-high pasteurized (UHT) milk have higher heat treatments that interfere with the ability of the proteins to coagulate into curds, so these milks should not be used for making cheese.

Homogenization is a physical process that makes milk fat globules more uniform in size so they stay evenly dispersed in milk. Most home cheesemaking recipes use homogenized milk, and this may result in a softer curd. Commercial cheesemakers use unhomogenized milk. Some home recipes call for the use of pasteurized skim milk and cream to mimic unhomogenized milk. Be sure that the cream is not ultra-pasteurized and does not contain other ingredients.

Some commercial cheeses are made from raw milk, and the cheesemakers follow extra precautions to make sure these cheeses are safe to consume. Penn State does not recommend the use of raw milk for home cheesemaking because of the U.S. requirements for producing raw milk cheeses and concerns with pathogens.

Milk contains fat, protein, lactose (milk sugar), vitamins, enzymes and other components. The composition and characteristics of milk vary depending on the type of milk (cow, goat, sheep) and other factors. Substituting one type of milk for another in a cheese recipe does not necessarily result in the same finished cheese.

If you are a serious hobbyist cheesemaker, learning more about milk from home cheesemaking and scientific resources will be invaluable to improving your craft.

For more about making cheese at home, including:

Other Ingredients for Cheese Making
Supplies and Utensils
Cleaning and Sanitizing
Making the Cheese

read the whole article [HERE](#).

.....Continued on next page



There are many **resources** on the internet and kits available to help the hobbyist safely make ice cream, yogurt, butter and cheese at home.

Books

Artisan Cheese Making at Home. 2011. Mary Karlin. Ten Speed Press, an imprint of the Crown Publishing Group, a division of Random House Inc., NY.

The Cheesemaker's Manual. 2003. Margaret P. Morris. Glengarry Cheesemaking and Dairy Supply, Alexandria, ON, Canada.

Home Cheese Making: Recipes for 75 Homemade Cheeses. 2002. Ricki Carroll. Storey Publishing, LLC, MA.

Mastering Artisan Cheesemaking: The Ultimate Guide for Home-Scale and Market Producers. 2012. Gianacis Caldwell. Chelsea Green Publishing, White River Junction, VT.

Websites

[The Cheesemaker Dairy Connection](#)
[Glengarry Cheesemaking and Dairy Supply](#)
[New England Cheesemaking Supply Co.](#)

Source: <https://extension.psu.edu/home-cheesemaking>, accessed 6-1-21.



Treat Rain Barrels Against Mosquitos

If you are using rain barrels to collect rain water, make sure they are kept free of mosquito infestation.



Like any source of standing water, such as bird baths, discarded tires, and kiddie pools, rain barrels can attract mosquitoes.

It is recommended to treat rain barrels with “mosquito dunks,” which are sold at hardware stores in cakes or granules. Also, check with your local town hall, as many hand them out to their residents.

Do not use the product in natural bodies of water or in any aquatic container containing fish.

Have you wanted to learn which wild-growing plants can be safely foraged and eaten? Come and join us for a series of three free webinars that will teach you not only to be able to confidently identify wild edibles, but also learn what parts of the plants are safely edible, when they should be harvested, and also how they can be prepared.



The webinars, offered by Cornell Cooperative Extension, and instructed by educators Pat Banker, John Bowe, and MB (Marybeth) Mitcham, will be held from 7-8 PM on three consecutive Tuesdays in June: June 8th, 15th, and 22nd. Pre-registration is required, and there is no cost for the webinars.

To sign up for this specific class, please register at this link: <https://cornell.zoom.us/j/9pcO-gqzsqGNUck03h4Fm-0k0lv6eUlo5>

For further information about wild edibles classes, you can also contact Cornell Cooperative Extension of Warren County at 518-623-3291, or email MB at: mem467@cornell.edu.



Strategies for Gardening with Deer

When: Tuesday, June 15 - 6:00 PM - 8:00 PM

Fee: Self-determined sliding scale

Registration:

<https://ccetompkins.mahaplatform.com/events/7viff8jyrk>

Deer can be a major challenge for gardeners in this area, munching on some of our favorite ornamentals and veggies. This class will teach you some strategies for how co-exist with deer while still having a beautiful and productive garden. We will discuss deterrents and will feature flowers, shrubs, and trees that are deer-resistant to inspire you.

Taught by Mila Fournier with help by Master Gardener Volunteers.

ALL CLASSES ARE RECORDED AND PARTICIPANTS WILL RECEIVE A RECORDING 24-48 HOURS FOLLOWING THE CLASS.

All About Hostas - Part II

Lunch in the Garden Session



When: Wednesday, June 16 at Noon

Cost: Free

Registration: https://cornell.zoom.us/webinar/register/WN_FrNcfXBeTb-FwMWYJzeFbA

Join Dave for an informative presentation on everything you always wanted to know about Hostas but didn't know who to ask. He will be showing great photos and discussing how Hostas get their names; what's so special about Hostas; showing you assorted sizes, colors, textures and unique characteristics; talking about the Hosta of the Year Award and Landscape placement. He will also be discussing Companion Plants; Propagation; Pest Problems and Growing Hostas in Containers.

4 steps to a great looking lawn

[Lawn Care](#) is a 47-page booklet (pdf) by Lori Brewer that includes chapters on steps to success, advanced care, starting a new lawn, and lawn care.



Photo credit: University of Minnesota Extension

Gardening for Birds Webinar

When: Tuesday, June 8 at 12:00 PM

Registration:

https://cornell.zoom.us/webinar/register/WN_pQ26vQZQzK66TTiszt9Dw

Transform your outdoor space into a place birds will flock to! Join experts from the Cornell Lab of Ornithology and Audubon's Plants for Birds program for a discussion on how to choose native plants that will thrive, why messy is beautiful, and get tips on creating gardens that meet the needs of birds. No matter how large or small your growing space, you'll be inspired to put on your gardening gloves and get busy creating a bird-friendly environment.



By registering for this event, you opt-in to receive email communications from the Cornell Lab of Ornithology Visitor Center about the event and other news. You can unsubscribe at any time.

(Privacy Policy:

<https://www.birds.cornell.edu/home/privacy>)

Master Gardener Lab

Having problems with your lawn?
Bring your soil sample to us.

Our Master Gardener lab is accepting plant and insect samples, as well as soil samples.

You are welcome to drop off your samples at the Cooperative Extension Office, Monday - Friday, 8AM - 4 PM. **Cost:** \$1 per sample (pH only)

If you would like to visit a Master Gardener in-person at the office please call to arrange a visit; 518-885-8995.

[How to take a soil sample?](#)





Saratoga County 4-H Archives Corner

By Wendy McConkey, Records Management Officer

The following article was published in the June 1955 issue of Saratoga County's 4-H Club News.

HOMEMAKING DEMONSTRATORS BREAK ALL RECORDS

The record breaking began with the all time high in countywide participation in the homemaking demonstration program in April. On May 14, eleven demonstrators journeyed over to Hudson Falls for the Sub District Demonstration Day. Again, this was a new record for advanced competition outside the county.

Barbara Drew and Carolyn Peck of Schuylerville, Janet Brewster and Nancy Jarose of Rexford and Patricia Farnan of Stillwater were demonstrating in advanced competition for the first time. They did very fine jobs, but did not qualify for more advanced competition this year.



Barbara Drew



Carolyn Peck



Janet Brewster



Nancy Jarose



Patricia Farnan

Dorothy Haas of Victory Mills who prepared corn fritters in a demonstration entitled "Mock Oysters" and Barbara Strader's demonstration "The Egg and I" in which she prepared eggs three ways were selected for State Fair. Barbara is from Saratoga Springs.



Dorothy Haas



Barbara Strader

Elaine Fitzgerald's demonstration, "Tailor Maid," in which she made corded button-holes, and Alta Peck's demonstration on ironing a shirt blouse received excellent awards at Sub-district. Both girls are from Schuylerville. Two Stillwater girls, Anita Hollmer who showed how to shape eight types of rolls, and Joyce Yashur's "Swedish Tea Ring" also received excellent awards.



Elaine Fitzgerald



Alta Peck



Anita Hollmer



Joyce Yashur

These girls qualified for district demonstration day. On May 25 all four girls came home from Schenectady with excellent awards. They now compose the largest body Saratoga County has ever had in the New York State Blue Award Group of homemaking demonstrators. It is from this group 4-H Demonstrators for New York State Club Congress, Farm and

Home Week and State Fair are selected. The girls deserve credit for a job well done.



Saratoga County 4-H Alumni Facebook Group



If you were a prior 4-H'er in Saratoga County, we invite you to join our Facebook group Saratoga County 4-H Alumni. We hope this group will help our 4-H Alumni connect with their fellow 4-H'ers!

**SARATOGA COUNTY
4-H ALUMNI**



with their fellow

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

Who We Are

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