

June 8, 2020

Volume 1, Issue 9

CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

EXTENSION UPDATES

Welcome Brieanna Hughes

CCE Saratoga's new Animal Resource Educator

CCE Saratoga would like to congratulate Brieanna Hughes on her advancement within our association on becoming the new Animal Resource Educator. Brie grew up on a small hobby farm in the Watertown, NY area, where she developed a love for agriculture and Animal Science. SUNY Cobleskill was her first step in her higher education where she received a BT in Animal Science and discovered that she also loved to teach! Soon after, she headed south to work on a graduate degree at West Virginia University. Her passion for animal behavior has allowed her to work with a variety of animal species, though, mostly domestic species, she has also had the opportunity to work with birds of prey, large cats, and elephants.



In just over a year with CCE, she has truly proven to be dedicated to the mission of CCE Saratoga. In her previous role as a "Program Coordinator," Brie has taken on all tasks head on and has even made time to expand our efforts in CCE Equine and 4-H. As a Resource Educator, Brieanna is planning to take our Animal Science program to the next level. We have the utmost confidence that will happen. Welcome (again) Brieanna!

Saratoga County 4-H celebrates 4-H seniors

You might be seeing a few more signs around Saratoga County as 4-H is celebrating the hard work and accomplishments of 4-H Seniors. Saratoga County 4-H and 4-H Teen Council recently delivered yard signs to 30 4-H Seniors throughout the county.



These members will also be recognized with a 4-H Senior Spotlight on the Saratoga County 4-H Facebook page: <https://www.facebook.com/SaratogaCounty4H/>

Many of these members have spent more than a decade as 4-H members, and several have taken leadership roles in their clubs and the 4-H program as a whole.

Cornell Cooperative Extension and Saratoga County 4-H are excited to recognize and congratulate our Senior 4-H Members!

Read the full article in: [Saratoga Today](#) and [Morning AgClips](#)

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.

Letter from Christopher B. Watkins, Director, Cornell Cooperative Extension

Cornell Cooperative Extension

We firmly denounce the ways in which structural racism and white supremacy disproportionately and detrimentally impact the lives of Black members of our community. We also recognize the resulting racialized trauma that stifles dreams, smothers hope, and compromises our shared humanity across race...

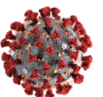
We invite all members of the extension community to join in our collective efforts to transform ourselves, our relationships and our systems through critical self-reflection, courageous conversations, and bold actions. Our intentional efforts in doing so will lead us to a more just, healed, and thriving community for all.

—Chris Watkins, Director, Cornell Cooperative Extension

[Click here to read the statement on the Cornell Cooperative Extension page](#)

CCE Saratoga's Offices are still currently closed

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](#).

CDC releases COVID-19 guidance for agricultural industry

New York State released its own COVID-19 guidance



The Centers for Disease Control (CDC) released specific guidance today for agricultural workers and employers to assist in preventing the spread of COVID-19 and to help lower the disease's impact at agricultural worksites. The guidance can be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-agricultural-workers.html>

Last week New York State released its own COVID-19 guidance for the agricultural industry (Many states have released their own guidance for agriculture in recent weeks. It is generally recommended that you refer to your state guidance first, as state guidance typically overrides federal guidance in these instances...[read more](#)).

Help for farmers experiencing conflicts

Mediation for farm family issues and conflict coaching individuals



New York State Agricultural Mediation Program (NYSAMP) is offering remote services via video calls or phone. All of our services are free or low cost. We continue to offer free mediation for neighbor disputes, farm transition issues, lease issues, credit and debt issues. Our expanded free services include mediation for interpersonal farm family issues.

NYSAMP will also offer free conflict coaching for individuals – available statewide for a range of issues...[read more](#).

COVID-19 Update on Farm Business Safety Plan Resources– Cornell Small Farms

Cornell Cooperative Extension (CCE) specialists developed resources to help farms comply with the COVID-19 written safety plans required in New York State. A version of this post first appeared in [The Ag Workforce Journal](#).

New York Forward:

As the [New York Forward](#) plan is implemented across the state, businesses of all kinds are required to have a written [COVID-19 safety plan](#) in place. Both essential agricultural businesses that have remained open throughout the COVID-19 pandemic and those non-food related agricultural businesses who will re-open **must have a safety plan**. A task force of Cornell Cooperative Extension (CCE) specialists developed a new set of resources to help farms comply with this requirement and efficiently prepare plans during this busy time of the year...[read more](#).

Local Farm Market Guides—New York Farm Bureau



The New York Farm Bureau Local Farm Market Guide is a resource to help connect consumers to NYFB members who direct market their products. Information to have your market included can be found on the webpage. <https://www.nyfb.org/resources/local-farm-market-guides>

Successful Dining with Diabetes Online

Diane Whitten, Food & Nutrition Educator, has been teaching Dining with Diabetes classes for over ten years; these have always been done in person as a three-week series. With social distancing in place she decided to offer it online via Zoom. Working with nutrition educators from CCE Albany and Warren Counties, the program was modified for the online platform.

Thirty (30) people from Albany, Saratoga, Warren and other counties registered for the four-week series of classes. The first session was held Thursday, June 4, 2020 and covered diabetes meal planning using The Plate Method.

Participants were able to ask questions and interact in other ways. The program is reaching both people with diabetes and those with prediabetes, a sign that diabetes is being caught early and that people are acting to prevent the development of diabetes, a goal of the Saratoga County Prediabetes Coalition of which Diane is a part.

Registration for the remaining three weeks is still open at this link [Dining with Diabetes](#), or through the events page on our website, www.ccesaratoga.org.



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

<https://cornell.zoo.m.us/meeting/register/tJ0ocuutqjgpGtUQTb8qcund3Zz9jpKE>

Dark Chocolate Strawberry Fondue

Ingredients

48 fresh strawberries
4 ounces unsweetened chocolate
½ cup skim milk
5 tablespoons Splenda



Directions

1. Place chocolate squares in a microwave-safe bowl and microwave on high in 1-minute increments until melted.
2. Whisk in milk and Splenda.
3. Dip strawberries using about 1 teaspoon of chocolate per berry.

Total time: 5 minutes

Preparation time: 5 minutes

Nutrition Facts

Servings per Recipe: 16 servings,
3 strawberries each

Amount Per Serving

Calories 60

Calories from Fat 36

Total Fat 4 g

Cholesterol 0 mg

Sodium 6 mg

Carbohydrate 5 g

Dietary Fiber 2 g

Protein 1 g

Exchange 1 fat

Carbohydrate Units 0

[Link to recipe and other Recipes for Diabetes](#)

Consumer Food Questions about COVID-19

by Diane Whitten, Food & Nutrition Educator

The Institute for Food Safety at Cornell has recently added a list of frequently asked questions to their website to address concerns regarding food safety in the era of COVID-19. The following questions are a sample of the issues addressed by the Institute for Food Safety; click [HERE](#) for answers.

Stability of COVID-19

Q: Does the type of food make a difference in increasing or lowering risk to COVID-19? (Hot/cooked food vs. cold/raw food – like a salad) Click [HERE](#) for answers.

Shopping

Q: Should I be concerned about contamination of the coronavirus due to food packaging/wrapping? Should I try to clean and sanitize food packages before I open them? Click [HERE](#) for answers.

Food Supply

Q: Do I need to stockpile as many groceries and supplies as I can? Is there a shortage of food and supplies I should be concerned about? Click [HERE](#) for answers.

Cooking & Food Preparation

Q: How should I wash fresh produce? Should I mist my produce with a very diluted bleach solution (a teaspoon of bleach per gallon of water) and let it air dry before I eat it to avoid contracting COVID-19? Click [HERE](#) for answers.

Food Delivery

Q: What guidance do you have for delivery drivers to safeguard themselves and their customers? What should customers do to safeguard themselves when the food arrives? Click [HERE](#) for answers.

Proper Hand Sanitizer Use

The proper method to apply and use hand sanitizer. Research has shown that a two-step sanitizer method is the best method for alcohol-based sanitizers.

Step 1: Apply three pumps of sanitizer from the dispenser.

Step 2: Rub hands for 20 seconds making sure to cover the palms, backs of hands, and between fingers up to the wrists.

Step 3: Wipe the hands on a disposable paper towel.

Step 4: Apply one pump of the sanitizer from the dispenser.

Step 5: Rub hands until dry.



Source: Rutgers

Hand sanitizers do not take the place of handwashing before starting or returning to work; after using the toilet; before and after eating and smoking; before putting on gloves; after touching animals or animal waste or any other time hands may become contaminated under the Food Safety Modernization Act or for most audits.



**Institute for Food Safety
at Cornell University**

<https://instituteforfoodsafety.cornell.edu/>

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>

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

Saturday 9-1pm & Wednesday 3-6 pm

Bon-Ton & Bow Tie Parking Lots, Wilton Mall

www.saratogafarmersmarket.org

CORRECTION

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

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.



Agricultural Equipment

Plow – A plow is one of the most tradition pieces of farm equipment. Plows are used to break open and turn the soil, allowing for better water retention and for roots to more deeply extend. They are also used to turn and incorporated organic matter into the soil.

Disc Harrows – Disc Harrows are used in a field management practice called disking. This is a method used in soil and field preparation. It is a practice that usually comes after plowing. While plowing cuts and inverts the soil creating ridges, disking breaks up the soil and surface crust. Disking improves soils, uniformity and helps incorporate crop residual into the soil.

Drags – Drags are one of the simplest and most versatile pieces of farm equipment. They come in several styles that being the simple chain drag harrow, spike harrow and old drag harrow. The job will determine which type of drags you would need.

York Rake – York rakes are used in many different aspects of agriculture and for all different tasks. York rakes can be used to remove stones, roots, debris and leaves, spread topsoil quickly and evenly, spread base material, grade, level, pulverize and mulch, just to name a few. The most common attachment method is to the rear of a tractor using a three-point hitch. This allows it to be raised off the ground when not being used.

Blade – Blades are simple but can be used for numerous jobs in all seasons. Blades can be used to move and level dirt during the winter months. A blade will attach to the rear of a tractor with a three-point hitch allowing it to be angled and rotated 180 degrees depending on the model. If the blade is able to rotate, this will allow you to push snow or dirt rather than just pulling it behind you, giving the blade more versatility.

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.



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



[Perennial Vegetables](#)

Wednesday, June 3



Annual 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 newsletters**

Dividing Perennials

Perennial division is an often-misunderstood process. What time of year do you divide them? How often? Should you use your fingers or a machete? There is as much folklore and hearsay about dividing perennials as there are varieties. However, the principles of perennial division are quite basic. Understanding why, when, and how perennials need division will help you keep your perennials healthy and rejuvenated for years to come.



[Read the article](#) to find out why perennials need division, and when and how to divide perennials.

Deer Impacts on Vegetation

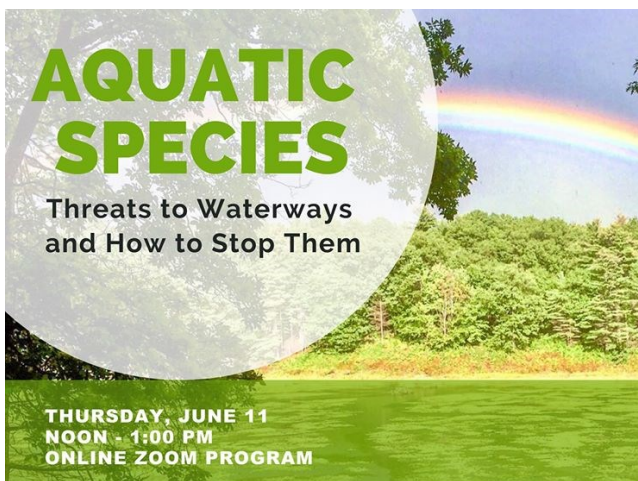
Wednesday, June 10, 2020, 10:00 AM - 11:00 AM

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 wildflowers to monitor your land.



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

Aquatic Species: Threats to Waterways and How to Stop Them



Thursday, June 11, 2020, Noon –1:00 PM

Widespread aquatic invasive species have become a nuisance in our region. These plants crowd out native vegetation and are generally unpalatable to aquatic species, which increases their competitive advantage. PRISM Coordinator, Kristopher Williams and Education & Outreach Coordinator, Lauren Mercier will identify some of these invaders and describe how water sport enthusiasts can help battle and contain aquatic vegetation.

Click the link to register

<https://sspl.libcal.com/event/6427508>



Cornell University
Cooperative Extension
Saratoga County





JUNE 7TH-13TH INVASIVE SPECIES AWARENESS WEEK 2020

Join the Capital Region PRISM to learn about invasive species in the area!

Invasive species are any non-native organism that can cause harm to the environment, economy, or human health. This year, Invasive Species Awareness Week is going digital! The Capital Region PRISM and our partners will be hosting a series of virtual events and activities, all focused on invasive species in the area. Join us for a week full of fun and learning!



Cornell University
Cooperative Extension
Saratoga County



Agriculture
and Markets



Department of
Environmental
Conservation

Events

**June 7th-13th
Capital Region PRISM
EcoQuest Challenge**

**June 8th, 1-2pm
Northeast RISCC
Management: How can
we manage for upcoming
biological invasions in
the light of climate
change?**

[Register here.](#)

**June 10th, 11am-12pm
Beyond the Media: The
Facts about Asian Giant
Hornet (Murder Hornet)**

[Register here.](#)

**June 11th, 12-1pm
Aquatic Invasives: Threat
to Waterways and How to
Stop Them**

[Register here.](#)

**June 11th, 6:30-7:30pm
Invasive Species at the
Wilton Wildlife Preserve**

[Register here.](#)

MORE EVENTS

**For information on
additional events
happening around
the state and how
to join, visit:
nyisaw.org/events**



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 hosted a variety of presentations including an emergency planning, hoof care for the horse owner, and pasture management for

the horse owner. There are two weeks left in our Virtual Horse Symposium hosted on Thursdays at 6:00.

June 11—“Tendon and Ligament Health: What to consider as our horses head back to work” with *Dr. Vandergrift, PhD in Animal Nutrition*

June 18—“The Basics of Clicker Training Your Horse: with *Dr. Lindsay Goodale DVM*

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

For more information contact Brianna Hughes at bh548@cornell.edu

Cleaning your horse's water tank

Water is one of the seven key nutrients required by horses. Horses should always have access to good quality water. Frequent water tank cleaning is important, especially in warm months and with plastic tanks.

[Read University of Minnesota Extension's article](#) to find out how to clean your water tank, about adding bleach to your water tank, how often you should clean your water tank, and what affects water quality in your tank.

Quick Facts

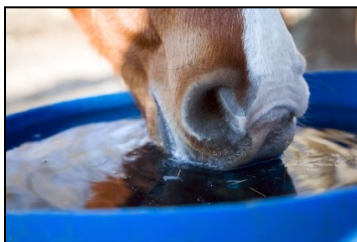
- Clean your water tank often throughout the year to prevent algae growth and unclean conditions.
- Always use bleach in the recommended amounts and follow the respective wait time.
- Don't use scented bleach products.

Beat the Heat!

As we enjoy the dog days of summer with our horses, we want our excursions to be both fun and safe for both ourselves and our equine charges. With just a little attention to summer safety, and a few heat precautions, we can do our best to ensure that we will be as prepared as possible.

1) Water: Both you and your horse will need to keep hydrated! Your horse may not want to drink water that is warm from being outside, so you may need to refill water buckets frequently.

Be sure automatic waterers are working. A mineral block can also encourage increased water consump-



tion, as well as replace minerals lost through sweating. If you are going to offer your horse access to an electrolyte solution in their water ALWAYS hang two water buckets in their stall – one with electrolytes added as well as a bucket of plain water.

2) Shade: Although your horse enjoys being out and grazing, he will need a shelter to get out of the direct sunlight. This shelter can be the form of a run-in shed, or even a grove of shady trees. If the weather is really oppressive, you can keep your horses in a barn during the day (provided it is cool and well ventilated) and turn them out at night. A fan in the window of their stall is also helpful...[continue reading](#).

Article by Upstate Equine Medical Center

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>

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**



Defensive Driving

The Defensive Driving Program is the NY State approved 6-hour course. This allows the participant to receive an insurance reduction and/or point reduction (when needed). This is not court mandated although it may be. This class is open to anyone with a valid driver's license. The program is 6 hours of classroom instruction with breaks. The cost is \$40.00 per person, cash, money order or checks made payable to: **CCE of Saratoga**.



INSTRUCTOR: Cynthia Dort- Certified Defensive Driving Instructor

In light of the COVID-19 pandemic, Cornell Cooperative Extension of Saratoga County is working on scheduling dates for Summer 2020. Please check [our site](#), our [social media](#), or call our office for more information. Dates will be posted as they are confirmed.

DATES OFFERED:

Sunday August 16

9:00AM—4:00PM

Tuesday October 6 AND Wednesday October 7

(Must attend both days for completion)

6:00PM—9:00PM

Sunday December 6

9:00AM—4:00PM

As of March 19, 2020, participants are encouraged to email lep77@cornell.edu for reservations. Voicemails left on our office phone will be returned at earliest convenience: 518-885-8995

4-H and the New York State Fair

A decision has been reached regarding the participation of the Cornell Cooperative Extension 4-H Youth Development program in the 2020 New York



State Fair. We have been consulting with Extension Administration, P.W. Wood, our partners in Animal Sciences, and many of you, and we also had a direct conversation with State Fair leadership on Friday, May 29. There is no decision at this time on the State Fair overall, nor a clear indication of when that decision will be made. **However, we have made the very difficult decision to suspend 4-H's participation in the New York State Fair for 2020.** The cancellation of our participation includes the 4-H Youth Building Exhibits, Animal Science Competitions, and 4-H participation in any youth shows.

[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, a pollinator garden journal, along with how to make seed bombs and seed strips.

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

Who We Are

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Kevin Ganoë	Ashley McFarland
David Balbian	Nicole Tommell

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Mike Ryan	Erik Yager
Jim McNaughton	



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