

June 21, 2021

Volume 2, Issue 22

CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

EXTENSION NEWS

YOU'RE INVITED

Dedication of the Tony Eastwood Memorial Shooting Range

Friday, July 9th

6:00pm

4-H Training Center

Ballston Spa, NY



In recognition of Tony Eastwood's many contributions to youth programming, we are honored to dedicate the Tony Eastwood Memorial Shooting Range at the 4-H Training Center.

Light refreshments will be served, along with a presentation by 4-H members; "What Mr. Eastwood Taught Me". We hope you can join us.

Please RSVP by July 2nd by emailing Leland at glb76@cornell.edu, or calling 518.885.8995.

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.

Help Wanted

The Capital Region PRISM is Hiring a Part-Time Invasive Species Outreach Educator

JOB ANNOUNCEMENT: Invasive Species Outreach Educator

The Capital Region (PRISM) a Partnership for Regional Invasive Species Management, hosted by the Cornell Cooperative Extension of Saratoga County, is seeking a qualified Invasive Species Outreach Educator on a part time basis. The PRISM is in year four of administering a five-year contract (2018-2022) on behalf of the New York State Department of Environmental Conservation. Financial support is provided through the Department of Environmental Conservation through the New York State Environmental Protection Fund. Come and join our team today and help protect our environment with prevention and outreach strategies.



Position Description Summary

The Invasive Species Outreach Educator is expected to perform prevention and outreach activities for the Capital Region PRISM across eleven counties in the Albany, New York area. Work will be based out of the Cornell Cooperative Extension of Saratoga County office in Ballston Spa New York. The Educator also collects field data and report surveys; writes educational content for social media posts, newsletters, and other communications; promotes events; recruits volunteers; trains volunteers and staff; and assists with statewide programs including invasive species awareness week. The Educator also may provide programmatic oversight to seasonal Aquatic Invasive Species (AIS) Watercraft Stewards, Lead Stewards, and interns. The position is part time at 24 hours a week year-round.

If interested, please click the link for more details and to apply for the position:

[Cornell Cooperative Extension Jobs](#)

Job ID number WDR-00026265 Candidates should apply online by June 25th 2021. Posting dates are subject to change based on Association needs.

Proudly Serving; Albany, Columbia, Montgomery, Rensselaer, Schenectady and portions of Fulton, Greene, Herkimer, Saratoga, Warren, and Washington Counties. Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. If you have a disability and are having trouble accessing information within this email or need materials in an alternate format, contact kbw44@cornell.edu for assistance.

Body condition scoring basics for sheep and goats



Photo credit: Purina Animal Nutrition

Knowing the amount of condition or fat cover for sheep and goats is a good practice to implement in any nutrition program. Condition is commonly measured using a body condition score (BCS). Body condition adjusts throughout the year for various reasons, including the animal's age, breeding cycle and weather impacts. Nutrition decisions impact which direction the BCS of your flock or herd goes.

"It's important to body condition score both sheep and goats because it's a direct indication of their overall health and reproduction," says Maggie Amburgey, small ruminant technical specialist with Purina Animal Nutrition. "Scoring body condition during key times like breeding helps evaluate nutritional needs of your flock or herd and gives you a guideline of where things stand."

Follow these steps to monitor and maintain body condition in your sheep and goats: [link](#)

SOURCE: Purina Animal Nutrition

FSA Webinar Recordings Available

Did you miss a FSA Friday in February webinar and want to watch it now? The links below will take you to a site where you can either watch the recordings right there, or download the file.

Welcome to FSA -

an introduction to FSA loans, programs, and services, as well as how to start working with FSA.

<https://nrccs.box.com/s/yzmsqna2q4uq5l0nvg5ho3474z0nps0>

Conservation Reserve Program Buffers -

a presentation on the environmental and economic benefits of installing buffers

<https://nrccs.box.com/s/hure9h79oberoiewzscd97pugwd6nhr8>

Risk Management -

learn about federal crop insurance and FSA's Noninsured Crop Assistance Disaster Program for row crops, forages, fruits, and vegetables

<https://nrccs.box.com/s/alelyrwc1rkthui8e0eu3x259fkf5xc2>

Loans Available from FSA -

an overview of the funding opportunities available from FSA, including Farm Loan Programs, Farm Storage Facility Loans, and Marketing Assistance Loans

<https://nrccs.box.com/s/vqmmft0rwz8ohshqtusnky3u1j6v94bi>

Pigsweeds and Soybean Cyst Nematodes - Identification and Management

When: July 27, 1:00 PM—3:15 PM

Where: 4-H Training Center

556 Middleline Rd, Ballston Spa

Cornell Cooperative Extension is holding workshops to educate farmers about two new serious pests that are now in our region - tall waterhemp and soybean cyst nematode.

Dr. Lynn Sosnoski (Cornell University) will bring potted plants so farmers can learn how to identify tall waterhemp as well as its other pigweed relatives. They

will also learn its biology and management. There will be a discussion of other difficult-to-control weeds. Dr. Jaime Cummings (Syngenta) will discuss the biology and management of the soybean cyst nematode, the most costly soybean pest in the United States. These pests have been found in the Hudson Valley and several central New York counties in recent years. They are very difficult to control, so CCE and Cornell University are making a big effort to reach farmers this year with the necessary education.

To register and for more information [click here](#).

SUMMER TRAVEL TIPS

For Your Horse



DRINK UP

On average, horses need **at least 5 gallons of water per day**. This can easily double or triple in hot weather. Electrolytes can help encourage water consumption and replace losses from sweating.



WATCH OUT FOR HEAT EXHAUSTION

A horse's **body temperatures can quickly rise above 104 F when exercising in heat and humidity**, particularly if sweat isn't evaporating.



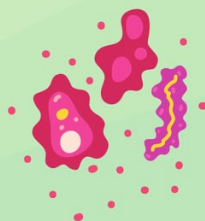
BE PREPARED

Maintain a well-stocked first-aid kit in your barn and trailer and a smaller kit to put in your saddle bag for trail rides. Replace anything used-up or expired each spring.



HAUL SAFELY

Allow your horse some time to rest after a trip and remember that **trailer stresses the immune system**. If the weather is hot, open all windows. Be sure to **have valid documentation** needed.



PRACTICE BIOSECURITY

Avoid nose-to-nose contact with unfamiliar horses and practice good biosecurity whenever possible to **keep your horse protected from infectious diseases**.

aaep.org

After the restrictions and the uncertainties we experienced last year due to the COVID-19 pandemic, equestrians everywhere are surely looking forward to many summer adventures with their equine partners. While we hope your summer will be one for the books, please remember to remain vigilant to your horse's needs in hot weather and on the road. Heat stress and dehydration should not be underestimated, as both can have serious consequences for our equine friend.

Pro Tip: Consult your veterinarian for additional recommendations on how to keep your horse safe and comfortable on the road this summer. Happy trails

SOURCE: American Association of Equine Practitioners

CCE
EQUINE

Gypsy Moths

Lymantria dispar (Linnaeus); Family: Lymantriidae

The gypsy moth is one of the most important forest pests in the Northeast. The caterpillars feed on leaves of forest, shade, ornamental and fruit trees, and shrubs. Gypsy moth caterpillars prefer oaks, apples, birches, poplars, and willows. Less preferred species are ashes, maples, cherries, elms, beeches, and softwoods. Caterpillars will feed on many kinds of plants once the preferred trees in an area or stand are defoliated. A single defoliation can kill some evergreens, but usually two or more defoliations are needed to kill hardwoods.



Larvae (caterpillars).

Photo from www.forestryimages.org
USDA APHIS, Oxford, North Carolina Archives.

Small larvae are dark brown to black and very hairy. As they reach maturity they become slate colored and have 2 rows of blue spots (5 pairs) followed by 6 pairs of red spots on the back. Fully-grown larvae are 2 to 2 1/4 inches (50-56 mm) in length.

Pupae are brown and teardrop shaped. A few threads of brown silk hold the pupae in place on the tree trunk .



Pupae.

Photos from www.forestryimages.org
Terry McGovern, USDA APHIS PPQ.



Adult moths.

Photos from www.forestryimages.org
Terry McGovern, USDA APHIS PPQ.

Male moths are brownish with black markings and have a wingspan of 1 to 1 1/4 inches. Females have white wings with dark markings and a tan to buff colored body. Females are heavy bodied and do not fly.

The egg masses are 1 1/2 inch long by 3/4 inch wide (38 x 19 mm), covered with a dense mat of buff colored hairs. They are often found on trunks of trees or underside of larger branches. Current year egg masses have a good buff tan color and are hard and velvety to the touch; older ones are faded, and soft to the touch as the eggs have hatched.

Continue reading for the [Life History and Management](#).

[Cornell University Fact Sheet](#)

[Forest Health Fact Sheet](#)

[Gypsy Moth Management Guide for Homeowners](#)

[Gypsy Moth Control Options for Homeowners](#)

[Btk Pesticide Treatment Info](#)

[How to Care for Defoliated Trees](#)

[How to Properly Water Your Trees](#)



Egg mass and hatching larvae.

Photo from www.forestryimages.org
William M. Ciesla, Forest Health Management International.

Summer Energy Saving Tips

Keep Cool without Air Conditioning

- Use fans. At night they help rid the house of the heat of the daytime sun.
- Use ceiling fans. They make people feel four degrees cooler than the actual temperature.
- Close shades and windows. During the day, that is. At night, open windows opposite one another for cross-ventilation.
- Got a waterbed? It may use as much electricity as your refrigerator. To save more than 30% of that cost, make the bed routinely and cover it with a comforter.

Keep Cool with Air Conditioning

- Set the thermostat at 78 F or higher if you use a ceiling fan. You save 3 to 5% on your air-conditioning cost for each degree you raise the thermostat.
- Clean the filters. Check furnace and air filters monthly or as recommended by the manufacturer. Clean or replace them as needed.
- Use the "AUTO FAN" setting.
- Getting an air conditioner? Buy Energy Star. It can save you up to 10% over one that doesn't have the label. However, have an air conditioning technician or energy auditor determine the right size for the space.

Install a programmable thermostat. Make sure it is programmed to turn down the heating or cooling automatically when you are not home and when you are sleeping.

Cooking

- Avoid the stove or the oven. Use toaster ovens, crockpots, microwaves when you are cooking small to medium-sized meals. They use less energy than your stove or oven.
- Use the smallest pans possible It takes less energy to heat them.
- Use lids They help the food cook more quickly by keeping the steam in.
- Turn off electric burners and ovens just before cooking is complete The food will continue to cook.
- Keep preheating time to a minimum
- Don't peek! You lose heat every time you open the door or lift the lid.

Keep racks clear Foil on oven shelves blocks heat and costs money.

Refrigerators

An old refrigerator costs the average family about \$140 a year (that's almost \$12 per month). To cut those costs:

- Check refrigerator temperatures You're losing money if they're lower than 37-40°F for fresh food and 0-5°F in your freezer. To check? Put one thermometer in a glass of water in the center of the refrigerator, and another between packages in the freezer. Read them after 24 hours. And to keep refrigerators cold, close doors quickly.
- Defrost manual-defrost refrigerators Frost makes these models less efficient - and helps spoil foods.
- Cover and wrap food Uncovered foods and liquids release moisture and drive up electricity costs.
- Got a second older refrigerator? Unplug it! Remember: it can cost about \$140 a year to keep it plugged in. And always remove the door when you unplug the refrigerator so that children cannot accidentally be caught inside.

Buying a new refrigerator? Get an **Energy Star** model Replacing a refrigerator bought in 1990 with a new **Energy Star** model would save enough energy to light the average household for over three months.

How Can Kids Help?

- Turn off the lights When you leave your room - and the bathroom.
- Turn off the radio, TV, computer, and games when you stop using them.
- Take shorter showers They use about half as much water as a full bathtub.
- Check for problems Mom and Dad haven't noticed Like dripping faucets - it takes energy to heat the water.
- Share rides with friends to after-school activities
- Close the fridge! Decide what you want from the refrigerator BEFORE opening the door - then close it quickly.
- Try a sweater if you're cold in the house? Don't turn up the thermostat.
- Recycle! Sell toys or old clothes at a yard sale or donate them to a charity. Then someone else can use them.

[Source link](#)

Farmers' Market Recipe

Diane Whitten, Cornell Cooperative Extension

Simple Strawberry Cream Cheese Pie

- 2 - 8 oz packages Neufchatel or reduced-fat Cream Cheese
- ¼ cup Greek yogurt*
- ¼ cup maple syrup*
- 1 pint (2 cups) strawberries*
- 1 graham cracker crust

For filling, cream together Neufchatel or reduced-fat Cream Cheese, Greek yogurt and maple syrup. Spread into pie crust and refrigerate. Slice strawberries and place on top of pie, creating a decorative pattern, if you're so inclined. Alternatively, for a warm strawberry syrup, place sliced strawberries in a sauce pan on low heat. Cook slowly until juices release from the berries. Spoon strawberries on top of pie.

Makes 12 servings.

Per Serving: 153 calories; 11 g fat (6 g sat); 29 mg cholesterol; 13 g carbohydrate; 4 g protein; 1 g fiber; 152 mg sodium.

Ingredients marked with an asterisk () are available at local farmers' markets. For more information about food and nutrition, contact Diane Whitten at 885-8995 or dwhitten@cornell.edu.*



Photo credit: Just So Tasty

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/>

HALFMOON Farmers' Market

When: Wednesdays

Time: 3 PM - 7 PM

Where: Abele Park, Halfmoon Munical Center

Link: <https://www.townofhalfmoon-ny.gov/recreation/pages/halfmoon-farmers-market>

Enjoy Fresh Local Produce for Health

By Diane Whitten, Nutrition Educator

Cornell Cooperative Extension Saratoga County



We're lucky to live in a region where fresh fruits and vegetables are available from local farms. Or perhaps you have a garden where you grow your own. In either case, summer is a time when we can access fresh local produce that was harvested just a few hours or days ago.

Since local produce is mostly grown to sell locally, farmers choose crops for the best flavor possible, rather than the best storage and transportation qualities. I'm sure you've noticed the difference between a grocery store strawberry bought in the winter, and a strawberry purchased at a local farmers' market or picked in your own backyard. Think red and juicy.

Not only is taste better, but so is nutrition. Some vitamins begin to breakdown after harvesting, so eating fruits and vegetables as close to harvesting as possible will ensure you're getting the most nutrition out of it.

There are many good reasons to shop at local farmers' markets, including getting the most nutritious food. You'll also be supporting our neighbors who make their living farming, thereby keeping agriculture the number one

economic force in Saratoga County.

Preserve It! If you go to a farm and pick your own or grow your own and have more produce than you can eat,

consider preserving it. Freezing is the easiest method of home food preservation, but also consider canning for shelf stable storage. Cornell Cooperative Extension hosts [food preservation classes](#) or you can go to the [CCE website for food preservation resources](#).

Ten Reasons to Eat More Fruit and Vegetables

10. Fruit and vegetables add color, texture and appeal to your meal.
9. Fruit and vegetables are easy to add to any meal whether fresh, frozen or canned.
8. Fruit and vegetables add fiber to fill you up and keep your digestive system happy.
7. Fruit and vegetables are naturally low in calories.
6. Fruit and vegetables can reduce the risk of diseases.
5. Fruit and vegetables are rich sources of vitamins and minerals that promote health.
4. Fruit and vegetables offer variety for your plate. Try something new!
3. Fruit and vegetables make a quick, natural snack.
2. Fruit and vegetables are fun to eat! Some crunch, some squirt, some you peel, some you don't.
1. Fruit and vegetables are delicious and nutritious.



Image by damblys.com

Get Ready to Grill Safely

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

[Continue reading article.](#)



Get Ready *to* Grill Safely

Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



CS272890-E



www.cdc.gov/foodsafety

Car Seat Check

Cornell Cooperative Extension has partnered with Mohawk Chevrolet for a car seat check.

When: Tuesday, June 29 9 AM - 1 PM

Where: 639 Rt 67, Ballston Spa

Appointments are filling up quickly - please call 518-885-8995 to schedule your car seat check!

Nationally 80% of all car seats are installed incorrectly, here in NY we average 92% installed incorrectly - please do not let your child's car seat be a statistic.



For more information on Child Passenger Safety please click here to view [our brochure](#) or click on

<http://www.safeny.ny.gov>

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

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

Saratoga County 4-H Project Exhibition

August 14 & 15

We are excited to announce the Saratoga County 4-H Project Exhibition on August 14th and 15th at the 4-H Training Center. This event gives our members who would normally exhibit their projects in the 4-H Building at the fair the opportunity to have their entries evaluated and exhibited. Entries will also be eligible for premiums.

The Non-Animal Exhibitor Handbook, entry forms and other resources can be found on the "4-H Fair Forms" page of our website at: <http://ccesaratoga.org/4-h/4-h-forms/fair-forms>.

Hard copies are also available for pick up at the 4-H office. We are requesting that entry forms be submitted in advance (though not mandatory) by August 6th to help us with coordinating evaluations. We also ask that you please let us know which day you plan on attending evaluations by indicating it on the top corner of your entry form. Please see page 2 of the Exhibitor Handbook for more information.

Youth must have been enrolled in Saratoga County 4-H by June 1st, 2021 to enter projects.

Youth and families who do not feel comfortable attending evaluations in person will be allowed to enter projects with an "Exhibitor Statement" which will be presented to evaluators with the entry.

If you have any questions regarding this event, please do not hesitate to contact us at the 4-H Office.



IMPORTANT REMINDER:

Get your entries in for this year's

4-H Animal Exhibition!

Entries MUST be in by July 1st to enter!

[Animal Exhibition Exhibitor Handbook](#)

[Animal Exhibition Advance Entry Form](#)

4-H CHICKEN BBQ

To Support the
Saratoga County Fair

**Thursday, July 22nd
4:00-7:00pm**

\$14
1/2 Chicken
Baked Potato
Coleslaw
Dinner Roll
Smith Apple Pie
Bottle of Water



**Drive-Thru
or
Eat-In**

**Saratoga
County
Fairgrounds
162 Prospect
Ave.
Ballston
Spa, NY**

Click Here to Pre-Order

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](#).



Gardening for Beneficial Insects: Bees, Butterflies and Natural Enemies



Image by [Daniel Herms, The Ohio State University, Bugwood.org](#)

When: Tuesday, June 22 @ 6 PM- 8 PM

Cost: Self-determined sliding scale

Register:

<https://ccetompkins.mahaplatform.com/events/24cf9hm74>

Beneficial insects are so much more than bees! In this class you'll learn how to recognize some common natural enemies of pests and what you can do to make your garden more attractive to them. We'll especially focus on how to choose plants that provide food and shelter for these beneficial insects and how to establish them in your garden.

Amara Dunn is the Biocontrol Specialist with the New York State Integrated Pest Management Program (a statewide team with Cornell Cooperative Extension). She helps all New Yorkers use biological control more effectively whether on their farms or around their homes, businesses, schools, etc.



Wild Edibles Webinar Series

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 last webinar in this series, 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 June 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/meeting/register/tJlpcO-gqzsQGNUCKc03h4Fm-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.



Free Fishing Days

When: June 26-27

Looking for Ideas for Free Fishing Days or information on places to fish, fishing regulations, how to fish and other fishing information follow this link:

<https://www.dec.ny.gov/outdoor/89821.html>





Regardless of whether the region experiences a dry summer or not this year, practicing water conservation in the garden is beneficial to both the homeowner and the environment. Consider that while over 70% of the Earth's surface is covered with water, less than 3% is freshwater and available for human use. The amount that people currently use is greater than is being replenished by rainfall. Conserving water in the garden means more water available for humans and wildlife, as well as energy and money savings.

Concerned gardeners can plant more drought-tolerant ornamentals in the landscape, or let the lawn go dormant for the summer, but what do they do about the vegetable garden, where refraining from watering is not an option?

Fruits and vegetables are 75% to 90% water and require regular irrigation, but there are steps gardeners can take to reduce the amount of water they use and apply it more efficiently.

Improve the Soil

- One way to positively impact water conservation in the vegetable garden is to incorporate organic matter into the soil each year. Organic matter improves water holding capacity of sandy soils and keeps clayey soils (which have a tendency to become compacted) permeable to water. Optimally, gardeners should aim to reach and maintain 4 to 5 percent (Organic matter in the vegetable garden. How to do this? Periodically working in aged animal manure or compost, leaf mold, untreated lawn clippings, or planting and tilling in a cover crop like alfalfa, soybeans, oats, winter rye, or buckwheat are all ways to increase the amount of organic matter present.

Think Outside the Row

- Changing the way in which the vegetable garden is designed and planted can reduce watering. While germinating seeds and new transplants require frequent watering, arranging plants in blocks rather than single rows can conserve water as plants grow. The leaves of plants grouped in blocks or wide rows shade a larger area of soil than do plants in a line. This shading slows evaporation, making less frequent watering possible. Shading also prevents development of weed seedlings which compete with vegetables for water resources. A wide swath of plants means less wasted water when using overhead irrigation since more of the water falls onto a planted area, rather than on pathways between individual rows.

Protect developing plants from losing water to the wind. Create windbreaks, temporary or permanent, and use row covers over plants to retain soil moisture in windy sites.

Once the soil has warmed up, mulching around plants retains soil moisture and cuts down on the appearance of water pilfering weeds. Apply a 2 to 3 inch layer of mulch (such as straw, shredded leaves, newspaper, and untreated grass clippings) around plants. More is not necessarily better; too thick a mulch layer may actually prevent water from reaching plant roots.

Practice Conscientious Watering

- Being conscious of how and when the garden needs to be irrigated will help gardeners move toward conserving water. Vegetable plants should be watered according to need, not necessarily according to a set schedule. Just as one might check a houseplant for watering needs by poking a finger in the pot soil, examine the garden soil - if the top 2 inches are dry, it's time to water.

- Too much water can be detrimental to vegetables, creating an environment favorable for disease and pests like slugs and snails, but plants do require adequate moisture during critical times in their life cycle: during the first few weeks of development, immediately after transplanting, and during development of the edible plant parts.

- Instead of frequent shallow sprinklings, which can result in poor root development and consequently less drought resistance, give vegetables one or two long soakings per week (as needed).

- Make time spent irrigating worthwhile: apply water during cooler morning hours when it is less likely to evaporate, and direct water to the base of the plant, where it is needed - a plant can only use water that comes in contact with its roots, not its leaves.

By changing the water delivery system from a hose or sprinkler to drip irrigation or soaker hoses, the garden's need for water can be reduced up to 50%. Overhead watering spreads water to pathways and areas not used by plants whereas drip irrigation directs water to where it is needed.

Regardless of how water gets to the garden, be vigilant about fixing any leaks and drips at spigots, watering heads, and hose connections.

Source: Garden Clippings, June 2008



Game of Logging Workshops

Game of Logging Level 1

- **Wednesday, July 28, 2021, 7:30 AM - 5:00 PM**

The Game of Logging Level I course will focus on introducing the participant to open face felling and to develop techniques to safely fall a tree. Topics include: personal protective equipment, chainsaw safety features, chainsaw reactive forces, bore cutting, pre-planning the fell, and understanding hinge wood strength.

Game of Logging Level 2

- **Thursday, July 29, 2021, 7:30 AM - 5:00 PM**

The Game of Logging Level II course will focus on maximizing chainsaw performance through basic maintenance, carburetor setting, and filing techniques. Liming and bucking techniques will be introduced, springpole cutting is covered and more felling is practiced.

Game of Logging - Storm Damage

- **Friday, July 30, 2021, 7:30 AM - 5:00 PM**

This course focuses on techniques for handling difficult trees. Topics covered include limbing, height measurement, segment calculations, wedging techniques and hinge placement. The felling is done against the tree's natural lean and participants also, limb and buck using techniques demonstrated in level II.

Participants need to bring safety equipment (hard hat/shield; hearing protection; chaps; steel toe boots...), chainsaw and lunch. All workshops will start at 7:30 am and end around 5:00 pm and will take place at the residence of David Laudato, 85 Lawrence Rd, Day, NY.

Classes are limited to ten participants.

Cost per person, per class \$45.00. Pre-registration is required. There will be no refunds if cancelling 5 days prior to July 29th. For more information or to register, contact Dan Carusone at [dj69@cornell.edu](mailto:djc69@cornell.edu) or call (518) 623-3291.



Image by Amy Sabattis



2021 Food Preservation Class Series via Zoom

Diane Whitten, MS, Master Food Preserver, Food and Nutrition Educator for Cornell Cooperative Extension of Saratoga County is pleased to present the 2021 Food Preservation Class Series via Zoom. Beginning June 29th, the series will include six 1.5-hour classes on various types of food preservation throughout the summer and into the fall. Each session will require advanced registration which can be found by visiting the events section of the ccesaratoga.org page.



Classes kick-off on Tuesday 29th with Fermenting Kombucha and Jun from 6-8 PM. Learn how easy and fun it is to make your own Kombucha and Jun, a tea fermented with honey. Health benefits of the probiotic bacteria in fermented teas will be discussed as well as demonstrations.

Classes kick-off on Tuesday 29th with Fermenting Kombucha and Jun from 6-8 PM. Learn how easy and fun it is to make your own Kombucha and Jun, a tea fermented with honey. Health benefits of the probiotic bacteria in fermented teas will be discussed as well as demonstrations.

[Registration is required.](#)

OTHER CLASSES IN THE FOOD PRESERVATIONS SERIES:

Quick Pickling

Thursday, July 29

6:00 PM—8:00 PM

[Registration Link](#)

Pressure Canning Vegetables, Meats & Soups

Thursday, August 5

6:00 PM—8:30 PM

[Registration Link](#)

Canning Salsa & Tomatoes

Tuesday, August 17

6:00 PM—8:30 PM

[Registration Link](#)

Preserving Apples

Thursday, September 9

6:00—8:30 PM

[Registration Link](#)

Making Jerky & Canning Meat

Thursday, October 7

6:00 PM—8:30 PM

[Registration Link](#)



Saratoga County 4-H Archives Corner

By Wendy McConkey, Records Management Officer

Square Dancing and Dress Revue were very popular in the early 1950s. The following articles are from the June 1952 issue of Saratoga County's 4-H Club News.

SQUARE DANCE CHAMPIONS

Mary Lou Dyer, of Stillwater, and Allan Brown, of Mechanicville, were picked as Saratoga County Square Dance Champions at the Annual Spring Dance, held at the Casino on May 24. The Square Dance contest was the highlight of the dance. Nearly all the active members of the Council competed, showing their skill and grace in following the caller.

Mary Lou and Allan represented Saratoga County in the District Contest held at the Council Week-End Camp on June 6 and 7. The four top couples from this contest will represent the Eastern District at the State Contest held during State Club Congress.

DRESS REVUE BIG SUCCESS

Did you attend the County 4-H Dress Revue on June 7? If not you missed an outstanding event. Fifty-three girls participated in the revue this year, exhibiting a variety of colorful garments from aprons to evening gowns.

Judges for the event were : Mrs. Delbert Merrill, Mrs. Schuyler Peck, Mrs. Frank Englehart, Sr., and Mrs. Philip Boughton. Mrs. Glen Fitzgerald was in charge of the decorations and Mrs. James Skellie planned the tea which followed the revue.

The Saratoga County Home Bureau presented awards to three most outstanding girls under 14 years of age. This year the awards went to Elaine Fitzgerald, Linda Kellogg and Sarah Lou Garrison.

Awards were presented by Miss Mary C. Wadleigh, Assistant County 4-H Club Agent. Mrs. Delbert Merrill, chairman of the Home Bureau executive committee, presented the Home Bureau awards, which were pieces of material.

Blue awards of excellent were presented to Elaine Fitzgerald, Linda Kellogg, Sarah Lou Garrison, Aljean Hallren, Priscilla Sanders, Mary Kay Haas, Joan Everts, Caroline J. Seeley, Dorothy Haas.

Mary Jane Shufelt, Mable Seeley, Nancy Hinckley, Betty Garrison, Yvonne Rowley, Judith Barss, Arlene Denton, Eleanor Hopkins, Barbara Pettigrew.

Others who participated were: Leona Dodd, Donna Emigh, Helen Traver, Sheila Deyoe, Grace Garnsey, Carolyn Peck, Dorothy Everts, Esther Yandell, Cora-Anna Simmons, Anita Hollmer, Sally Malik, Rachael Haas. Nancy Barss, Constance M. Gerardi, Shirley Garrison, Catherine Schneider, Roberta Seeley, Sheila Landry, Thelma Armer, Sonja M. Carlton, Judy Holbrook, Eulalia Garrison, Carol Ferris, Margaret Zeininger, Leona Tromans, Yvonne Dodd.

Madelyn Cenate, Carol McNutt, Rosemary Fuller, Irene Smith, Beverly Harrison, Dolores Fuller, Susan Emigh, Sandra Emigh, Judy Connoll.

Mrs. Herbert Shufelt, Corinth, was the commentator for the show. As each girl modeled she was given a corsage.

A musical program included: Duet, Whispering Hope, Joan Bala and Carol Cote, Mrs. Herman Claydon, accompanist; piano solo, Judy Pasek; accordion solo, Anita Hollmer; song, Make the Best Better, Linda Staats and Susan Lupton, flute accompaniment by Mary Jane Shufelt.

The stage setting was used through the courtesy of Starbuck's.

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

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