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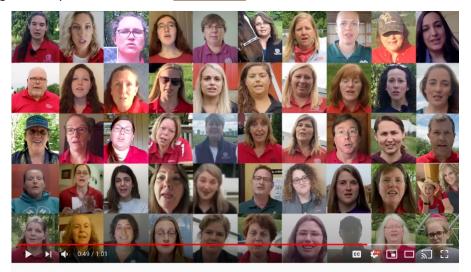
NEWSLETTER

# **EXTENSION UPDATES**

## CCE Voices Appreciation for N.Y. Farmers

Cornell Cooperative Extension staff from across New York state came together (digitally) to show appreciation for our farmers and the hard work they do on our behalf.

A collaborative video was created featuring CCE personal —Eds, staff, volunteers, etc.—thanking our farmers and showing our appreciation for all they do in their role as "essential" workers. In doing so, we also hope to illustrate the close and personal connections CCE has with agriculture and the people who grow and produce the food...<u>watch video</u>



CCE Voices Appreciation for N.Y. Farmers

## "Thank you, Farmers!" - from CCE Saratoga

At CCE Saratoga, we took the idea of thanking farmers and brought it home to Saratoga County. You are essential, and always have been. Thank you! ....<u>watch video</u>



## OUR MISSION

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

## CCE Saratoga'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 <u>visit our website</u> 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.

## Sundae on the Farm went virtual!



"Sundae on the Farm" is fun and educational for the whole family...a perfect way to spend Father's Day together. It is usually a day of tours of the dairy farm, children's activities, farm animals to see, horse-drawn wagon rides, live music, agricultural exhibits, and demonstrations by area chefs using local farm products.

Unfortunately, due to the pandemic we are unable to gather in person, so we released a "Sundae on the Farm" pre-recorded virtual tour from three local dairy farms. Meanwhile, the Stewart's Shops throughout Saratoga County featured the Farm footage in each of their shops on Father's Day.

If you were unable to view the tour on Father's Day, you can still catch it here.

Koval Brother's Dairy Turning Point Dairy Willow Marsh Farm



Saratoga County Agricultural Promotion Committee c/o Cornell Cooperative Extension, 50 West High Street, Ballston Spa, NY 12020 (518) 885-8995 www.saratogafarms.com

## Virtual Horse Symposium was a success!

CCE Equine is excited to announce the success of the Virtual Horse Symposium Series offered this summer to replace the annual Horse Symposium with over 400 participants registered. Due to Covid-19 restrictions, the anticipated Horse Symposium offered every spring by CCE Equine in Saratoga County was canceled. The Horse Symposium is an educational event that allows equine professionals, business owners, and enthusiasts to network and learn about unique aspects of the equine industry. CCE Equine's Virtual Horse Symposium Series offered 6 consecutive presentations from accredited professionals discussing a variety of topics applicable to the horse or equine business owner.

Typically, the Saratoga County Horse Symposium takes place in the spring at the 4-H Training Center in Ballston Spa, NY. The event includes a variety of classes and demonstrations for participants to attend, a vendors area for equine related businesses, a used tax sale to support local equine 4-H clubs, and silent auction to benefit the 4-H Training Center and CCE Equine programs. The Horse Symposium is CCE Equines main event of the year, providing funding for the organization to continue to offer affordable educational experiences to the community CCE Equine serves.

To replace the Saratoga County Horse Symposium CCE Equine developed a Virtual Horse Symposium. Virtual presentations were offered every Thursday for six consecutive weeks, topics including: "Emergency Planning for the Horse and Barn Owner", "Hoof Care for the Horse Owner", "Pasture Management for the Horse Owner", "Understanding Colic", "Tendon and Ligament health: What to Consider as our Horses Head Back to Work", and "The Basics of clicker Training".

Though CCE Equine misses having an in-person event, there were benefits to having



a virtual offering. Traditionally the Horse Symposium had 100-150 guest attend coming from surrounding areas in New York and Vermont. The Virtual Horse symposium had over 400 participants register, each week had 40-50 participants join the live presentation, participants tuned in from across the United States. CCE Equine will look to continue offering Virtual Educational opportunities in addition to our typical in person events in the future. Though the fiscal loss of the Saratoga Horse Symposium does not go unnoticed, CCE Equine will continue to look for ways to fund the program and continue to offer affordable educational opportunities to our ever expanding community.

You can find more information about CCE Equine, and the recordings of our Virtual Horse Symposium on our website: <u>http://ccesaratoga.org/agriculture/cce-equine/</u> <u>saratoga-horse-symposium/2020-virtual-horse-</u> <u>symposium</u>. Please follow us on Facebook at www.facebook.com/cceequine/









CCE Equine, a division of Cornell Cooperative Extension of Saratoga County, was established in 2006 through funds provided by the New York Farm Viability Institute. The program was created due to a need for equine education for adults in Saratoga County. Since then, CCE Educators have reached out to clientele in surrounding counties in the Capital Region and beyond.

## Capital District 4-H Tractor Safety

19 teens from across the Capital Region, including 3 Saratoga County 4-H members, completed the NSTOP Tractor Safety Program offered by the 4-H Youth Development Program. This intensive course requires youth to demonstrate knowledge and skills related to safely working within the agriculture industry. The certification that is earned is needed for youth ages 14-15 to operate certain types of machinery while being employed in the agricultural field.

The 2020 Tractor Safety program had to adapt due to the Covid-19 pandemic, with much of the programming taking place in a virtual space. The youth participated in an online



learning environment, and even had the opportunity to practice and demonstrate equipment operation while observing all necessary safety guidelines.

Leland Bunting, 4-H Resource Educator with CCE of Saratoga County says, "The annual 4-H Tractor Safety program is a very important offering from our Capital District 4-H program. The skills that the youth learn go deeper than operation of equipment, and really make the participants aware of the many hazards that exist while working in agriculture. When we certify a youth, we feel confident that they possess the knowledge and skills necessary to learn and work safely in agriculture. This certification is very important for many of our youth, as it is commonly a requirement for summer employment. We hope that the skills learned in this program allow our youth to explore their passion for agriculture."

The 4-H Tractor Safety program is offered every spring through Cornell Cooperative Extension, and is open to all youth ages 14 and older. If you would like more information about the 2021 program, please contact your local Cornell Cooperative Extension office.





## Spotted Wing Drosophila (SWD) arrives early in region Growers should manage the pest in ripening fruit!

SWD has been found in cherry plantings, in hedgerows near blueberries and raspberries in most counties in eastern NY. This pest may be found in June bearing strawberries, and growers should be inspecting fruit as the season progresses.

Management involves a regular spray interval. Organic and conventional options can be found on the recently updated list of spray materials for <u>berries</u>, <u>cherries</u> and <u>grapes</u>. Please be sure that the title on the top of the fact sheet is appropriate to the crop that you are trying to manage – as there are many differences.

Cultural options include managing weeds, reducing the row width and density of the plants – especially important in raspberries – and clean picking as much as

possible. Destroy culls, do not leave them in the field. Exclusion netting is effective but should be installed before fruit colors.

For in-depth information about managing SWD in cherries, please visit the <u>Stone Fruit production webi-</u> nar segment on SWD management.



For the most up to date information about where SWD is being found in the state, and other applied research reports on SWD management, enroll in the NYS IPM SWD blog.

## Act now to reduce summer heat impact on dairy farms Research examines how to keep cows comfortable during summer

Dairy farms can take simple measures to reduce the impact of heat stress on dairy cows and protect their milk production, according to research funded by the Northern New York Agricultural Development Program (NNYADP) and conducted by the W. H. Miner Agricultural Research Institute. The latest results report, comparing heat abatement systems on four dairy farms in northern New York, is posted under the Research: Dairy tab at <u>www.nnyagdev.org</u>.

"This research addresses climatic trends that create episodic bouts of heat stress that do not allow dairy animals time to acclimate. We are working with regional farms to develop a sciencebased understanding of heat stress that will help farmers enhance their heat abatement



their heat abatement systems to increase cow comfort and maintain strong milk production," said Miner Institute Director of Research Katie Ballard....continue reading

## "I Believe" in the Future of Agriculture Recessions. Pandemics. Low Commodity Prices.

Even in what may seem like the darkest hours, agriculturalists throughout America have always found something to believe in - the future of agriculture.

During a Chapter Officer meeting, FFA officers discussed ways that they could help remind fellow members, agriculturalists and the community that "even in hours of discouragement" agriculture can move forward to "better days through better ways". It was through their discussions that there was no better way than through a special presentation of the FFA Creed.



SOURCE: Schuylerville Ag. Education & FFA

## Dining with Diabetes Online

There is one class left in the series of Dining with Diabetes. Make sure you are registered so you may join the discussion. Until then, enjoy this recipe:

#### **GRILLED PORK TENDERLOIN**

#### Ingredients

- ½ cup canola oil
- <sup>1</sup>/<sub>2</sub> cup reduced sodium soy sauce
- ¼ cup red wine vinegar
- 3 tablespoons lemon juice
- 2 tablespoons Worcestershire sauce
- ½ teaspoon garlic powder
- 1 ½ tablespoons fresh parsley, chopped
- 1 tablespoon dry mustard
- 1 ¼ teaspoons black pepper
- 1 pound pork tenderloin

#### Directions

- 1. Combine all ingredients except tenderloin in a plastic food storage bag
- 2. Add tenderloin and turn to coat. Seal bag and refrigerate 4 to 6 hours. Turn tenderloin occasionally to marinade well.
- 3. Remove tenderloin from marinade and discard marinade.
- 4. Grill tenderloin on a medium grill about 30 minutes, or until the internal temperature registers 155° Fahrenheit.
- 5. Turn halfway through cooking time.
- 6. Let tenderloin rest 5 to 10 minutes before slicing.

Total time: 4 hours 50 minutes Preparation time: 4 hours

See Nutrition Facts



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/regist er/tJ0ocuutajgpGtU QTb8qcund3Zz9jpKE

## Upcoming Food Preservation Educational Series via Zoom

#### 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

<u>Canning at Home; An Intro to Boiling Water, Steam</u> <u>and Pressure Canning:</u> 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



## Car Seats & Installations

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.



## **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 <u>our site</u>, our <u>social</u> <u>media</u>, 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 <u>lep77@cornell.edu</u> for reservations. Voicemails left on our office phone ill be returned at earliest convenience: 518-885-8995

## Homesteaders & Self-sufficiency

CCE Saratoga educators have created an <u>educational webpage</u> where people can learn all aspects of becoming selfsufficient 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.

## HOMESTEADING Video Series

CCE Saratoga County is pleased to announce a brand new virtual series for Homesteading and Self–sufficiency. This <u>8-week video series</u> 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

## Click on the links to view videos

Adding Livestock to a Homesteaders Backyard



Wednesday, May 13



Permaculture and Homesteading

Wednesday, May 27



Perennial Vegetables

Wednesday, June 3



Natural Resources: Edible Foraging Wednesday, June 10



Vegetable Gardening in Small Spaces Wednesday, June 17

Check back each Wednesday for the next three weeks to view videos in our <u>Homesteading Video Series</u>.



## *Preserving Food:* Flavored Vinegars

Vinegars garnished with sprigs of herbs or a layer of berries are a hot "splash" right now. They are favored by chefs for adding excitement to special dishes. Cooking at home is also enlivened by tantalizing tastes from the blending of flavors with vinegar. Flavored vinegars are easy and fairly safe to make at home, provided some simple precautions are followed...<u>continue reading</u>



## Herbs for the Garden & Their Uses

An herb is any plant with a useful purpose. Some uses might be as flavorings, fragrances, beverages, dyes, cosmetics, pesticides, economic products, and or sacred or medicinal purposes. There are specific essential oils present in some culinary herb leaves, flowers, seeds, stems, bark and roots, *but not all parts of culinary herbs are edible.* 

Some of the more common herbs suitable for New York gardens are listed in this <u>article.</u>

# The Trout of New York

Trout provide some of the most widespread and varied fishing of any freshwater game fish. They can be fished from large boats on the Great Lakes and from canoes on small Adirondack ponds. Generations of anglers have enjoyed trout fishing by wading in or from the shores of Catskill streams. Trout can be caught on just about any kind of artificial lure, including dry flies, wet flies, spinners, and spoons, as well as on live bait such as minnows and worms.

#### Four species of trout are found in New York's waters:

brook trout, lake trout, brown trout and rainbow trout. A brief description of each is provided in the chart. Persons interested in finding more detailed descriptions for any member of the trout family can refer to the book, "The Inland Fishes of New York State," by C. Lavett Smith.

## Want to Join 4-H?

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.

## Saratoga County 4-H Alumni Facebook Group



We are excited to announce the sakaroga county launch of our Saratoga County 4-H Alumni Group. We hope this group will help our 4-H Alumni connect with their fellow 4-H'ers!



## 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

## Mrs. Curren's 4-H Happy Place

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



Fourth Activities students with some adult help required at times. Create Your Own Pollinator Garden

> Saratoga County Trail Challenge Build Your Own Bluebird Nest Box



Recommended age: Grades Pre-K-12 Courtesy of Purdue University, Indiana 4-H

Encourage your family to stay physically active with this fun dice game! Have Fun with Fitness!



## Wildlife Print Casting

Recommended age: Grades 3-8 Courtesy of University of Florida, Florida 4-H

Learn about identifying wildlife tracks and how to make castings of the tracks using plaster!

Track Local Wildlife!



## 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 return-



ing 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 – Septembe**r 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, <u>semerich402@gmail.com</u>

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

#### 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

#### 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

## Saratoga County U-Pick Farms for June - July

ARIEL'S FARM www.arielsfarm.com 194 Northern Pines Road Wilton, 12831 BOWMAN ORCHARDS www.bowmanorchards.com 147 Sugarhill Road Rexford, 121148





**GREENFIELD'S FOREVER, LLC** 







## 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** <u>kingbrothers.deliverybizpro.com</u> (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** <u>www.oldsaratogamercantile.com</u> (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** <u>www.buckleyfarm.com</u> (518)-280-3562 946 Saratoga Road Ballston Lake, NY 12019

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

## **Smith Orchard**

Pie Shop <u>closed</u> 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* <u>vashtiskitchendelights.com</u> Monday –Sunday **9am-6pm** (518) 695-3131 1174 NY-29, Schuylerville, NY 12871

**9 Miles East** Order meals and schedule delivery's online <u>subscriptions.9mileseast.com</u>

(518)-810-3731 adam@9mileseast.com





## 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

## WellSpring Maith Earrach Farm

Farm Fresh, pasture raised Cornish rock roaster chicken. Raised planter beds and picnic tables.

#### Wellspringfarm@outlook.com

Phone orders M-F, **8 am-6pm** 972 Charlton Road Charlton,, NY 12302 (518) 280-1307

## Website and Social Media

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







CCE Equine



Agriculture Economic Development



Capital Region PRISM

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#### Building Strong and Vibrant New York Communities

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.