

July 20, 2020

Volume 1, Issue 16

CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

EXTENSION UPDATES

Food Assistance and Essential Nutrition Coming to Saratoga County

free MILK/FOOD DRIVE-THRU EVENT Saratoga County Fairgrounds Wednesday, July 22 - 11:00 am

WHAT: Through the Coronavirus Food Assistance Program (C.F.A.P.), government-funded grant have been made available to food banks and community organizations to help provide much needed food to those in need.



Picture does not respect items in box.

WHO: American Dairy Association North East is working with Dairy Farmers of America, Glazier Packing Company and community partners to facilitate the distribution of more than 2,000 gallons of milk and 32,000 pounds of additional food through a local drive-thru event. There will be 800 boxes each of produce and additional dairy items, each containing 20 pounds of products. Each vehicle will receive two gallons of milk and one of each box while supplies last.

WHERE/WHEN: Saratoga County Fairgrounds (162 Prospect Street, Ballston Spa, NY 12020) on Wednesday, July 22 beginning at 11 a.m. - 2:30 p.m. Enter through Gate 1.

HOW: To ensure the safety and health of all involved in the distribution, there will be a drive-thru distribution process for this event. All drivers and passengers must remain in their vehicles and will be prompted to open their trunk to receive milk and products. If cars do not have a trunk, they will be prompted to open their window. Walk-ups will not be permitted. No registration or paperwork is required for this distribution.

Tractor Supply Company Paper Clover Fourward Fund Campaign



Help 4-H reach youth with the critical resources they need to keep learning and thrive.

Donate to the 4-H FOURWARD Fund with your online purchase at Tractor Supply Company July 15-26.



FOURWARD FUND



TRACTOR SUPPLY CO.

We are pleased to announce the Tractor Supply Company Paper Clover Fourward Fund Campaign. Proceeds from the Wilton and Clifton Park Stores, as well as online purchases come back to Saratoga County.



18 U.S.C. 707

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.

Food Preservation Online Classes Reach International Audience

With in-person, hands-on food preservation classes off the table this summer, Diane Whitten is offering classes online via Zoom. Attendance at these programs has far exceeded expectations with an average of 100 attending each of the first four program. Six more of these programs will be offered through October. People are attending not only from Saratoga County, but also from all across NY with the assistance of CCE educators from other counties who are excited to be able to promote these classes to their consumers and residents. The last program on Fermenting Vegetables had 125 registrants and was attended by an international audience, including three from Canada and one from Columbia, South America thanks to the power of Social Media.



These online classes allowing resident from other counties that don't have CCE educators that teach home food preservation to get this education. Here's what one attendee said in an email after a class:

Your online class was fantastic! I live in Westchester County and they do not physically have these type of classes at Cornell Westchester. To be able to be take this class online, during these times makes a difference. I can't wait to get started and then experiment. I'm looking forward to all your classes.

Thanks again, Suzanne

The next class will cover Quick Pickling at 11 am, Friday, July 31. A list of the remaining classes and registration links can be found [here](#).

Personal Financial Education: Create a Plan, Take Action, Move Forward

Date: Thursday, August 13, 2020 at 6:30 PM - 7:30 PM

Presenter: Maria DeLucia-Evans (Albany County)

Hosted by : Bethlehem Public Library

Age Group: Adult 18+

Managing finances during the current COVID-19 pandemic can be stressful. Whether you are concerned about paying bills, paying off debt, income fluctuations or job security, it is important to create a plan, take action and move forward. This program led by a Cornell Cooperative Extension Educator will provide personal financial education to help empower your actions in assessing your financial situation, setting goals, creating a working budget, and managing potential income loss.



[Registration link](#)

Please Note: You must enter your email address in the registration form. This enables the library to send you the invitation with access to the Zoom meeting.

Hot Car Deaths : What to Know & How to Prevent

By Cynthia Dort, Occupant Protection Educator, Nationally Certified Child Passenger Safety

Tragically, hot car deaths of children have been on the rise since statistics began being collected (1998) with 2018 having the highest on record- 53 deaths. Unfortunately, 2019 followed with 52 deaths and to date in 2020 we have had 9 hot car deaths. These deaths in 2020 happened April through present, mid-July in the following states: Oklahoma (3), Virginia, North Carolina, Florida, Texas, Kentucky, and California.

The ages of hot car deaths span 5 days old to 14 years old, with 54% under the age of 2.

*** NY State has recorded 10 deaths in hot cars from 1998-2019***

Continued on page 4



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.

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>



Why is leaving a child in a vehicle so dangerous for even a few minutes:

- The child's organs begin to shut down when their temp reaches 104 degrees
- Death can occur when the temp of the child reaches 107 degrees
- Within minutes inside the vehicle, temps can reach 125 degrees
- 80% of the temperature increase happens within the first 10 minutes
- Cracking the window DOES NOT slow the heating process or decrease the maximum temp from being reached
- A child's body overheats 3-5 times faster than an adult body

Known factors that have led to hot car deaths:

- Changes in caregivers daily routine
- Lack of sleep for the caregiver
- Stress the caregiver may be experiencing
- Any type of distraction- cell phone call, late to a meeting or appointment, receiving bad news, etc
- Caregiver not realizing a child is in a rear facing car seat as the child cannot be seen
- Children, especially babies, often fall asleep while riding in the vehicle, therefore becoming very quiet which could allow for the caregiver to completely forget the child is in the vehicle

What should you do if you see a child left alone in a vehicle:

- DO NOT WAIT for the driver to return- CALL 911 operator immediately and they can guide you on how to care for the child.
- Assess if the child is unresponsive or in distress and IMMEDIATELY:
 1. Get the child out by any means
 2. Once the child has been removed from the vehicle, get them to a cooler environment with air conditioning if possible and if not a shaded area
 3. Remove child's outside layer of clothing to allow the heat to dissipate from the child's skin
 4. If possible, dampen the child with a wet cool rag

- If you have determined the child is responsive and is not in distress:
 1. Stay with them till help arrives
 2. Ask another adult to go and try to locate the driver, find store security to help in that search

How to know a child is showing signs of distress:

- Hot, flush or red skin
- Slow or weak pulse, rapid pulse
- Lethargic
- Confused
- Strange behavior
- Nausea
- Child is showing no signs of sweat

Helpful Hints so a child will not be left in a vehicle or gain access to a vehicle unoccupied:

- Every time you park your vehicle, as you exit, open the back door, making sure no child is left behind
- Realize that you may be overtired, stressed or are having a schedule change and place a reminder in the backseat such as your handbag, brief case, cell phone, paperwork for your meeting, your job's entrance badge, lunchbox or any item that you know is necessary for where you are going
- Clearly confirm with each older child or adult, which child you are getting out and that everyone is accounted for before leaving the vehicle
- Have a pact with your child car provider that they call you immediately should the child not arrive at set drop off time.
- When home...once you are parked in garage or driveway and everyone has exited the vehicle, lock the vehicle so a child cannot enter without anyone knowing
- Never leave vehicle keys within the reach of children
- Should you realize a child is missing, immediately check the vehicle- look inside the vehicle and the trunk
- Teach children if they get locked in the car and are able to move around, honk the horn till they are able to get attention.

Hot car deaths are preventable - "YOULOOK BEFORE LOCK"

E5 Dialing into Your Best Dairy: Nutrition and Feeding for the Lactating Cow

This episode features CCE Dairy Specialists Margaret Quaassdorff, Dave Balbian, and Melanie Palmer while they discuss dialing in lactating cows' nutrition, goals as a feeder of lactating cows, and recommendations from Miner Institute for creating the Perfect Dining Experience for our cows.



For more information: prodairy.cals.cornell.edu/events/podcasts/

Heat Stress: Key Indicators & Management Strategies

Free webinar available in English and Spanish, on July 21st from 12:30 - 1 PM

Cornell PRO-DAIRY, Cornell Cooperative Extension (CCE) of NWNY and CCE of SWNY are offering a webinar in English and Spanish on “Heat Stress: Key Indicators & Management Strategies.” The same information will be shared during both webinars. The webinars are free. Registration is not required.



Photo by B. Carlson, Flickr/Creative Commons

July 21, 2020 | 12:30-1:00 PM | English

Heat Stress: Key Indicators & Management Strategies

Learn about the negative repercussions of heat stress in dairy cows and calves along with ways to prevent and mitigate it.

<https://cornell.zoom.us/j/93358384360?pwd=cmVUYTVleEpFYTIhSHZ2K0VLL1B6Zz09>

22 de julio de 2020 | 12:30-1:00 PM | Español

Estrés por Calor en Vacas Lecheras: Señales Claves y Estrategias de Manejo

Aprenderán sobre las repercusiones negativas del estrés por calor en vacas lecheras y becerros, además de maneras de prevenir y mitigarlo.

<https://cornell.zoom.us/j/96346692910?pwd=YjYwSGNlVWhCZVkvRVZsbzhEbzAxZz09>

Soil Health Center goes virtual at Empire Farm Days

Format will allow farmers, professionals, gardeners and others to participate from a distance

When this year's annual Empire Farm Days – the largest outdoor agricultural trade show in the Northeast – was forced online due to COVID-19, organizers of the trade show's Soil Health Center quickly transformed it into a virtual format.

The Zoom format will allow farmers, agriculture professionals, home gardeners and others to participate from a distance. [The Empire Farm Days' Virtual Soil Health Center, via Zoom, will provide short programs July 29-31.](#) Participants can choose to attend any or all the presentations, panels and demonstrations. The sessions are free.

“Fitbits for chickens” improves poultry welfare

Parasite infestations revealed by tiny chicken backpacks

Blood-feeding livestock mites can be detected with wearable sensor technology nicknamed “Fitbits for chickens.”

To help farmers detect mite infestations, a team of entomologists, computer scientists, and biologists led by UC Riverside entomologist Amy Murillo has created a new insect detection system. The team’s work is detailed in the journal [*Scientific Reports*](#).

In recent years, concern for the well-being of livestock has given rise to more farms where poultry are allowed to roam. Though this freedom improves the quality of chickens’ lives, free-range chickens are still subject to insect infestations.

“The trend in egg sales is ‘cage free,’ but that doesn’t necessarily mean the chickens are insect free,” Murillo said.



Amy Murillo, UCR

Of particular concern to scientists is the northern fowl mite, which Murillo said feeds on chicken blood and lives on hens in feathers surrounding “the butt area of the chicken.”

In addition to the economic consequences of infected hens laying fewer eggs, mites can make the chickens sick and cause lesions to develop on their skin.

“Fowl mites are very unpleasant for the birds being fed upon and cause an itchy immune response,” Murillo said.

To devise their detection system, Murillo’s team first identified three key chicken pastimes closely linked to chickens’ well-being: pecking, preening, and dustbathing. The team hypothesized they would see a big increase in preening and dustbathing among infected chickens because these activities keep feathers clean...[continue reading article](#).

SOURCE: Morning AgClips

Knee high by the 4th of July: Fact or fiction?

Corn is a major field crop in NYS with more than 1 million acres planted annually

We all know the age old saying “knee high by the 4th of July” as it pertains to corn growth here in the United States, but did you have a chance to look and see how tall our corn really was this 4th of July? It was likely taller than the knee around here!

Corn is a major field crop in New York State with more than 1 million acres planted annually. According to the 2017 Census of Agriculture, Madison County has approximately 13,679 acres of corn being grown for grain and 12,329 acres of corn being grown for silage. Typically, grain corn (including dry-shelled and high-moisture) represents 55% of the acreage, whereas corn silage represents the remaining 45% of the acreage. Although corn is mostly profitable on NY farms, it is also an expensive crop to produce. The high costs of seed, fertilizers, and chemicals require a high degree of crop management to obtain top yields and economic returns. Corn producers must also carefully manage the crop to insure a high quality crop.



Photo by Joshua Kantarges on Unsplash

High-yielding corn requires moderately well-drained or well-drained soil with a pH above 6.0 as well as timely and skillful management practices. Management practices to consider carefully include planting techniques, hybrid selection, fertilization, and control of insects, weeds, and diseases. Correct management of all these practices is essential for maximum economic yield...[read more](#)

SOURCE: Morning AgClips

Capital Mohawk PRISM & Adirondack Research work together

The Capital Mohawk PRISM worked with Adirondack Research near Saratoga to perform aquatic invasive species early detection surveys. The data collected will be used by lake associations to manage infestations.



Knotweed Biocontrol Released in NYS

Japanese knotweeds (*Reynoutria japonica*, *Reynoutria sachalinensis*, and their hybrid *Reynoutria X bohemica*) are widespread and invasive, causing negative impacts on ecosystems and economies in the US, Canada, and Europe. This invader is extremely difficult to control, and managers seek environmentally friendly alternatives to annual herbicide treatments. Biological control (biocontrol) uses selected species from an invasive species' native range to control the invasive species in its introduced range. When successful, this approach permanently suppresses the invader and is more targeted than chemical methods.

After extensive testing and review by federal agencies (USDA/APHIS), on March 20th, 2020, the Knotweed Psyllid (*Aphalara itadori*) was approved for release in the U.S. as the country's first biocontrol agent for Japanese knotweed. This sap-sucking insect native to Japan was later released on June 10 (during NY Invasive Species Awareness Week) by Dr. Bernd Blossey and colleagues at Cornell University. A week after releasing the 2,000 *A. itadori* adults at two locations in New York's Tioga and Broome counties, the researchers found the insects had successfully laid thousands of eggs. The releases in New York State are part of a nationwide effort with similar releases made in Rhode Island, Massachusetts, West Virginia, North Carolina, Oregon and Washington State.



Dr. Bernd Blossey checking on Knotweed Psyllid (*Aphalara itadori*).
Photo Credit: Dr. Stacy Endriss.

The psyllid was previously released to manage knotweed in the UK and Canada, but in both countries failed to establish and build large enough populations to affect knotweed. The Blossey lab remains cautiously hopeful for success of *A. itadori* releases, however they will explore for additional safe but more effective biocontrol organisms in Japan and China.

SOURCE: New York Invasive Species Research Institute

Capital Mohawk PRISM

The PRISM is built on a partnership made up of representatives from state agencies, not for profit organizations, and citizens concerned with the spread of invasive species throughout New York State. The Capital Region PRISM provides services in eleven counties in the New York State Capital Region: Albany, Columbia, Montgomery, Rensselaer, Schenectady, and parts of Fulton, Herkimer, Saratoga, Warren, and Washington.

The functions of the PRISM include, but are not limited to: Coordination of partner efforts, Recruiting and training citizen volunteers, Delivering education and outreach programming, Establishing early detection and monitoring networks, Implement eradication and control efforts, and Provide funding for invasive species work. <http://www.capitalmohawkprism.org>



**INVASIVE SPECIES
MANAGEMENT**
CAPITAL REGION

Buy Local at Farmers' Markets & Saratoga County Farms



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. [Click here to find a Farmers' Market near you.](#)



Support our local farms! [Click here](#) for a list of farms compiled by CCE Saratoga Staff detailing their products and delivery methods during the COVID-19 pandemic.

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

[Facebook page](#)
236 Wilton Road
Greenfield Center, 12833

STAR FARM

www.starfarmblueberries.com
2478 Galway Road
Galway, 12074

WINNEY'S BLUEBERRY FARM

[Facebook page](#)
113 Winney Drive
Schuylerville, 12871



Update on 4-H Programming From the 4-H Issue Leader



Our staff has been working very hard to prepare to restart the 4-H Program. Staff are currently back in the office, and I have been working on the 4-H Reopening Safety Plan. All participants are going to have to become very familiar with the safety plan and learn how the program will function once we receive the green light. In the meantime, during the end of July/August, we will begin to provide some countywide programming at the 4-H Training Center.

During these uncertain times, the center will become the hub of almost all 4-H activities. There will be protocol to use the facility, and any programs that we have out there in the upcoming weeks will be administered by Brianna, Leland, or myself. Is this the most ideal situation? No! ..but, as always, when working with other people's children, we MUST be diligent in planning and implementation of our programs to ensure the safety of our youth and adult participants. We appreciate your patience during his process.



- Greg

4-H Youth Development The Impact it has on its participants

People often ask what impact 4-H Youth Development has on its participants. We know from our experiences that 4-H changes lives, helping youth to become confident, mature adults ready to succeed in today's challenging world. Studies show that youth participating in 4-H do better in school, are more motivated to help others, feel safe to try new things, and develop lasting friendships.

Each year, roughly half a million youth from urban, suburban, and rural communities across New York participate in 4-H experiences. 4-H programs are offered in a number of research-tested outreach strategies: school enrichment and after-school programs, camp settings and community clubs. Additionally, fairs and festivals offer youth an opportunity to demonstrate their skills and earn recognition for their best work.

The fundamental 4-H ideal of practical, learn-by-doing experiences encourages youth to experiment, innovate, and think independently. Youth learn leadership, citizenship, and life skills through more than 1,000 projects with topics as varied as rocketry, GPS mapping, DNA analysis, public speaking, photography, nutrition, and community service. [Why 4-H Link](#)

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 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!



Great Opportunity for any youth that wants to learn about Coding & Programming

New York State 4-H

All are welcome!
**Virtual Statewide
Hour of Code**
Create a Game Using Scratch

Wednesday, July 29 @ 6PM



Hour of Code is an introduction to computer science, designed to demystify "code" and show that anyone can learn together the basics to be a maker, a creator, an innovator!

This program is for youth ages 7-12 and requires an adult chaperone to join.



Use this zoom link to register:

https://cornell.zoom.us/joining/register/tJAocO2opzMrHt1yc_IL8o-tF97dVtmEcyp4

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

TEACHING SCIENCE...when you don't know diddly-squat

Can you hear better with paper ears?



You do not need all the answers to teach science. You simply need an inquisitive mind and to be willing to carry out an investigation.

Purpose:

The purpose is not to teach specific content, but to teach the process of science - asking questions and discovering answers. This activity encourages young people to try to figure things out for themselves rather than just read an answer on the internet or in a book. As a leader, try not to express your opinion, but let the youth engage in arguments based on evidence.

Time Required:

20 minutes or multiple days depending on the interest and questions the youth have

Materials:

Paper, Scissors, Tape

[Click here for experiment.](#)



4-H Leaders Association Chicken BBQ

**CHICKEN
BBQ**
SPONSORED BY
**4-H LEADERS
ASSOCIATION**

**Saturday, August 22nd
4:00-7:00pm**

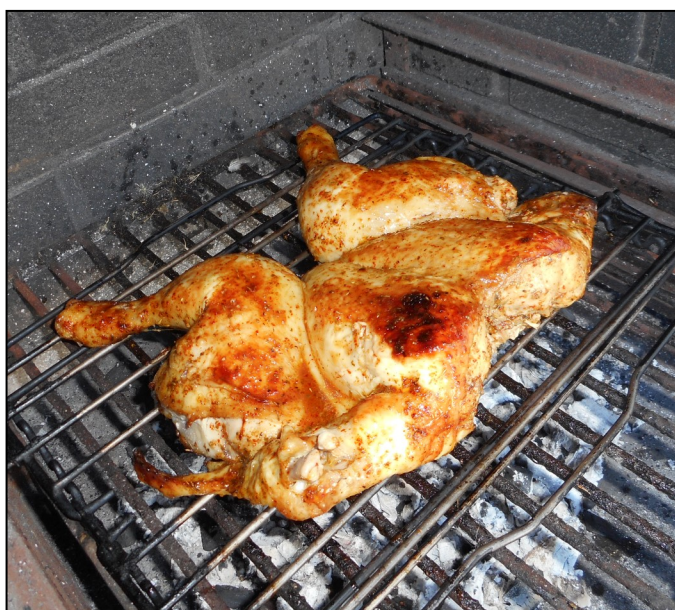
4-H Training Center Middleline Rd, Ballston Spa Drive-Thru Service	\$14 1/2 Chicken Baked Potato Coleslaw Dinner Roll Smith Apple Pie Bottle of Water
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**Click This Flyer to
Pre-Order**

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The 4-H Leaders Association is proud to sponsor this Drive-Thru Chicken BBQ. The event will take place on Saturday August 22nd from 4 -7 PM with all proceeds to support 4-H scholarships and programming. The members of the 4-H Leaders Association will be following all COVID-19 cleanliness and social distancing guidelines while carefully preparing a delicious menu for you and your family to enjoy! All you have to do is pre-order by August 8th by [clicking here](#), then go to the 4-H Training Center on Middleline Road to pick up everything you will need for your dinner!

Contact [Greg Stevens](#) with any questions.



The Saratoga County Fair is going virtual!

Saratoga County Fair couldn't let a whole year go by without a fair! Their board of directors has been working tirelessly behind the scenes to come up with a VIRTUAL county fair! Many of the aspects of a traditional county fair will be incorporated, but translated to a virtual platform. The Virtual Saratoga County Fair will take place July 21-26, 2020. Stay tuned to [The Saratoga County Fair Facebook](#) page and [their website](#) for updates!





4-H Virtual Fair Video Challenge



Calling all Saratoga County
4-H Members!



Don't miss out on this opportunity to show case your animals and compete for 1st place winnings!!

1st Place Prize \$50

2nd Place Prize \$30

3rd Place Prize \$20

All winners will receive a custom trophy and bragging rights!

[Click Here for requirements](#)

Videos must be submitted no later than midnight on July 21st.

No late entries will be accepted for judging; no exceptions.

Please direct any questions to Bricanna at bh548@corell.edu

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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David Balbian	Nicole Tommell

GC-SBN Leads

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Jim McNaughton	



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