

August 2, 2021

Volume 2, Issue 25

CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

## EXTENSION NEWS

### Saratoga County Fair & 4-H

As we wrap up the 2021 Saratoga County Fair, the first word that comes to mind is "INSPIRATION". From the day before the 4-H Chicken BBQ started on Wednesday to the 4-H Snack Bar locking its doors last Sunday, we did what we always do, and that's put smiles on youth faces through 4-H.

2021 has been a unique year, but one not without challenges. We had no idea what to expect at this year's abbreviated fair. In the end, what happened was truly inspirational!

Our volunteers in the Conservation Department, the sold out BBQ, 4-H Snack Bar or our 4-H Animal shows picked up like we never went on pause in support of our program.

Youth came ready to strut their stuff and show what they have learned and how they have grown, and yes, literally grown in the last 2 years.

Parents chipped in to help! They supported their kids showing, working in the Snack Bar, or just allowing them to be present as Teen Leaders.

Elected officials took time out of their busy schedules to show support for the impact we have on children.

We continue to be amazed and inspired at the power, strength and dedication of our adults and youth participants in 4-H in Saratoga County.

**Thank you** all for a great 2021 Saratoga County Fair, we are looking forward to the 2021-2022 4-H year!



- more pictures on next page -



Assemblywoman Mary Beth Walsh with 4-H'er



## 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.*



Congressman Tonko visits with 4-H'ers at the 4-H Snack





## Capital Region PRISM collaborated with partners to conduct a water chestnut pull.

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The Capital Region PRISM collaborated with NYS DEC, Mohawk River Basin Program, and Schenectady Soil & Water Conservation at Aqueduct Park to conduct a water chestnut pull.

Water chestnut (*Trapa natans*) is an invasive aquatic plant native to Eurasia and Africa. It was brought to the U.S. for ornamental use in the mid 1800s and was introduced to Collin's Lake (Schenectady County) in 1884. Water chestnut has since spread rapidly throughout the Capital/Mohawk region.

Unlike most other aquatic invasive plants that can reproduce by fragmentation, water chestnut acts as an annual. However, each seed can produce up to 20 new rosettes, each new rosette can produce up to 20 seeds for the following year.

Hand pulling can successfully manage water chestnut growth by limiting its seed production.

Visit <https://www.capitalregionprism.org/.../waterchestnutpull...> for a comprehensive resource on "How to Host a Water Chestnut Pull" or <https://www.capitalregionprism.org/> for more!



## Water chestnut

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The unfortunate fact is that for large infestations of water chestnut (i.e. those too large to be controlled by hand-pulling) over the long-term mechanical and chemical control measures have proven to be impractical to provide an economically sustainable control of water chestnut. Scientists have now turned to the potential of biocontrol agents to serve as a long-term solution to water chestnut infestations.

A number of potential biological control agents were found in field surveys in the native European and Asian ranges of water chestnut. The most promising biocontrol species appeared to be the leaf beetle *Galerucella birmanica*. Unfortunately, field observations in China suggested that *G. birmanica* may also attack native water shield (*Brasenia schreberi*) in addition to *Trapa natans*. This host non-specificity could be problematic to the use of the beetle for biocontrol in North America.

Laboratory and field tests initially indicated that out of 19 different plant species in 13 different families, *G. birmanica* laid eggs and completed development only on species of *Trapa* and *B. schreberi*. Adult *G. birmanica* in the field and lab indicated that the beetles showed a strong preference for *T. natans*. This preference continued even after the water chestnut was completely defoliated; adults resisted migrating to nearby water shield. While this is very promising news, additional studies on host specificity with additional North American aquatic plants are on-going. [Ding, et. al., 2006]





## Help protect NY's trees from the invasive Asian longhorned beetle (ALB)

Do you own a pool? You can help protect NY's trees from the invasive Asian longhorned beetle (ALB)! Check your pool filter for insects for insects that resemble ALB and email photos of suspects to [foresthealth@dec.ny.gov](mailto:foresthealth@dec.ny.gov). Visit the DEC website for ID tips and common look-alikes:

[https://www.dec.ny.gov/docs/lands\\_forests\\_pdf/albposter.pdf](https://www.dec.ny.gov/docs/lands_forests_pdf/albposter.pdf).

No pool? No problem! You can still help. Watch for signs of ALB in trees including round, dime-sized exit holes and sawdust collecting on trucks or branches.

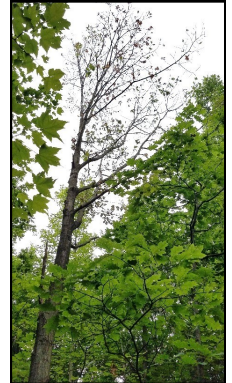
Learn more: <https://www.dec.ny.gov/press/123477.html>



## How are your oak trees doing?

How are your oak trees doing? Now is a great time to check for signs of oak wilt, a non-native fungus that can kill red oaks in as little as 6 weeks. Symptoms are most obvious in July and August, when infected red oaks will drop more than half of their leaves. These leaves will look like they're dipped in brown paint, with browning starting at the tips and progressing back towards the leaf stem.

Think you've seen oak wilt? Send photos and location info to DEC at [foresthealth@dec.ny.gov](mailto:foresthealth@dec.ny.gov). Thanks for keeping an eye out and helping to protect New York oaks!



## Be cautious in and around areas of high water

Frequent and heavy rains have swollen waterways throughout the region. Several trails, a campgrounds, and popular water recreation areas are experiencing flooding. Be cautious in and around areas of high water.

- Do not attempt to cross high, fast-moving rivers or streams without a bridge.
- Exercise extreme caution when paddling or swimming in moving water.
- Wear a properly-fitted personal floatation device (life jacket) when paddling and boating.
- Be careful entering and exiting your boat.
- If you are camping near water, be prepared to move if waters begin to rise.
- Do not drive through flood waters.



**Source:** NYS Department of Environmental Conservation



## Did you buy a boxwood this spring?

Did you buy a boxwood this spring? Please check it for the destructive box tree moth - doing this now can prevent the moth from infesting America's boxwoods.

### An Update on Box Tree Moth, a Pest of Boxwoods

Dan Gilrein

Extension Entomologist

Cornell Cooperative Extension of Suffolk County

Box tree moth, native to East Asia, was found in Europe in 2006 where it has become a destructive pest defoliating and killing boxwoods. It was found near Toronto, Canada in 2018 and has spread to nearby areas but has not yet been found infesting US-grown boxwoods. So far only boxwoods have been affected in Europe and Canada, though some references note other hosts. Coming on the heels of boxwood blight, this new pest is especially unwelcome for one of our most popular and valued landscape plants.

On May 28, 2021 USDA-APHIS confirmed box tree moth (*Cydalima perspectalis*) for the first time in the continental US imported on nursery stock from Ontario, Canada. The plants were shipped to the US between August 2020 and April 2021 to 7 states including NY and have since been more widely distributed. Insects were found on plants in Michigan, Connecticut and South Carolina but so far not in NY. The US has halted all imports of potential host plants (*Buxus* spp., *Euonymus* spp., *Ilex* spp.) from Canada. Federal and NYS Dept of Agriculture and Markets officials are tracing and destroying these imported plants and following up with pheromone trapping and surveys.

Box tree moth adults can be detected with commercially available pheromone traps (e.g. Unitrap) and box tree moth pheromone lures. Inexpensive commercial carton traps work well but the standard opening for moths to enter may need to be enlarged for this species. The green caterpillars, webbing they create and leaf chewing damage in boxwoods are also distinctive. Jen Llewellyn with the Ontario Dept of Agriculture has posted some photos and information very helpful for identifying and monitoring box tree moth and infestations at <https://tinyurl.com/BTMEarly>. Traps are placed about 3' above ground prior to and when moths are active; standard septa lures are replaced every 4 – 6 weeks or as recommended. Moths were first seen in Canada on June 13 this year and a second flight is expected in late



**ADULT MOTH** - (Courtesy of Matteo Maspero and Andrea Tantardini, Centro MiRT - Fondazione Minoprio [IT].)



**DARK FORM OF THE MOTH** - (Courtesy of Ilya Mityushev, Department of Plant protection of the Russian State Agrarian University - Moscow Timiryazev Agricultural Academy.)

summer.

Notify Cornell University's Insect Diagnostic Lab (<http://idl.entomology.cornell.edu>), CCE Saratoga Master Gardeners (518-885-8995) or NYS Dept of Agriculture and Markets ([plants@agriculture.ny.gov](mailto:plants@agriculture.ny.gov)) of any suspect sightings of moths, caterpillars, and/or plant damage. Include clear photos if possible. With early detection box tree moth can be controlled. In Europe and Canada *Bacillus thuringiensis* -based products are being used but many other options are also likely to be effective.

### References

- CCE Suffolk Boxwood Guide. <https://tinyurl.com/CCEBoxGuide>
- Del Pozo-Valdivia, A. et al. 2021. Box Tree Moth. Virginia Cooperative Extension Pest Alert. Accessed on-line 6-19-2021 at <https://resources.ext.vt.edu/contentdetail?contentid=2680>
- Frank, S. et al. 2021. Insecticide Options for Box Tree Moth Management <https://ecoipm.org/wp-content/uploads/Insecticides-to-Consider-for-Box-Tree-Moth-Management.pdf>
- USDA APHIS PPQ Box Tree Moth Pest Alert. [https://www.aphis.usda.gov/publications/plant\\_health/alert-box-tree-moth.pdf](https://www.aphis.usda.gov/publications/plant_health/alert-box-tree-moth.pdf)
- USDA Confirms Box Tree Moth and Takes Action to Contain and Eradicate the Pest. USDA Program Update May 28, 2021 <https://tinyurl.com/BTMMay282021>
- USDA APHIS. Box Tree Moth. [https://www.aphis.usda.gov/aphis/ourfocus/planthealth/plant-pest-and-disease-programs/pests-and-diseases/sa\\_insects/box-tree-moth](https://www.aphis.usda.gov/aphis/ourfocus/planthealth/plant-pest-and-disease-programs/pests-and-diseases/sa_insects/box-tree-moth)

July 2021



## Gypsy Moth Management Guide for Homeowners

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### AUGUST - SEPTEMBER: Watch for pinholes in egg masses.

Pinholes indicate the presence of the tiny parasitic wasp *Ooencyrtus kuvanae*. These wasps do not sting humans but will attack gypsy moth eggs as long as the weather is above freezing.

Source: [University of Wisconsin-Madison](https://www.wisconsin.edu/)

Photo Credit: Gyorgy Csoka. Hungary Forest Research Institute. 5371176. ForestryImages.org.



*Ooencyrtus kuvanae* on a gypsy moth egg mass.

## How to pick over-the-counter pesticides

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**When:** Friday, August 6, 2021, 12:00 PM - 12:30 PM

In this monthly virtual series, we will explore timely topics to help you use [Integrated Pest Management](#) (IPM) to avoid pest problems and promote a healthy environment where you live, work, learn and play. What is IPM? It's a holistic approach that uses different tools and practices to not only reduce pest problems, but to also address the reasons why pests are there in the first place. Each month, our speakers will share practical information about how you can use IPM.



Events will happen on the first Friday of every month from 12:00 to 12:30 PM EST on [Zoom](#). Below is the schedule of presentations from March 2021 to February 2022 (which may change a bit as we finalize speakers for July and beyond). Each month we'll cover a timely topic in 25 minutes, including time for questions. Then, in an *IPM Minute*, we'll cover a specific task you can perform in the next few days to help you avoid pest problems.

To register for these events and receive the Zoom links, [Click Here](#).

Upcoming monthly virtual presentations in the series:

- September 3, 2021 - Keeping pests out of your home this fall, from stink bugs to mice
- October 1, 2021 - How to get rid of pantry moths
- November 5, 2021 - Dealing with mice in your home
- December 3, 2021- Avoid getting and spreading bed bugs
- January 7, 2022 - Picking pest-resistant vegetable seeds
- February 4, 2022 - Fungus gnats and indoor plants



## Herbicide vs. pesticide: How these terms are used

‘Pesticide’ is a broad term that covers a variety synthetic and organic chemicals, including herbicides, used to manage farm production

Social media can be an amazing tool and a lot of fun, but as usual there can also be a lot of misinformation — and common misperceptions can spread easily. One of the most common ones I hear related to the terms “herbicide” and “pesticide” — usually separating them into two separate categories. It seems that too many people don’t realize that herbicides are considered a type of pesticide. All herbicides are pesticides, but not all pesticides are herbicides.

It’s likely that some folks only consider “pesticide” when referring to insect management, but that would be an incorrect interpretation of that term, particularly in the U.S. and Canada.

The word “pesticide” comes from the Latin words *pestis* (#scourge) and *carder*, which means “to kill,” and “pesticide” is an umbrella term that covers all different types of synthetic and organic chemicals used to control problems for farmers and homeowners alike. Herbicides are designed to kill weeds, and there are multiple other types of “cides.” For example:

- Herbicides kill weeds
- Insecticides kill insects
- Parasitocides kill parasites
- Fungicides kill fungus
- Rodenticides are for rodents
- Bactericides are for bacteria
- Larvicides are for larvae

These are all considered pesticides, including herbicides. But often times people get this fact incorrect, so now you know!

When farmers apply chemicals, they often times must hold licenses, certifications, and go through ongoing training in order to apply. [This video](#) from the Peterson Farm Brothers does a great job explaining how it’s done. And [this video](#) shows just how little is often used. The amount, frequency of application, and mode of action all contribute to impact and effectiveness, and the appropriate thresholds are determined by the U.S. Environmental Protection Agency.

Farmers’ crops are often tested for safety, and pesticides (also known as crop protection products) go through decades’ worth of research to

ensure effectiveness and safety. Farmers want to use as little as possible since it can be so expensive and time-consuming to apply them. Sometimes even, organic and conventional farmers alike apply no crop protection at all to fields.

The types of products used on a farm can determine whether a farm is conventional or organic (as organic [has certain restrictions](#) in place), but they don’t necessarily indicate whether a farm would be called “regenerative,” a more modern buzzword for which there is no commonly accepted definition.

So when you think about ag chemicals, realize that farmers have many, many challenges that must be taken care of or else yields can sometimes quickly go to zero. This can apply to the larger commodities such corn and soybeans, or to specialty crops such as apples, tomatoes, or lettuce. Also, cosmetically speaking, people don’t want to buy diseased or bug ridden nasty produce. How do we get perfect produce? Oftentimes, chemicals are used, something that has been done for thousands of years — some sources put their use [as far back as 4,500 years ago](#).

Whether natural, synthetic, or built in to the seed, we should be grateful for the tools in the toolbox (when used responsibly) to ensure the world is well fed. They are also used in organic production! Sometimes, in instances like with [rat lugworm disease](#) in Hawaii, chemical pesticides can save lives.

One of my favorite analogies when it comes to agro-chemical use is that plants are living and so are we. We need chemicals to survive — and everything is made of chemicals! Sunscreen is made of chemical compounds to protect us from the sun. We need bug spray to protect us from insect bites. We need medicine, food, and nutrients to survive. So do plants! Living things need protection, and it’s up to farmers to do what they do best and protect their crops just like we would protect ourselves as living beings, too.

SOURCE: [AGDAILY](#)





With rainfall comes the abundance of puddles and mud. Highly trafficked and concentrated areas in pastures can rapidly become slippery and muddy, which can be a burden to both horse and horse owner. Horse caretakers may find it cumbersome to walk in areas with excessive mud, and normal care and feeding routines may need to be adjusted. In addition, horses standing or walking in wet areas can experience an increase in hoof, soft tissue, and skin related health conditions. Pooling water can also serve as an ideal breeding ground for insects that can be



a nuisance to horses and horse owners alike. However, with proper management and care you can reduce the negative impacts of these

rainy times on you, your horse, and your farm.

### Common health issues exacerbated by rainfall

Many horse owners become annoyed during wet weather when their horse enjoys a roll in the mud and extra grooming is required. Horses may roll to cover their body in mud to discourage biting insects, but more often, rolling is intended to assist the horse in scratching "itchy" areas. Coats that are caked in mud can be troublesome however, as mud may compromise the horse's skin, promoting a common irritation known as [rain rot](#). Rain rot is a skin infection that often occurs during times of extended rainfall. It causes hair loss and can become a threat to the horse's health, limiting work and riding. Keeping the horse's coat clean and dry will deter rain rot. Keeping the horse's coat clean and dry will deter rain rot.

When standing in muddy areas, horses can develop scratches, also called greasy heels. This condition is similar to rain rot on the body of the horse but is concentrated to the lower leg area. If a horse develops this condition, treatment can be difficult as it is hard to eliminate contact with wet mud or grass. Removing mud on the lower legs and allowing the leg areas to dry daily will minimize issues. Severe cases of scratches can cause lameness and limit work and riding, therefore immediate treatment is imperative.

While rain rot and scratches affect the horse's skin, heavy rain can also impact your horse's hooves. Thrush, hoof cracks, white line disease and hoof abscesses are a few hoof conditions that become prominent in times of wet weather. To reduce occurrence, ensure that your horse can stand in a clean, dry environment. Also, pick out your horse's hooves regularly and stay on a consistent trimming schedule (every 6-12 weeks) to promote overall hoof health. Be aware of the signs of hoof problems, such as foul smell and lameness, and reach out to your veterinarian and farrier if an issue is suspected. Treatment can vary depending on the condition.

Horses standing, walking, or running in mud are susceptible to tendon and ligament injuries. These injuries are often identified by localized swelling, heat in an area, and/or lameness. If you think your horse has a tendon or ligament injury, be sure to seek out care from your veterinarian. Limit the amount of activity your horse has in muddy areas to help prevent these injuries.

### Changes to insect populations

A high presence of insects often accompanies wet weather and can be a nuisance to horse owners, reducing enjoyable ride times. Rainfall and ponding create moist, muddy areas that become a breeding ground for flies, mosquitos, and other types of insects. Mosquito larvae thrive in stagnant waters found in drinking troughs and puddles. Draining and managing surface water areas can eliminate ponding. Adding a [small amount of bleach](#) to drinking troughs can also assist in reducing mosquito and other insect breeding habitats. [Mosquitoes](#) are vectors for many diseases that can affect both humans and animals. Protection and inoculation for mosquito-borne diseases such as [West Nile Virus](#) is recommended for equines that live in areas with high mosquito populations.

For information on Mud Management and Horse Care, [continue reading article.](#)

**SOURCE:** PennStateExtension



*Save the Date*

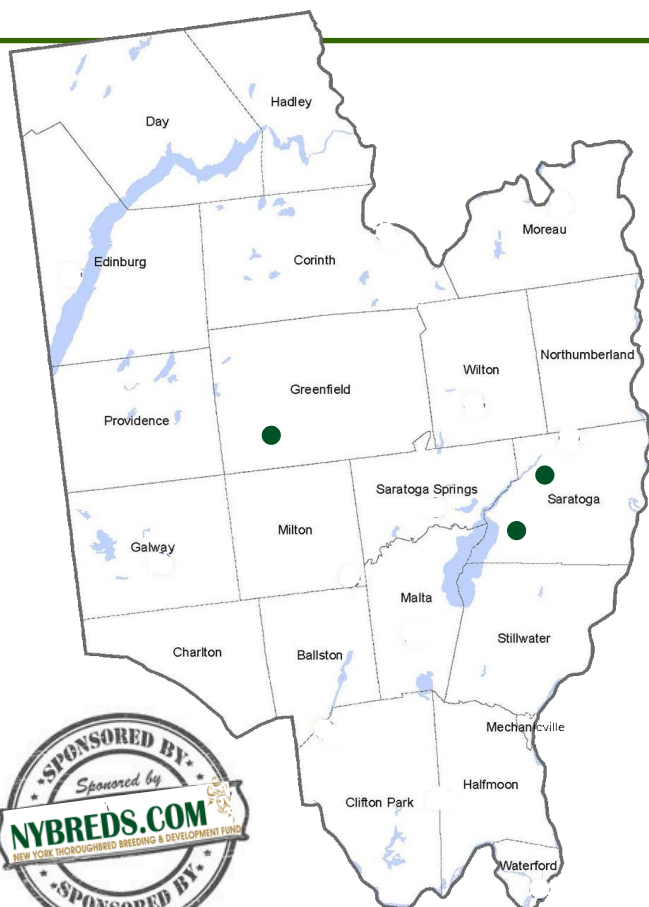
**AUGUST 22, NOON-4PM**

**SARATOGA COUNTY, NEW YORK**

# Horse Farm TOUR



Presented by: CCE EQUINE Cornell Cooperative Extension Saratoga County



The Saratoga County Horse Farm Tour is a **FREE** self-driven tour that is open to the public. The tour is designed to provide community access to selected horse farms within Saratoga County. Take advantage of this special opportunity to visit our participating horse farms during their Open House hours of 12pm-4pm.

As of August 2, 2021, the following farms have graciously agreed to open their farms to the public for the tour:

## **MILL CREEK FARM**

1019 County Road 70, Stillwater, NY

[www.millcreeksaratoga.com](http://www.millcreeksaratoga.com)

*Family Owned Full Service Thoroughbred Breeding Farm*

## **STARK RACING STABLE**

247 Co. Route 68, Saratoga Springs, NY

*Harness Racing Training Facility*

## **CROSS TIMBERS RANCH**

122 Barney Road, Middle Grove, NY

[www.crosstimbersranchllc.com](http://www.crosstimbersranchllc.com)

*Service Horse Boarding*



## Diabetes/Prediabetes Support Group

Cornell Cooperative Extension of Saratoga County will host an informal support group via Zoom for people with diabetes or prediabetes. The program will meet the first Friday of each month; the next meeting will be Friday, August 6 at noon.

Individuals can join by contacting Diane Whitten at (518) 885-8995 or [dwhitten@cornell.edu](mailto:dwhitten@cornell.edu).

There is no fee for the support group. Topics will vary and may be based on the interest of the group.



## Car Seat Check

Our very own Occupant Protection Educator, Cindy Dort, has partnered with Saratoga County Sheriffs and the Saratoga Springs Police Department to host weekly Car Seat Check events all summer throughout Saratoga County. The events are made possible through a grant from the Governor's Traffic Safety Committee (GTSC) funded by the National Highway Traffic Safety Administration (NHTSA).

# TUESDAYS

## 9AM—1PM

**Mohawk Chevrolet**  
639 NY-67  
Ballston Spa, NY 12020

**APPOINTMENT NEEDED**

Call CCE Saratoga to Reserve a Time  
**518-885-8995**

# THURSDAYS

## 9AM—1PM

**New Country Toyota of Clifton Park**  
202 Route 146  
Mechanicville, NY 12118

**APPOINTMENT NEEDED**

Call CCE Saratoga to Reserve a Time  
**518-885-8995**

# WEDNESDAYS - Bike Helmet Program

Children “caught” riding with a helmet will be rewarded.

Follow [CCE Saratoga County on Facebook](#)  
for date/time/location announcements



## Farmers' Market Recipe

Diane Whitten  
Cornell Cooperative Extension Saratoga County

Local sweet corn is a true culinary treasure of our area. The soil and climate in the Hudson Valley produces some of the best sweet corn in the world. The simple sugar in corn that gives it its' sweetness quickly turn to starch, so try your best to eat it the day it's picked.

### Sour Creamed Corn

- 4 large ears of corn
- 2 tablespoons butter
- ¼ cup sour cream or light sour cream
- dash of Tabasco sauce
- pinch of salt or more to taste
- 1/8 teaspoon black pepper
- ¼ cup chopped fresh chives

Cut raw corn kernels from the cob into a large bowl. You should have 2-2 ½ cups. Melt butter in a large heavy skillet over medium-low heat. Stir in corn; cook until barely tender, 4-5 minutes. Stir sour cream and Tabasco sauce together and add to corn. Cook until warmed through being careful not to boil. Add salt and pepper. Serve sprinkled with chives. Makes 4 servings.

Southwestern variation: Just before serving, stir 2 tablespoons salsa and 1 teaspoon fresh chopped cilantro into corn mixture.



## Farmers' Markets

### Spa City Farmers' Market

**When:** Sundays

**Time:** 10 AM - 2 PM

**Where:** Lincoln Baths, 65 South Broadway  
Saratoga Springs

### Saratoga Farmers' Market

**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

### Halfmoon Farmers' Market

**When:** Wednesdays

**Time:** 3 PM - 7 PM

**Where:** Abele Park, Halfmoon Municipal Center

### Greenfield & Middle Grove Farmers' Market

**When:** Fridays

**Time:** 4 PM - 7 PM

**Where:** Middle Grove United Methodist Church  
(directly across from the Greenfield Town Park)

### Ballston Spa Farmers' Market

**When:** Thursdays & Saturdays

**Time:** 3 PM– 6 PM, 9 AM—1 PM respectively

**Where:** Brookside Museum



## 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](#).



### Reminders for Livestock Owners

A few reminders for livestock owners if dealing with standing water and mud due to the heavy amounts of rain.

- Within a week of a flood event, mosquito populations can explode. Mosquitos will lay their eggs in any stagnant water they find. Mosquitos can drain blood from livestock. It is important to keep the environment that your livestock is in as clean as possible. You can also try applying topical repellents to the animals.
- Standing in water and deep mud can predispose animals to , and aggravate, infections and diseases, such as footrot.



CCE Rensselaer County



### DEC looking for wild turkey spotters

The NYS Department of Environmental Conservation (DEC) is seeking volunteers to participate in its [2021 Summer Wild Turkey Survey](#). The survey takes place throughout August.



Photo by Gordon Ellmers

Tracking of turkeys helps the DEC in predict the growth of wild turkey populations and the potential fall harvest.

Anyone interested in participating in the survey can find more information about the turkey survey on the [DEC's website](#).



### Last Planting Dates

#### Average First Fall Frost: October 1

Questions often arise on how late a vegetable can be planted in the garden in New York State and still reach maturity or usable size before frost or cold weather stops growth. **The last dates listed below for each crop are based on observations at Ithaca, NY.** Most years the crop will reach the harvestable stage if planted by the date indicated, but yields of crops requiring multiple harvesting (tomatoes, peppers, cucumbers, etc.) likely will be rather light unless the fall weather is warmer than normal, and first frosts are unusually late. In parts of New York where the fall weather averages milder than in Ithaca, planting a week to ten days later might be possible; for cooler areas move the dates 7-10 days earlier.

#### Last Seeding & Transplanting Dates

\* Indicates variety is transplanted

JULY 31	AUGUST 10	SEPTEMBER 10
Beets Broccoli (late)* Cabbage (early)* Collards Endive Kale Kohlrabi Lettuce, Bibb Mustard Peas Radish, Chinese Swiss chard	Broccoli (early)* Cauliflower (early) * Lettuce, leaf Spinach Turnip	Radish





## Preserve Your Tomato Harvest

Diane Whitten, Food & Nutrition Educator  
Cornell Cooperative Extension Saratoga County

Maybe you planned for a large bounty of tomatoes to preserve or maybe you just planted more than you can eat before they go bad. Either way, to prevent wasting your time gardening and wasting your produce, plan to preserve your tomatoes.

### Freezing is Simple

When you've got too many tomatoes to process at the moment, you can simply put them in a freezer container or bag and put them in the freezer, however that's not the recommended method of freezing tomatoes. For better quality blanch your tomatoes in boiling water and remove the skins, leave whole or chop then place in freezer containers or bags, remove as much air as possible and freeze. For best quality, cook the peeled tomatoes for 10-20 minutes before freezing.

### Canning to Save Freezer Space

Canning will not only save freezer space, it also saves energy. Tomatoes can be canned whole, halved or quartered (crushed), as juice, salsa or tomato sauce. Plain tomatoes with added lemon juice can be canned in a boiling water bath, if other vegetables or meat is added pressure canning is required to prevent botulism food poisoning. A tested salsa recipe has enough added vinegar or lemon juice (acid) to allow for boiling water canning.

**Caution:** Do not preserve tomatoes from dead or frost-killed vines.

### Drying is an Option

We're all familiar with sun-dried tomatoes, but in the Northeast sun drying is not an option. Tomatoes will get moldy before drying due to the humidity level in New York. An oven can be used, but most ovens won't maintain a low enough temperature to allow for slow drying, so drying is best done in a dehydrator. Tomatoes can be sliced and dried (meaty varieties are best) or pureed then cooked into a thick sauce, spread on a dehydrator sheet and dried.

### Recommended Resource

For detailed directions on freezing, canning or drying tomatoes go to The National Center for Home Food Preservation at [www.homefoodpreservation.net](http://www.homefoodpreservation.net).



## Canning Salsa and Tomatoes

**When:** Tuesday, August 17, 2021, 6:00 PM - 8:30 PM  
via Zoom

[Registration is required](#)

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. Includes a demonstration.



## Pressure Canning Vegetables, Meats, and Soups

**When:** Thursday, August 5, 6:00 PM - 8:30 PM  
via Zoom

[Registration is required](#)

Learn the procedures for safely canning low-acid foods, such as vegetables, meats, and soups in a pressure canner. Includes a demonstration of canning green beans. Also, learn about the different types of pressure canners.



### Pressure Canner Dial Gauge Testing at Cornell Cooperative Extension

The manufacturers of pressure canners recommend that dial gauges be tested annually before canning. CCE of Saratoga County and Albany County will test dial gauges at no charge. Contact Diane Whitten at 518-885-8995, or [dwhitten@cornell.edu](mailto:dwhitten@cornell.edu).







## Quick Pickling – For More Than Just Cucumbers

Diane Whitten, Food & Nutrition Educator  
Cornell Cooperative Extension Saratoga County

When people think of pickles they usually think of pickled cucumbers, but pickling refers to the process of acidifying vegetables and fruit to not only flavor it, but to preserve it as well. Vinegar keeps spoilage bacteria and molds from growing, so even without canning, pickled foods will keep in the refrigerator for months.

Fresh-pack or quick-process pickles are brined (soaked in a salty solution) several hours or overnight, then drained and covered with vinegar and seasonings. Fruit pickles usually are prepared by heating fruit in a seasoned syrup acidified with either lemon juice or vinegar. Relishes are made from chopped fruits and vegetables that are cooked with seasonings and vinegar.

**Caution for Canned Pickles:** The level of acidity in canned pickled products is as important to its safety as it is to taste and texture because canning removes oxygen from the jar which will allow botulism bacteria to grow.

- Do not alter vinegar, food, or water proportions in a recipe or use a vinegar with unknown acidity.
- Use only recipes with tested proportions of ingredients.
- There must be a minimum, uniform level of acid throughout the mixed product to prevent the growth of botulinum bacteria.

### Firm Cucumber Pickles

No one likes a soft pickle, even if the flavor is good, we expect pickles to be crisp. Firming agents used to be recommended and included in pickling recipes, but research has shown that there is an easy fix for keeping cucumber pickles crisp. Simply remove and discard a 1/16-inch slice from the blossom end of fresh cucumbers. Blossoms may contain an enzyme which causes excessive softening of pickles.

### Canning Salt

Canning salt is pure salt without any anti-caking agent which can make a brine cloudy. Canning salt is also low in mineral content which can discolor pickles. If you don't have canning salt, you may use whatever salt you have, but it may impact the quality of the finished product. Safety is not an issue.

Low or reduced salt recipes are available, but be sure to use a recipe developed for this purpose. Just reducing the

salt of a recipe might lead to an unappetizing pickle.

### Recommended Resource



Tips and recipes for pickling produce can be found at The National Center for Home Food Preservation,  
[www.homefoodpreservation.net](http://www.homefoodpreservation.net).

A recording of my PowerPoint presentation on Quick Pickling can be found at <http://ccesaratoga.org/nutrition-food/how-to-videos>



## Herb B.'s Monthly Advice for August



There is a term, "agronomic fall". I first heard this used when describing when to seed a lawn. They stated after Aug 15th annual weeds (crab grass) will stop germinating. It is hard to think about fall when everything is growing full bore. After all, fall means winter and that means growth stops, COLD.

During this time, if you look, nature knows what is coming. Hornets and bees get angry at the drop of a hat. Plants that stood proud are showing their age. Equipment needs tending before things break. In short, take a tip from nature and get ready.



- Finish Spring projects.
- Mow that fallow ground so weeds don't go to seed.
- Plant cover crops in open areas and catch the nutrients you spread this past spring.

I plant oats a lot. I buy regular horse oats (not crimped) and seed it heavy. The result is a very good feed for any animal, organic matter to your soils and a winter kill that blankets your ground.

Final thing, right now it is hot. Not just hot, but humid. As a young man driving a truck in NYC, I found putting my wrists under cold running water cooled me down. It doesn't take last long and feels really good.

– Herb B. Sentar, Homesteader

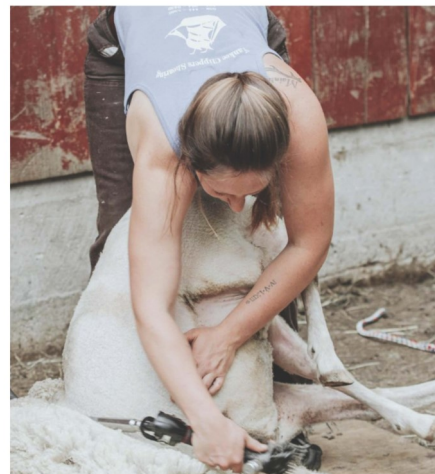


## Sheep Shearing Clinic Offered by Saratoga County 4-H

Saratoga County 4-H is offering a Sheep Shearing Clinic this fall to the public. The event will take place at the 4-H Training Center on Middleline Road in Ballston Spa on September 16<sup>th</sup>, 2021 at 5pm. This clinic will exhibit the art of sheep shearing and preparing wool breeds for show. Participants will be provided a hands-on learning experience from professional shearer Siri Swanson.

Siri Swanson is a Shepherd and Shearer of Yankee Rock Farm. Swanson has abundant of background knowledge in the sheep industry and has been shearing for the last 5 years. Siri along with shearing partner, Colin Siegmund, strive to maintain animal comfort and top-quality clipping.

The Sheep Shearing Clinic will be held on September 16<sup>th</sup> at 5 pm. Space is limited and expected to fill quickly. The clinic will be offered to ages 10 and older. Payment of \$5/family is required at entry or prior to the clinic. The event is free of charge for 4-H members and their families. Please contact Cornell cooperative for additional information at (518) 885-8995 or email our Livestock Educator at [rjl287@cornell.edu](mailto:rjl287@cornell.edu).



# SHEEP SHEARING CLINIC

September 16th, 2021 | 5pm

4-H Training Center  
556 Middleline Rd, Ballston Spa, NY

\$5 or  
Free to 4-H  
members

Gain hands on experience  
from Shearer and Shepherd

Siri Swanson



Email our Livestock Educator  
at [rjl287@cornell.edu](mailto:rjl287@cornell.edu) or call  
(518)885-8995 to RSVP





By Wendy McConkey, Records Management Officer

*The following article from November 28, 1984 was taken from Leanne Grandjean's Teen Ambassador 4-H Newspaper Scrapbook and also published in an unknown local newspaper.*

A 17-year-old New York 4-H'er, who had a major role in converting a little red schoolhouse into a home, has been named one of six national winners in the 4-H home environment program.

Debbie Peck, Route 1, Box 118, Saratoga Springs, received a \$1,000 scholarship at the 63rd National 4-H Congress in Chicago, November 25-29.



Debbie Peck

Selected by the Cooperative Extension Service, winners were presented their awards by Friends of National 4-H Council.

Peck, daughter of Mr. and Mrs. Joseph Peck, is a high school senior and is looking at a career in business administration.

The Saratoga County youth used knowledge gained in 4-H when her parents decided to convert the former schoolhouse, located on their farm, into living quarters for an employee and his new bride.

She helped remove shiplap and wainscoting from inside walls and spent three days priming and painting rooms on the first floor. "It was all done in antique white to make the 22 by 28 foot interior seem larger," she said.

Peck said the upstairs, which is all knotty pine, was also a real challenge. She sanded the walls and ceiling and applied two coats of sealer. "Now that the house is finished, I think all the work was well worth the effort," she said.

The 4-H'er also paneled a spare bedroom in the family

home. It had once been used as a servant's quarters in the 175 year old farmhouse.

"Because the family home is so old," she said, "I will always have something to refinish, restore or redecorate. Our home will never be Mount Vernon, as we jokingly refer to it, but someday it will be one of the nicely restored colonial homes in our area.

Another major project was decorating her bedroom as she pleases, after having shared a room with her sister for 13 years. "Since a very large maple tree blocks out a lot of light, I wanted a wallpaper with a light background. Burnt orange in the draperies picks up the matching color wallpaper," she added.

Peck has also taken projects in food, clothing, leadership, heritage, dairy and gardening in her ten year 4-H membership.

Two members from Galway Lads and Lassies 4-H Club had practice demonstrations at their most recent meeting on November 12. Shilo Roberts' demonstration was titled "Knox blocks." Jennifer Mocks' demonstration was "Midday Salad". A donation of canned goods was presented to the GGCS November 14. At the next meeting, November 26, members will be working on a Christmas project.

A group of Saratoga County 4-H members and leaders attended a horse training clinic held at Cobleskill Agricultural and Technical College on Thursday, November 8. It was sponsored by the American Animal Producers Club of the College.

The speaker was Spike Holmes of Rome, NY, who is a professional horse trainer and horse judge. He gave a very informative talk on the breaking demonstrations using a 3-year filly that was newly broken. The clinic ended with a question and answer session.

Those attending were: Tanya Dalbey, Michelle Lipe, Michele Schlegel, Bryon Bennett, Kris Schlegel, Teddy Smith, Mille Smith, Lorilee Armer and Edie Smith of Ballston Spa; Shari Bell, Tanja Lehr, Deanna Stacy and Martin Stacy of Saratoga Springs; Stacy Weitman and Tammy Hanna of Gansevoort; Carrie France and Mitzi France of Ballston Lake; Beth Steele and Crickit Steele of Galway and Terry Smith, 4-H agent.



## Website and Social Media

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



CCE Saratoga



4-H



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Agriculture  
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