

Aug. 10, 2020

Volume 1, Issue 19

CCE

Saratoga County

NEWSLETTER

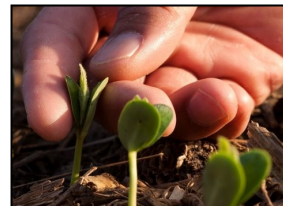
Cornell Cooperative Extension

## EXTENSION UPDATES

### Grants and incentives for Northeast agriculture

Farm Credit East has compiled a guide of available funding in Northeast states

Running a farm, forest products or commercial fishing operation in the Northeast can be challenging. However, there are a number of organizations, including government agencies and nonprofits, among others, who offer resources to help.



While there are many programs available, simply finding what's out there can be a challenge. That's why Farm Credit East has compiled a guide of available funding in the Northeast states of Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York and Rhode Island. This Farm Credit East report lists grant programs, tax incentives and other assistance from various funding sources available to agricultural producers and other entities involved in agriculture or related industries.

The report begins with a list of federal and regional grants and incentives. Many of these are from the United States Department of Agriculture. They include programs for beginning farmers; rural businesses and cooperatives; conservation; energy efficiency; organic farmers; research, education and promotion; and more....[continue reading article.](#)

**SOURCE:** Morning AgClips

### USDA declares August Tree Check Month

Urges public to look for invasive Asian longhorned beetle & not move firewood

August is the peak time of year to spot the Asian longhorned beetle (ALB) as adults emerge from trees. That's why the U.S. Department of Agriculture (USDA) is declaring August as 'Tree Check Month.' Checking trees for the beetle and the damage it causes is one way residents can protect their own trees and help USDA's efforts to eliminate this beetle from the United States.



"Just this past June, we confirmed a new infestation in South Carolina after a homeowner reported that they found a dead Asian longhorned beetle on their property," said Josie Ryan, APHIS' National Operations Manager for the ALB Eradication Program. "We need the public's help to find new areas where the beetle has spread, because finding it sooner means less trees will become infested."

ALB is an invasive wood-boring beetle that attacks 12 types of hardwood trees in North America, such as maples, elms, horsechestnuts, birches and willows. In its larval stage, the insect feeds inside tree trunks and branches during the colder months. The beetle creates tunnels as it feeds, then it chews its way out as an adult in the warmer months. Infested trees do not recover and eventually die. Infested trees can become safety hazards since branches can drop and trees can fall over, especially during storms....[continue reading.](#)

**SOURCE:** Morning AgClips

## OUR MISSION

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

## PRISM talks INVASIVE SPECIES

### A Zoom Series

#### CLEAN, DRAIN, DRY

**When:** Wednesday, August 12, 2020,  
11am -12pm

**Registration:** Required

The key to invasive species management is prevention. Join the Capital Region PRISM to learn about clean, drain, dry practices that could help prevent aquatic invasive species from entering your favorite local waterways.

#### BACKYARD INVADERS

**When:** Wednesday, August 19, 2020,  
11am -12pm

**Registration:** Required

Invasive species can be anywhere, even in your own backyard! Join the Capital Region PRISM to learn about some of the most common backyard invasive species and how to manage them.

Hosted by Capital Region PRISM and Crandall Public Library

**AUGUST 25TH, 5:00 -7:00PM  
AT CAMP SARATOGA NORTH**

## IMAP INVASIVES TRAINING



**INVASIVE SPECIES  
MANAGEMENT**  
CAPITAL REGION

During this outdoor program participants will learn about invasive plants and how to identify these culprits in the wild. This program includes an easy training on how to report invasive species as a citizen scientist using the iMap Invasive mobile phone application.

All are welcome for this free lecture and training presented by Capital Region (PRISM) A Partnership for Regional Invasive Species Management.

**REGISTRATION IS REQUIRED BY CONTACTING  
KRISTOPHER WILLIAMS: KBW44@CORNELL.EDU**

For additional information please contact the Park & Preserve Office at (518)-450-0321 or by emailing: [info@wiltonpreserve.org](mailto:info@wiltonpreserve.org)



## In-person Hunter Education Program Courses to begin

The Department of Environmental Conservation has received approval of their Reopening Plan and now have permission to begin offering in-person, instructor led courses. All in-person courses will be completed in one day. All COVID health and safety precautions are to be followed with no exceptions. Masks must be worn, social distancing will take place, hand sanitizer will be used often and equipment will be sanitized between each use. For available in-person classes, please see links below:

[Hunter Education Courses](#)

[Bowhunter Education Courses](#)

Check back often as new classes will be added!

The [online hunter education and bowhunter education courses](#) are still available.

At this time, there are no online trapper education courses that meet the criteria that NY DEC is looking for. Unfortunately, once found, it could take several months to get this course up and running. Please be patient if you are looking to take a trapper education course in the near future.

For more information about the NYS DEC - Hunter Education Program [click here](#).



## Free comic book for dairy worker safety training

Available for farms at no cost, online or in print, in Spanish and English

A new “fotonovela” or comic book for training new dairy workers about on-the-job hazards is now available for farms at no cost, online or in print, in Spanish and English. This colorful, easy-to-read, 12-page resource titled “Happy Cows, Safe Workers” was illustrated by artist Salvador Sáenz, a public health educator from El Paso, Texas. Content was developed by Anna Meyerhoff, a bilingual educator for New York Center for Agricultural Medicine and Health (NYCAMH) and the Northeast Center for Occupational Health and Safety (NEC).

This fotonovela tells the story of José, a new employee arriving for his first day of work on a dairy farm. His supervisor Manuel points out hazards around the farm, and lets him know how important teamwork and communication are. José learns about safety and health topics related to cows, chemicals, skid steers, confined spaces, and worker housing. He learns about fire extinguishers, and learns what to do in an emergency. Manuel welcomes José warmly and reminds him of the farm goal: “take good care of the cows, work as a team, and get home safe at the end of the day.” The last page also includes information on what to do in an emergency plus space for writing important contact information.



The fotonovela format is common in Mexico and other Latin American countries, especially for educating learners about health topics. Fotonovelas use images and dialogue to tell a story.

[Click here to continue reading article and to request the “Happy Cows, Safe Workers” booklet.](#)

**SOURCE:** Morning AgClips

## Fly and Pest Control for Livestock

**Format:** Zoom (link will be emailed to registrants)

**When:** Thursday, August 20, 2020

**Time:** 6:00 PM

**Cost:** FREE

**RSVP:** August 19, 2020

**Registration is required by August 19**

Register online at <https://cnydfc.cce.cornell.edu/event.php?id=1255> or call (315) 866-7920

Featuring Guest Speaker: Ken Wise



Join us for a virtual workshop on Fly and other insect control as we round out summer and jump head first into fall. One of the biggest nuisances this time of the year are flies and ticks. They tend to bother farmers just as bad as the livestock. Fly control is a challenge and there are many ways to help solve the issue. Please feel free to join our workshop and we hope to answer all the questions you have regarding insects that affect your livestock.

## Dialing Into Your Best Dairy Podcasts



Episode 7: [Reproduction, Gestation and the Dry Period](#)

Episode 8: [Dairy Pulling it All together - Management for Record Setting Cows](#)





CCE Equine is creating an updated directory for the Capital Region equine community. This directory will be available to the public on Cornell Cooperative Extension of Saratoga County's website.

If you would like your business to be a part of this valuable recourse, [please fill in your information on the form](#) and send it to Nicolina Foti at [nvf5@cornell.edu](mailto:nvf5@cornell.edu) or mail to CCE Equine, 50 West High Street, Ballston Spa NY 12020

### Ammonia Monitoring in Barns Using Simple Instruments

This article describes simple relatively-inexpensive instruments for detecting ammonia gas concentration in animal housing to assure proper air quality.

Farmers who have frequent exposure to livestock facilities with recognizable ammonia gas levels are known to lose their sensitivity to smell ammonia gas concentration. Even the casual visitor to an animal facility will acclimate to an ammonia odor within about 20 minutes. Fortunately easy-to-use and relatively inexpensive instruments are available for measuring ammonia level in animal environments (dairy, swine, beef, veal, poultry, dog kennel, horse, etc.). Highly accurate and sophisticated instruments are also available at greatly increased cost.



Examples of pull tube with pump for gas concentration detection.

Ammonia gas concentration is almost impossible to determine without using an instrument. Our human nose will not recognize ammonia until about 20 to 30 parts per million (ppm) has been reached. Farmers who have frequent exposure to livestock facilities with recognizable ammonia gas levels are known to lose their sensitivity to smell ammonia gas concentration. Even the casual visitor to an animal facility will acclimate to an ammonia odor within about 20 minutes. Fortunately easy-to-use and relatively inexpensive instruments are available for measuring ammonia level in animal environments (dairy, swine, beef, veal, poultry, dog kennel, horse, etc.). Highly accurate and sophisticated instruments are also available at greatly increased cost...[continue reading](#)

**SOURCE:** PennState Extension

### Care of the Geriatric Horse Webinar

This 44 minute webinar on care of the geriatric horse discusses lifespan of the modern horse, dental care, osteoarthritis, PPID and when to say goodbye. The webinar is presented by Dr. Alex Bianco from the University of Minnesota.

[View webinar.](#)



## 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](#).



### Saving seed

Saving your own vegetable seed is another pleasurable activity. It offers a sense of self-sufficiency and can save money. You can maintain a variety that is not available commercially, which helps to perpetuate a broad genetic base of plant materials. Breeders often search for old-time varieties when attempting to improve commercial plants, since the heirloom vegetables (as they are sometimes called) often have disease and pest resistance or cold hardiness. Participation in a seed-saver's exchange can be a rewarding experience. Extra seeds that you have may be traded for unusual types that are not available through other sources.

There are certain considerations to be kept in mind when saving seed. Seeds from hybrid varieties will not produce plants that are the same as the parent plants; therefore, only open-pollinated varieties should be used for home seed production. Some seed dealers have responded to the increasing interest in seed saving by clearly marking open-pollinated varieties in their catalogs. Another consideration in saving seed is the possibility of carrying seed-borne diseases into the next year's crop. Many commercially grown seeds are grown in dry areas unsuitable to fungal, viral, and bacterial diseases that may be present in your region. Take care to control diseases that can be carried in seed. Another weather-related factor is the speed of drying of seeds, which can be adversely affected by frequent rains and/or humidity. Finally, if you've ever saved squash seed during a season in which you had more than one type of squash planted, you have probably seen the weird results that may be obtained from cross-pollination! Saving seeds from cross-pollinated crops is not generally recommended for the novice because of problems with selection, requirements for hand pollination and isolation, biennial habits, and genetic variability. Failure to let the seed mature adequately on the plant also leads to nonviable seed.

Common, self-pollinated, annual plants from which seed may be saved include lettuce, beans, peas, herbs, and tomatoes.

**Beans and peas:** Allow seed pods to turn brown on the plant. Harvest pods, dry for one to two weeks, shell, then store in a cool (below 50° F), dry environment in a paper bag.



**Lettuce seed:** Cut off seed stalks when fluffy in appearance, just before all the seeds are completely dried. Seeds will fall off the stalk and be lost if allowed to mature on the plant. Dry the harvested seed stalk further; shake seeds off; then store in a cool, dry environment in an envelope or small glass jar.



**Herb seeds:** Herbs vary in the way their seeds are produced. In general, allow herb seeds to stay on the plants until they are almost completely dry. Some seed heads, such as dill, will shatter and drop their seeds as soon as they are dry. Watch the early ripening seeds; if they tend to fall off, harvest the other seed heads before they get to that point, leaving several inches of stem attached. Hang several stems upside down, covered with a paper bag to catch falling seed, in a warm, dry place until the drying is complete. Remove seeds from the seed heads, and store in envelopes or small glass jars. Some herb seeds (dill, celery, anise, cumin, coriander, and others) are used for flavoring and are ready to use once dry.



**Tomato seeds:** Pick fruit from desirable plants when ripe. Cut fruit and squeeze out pulp into a container. Add a little water, then let ferment two to four days



*continued on next page*

## Saving seeds - continued from previous page

at room temperature, stirring occasionally. When seeds settle out, pour off pulp and spread seeds thinly to dry thoroughly. Store in an envelope or glass jar in a cool, dry place.

**Saving purchased seed:** Properly stored seed remains viable for different lengths of time depending on the type of seed. Be aware that seed companies may store seeds up to the number of years of their viability prior to selling them. To ensure maximum viability of purchased seed after its package has been opened, remaining seed should be sealed in air tight containers and stored in a cool, dark location. Glass jars with rubber seals, such as baby food jars or canning jars, or tightly sealed plastic bags stored inside jars are good choices. Be sure to label all stored seed with the species name and original package date. For all kinds of saved seeds, be sure to mark the storage containers clearly with permanent (preferably waterproof) ink, indicating the variety and date saved. Seeds will remain viable for some time if properly stored. To test for germination, sprout seeds between moist paper towels; if germination is low, either discard the seed or plant enough extra to give the desired number of plants. Excellent books are now available for more details...[read full article](#)

## Rose-of-Sharon

While most shrubs put on their floral show in spring. Rose-of-Sharon waits until high summer to bloom. Easy to grow in full sun and in most soil types, it also tolerates drought, heat, cold and urban conditions. The botanical name, *Hibiscus syriacus*, describes the flowers well, which are large and shaped like a tropical Hibiscus, but this species hails from east Asia, not Syria, as the species name implies. Flower colors range from white to pink, lavender, and blue, some with a contrasting “eye”. Newer varieties do not self-sow like older types do, causing a potential weed problem. Since Rose-of-Sharon blooms on current season’s wood, it can be pruned in the spring. And while the lack of fall color, interesting bark or showy seedpods make this a “one season of interest” plant, its easy, cultivation and summertime display are enough to make Rose-of-Sharon enduringly popular.



**SOURCE:** Cornell Cooperative Extension Rensselaer County

## Viability of Vegetable Seeds

(Average number of years seeds may be saved)

Vegetable	Years
Asparagus	3
Bean	3
Beet	4
Broccoli	3
Brussels sprouts	4
Cabbage	4
Carrot	3
Cauliflower	4
Celery	3
Chinese cabbage	3
Collard	5
Corn, sweet	2
Cress, water	5
Cucumber	5
Eggplant	4
Endive	5
Kale	4
Kohlrabi	3
Leek	2
Lettuce	6
Muskmelon	5
Mustard	4
Okra	2
Onion	1
Parsley	1
Parsnip	1
Pea	3
Pepper	2
Pumpkin	4
Radish	5
Rutabaga	4
Spinach	3
Squash	4
Tomato	4
Turnip	4
Watermelon	4

## Soil Testing

---

We are still taking soil pH samples! CCE Offices are open to staff but remain closed to the public. Cornell Cooperative Extension Saratoga County Master Gardeners Program has a drop box located to the right of the entrance of the Ballston Spa building. Samples (plant, insect, soil pH) may be dropped off at any time. Please call the Master Gardener's Office at (518) 885-8995 if you have any questions.

[Please refer to this link for instructions on how to take a soil sample.](#)

Be sure to label each sample with your name and the location in your garden, e.g., rose bed, west lawn, vegetable garden, etc.



## For Nutrient Testing with Cornell Recommendations

---

Cornell University's research-based nutrient guidelines for both soil and plant tissue (tree- and small-fruit leaf and grape petiole) are available through [Agro-One Services](#). They provide more about their services, sampling instructions, submission forms (gardeners use [Form H](#)), and [pick-up points](#) throughout the Northeast.

<http://gardening.cals.cornell.edu/garden-guidance/healthysoil/>

## Healthy Soils, Healthy Communities

---

The [Healthy Soils, Healthy Communities](#) project is a research and education partnership with New York's urban gardeners and others interested in healthy gardening. We help people make informed decisions to address concerns about lead and other contaminants in gardens, farms, and other community spaces.

On this site, you will find information about: Soil Contaminants, Healthy Gardening Practices, Compost and other resources.

## 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.



# The Young Driver—NYS GDL—What You NEED to Know

By Cynthia Dort, Occupant Protection Educator

---

The Covid-19 Pandemic has caused much free time for young adults. It allows for more time behind the wheel. Free time and behind the wheel can be a deadly combination for the young driver. Parents can familiarize themselves with [NYS GDL](#) and have an open conversation with their young driver about the laws and just good driving habits. Parents in Saratoga County can enroll their young driver in driving programs such as [Alive At 25](#), [Defensive Driving](#), [Distracted Driving](#) at CCE of Saratoga for additional education and some classes offer an insurance discount. Parents can also find resources at NYS Governors Traffic Safety Committee and NYS Police.

**Traffic crashes are a leading cause of injury and death for 16-19 year olds...**(this includes the driver and passengers of the same ages)

- Drivers ages 16-24 represent 12% of the licensed *drivers* in New York State, but represent *20%* of the drivers involved in *crashes*.
- 32% of all fatalities occurred in crashes that involved younger drivers.
- Younger drivers involved in fatal and personal injury crashes are *twice as likely* as all drivers in such crashes to have *unsafe speed* reported as a factor that contributed to the accident.
- Fatal and personal injury crashes that involve younger drivers are more likely to involve *more than one vehicle* than all the fatal and personal injury crashes.

NYS GDL (GRADUATED LICENSING LAW) is one of the many ways we have to keep the young driver and their passenger safe...

- Young Drivers (under 18) that have their Junior License (did not take the Driver Education Course) may drive:
  1. Without a supervising driver between 5AM and 9PM
  2. May not have more than 1 passenger under the age of 21 unless members of driver's immediate family (with every additional passenger the percentages of a crashes increases)
  3. Every person in the vehicle must be wearing a seatbelt
  4. All children age 4 and under must be in a federally approved child restraint- children 4-8 in a booster seat
- Driving 9PM-5AM may occur:
  1. You are employed and are driving to or from work between those hours- MUST carry proof of employment (letter from employer on letterhead stating your work hours, address of business, your full name)
  2. You are traveling from a school course (must be a credit bearing course) This DOES NOT INCLUDE travel to and from team sport, practices, parties, friends' houses, etc.

\*\*\*\*The young driver with a Junior License may receive a suspended license for 60 days on their 1<sup>st</sup> offense\*\*\*\*

While it may be difficult for your young driver to understand the importance of adhering to NYS GDL, parents can use the "BILY" Method (BECAUSE I LOVE YOU) you must follow the law in NYS. We have found parents that have these conversations and allow the young driver to be a part of the decision making with the car and driving, were more likely to obey the law and follow the rules of the road. Parents set the example by showing respect for the law, modeling good driving behaviors and providing the young driver with many educational opportunities available.

CCE offers these educational opportunities and tips so the young driver can learn they have a "LICENSE TO LIVE" every ride, every time they get in the vehicle as a driver or passenger.



## Parents Apart

### An On-going Virtual Series

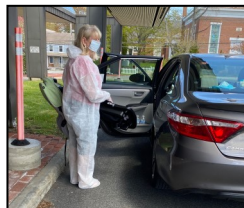
Children from families of divorce can suffer painful consequences, and yet children who are surrounded by support and given the skills and information needed to cope with the situation suffer fewer painful consequences. CCE is certified to teach and offer this program to provide parents with information about the impact of separation and/or divorce on both themselves and their children. Call or email us today to sign up for this ongoing, resourceful series and learn how you can help your children thrive during a difficult transition.

Email Cathy at [cjs58@cornell.edu](mailto:cjs58@cornell.edu) or call (518) 746-2560



## 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.

## 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.





Diane Whitten, Nutrition Resource Educator, writes articles for various publications including *Saratoga Parent* magazine, a free, color, glossy publication distributed at locations around Saratoga County. Her article, *Make Freezer Jam with Your Kids*, can be found at the link below on **page 23**:

<https://www.saratogadaynewspaper.com/publications/saratoga-family>

Here's her latest article that helps parents raise healthy kids.

## Fostering Food Awareness in Teens

---

Most teens are too busy eating to pay attention to what they're putting in their bodies. As a parent, you can help your kids learn about nutrition and establish healthy eating habits. One of the most important skills you can teach them to build food awareness is reading food labels. Your teen isn't likely to sit down for a lecture on reading food labels, but it's easy to talk about food choices throughout the day.

First, be a role model by reading labels yourself and commenting on what you see and learn, and how it might influence your decision about eating the food. Second, encourage and challenge your kids to read the nutrition facts label throughout the day. Suggestions are:

**Guessing Game:** Have your child guess the serving size of a bowl of cereal or a snack, then actually measure the serving size on the Nutrition Facts Label. Or after pouring their bowl of cereal, have them measure how much they served themselves and compare it to the label information. Remind them that if they poured twice as much as what's on the label, they have to double the calorie and nutrition information.

**Prepackage Snacks:** Have your teen prepackage snacks into serving sizes. For instance, if you have nuts, raisins or pretzels ask them to read the label for the serving size and then measure out the amount into individual snack bags for grab-n-go snacks.

**Engage Friends:** Teens always want to snack when friends are over, so use the opportunity as a teachable moment. Challenge them to guess how many servings are in a package, or name one nutrient in the food that supplies more than 20% of the Daily Value.

**Compliment Them:** If you catch your teen reading a food label, compliment him or her with a comment such as, "I'm glad you care about what you're putting in your body."

**Grocery Store Scavenger Hunt:** Take your teen grocery shopping and send her or him to the frozen food aisle to pick out a frozen pizza. The challenge is to find a pizza that supplies less than 500 mg of sodium for a pizza with meat or less than 400 mg of sodium for a meatless pizza per serving. Pizza is the second largest contributor of sodium in the American diet, just behind bread.

For more ideas on how to foster food awareness in your teens check out this link: [Read the Label Tips for Parents](#).

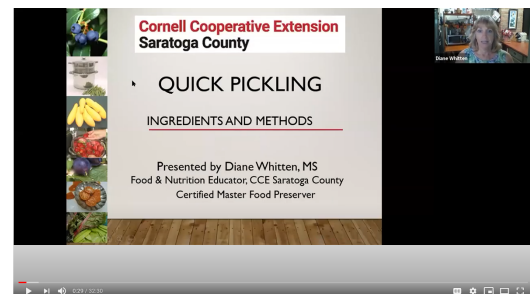
You can learn more about food and nutrition from Cornell Cooperative Extension at: <http://ccesaratoga.org/nutrition-food>



## Food Preservation Educational Series

via Zoom for 2020

**Quick Pickling** is the most recent presentation in the Food Preservation Educational Series hosted by CCE Nutrition Educator and Cornell Certified Master Food Preserver Diane Whitten. The presentation includes the principles, procedures and ingredients used in pickling vegetables and fruit for canning. Safety considerations and how to make a crisp pickle are also discussed. This presentation may be viewed [here](#) and others are available on our [Food Preservation page](#) on the CCE Saratoga Website.



Join Diane for the next class in the series:

### Pressure Canning Vegetables, Meats, and Soups

**Date:** Friday August 14, 2020

**Time:** 11:00 AM

**Cost:** FREE

Learn the procedures for safely canning low-acid foods, such as vegetables, meats, and soups in a pressure canner. This class will include a discussion of dial gauge vs. weighted gauge pressure canners and how to use them. Go to the [Events page](#) to register.

## Easy Vegan Ratouille

### Ingredients

- 3 cloves garlic, minced
- 2 Tablespoons fresh parsley, chopped
- 1 large eggplant, cut into 1/2 inch cubes
- 2 small zucchinis, sliced thinly
- 1 large onion, sliced into rings
- 2 cups fresh mushrooms, sliced thinly
- 1 large green bell pepper, sliced thinly
- 2 large tomatoes, chopped
- Salt and pepper to taste
- White wine, optional

### Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. In a Dutch oven over medium heat, cook garlic in a little white wine (or water) until lightly browned, stirring occasionally to keep it from sticking. Mix in parsley and eggplant, cooking and stirring until eggplant is soft, about 10 minutes. Season with some salt and pepper.
3. Spread eggplant, garlic, and parsley mixture evenly across the bottom of the Dutch oven, and then cover



with an even layer of zucchini, onions, mushrooms, bell peppers, and tomatoes. Lightly salt and pepper. Continue layering in this order (zucchini, onion, mushrooms, bell pepper, and tomatoes), making sure to lightly sprinkle salt and pepper the top of each layer.

4. Bake in preheated oven for 45 minutes and serve warm.

Nutrition Information: Serving size: ¼ recipe | Servings per recipe: 4; Calories: 107.7, total fat: 1 g, saturated fat: 0.2 g, trans fat: 0 g; cholesterol: 0 mg, sodium: 18.9 mg, carbohydrates: 23.3 g, fiber: 8.6 g, sugar: 13.5 g, protein: 5.5 g

**SOURCE:** Cornell Cooperative Extension Warren County



# A Message from 4-H Issue Leader

---

## 4-H Re-opening Trainings (Mandatory)



Hello Saratoga County 4-H,

Although the title of this message sounds a bit scary, I want to assure you that the news I'm delivering will provide a bright light at the end of very long tunnel. We have seen unprecedented times in the 4-H program over the past few months. As I have mentioned previously, now that NYS has reached Phase 4 of re-opening, we too were able to develop and finalize our re-opening plan. I am excited to announce today, that we are ready to do just that. We are probably a month away from a lot of in-person programming, however the future begins with this message today.

How will this happen, you ask? Over the past few weeks/months, we have been working hard, and now have an approved Re-opening Safety Plan. It is an extremely thorough document that will outline how the program can start back up, yet meet the health requirements outlined by NYS. Over the next two weeks I, along with Leland and Brianna, will be hosting a series of meetings/trainings. There will be 3 Zoom opportunities (day and night) and one in-person training. One thing to note, because of social distancing, we are limited to just 24 spots at the office. This in-person option is for those who can absolutely not do Zoom. This next sentence is of the utmost importance. **ALL enrolled leaders MUST attend one of these trainings.** Parents are also welcome to attend these trainings as well. Once completed, all leaders will have to sign that they have read and received training on the Re-opening Safety Plan, and an Assumption of Risk form. You'll find meeting information later in this email.

**You'll need to register for the In-person meeting ONLY. Again, there is no need to register for the Zoom meetings.**

You will need to sign both the "Re-opening Safety Plan" and "Assumption of Risk" forms and return them to the 4-H Office. They may also be scanned and emailed to Kim Wilbur at [kmw82@cornell.edu](mailto:kmw82@cornell.edu).

The final part of this I believe you'll also find exciting. The last portion of the training will be your Club Reorganization Meeting for the 2020-2021 4-H year. Leland will go through what is expected, and goals for the new 4-H year. NO, club packets are not ready and will not be ready until September 1<sup>st</sup> at the earliest. We just thought because you all will be in attendance, that this would be a great opportunity to not have unnecessary crowds together in one place. You are welcome! Believe me, I know Leland's pain of trying to get you all in a room just one time a year.

So, this is our plan and we're sticking to it. I hope you feel as completely inspired reading this as I did writing it.

### **4-H Re-opening Safety Plan** **CCE Assumption of Risk Form**

Leland, Brie and I are so excited to be working with you to "resurrect" 4-H Program in Saratoga County.

Greg Stevens  
4-H Issue Leader

## 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 [g1b76@cornell.edu](mailto:g1b76@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!



## 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.



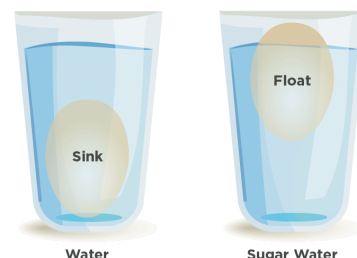
We are also arranging Virtual 4-H Teen Exchanges with other states. All teens are invited to participate in these fun exchanges and meet new 4-H friends from across the country!

If you would like more information about how to join these meet-ups, please email Leland at [g1b76@cornell.edu](mailto:g1b76@cornell.edu)

## The Intelligent Eggs: Buoyancy



Learn about buoyancy while “tricking” your friends into thinking you’re a magician by giving two eggs to a member of your audience. Then ask a volunteer to write the word “sink” on one and “float” on the other. You then place each egg in a glass of water and order them to obey the commands written on them. Naturally, they’re smart enough to do as they are told. [Try the experiment!](#)

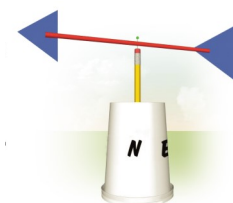


**SOURCE:** National 4-H Council

## Make a Wind Vane



Did you know that the sun is responsible for creating winds? As the air is warmed by the sun, it rises, and colder, denser air moves in to replace it. This is wind! Geographical features, such as mountains, bodies of water and deserts, help determine the nature of wind-its speed and direction.



The direction of wind (where it is blowing from) often affects the weather. For roughly two-thirds of the continental United States good weather is brought by northwest, west and southwest winds; bad weather is generally blown in by winds from the northeast, east and southeast. [You can make your own wind vane to check wind direction.](#)

**SOURCE:** National 4-H Council



## Zach & Chris Dumais

After many calls to various places in a search to find a kids cooking class, a tip led us to Saratoga County 4-H. Brothers Zach and Chris Dumais both started in 4-H with the Bakers Dozen group in 2012/13, then Countywide Robotics Club, Robovines

Robotics Club, Teen Council, the fair gig etc. They are always willing to help out and volunteer at such things as the fair, snack bar, Octoberfest, etc.

In his spare time, Zach enjoys the outdoors, hiking in the ADK, kayaking, biking, and walks on local trails. He also has a love for cooking, everything from scratch and creating his own recipes. Zach also enjoys history, museums and documentaries. He is always up for a good comedy show or movie, as well as, keeping up with friends on Xbox and social media.

Chris is also fond of the outdoors. He has explored different spots in the ADK's, swam in lakes streams, rivers, waterfall pools, survived hiked trails with the ever annoying attacking deer flies and horseflies. He has kayaked different lakes and ponds. Like his brother, he keeps in touch with friends on Xbox. Chris is a support member at the Round Lake Fire Department, a member of Round Lake/Malta Ridge Fire Department Explorer Post #5438, and a member of Saratoga County Sheriff's Explorers Post #037.



## 4-H Leaders Association Chicken BBQ

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

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

CCE Office  
50 W. High St  
Ballston Spa  
Drive-Thru  
Service

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

Place your order online at:  
[ccesaratoga.org/4-h/bbq](http://ccesaratoga.org/4-h/bbq)  
Or Call 518.885.8995



B  
B  
Q



B  
B  
Q



The 4-H Leaders Association is proud to sponsor this Drive-Thru Chicken BBQ. The event will take place on Saturday August 22<sup>nd</sup> 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 [clicking here](#), then go to the Extension Office at 50 West High Street, Ballston Spa to pick up everything you will need for your dinner! ...Contact [Greg Stevens](#) with any questions.



**\* Please note: New Pick-Up Location**



## 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

---

### Board of Directors

John Cromie, President	John Barnes
Ed Hersh, Vice President	David Wood
Stacy Simmons, Treasurer	Mike Smith , Supervisor Rep.
John Mishoe, Secretary	Pat Clairborne, Cornell Rep.

### CCE Staff Members

William Schwerd	Sharon Bellamy
Susan Beebe	Kelly Hurley
Jessica Holmes	Wendy McConkey
Nicolina Foti	Lia Palermo-Sershan
Jennifer Koval	Ellie Hackett
Greg Stevens	Bud South
Leland Bunting	Kris Williams
Brieanna Hughes	Nicole Campbell
Julie Curren	Lauren Henderson
Kim Wilbur	Lauren Mercier
Mona Clear	Blue Neils
Diane Whitten	Ariane Tanski
Cindy Dort	Allie Eustis

### Agriculture Program Committee

Craig Devoe, President*	John Mishoe, Secretary*
Laurie Kruppenbacher, Vice Pres.	Leland Bramer

*\* Board Representative*

### 4-H/FCS Program Committee

James Holbrook, Chair	Kristine O'Rourke
Donna Ringwall, Vice Chair	Paul Laskey, Jr.*
Eileen Lindemann, Secretary	John Mancini*
Kohlby Himelrick, Student	Meg Soden

*\* Board Representative*

### Eastern NY Commercial Horticulture

Crystal Stewart	Teresa Rusinek
Elizabeth Higgins	Jim Meyers
Elisabeth Hodgdon	Dan Donahue
Mike Basedow	Maire Ullrich
Ethan Grundberg	Chuck Bornt
Laura McDermott	

### Central NY Dairy, Livestock and Field Crops

Kevin Ganoë	Ashley McFarland
David Balbian	Nicole Tommell

### GC-SBN Leads

Mike Ryan	Erik Yager
Jim McNaughton	



50 West High Street, Ballston Spa  
(518) 885-8995  
[Saratoga@cornell.edu](mailto:Saratoga@cornell.edu)  
[www.ccesaratoga.org](http://www.ccesaratoga.org)

### ***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.*