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CCE

Cornell Cooperative Extension | Saratoga County

NEWSLETTER

EXTENSION UPDATES

Saratoga County 4-H Members Crowned Saratoga County Fair Queens

Two members of Saratoga County 4-H were recently entered the Saratoga County Fair Court during the Saratoga County Virtual Fair. Ella Wolfe, a member of the 4-H Domestic Rabbit Club was crowned the Saratoga County Fair Queen, and Daisy Westervelt, a member of the Middleliners 4-H Club was crowned



Saratoga County Fair Queen Ella Wolfe



Saratoga County Fair Princess Queen Daisy Westervelt

Princess Queen. Saratoga County 4-H is incredibly proud of Ella and Daisy, and wish them the best of luck in their roles during the coming year. We know that they will be great representatives of the Saratoga County Fair and Saratoga County 4-H!

Saratoga County Horse Farm Tour is Drive Through

Save the Date! SARATOGA COUNTY, NEW YORK Drive Through Horse Farm TUR SEPTEMBER 6, 9AM-12PM Call the CCE Office with Questions (518) 885-8995

CCE Equine, together with the Saratoga County Board of Supervisors would like to introduce its first Drive-Through Horse Farm Tour. Due to the COVID-19 pandemic, this year's Saratoga County Horse Farm Tour will be drive-through only, and with one participating farm.

Mill Creek Farm in Stillwater has graciously agreed to host this year's tour. Much of the planning is still in the works in order to ensure a safe and healthy environment while social distancing.

Look for more information in the coming weeks!

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

Help Look for Asian Longhorned Beetles

Do you own a pool? You can help DEC look for the invasive Asian longhorned beetle (ALB) in New York! Through the rest of the summer, please check your pool filter for <u>any insects that resemble ALB</u> and report suspects by emailing photos to us at:

foresthealth@dec.ny.gov.



No pool? No problem - you can still help! Check your yard or neighborhood trees for signs of ALB, and let us know if you find anything suspicious.

Asian longhorned beetles are wood-boring beetles

that attack a variety of our native hardwood trees, including maple, birch, willow, and others. In New York State, the insect is currently only known to be present in central Long Island. You can learn more about signs of ALB and the pool survey on our website.

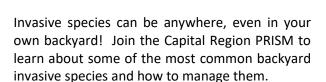
PRISM talks INVASIVE SPECIES A Zoom Series

BACKYARD INVADERS

When: Wednesday, August 19, 2020,

11am -12pm

Registration: Required



Hosted by <u>Capital Region PRISM</u> and <u>Crandall Public</u> <u>Library</u>

DEC Confirms Emerald Ash Borer in Warren County

The New York State Department of Environmental Conservation (DEC) today announced that emerald ash borer (EAB) has been confirmed in Warren County. While not unexpected given the EAB's spread, this marks the first confirmed case of EAB within the Adirondack Park. The affected trees were identified by Department of Transportation personnel at the Warren County Canoe Launch on the Schroon River in the town of Chester. A sample has been sent to Cornell University Insect Diagnostic Lab for further review.

"New York State is at the forefront of invasive species monitoring and prevention and this latest find of EAB, while concerning, also hardens our determination to do all we can to protect our natural resources from their



destructive effects," **DEC Commissioner Basil Seggos** said. "DEC and our partners will continue our significant investments in finding strategies that mitigate and address invasive species in our environment and raise public awareness so that all New Yorkers can take part in helping to

protect the Adirondacks and our entire state."

State Transportation Commissioner Marie Therese Dominguez said, "Our knowledgeable and professional staff take great care in their environmental stewardship, and this discovery of the Emerald Ash Borer in Warren County is another example of our team's collective commitment to protecting the environment. New York State is a true national leader in the fight against invasive species, and we will continue to work with our partners at DEC to protect and enhance the environmental progress of the Empire State."...continue reading

SOURCE: NYS DEC

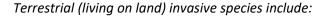
What are Invasive Species

Invasive species are organisms that are not native to an area and harm human health, the economy, or the environment. They can destroy the places we love and require costly solutions. Invasive species are organisms that are not native to an area and can harm human health, the economy, or the environment.

Invasive species threaten nearly every aspect of our world and are one of the greatest threats to New York's biodiversity. They cause or contribute to:

- Habitat degradation and loss
- The loss of native fish, wildlife, and tree species
- The loss of recreational opportunities and income
- Crop damage, diseases in humans, and livestock
- Risks to public safety

Invasive species come from all around the world often through shipping containers, ballast waters from boats, and ornamental nursery stock.



- Animals, like Emerald Ash Borer and Spotted Lanternfly
- Plants, like Japanese Barberry and Giant Hogweed
- Diseases, like Oak Wilt and Chestnut Blight

Aquatic Invasive Species include:

- Animals, like Northern Snakehead Fish
- Plants, like Hydrilla and Eurasian Watermilfoil

People unknowingly spread invasive species. Follow these simple suggestions to prevent the spread of invasive species and protect the people and places you love.

Clean Play Go recommends to stop invasive species in their tracks by...

- Remove plants, animals & mud from boots, gear, pets & vehicle.
- Clean your gear before entering & leaving the recreation site.
- Stay on designated roads & trails.
- Use certified or local firewood & hay.
 https://www.playcleango.org/help-stop-invasive-

species-with-playcleango

Basically look for and remove seeds, plant pieces, and insects on your hair and clothing, gear and equipment, vehicles and trailers, dogs, horses and other animals. Clean off dirt/mud which could harbor unseen pests.

Aquatic invasive species that can be transported through recreational activities are Aquatic Hitchhikers. Use Clean Drain Dry practices when using recreational boats, kayaks, SUP's and fishing gear.

CLEAN off visible aquatic plants, animals, and mud from all equipment before leaving water access Rinse equipment and boat hulls (with high pressure, hot water when possible. Rinse interior compartments of boats with low pressure, hot water (120°F) Flush motor with hot water (120°F) for 2 minutes (or according to owner's manual)

DRAIN motor, bilge, livewell, and other water containing devices before leaving water access.

DRY everything for at least five days OR wipe with a towel before reuse.

https://stopaquatichitchhikers.org/

Dispose of debris at designated cleaning stations or waste-disposal areas. If these areas are unavailable, clean in parking lots or driveways where invasive pests are unlikely to spread. Avoid cleaning near waterways; invasive species may spread to new areas downstream

Capital Region PRISM a Partnership for Regional Invasive Species Management.

http://www.capitalmohawkprism.org/

New York Invasive Species (IS) Information: New York's Gateway to science-based invasive species information.

http://nyis.info/

For a listing of Prohibited and Regulated Plants

https://www.dec.ny.gov/animals/99141.html

Get ready for Earliest Corn Silage Harvest, Ever?

What: FREE Zoom Webinar

When: August 19, 2020

Time: 7:00 PM Eastern Time (US and Canada)

Please register through the following link:

https://cornell.zoom.us/webinar/register/

WN aV9nd0QSRxOUsLKZYcrX3w

Online Tour of Ardent Flour Mill, Port of Albany

Ardent Mills is the largest flour mill east of the Mississippi. They would like to source New York wheat. This is an opportunity to learn about the mill. The meeting will include:

- 1) Video tour of Ardent Mill
- 2) Introduction to the Food Safety Modernization Act
- 3) Wheat Quality Testing
- 4) Wheat Grading Standards.



When: August 25, 2020, Online Tour of Ardent Flour Mill, Port of Albany The same tour will be available in two sessions, from 12:30 – 1:00 PM and from 7:00 – 7:30 PM

Cost: Free of charge, but registration is required at https://buff.ly/31eq007 **For info and questions**, contact Aaron Gabriel, adg12@cornell.edu, 518-380-1496

You will receive an email with a link and passcode for the Ardent Tour and ALSO a link and passcode for a Practice Zoom. The Practice Zoom will be on Monday August 24 between 12:30 and 1:00 PM and again between 7:00 and 7:30 PM. Connect to the Practice Zoom and say hello, ask questions, and see how it all works.

A brief video to learn how to join a Zoom meeting is available at: http://buff.ly/3bJYnQp A brief video on joining and configuring your audio in Zoom: https://buff.ly/2UW5TSI

Does Refinancing Debt Make Sense for Your Farm Business?



In order to assist the United State economy in maintenance of monetary exchange, the Federal Reserve Bank has lowered interest rates to record low levels. These low interest rates, along with financial pressures associated with the Global Pandemic, are forcing farmers to seriously consider re-financing farm related debt obligations. Does this make sense for your farm amongst the myriad closing costs and interest rate adjustment fees, and in consideration of long-term business continuation?

Please join us for a fun and informative evening as we discuss ins and outs of re-financing farm debt.

The deadline for registration is Monday, August 25, 2020. Prior to the meeting, pre-registered guests will receive a ZOOM meeting invitation via email.

When: August 27, 2020, 7:30 PM - 8:30 PM

Location: ZOOM Meeting

Register **Here**

Hosted by CCE Albany County, CCE Washing County, and Capital Area Agricultural and Horticultural Program

CCE Equine Creating Updated Directory for Capital Region Equine Community



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, <u>please fill in your information on the form</u> and send it to Nicolina Foti at nvf5@cornell.edu or mail to CCE Equine, 50 West High Street, Ballston Spa NY 12020



Have you ever seen a horse drink water...from the bucket's point of view?

Water is the most vital nutrient for a horse. A horse's daily water requirements are influenced by age, body condition, the amount, type and quality of feed consumed, fitness level, and activity level. Other factors influencing a horse's water consumption include the temperature, as well as the freshness, purity and palatability of the available water.

An idle, 1,1000-pound horse in a cool environment will drink 6-10 gallons of water per day. But depending on the temperature and on the conditions in which the horse is exercised, the total water intake can increase up to 30 gallons per day.

The take-home message: all horses need clean, goodquality water at all times. Outdoor water troughs should be cleaned at least every couple of weeks to remove debris and algae; stall water buckets should be emptied and rinsed daily. If you have an automatic water system, be sure to check it daily as there could be a malfunction that would result in your horses not getting adequate amounts of water.

For more information on horses and water, visit the website at https://aaep.org/horsehealth/cool-clear-water

SOURCE: American Association of Equine Practitioners



Video courtesy of Конная Россия

Estimating Adult Horse Bodyweight

This video demonstrates how to estimate an adult horse's bodyweight in the absence of a scale. Viewers will learn how to use a weight tape, an adult horse bodyweight equation, and the newly developed Healthy Horse app. To purchase and download the Healthy Horse app, visit the App Store for Apple iOS at https://itunes.apple.com/us/app/healt... or the Google Play for Android at https://play.google.com/store/apps/de... "



SOURCE: University of Minnesota Equine Extension Program



HOMESTEADING & SELF-SUFFICIENCY

CCE Saratoga educators have created an <u>educational webpage</u> 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.





🕯 🗳 🗳 Roll out the [rain] barrel

Rainwater harvesting provides an alternate water supply and helps minimize stormwater drain-off from the roof. Harvested rainwater can be stored in rain barrels of various sizes and be used for landscape irrigation in lieu of municipal or well water.

"Making a basic 55-gallon rain barrel to capture water from gutters and downspouts to use for home landscaping isn't very complicated, and the materials needed to build one typically cost less than \$75," said Bryan Davis, AgriLife Extension disaster assessment and recovery agent, Wilson County. "With some instruction and the gathering of basic tools and components needed, a handy person can make one in only a few hours."

The AgriLife Extension Rainwater Harvesting page has videos on how to make a basic home rain barrel as well as links to additional rainwater harvesting resources.



Photo by Texan A&M AgriLife Extension Service

SOURCE: TEXAS A&M AgriLife



Raising Small Group of Pigs

When done correctly, you can put pork in your freezer at a lower cost than what you would pay in the grocery store, and possibly even make some money when you have



extra pigs to sell. When raising your own pigs, you control the feed and additives, so you know exactly what they were fed. You also have the satisfaction of producing your own meat.... Find out what questions you should ask yourself before moving forward.

SOURCE: PennState Extension



Preserving Herbs by Drying

If you grow herbs in your garden, you can easily dry these herbs to extend their shelf-life for use later. You can use many parts of the herb including the leaves, flowers, stems, and seeds.



Adding dried herbs to a dish is a wonderful way to add flavor to any meal while lowering sodium or salt. Dried herbs and seeds are more powerful in flavor than fresh herbs. Dried herbs are 3 to 4 times stronger than fresh herbs. When substituting dried herbs for fresh herbs, a general rule of thumb is to use less dried herbs, about ¼ to ½ the ratio compared to fresh herbs...read article.

SOURCE: PennState Extension

Soil pH 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.

A pH test measures the acid/alkaline level of your soil. In the pH scale, 7.0 is considered neutral; lower numbers indicate acid soil, while higher numbers indicate that the soil is alkaline. Most plants prefer a pH of 6.8. pH levels influence nutrient availability, with most nutrients being available to plants when the pH is in this range (6.8-7.0). If soil is too alkaline or too acid, certain nutrients may be limited. To change soil pH to the desirable range, you will either add lime if the soil is too acid or sulfur if the soil is too alkaline. With your pH test result, we will let you know what amount of lime or sulfur is needed if any.





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 <u>Agro-One Services</u>. They provide more about their services, sampling instructions, submission forms (gardeners use <u>Form H</u>), and <u>pick-up points</u> throughout the Northeast.

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

Healthy Soils, Healthy Communities

The <u>Healthy Soils, Healthy Communities</u> 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.

Watch for Signs of Oak Wilt

July and August are the best months to spot signs of oak wilt. Oak wilt is a fungal disease that affects both red and white oaks, but red oaks often die much faster from the disease than white oaks. Oak wilt symptoms include:

- Most or all of the leaves fall off the tree in July/August
- Leaves brown from the outer edge back toward the stem
- Leaves of all colors will fall off, and many will still have green on them
- Dieback can be seen starting on the top of the tree and progressing downward

If you've seen these signs in an oak near you, email photos of the leaves, trunk, and entire tree to DEC at foresthealth@dec.ny.gov. Please include where the tree is located.

Want to help prevent the spread of this disease? It's easy! All you need to do is:

- follow the NYS firewood regulation, and
- if your oaks need pruning, plan to do it in winter when the insects that transport the disease are not active.

You can find more information on oak wilt on our website.

Rudbeckia "Herbstonne"



Tall, elegant, and with a cheerful disposition, Rudbeckia 'Herbstonne' is perhaps the best of several perennials with yellow daisy-type flowers which grow on high. My clump normally reaches seven feet easily, but this year, due to the drought and a bad case of red aphids, it has been kept down to a mere five. With a name which means "Autumn Sun" in German, you might think it would bloom in late September, but here in the Capital District, it flowers in August. And while it came to our shores from the home of the wiener dog and the VW bus, 'Herbistonne' is likely a hybrid of two American plants, Rudbeckia laciniata and Rudbecia nitida. Never a rampant spreader,

it prefers full sun and ample moisture, but can tolerate less-than-ideal soil and a little shade. Just make sure you give this handsome giant ample room to reach its full glory.

SOURCE: Cornell Cooperative Extension Rensselaer County

Mystery Seeds Making News

In the past few weeks, many New Yorkers have reported receiving unsolicited packages in the mail that contain plant seeds and appear to originate in China. Similar reports have been made in other states, and the US Department of Agriculture (USDA) is investigating. If you receive unsolicited seeds, do not plant or handle them. View a recent statement from USDA and NYS Department of Agriculture and Markets on this topic, as well as details for what to do if you received seeds, on the New York State Invasive Species Research Institute website.





If you haven't shopped at a local farmers' market or farm stand lately, now's the time. So much local produce is available, including one of my favorites – fresh melon. The cantaloupe I saw at the Spa City Farmers' Market last weekend were the size of a football, and the flavor was superb. Watermelon is available too which is sweet and juicy with a dark red color. Blueberries are in season as well, so why not pair them together in this recipe.

Cantaloupe and Blueberries with Ginger-Citrus Sauce

1 cantaloupe melon

½ cup blueberries

¼ cup frozen orange juice concentrate

1 teaspoon grated lemon zest

2 tablespoons fresh lemon juice

1 1/2 tablespoons honey

1 teaspoon grated peeled gingerroot

Place peeled, seeded and diced cantaloupe and blueberries in a medium sized bowl. In a small bowl, whisk together the remaining ingredients. Pour sauce over fruit and serve immediately. Makes 6 servings



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! <u>Click here</u> for a list of farms compiled by CCE Saratoga Staff detailing their products and delivery methods during the COVID-19 pandemic.

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 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 $518-885-8995 \times 2228$ 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.

Distracted Driving

Distracted Driving is a national concern with cell phones and other electronic devices in every car today. The simple phone call, text message, reading the paper, shaving, putting on make-up, may seem like nothing but it could mean everything to your safety and those around you. New York has mandated any driver found to be using, talking, texting, plugging in an electronic device will receive 5 points on their license. CCE has developed a curriculum to educate drivers on the dangers of distracted driving. Currently CCE offers this class monthly to "court ordered offender's," in Saratoga County. This class allows the ADA that is prosecuting the case to reduce the 5 point violation to 3 points upon completion of this class. This class allows participants to learn that Distracted Driving is: visual, cognitive and manual.

CCE offers this class in several ways: Court mandated, in high school health classes, driving classes, agencies that have drivers or drivers that use company cars. If you are interested in this class, or are court mandated to take this class, please call our safety educator at 518-885-8995 x 228 to schedule your class or time.

Next available class is Monday, September 28



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!



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

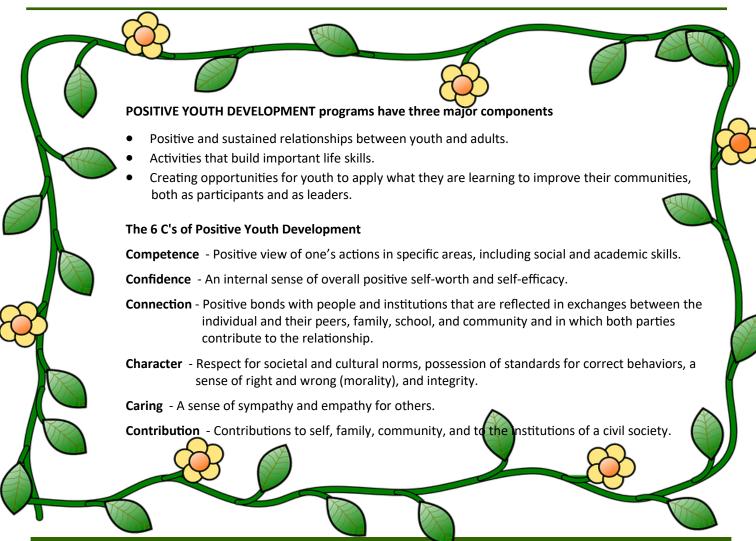


distancing. Each week we talk about things that are going on in our lives, share ideas for staying busy and play fun games.

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

4-H Is POSITIVE Youth Development





"Both men and women can benefit from developing some simple hand-sewing skills," said Johanna Hicks, AgriLife Extension family and community health agent for Hopkins County. "So many

young people going to college these days don't even know how to sew on a button."

Hicks said sewing is therapeutic and a creative outlet that will allow you to save money and receive a good amount of personal satisfaction.

She said some resources for sewing basics are the <u>4-H Explore</u> learning-by-doing guide and <u>Sewing 101 video</u> on You Tube. She said additional resources can be found in the <u>Fashion and Interior Design</u> section of the Texas 4-H website.

THREAD

MEASURINS
TAPE

SAFETY

SAFETY

THIMBLE

BOBINS

SCAM RIPPER

SCISSORS

HAND & MACHINE

Fairy Face Designs

SOURCE: TEXAS A&M AgriLife

4-H is a community of young people young people across America who are learning leadership, citizenship and life skills.

Draw a Cow Contest! By CABOT



Hey kids! The farmers who own Cabot love their cows who every day produce the fresh, pure milk that

makes your favorite Cabot cheeses, yogurts, and butter. Yum!

Help us celebrate our farmers' wonderful cows when you enter Cabot's Draw a Cow Contest. It's fun & you can win some very delicious prizes. So, if you're between 4-17, get out your favorite art supplies and show us your best cow. Actual Cabot farm kids have kindly agreed to judge this contest!





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











PRISM

CCE Equine CCE Saratoga

Agriculture **Economic**

Development

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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.

^{*} Board Representative