

September 13, 2021

Volume 2, Issue 28

CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

## EXTENSION NEWS

### Preserving the Harvest

by Megin Potter for Saratoga TODAY

The uncertainty of the strained supply chains that resulted in last winter's shortages left many feeling vulnerable and scrambling for supplies. Now, some are rethinking how they will prepare for the next wave of the pandemic.

Having an extra cache of foods your household uses most eases the emotional and economic stresses that unforeseen disruptions can bring.

But don't pull out an old family canning recipe and that hand-me-down pressure canner just yet.

Before preserving your garden's harvest or buying locally-grown fruits and vegetables in bulk while they're available, you need to put time into learning how to do it safely, cautions Saratoga County Cooperative Extension Food and Nutrition Educator Diane Whitten.

"Many cases of botulism are from home canning, so if you're going to get into canning, there are some real serious food safety issues you need to be aware of," she said.

#### CAN-DO & CAN DON'TS

Botulism is a rare but serious illness caused by improperly canned food. You can't see it or taste it.

Low-acid foods such as green beans and corn are common sources for cases of foodborne botulism. Low-acid foods, which includes all vegetables, meats, poultry and seafood, must be canned using a pressure canner (not a boiling water bath canner) to reach temperature hot enough to kill the heat-resistant botulism spores. Botulism will not survive in high-acid foods, including fruit and acidified vegetables, such as salsa and pickles which can be safely canned in a boiling water canner.

Using a safe research-based recipe is also



important for food preservation. Many examples you'll find online are not USDA approved. Instead, for up-to-date recipes and information go to the National Center for Home Food Preservation website at [nchfp.uga.edu](http://nchfp.uga.edu)

#### FREEZING FACTS

There are three things to keep in mind even if you think you already know how to freeze foods.

1. To get the best quality vegetables from your freezer, blanch them in boiling water beforehand. This inactivates the enzymes that cause them to degrade, so they'll last longer. Blanching times vary for each vegetable, so follow time recommendations from the National Center for Home Food Preservation.
2. To prevent freezer burn and preserve the plumpness of fruits like apples and peaches, freeze them in a sugar syrup or water.
3. Get a low-cost sensor for your freezer unit to alert you if it turns off, otherwise you could be losing thousands of dollars worth of food when the power goes out.

*Continued on next page*

## 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.*

### Preserving the Harvest - continued from page 1

#### COMING UP DRY

No matter how hot it might seem when you're out in the sun, the Northeast is just too humid to dry most foods without a dehydrator (with the exception of herbs-which can be hung to dry in a warm spot that gets good circulation).

To avoid mold, foods need to be dried at a consistent warm temperature (ovens get too hot) so look for a quality dehydrator that has varying temperature controls and includes a fan.

Fermentation is a short-term food preservation method that will last four to six months in the refrigerator. Examples include flavorful sauerkraut, kimchi, and fermented dill pickles.



Master Food Preserver Diane Whitten will be hosting a FREE Food Preservation Zoom Class on October 7, 6-8:30 p.m. For more information, go to [ccesarato-ga.org/nutrition-food/food-preservation](https://ccesarato-ga.org/nutrition-food/food-preservation).

### Fall Armyworm Alert



At the beginning of September, a large infestation of fall armyworm larvae was found in a 50 acre alfalfa field near Kinderhook in Eastern NY. The larvae ate all the alfalfa leaflets, leaving only the stems on the 50 acres. The larvae were in the 2nd to 3rd instar of development. This means they are still small. Farm armyworm normally go through 6

instars and will eat much more forage before they pupate.

The range of the infestation was 5 to 15 larvae per square foot. Fall armyworm has been causing issues this season in other parts of the country. It would be best to go out and check your crops for fall armyworm.

The threshold for fall armyworm in alfalfa is 1-3 larvae per square foot. Many of the Bt corn hybrids are resistant to fall armyworm. Fall armyworm will feed on many other grasses. It is best to get out and scout fields now!

### Dairyvoice.com Podcast

Listen to Lloyd Holterman and Bill Peck talk about breeding profitable cattle in Dairyvoice's Podcast Episode 49.



<https://dairyvoice.com/episode-49-lloyd-holterman-bill-peck-talk-about-breeding-profitable-cattle>

# Transition Cow Tuesdays

Transition cow management webinar series begins November 2nd

Cornell CALS PRO-DAIRY is hosting [Transition Cow Tuesdays](#), a transition cow management webinar series, from 12:30 to 1:00 PM EDT, Tuesdays from November 2, 2021 through December 14, 2021.

## HAVE YOU...

- been working with the farm transition cow program but want to know more about the how, what and why?
- wanted to improve the transition cow performance of your herd but need to know where to start?
- wanted to increase the skills you bring to the farm or your farm employer?
- been wondering where you'll find the time to attend a course or workshop?

If so, this webinar series is designed for you! The webinars are short, to the point, and just 30 minutes. Grab your lunch and join us. Generous sponsors have enabled us to offer this series free of charge. [Registration is required](#). One registration provides access to all the webinars in the series.

## NOVEMBER 2: Transition Cow Nutrition

This session discusses why the transition diet has a tremendous impact on cow health and milk production, and how to ensure adequate nutrition is supplied at each phase of transition.

## NOVEMBER 9: Feeding the Transition Cow

The mechanics of providing feed in conjunction with transition cow behavior is a crucial aspect to provide adequate nutrition. We'll discuss factors in feeding management during this session.

## NOVEMBER 16: Selective Dry Cow Therapy

Learn how dry cow therapy impacts transition cow management. We discuss the basics of selective dry cow therapy.

## NOVEMBER 23: Facility Considerations

Housing can make or break a cow's transition period and



her next lactation. Both her physical and behavioral needs are discussed.

## NOVEMBER 30: Calving Considerations

Parturition is critical step in transition. This session discusses the basics of cow behavior, calving assistance, and physiology.

## DECEMBER 7: Post Calving Monitoring

This session outlines steps to monitor cow health post calving.

## DECEMBER 14: Evaluating Transition Management

This session covers Dairy Comp items to track and measure success of the transition program.

PRO-DAIRY's mission is to facilitate New York State economic development by increasing the profitability and competitiveness of its dairy industry. PRO-DAIRY specialists have made a positive impact on the technical knowledge, management skills and economic strength of New York State's dairy industry since 1988. Visit PRO-DAIRY online at [prodairy.cals.cornell.edu](http://prodairy.cals.cornell.edu).

To view presenters and original article, click on link:

[Transition Cow Tuesdays | Morning Ag Clips](#)



## Cornell Small Farms launching online course season

Live instruction starts this fall, with two new courses added this year

---



Are you looking to improve your technical or business skills to benefit your farming operation? Consider joining one of our more than two dozen online courses during live instruction this upcoming online course season.

The Cornell Small Farms Program is excited to announce that our online courses will begin live webinars this fall, and will feature new courses to offer even more learning opportunities. New additions to our online course suite include [“Access to Capital”](#) for anyone seeking funding for a farm enterprise, and [“Cut Flower Production”](#) which offers an introduction to the business of flower farming. Last year we had also added a 4-week intensive in how [“Reading the Land”](#) can help you monitor its health, a course on [“Beef Cattle Management,”](#) and a primer on [“Social Media & Online Marketing”](#) for your farm business.

Our suite of online courses is offered on a user-friendly platform, which grants registrants permanent access to their course content. Also, courses have tiered pricing based on household size and income to make access to the courses more affordable and equitable for everyone.

Registration is now open for [all courses](#), with live content starting at the end of September for our first block of courses.

### [BF 101: Starting at Square One](#)

- So you’re thinking about starting a farm, but feeling overwhelmed by all the decisions? This course was designed to assist new and aspiring farmers in taking the first steps in thinking through farm start-up (whether you already have land access or not).

### [BF 112: Reading the Land](#)

- This new course is a 4-week exploration of how you can confirm and/or measure improved land health. You will learn how to read the land, and how to conduct various biological monitoring practices, from simple to more complex.

### [BF 204: Quickbooks for Farmers](#)

- Are you a beginning farmer? Or are you a current farmer with the desire to switch to an online accounting system? Then our quick guide to Quickbooks is for you. Learn the software’s basic features, such as sales tax, inventory, invoicing, adjustments, and year-end procedures.

Our program offers more than two dozen online courses to help farmers improve their technical and business skills. These courses cover a range of topics any farmer needs to succeed, such as [beekeeping](#), [holistic financial planning](#), [soil health](#), [vegetable farming](#), and so much more. Experienced farmers and extension educators guide students through course content, including weekly live webinars, videos, and resources.

The bulk of the course happens on your own time, with discussions, readings, and assignments in Teachable, our online course platform. To add to the experience, webinars will be woven into the interface of the course for a dedicated time slot each year to allow you to meet on a weekly basis to learn from presenters and ask questions in real-time. If you miss one, they are always recorded and posted for later viewing.

You can browse all of our [course offerings](#) on our website. You can learn more about our courses, including answers to common questions, on our [course FAQ](#).

SOURCE: Cornell Small Farms  
Published in [Morning AgClips](#)

## Is this Normal?

When monitoring your horse's health, it is important to recognize what is "normal" so that you can quickly identify when something might not be right. This infographic provides a quick checklist of things to evaluate when assessing your horse's health. Always reach out to a veterinarian if an illness is suspected!



### Recognizing a Healthy Horse


When horses are not feeling well, they will often display physiological and behavioral signs indicating illness. These signs are deviations from the horse's normal state and may suggest a veterinarian needs to be contacted. A horse's normal state, or their typical behavior and physiological measurements when they are healthy, can be assessed by looking at vital signs, appetite, attitude, weight and body condition, posture, thirst, and defecation. Subtle changes in these observations can clue owners in that their horse is unwell and that a veterinary professional should be contacted. Assessment of a horse's normal state should be included in routine management and conducted regularly rather than just when illness is suspected.

### Vital Signs

#### Temperature, Pulse, Respiration

Temperature, pulse, and respiration (TPR) are three critical vital signs evaluated when assessing a horse's health. These signs indicate the horse's internal body temperature, heart rate, and breathing rate, respectively. Just like with people, when horses are sick, they may have abnormal values for these three measurements. It is important to know what the normal TPR measurements are for your horse so you can better detect changes. Incorporating TPR assessment into your normal management routine can be very helpful as it allows you to become comfortable with evaluating vital signs, allows your horse to grow accustomed to having them assessed, and provides a baseline for that horse's typical values.



-READ article - [Recognizing a Healthy Horse \(psu.edu\)](https://psu.edu)

 PennState Extension

### EVALUATING YOUR HORSE'S HEALTH

## THE "IS THIS NORMAL?" CHECKLIST

Knowing what is "normal" can help you notice when your horse is not feeling well. Reach out to your veterinarian if illness is suspected.



### WELLNESS MEASUREMENTS

✓ Temperature of 99-101° F	✗ Elevated or reduced heart rate, temperature, or respiration
✓ Pulse of 28-44 beats per minute	✗ Labored breathing
✓ Respiration of 10-24 breaths per minute	✗ Tacky, pale and dry gums
✓ Return of color (capillary refill) to gums within 1.5 seconds	✗ Capillary refill of gums takes longer than 3 seconds


### COMMON SYMPTOMS

✓ Normal breathing without wheezing or coughing	✗ Coughing
✓ Clear, alert eyes	✗ Discharge from the nose or eyes
✓ Shiny, smooth coat	✗ Cloudy or dull eyes
✓ Healthy weight and body condition	✗ Diarrhea or irregular bowel movements
✓ Frequent gut sounds	✗ Sudden loss of weight or body condition
✓ Sweating when exercised or during hot weather	✗ Lack of gut sounds
	✗ Abnormal sweating

### EVALUATING BEHAVIOR

✓ Grazing regularly	✗ Reduced appetite or thirst
✓ Drinking 6-10 gallons of water per day	✗ Lethargy or depression
✓ Alert and aware of surroundings	✗ Lack of coordination
✓ Seemingly comfortable and not agitated	✗ Isolation
✓ Staying with other horses	✗ Frequently shifting weight, getting up and down, stretching, pawing, biting, or kicking

AUTHORED BY: BRITTANI KIRKLAND  
PENN STATE IS AN EQUAL OPPORTUNITY, AFFIRMATIVE ACTION EMPLOYER, AND IS COMMITTED TO PROVIDING EMPLOYMENT OPPORTUNITIES TO ALL QUALIFIED APPLICANTS WITHOUT REGARD TO RACE, COLOR, RELIGION, AGE, SEX, SEXUAL ORIENTATION, GENDER IDENTITY, NATIONAL ORIGIN, DISABILITY OR PROTECTED VETERAN STATUS.  
THIS WORK IS LICENSED UNDER A CREATIVE COMMONS ATTRIBUTION-NONCOMMERCIAL 4.0 INTERNATIONAL LICENSE.



## Upcoming Events

**Sept.  
22**

### CULTIVATING A PLANT-BASED DIET

Online via Zoom

**FREE**

3:00 PM - 4:15 PM

Presenters Karen Roberts Mort, MS, CCE Albany County Nutrition Resource Educator, Program Chair Theresa Mayhew, and Co-Chair Karen McGraw explore the history and heart-healthy benefits of eating more plant-based foods. Whole, minimally processed, locally sourced foods are emphasized in this more environmentally sustainable way of eating. Recipes and tips for eating in a more plant-focused way will be shared to benefit your health and that of the planet.



Karen will be making plant-powered cacao chili and quinoa corn muffins. The list of ingredients will be sent before the Zoom class so you can prepare these dishes from the comfort of your own kitchen right along with her! Pre-registration is strongly encouraged by September 17. To sign up for this free class, call the library at 518-766-2715 or email [Mail@NorthChathamLibrary.org](mailto:Mail@NorthChathamLibrary.org)

**Oct.  
09**

### 4-H CHICKEN BBQ

CCE Office

50 West High St., Ballston Spa



4:00 PM - 7:00 PM

#### Drive-Thru Event

Each Dinner Includes:

1/2 Chicken, Baked Potato, Coleslaw, Dinner Roll, Smith Apple Pie and Bottle of Water



**CALL US NOW** 518-885-8995 or visit <http://ccesaratoga.org/4-h/bbq> to order using the online system.

*All proceeds will benefit the Lead the Legacy Capital Campaign funding the expansion at the 4-H Training Center.*

**Sept.  
23**

### ON-FARM GRAIN STORAGE MANAGEMENT TRAINING

Hewitt Farm

37 Hewitt Lane, Troy

1:00 PM - 4:00 PM

Facility tour and overview of grain storage management: sanitation, loading, aeration, monitoring and safety, how to determining cfm/bushel, insect pest management, a record keeping system for determining cost of storage, bring your moisture meter to test it with a known grain sample. \$5.00 per person. Register online - <https://caahp.cceext.net/civCRM/event/info?reset=1&id=133>. Contact Aaron Gabriel at 518-380-1496 or email - [adg12@cornell.edu](mailto:adg12@cornell.edu).



**Oct.  
19**

### TIRE RECYCLING PROGRAM - FALL

Behind Malta Town Court

2538 U.S. 9, Ballston Spa

4:00 PM - 5:30 PM

Must be a Saratoga County resident and pre-register to participate.

Registration deadline is Wednesday, October 13 or until all spots are filled on trailer, whichever comes first.

#### FEES:

- Passenger car/truck tires: \$5.00 each
- Ag Tractor Tires (up to 3' diameter, up to 24" width): \$100.00 each
- Ag Tractor Tires (3' – 6' diameter, up to 24 width): \$150.00 each

**NEW!!** You can now register online using our Google Form: [Tire Recycling Registration Form](#)

[Fall 2021 Tire Recycling Flyer](#)

[Fall 2021 Tire Registration – Passenger](#)

[Fall 2021 Tire Registration – Ag Tractor](#)



**Sept.  
25**

**11 AM - 2 PM**

## **ELECTRONIC RECYCLING**

Ballston Spa National Bank

990 NY-67, Ballston Spa

Questions: 518-316-6780

### **ACCEPTABLE ITEMS**

*\* These items recycled for a fee. (See below)*

- Batteries (assorted chemistries)
- Business machines
- Cables & IT accessories
- Cameras
- Computer peripherals (mice, keyboards, webcams, speakers, microphones)
- Computers
- Copiers
- Electronics scrap
- Fax machines
- Fluorescent lamps
- Gaming devices
- GPS units
- Lab & medical electronics
- Laptops
- Mainframe/ Midrange
- Mobile devices (Cell phones, Tablets, PDAs, MP3 players)
- \*Monitors
- Networking gear
- Phone systems
- Power supplies
- Printer & plotters (ink, toner, & cartridges)
- Routers & switches
- Scanners
- Scientific equipment
- Security equipment
- Servers & server racks

- Stereo equipment
- Storage devices (external hard drives, solid state drives, SD cards, memory cards, card readers)
- Telecommunications equipment
- \*Televisions
- Terminals
- Media: CDs, VHS Tapes, DVDs, Cassettes
- UPS
- Video & audio equipment
- Wiring & cabling

#### **\* Disposal fee for Televisions/Monitors (cash only)**

- \$20 for 28 inches or less
- \$40 for 29 inches or larger
- \$5 for Microwaves

### **NON-ACCEPTABLE ITEMS**

- Carbon monoxide detectors
- Dehumidifiers
- Devices containing liquid mercury (thermostats, switches, medical devices, thermometers)
- Freon containing devices/materials (refrigerators, air conditioners, dehumidifiers)
- Gas powered equipment
- Household hazardous waste
- Large appliances (stoves, washers, dryers, dishwashers)
- Liquids
- PCB ballasts
- Propane tanks
- Radioactive materials
- Small appliances (toasters, vacuum cleaners, coffee makers, irons, hair dryers)
- Smoke detectors

## Farmers' Market Recipe

Diane Whitten, CCE Saratoga

### Watermelon & Feta Salad

#### Ingredients

- 8 cups watermelon cut in 3/4-inch cubes
- 7 ounces feta cheese, crumbled
- 2 Tbsp diced fresh mint
- 2 Tbsp balsamic vinegar glaze (see note below)

#### Instructions

1. Toss the watermelon cubes, feta and mint together in a bowl..
2. Drizzle with balsamic glaze.



Balsamic vinegar glaze can be found in the vinegar section at many supermarkets. To make your own gently simmer 3/4 cup balsamic vinegar in a small saucepan until reduced to 3 tablespoons. Makes 8 servings.

*Nutrition per serving 100 calories, 4 g fat, 2.5 sat. fat, 15 mg cholesterol, 240 mg sodium, 14 g carbohydrate, 2 g fiber, 5 g protein, 15% Daily Value vitamin A and C.*

## Pop Up Produce Pantry

Pitney Meadows will be distributing fresh produce at:

**David R. Meager Malta Community Center**  
(in front of the gymnasium)  
1 Bayberry Dr., Malta, NY 12020

September 17  
October 8, 15, & 22  
11:00 AM to 1:00 PM  
RAIN OR SHINE

Offering fresh, healthy food to our neighbors in need.



Find out more at:  
[www.pitneymeadows.org](http://www.pitneymeadows.org)

## Farmers' Markets

### Sundays

10:00 AM  
- 2:00 PM

#### SPA CITY FARMERS' MARKET

(Year Round)  
Lincoln Baths  
65 South Broadway  
Saratoga Springs

### Mondays

2:00 PM  
- 5:00 PM

#### CLIFTON PARK MARKET

(open June-Oct)  
Shenendehowa  
United Methodist Church  
971 Route 146  
Clifton Park

### Wednesdays

3:00 PM  
- 6:00 PM

#### SARATOGA FARMERS' MARKET

(open May-Oct)  
High Rock Pak  
112 High Rock Ave  
Saratoga Springs

### Wednesdays

3:00 PM  
- 7:00 PM

#### HALFMOON FARMERS' MARKET

(May-Sept.)  
Abele Park  
(across from the Town Hall)

### Thursdays

3:00 PM  
- 6:00 PM

#### BALLSTON SPA FARMERS' MARKET

(June-Sept.)  
Brookside Museum  
Ballston Spa

### Fridays

4:00 PM  
- 7:00 PM

#### GREENFIELD FARMERS MARKET

Middle Grove Park  
Middle Grove Road

### Saturdays

9:00 AM  
- 1:00 PM

#### BALLSTON SPA FARMERS' MARKET

(June-Sept.)  
Brookside Museum  
Ballston Spa

### Saturdays

9:30 AM  
- 1:30 PM

#### SARATOGA FARMERS' MARKET

(open May-Oct)  
Wilton Mall Parking Lot  
(area of BJ's Wholesale Club and



## HOMESTEADING & SELF-SUFFICIENCY

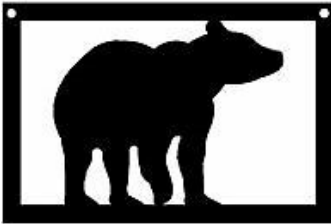
CCE Saratoga educators have created an [educational webpage](#) where people can learn all aspects of becoming self-sufficient and what it means to have a homestead. The informational platform brings together agriculture (Livestock & Animal Husbandry, Food Preservation & Preparation, Hunting & Gathering, and Planting & Growing recourses.



### DEC Adopts New Rules for Deer and Bear Hunting



New York State Department of Environmental Conservation has adopted new rules for deer and bear hunting in New York. Rule changes include extending hunting hours and dress code requirements when afield to improve hunter safety.



DEC announced the proposed changes in June 2021, after adopting the updated [New York State Deer](#)

[Management Plan](#). After careful review of the public comments received on the proposed changes, DEC adopted the rules as proposed. A [summary of the public comments received and DEC's response](#) is available on the DEC website and in the latest issue of the [New York State Register](#) (leaves DEC's website).

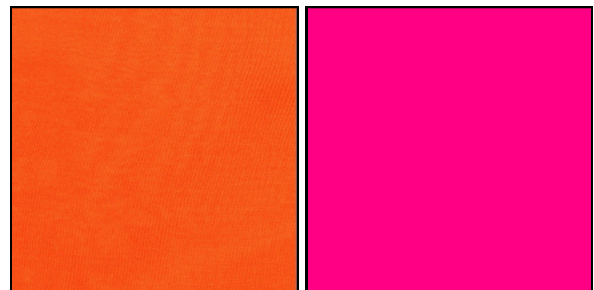
The adopted changes:

- Establish a nine-day season for antlerless deer in mid-September (Sept. 11 - 19, 2021) using firearms in Wildlife Management Units (WMUs) 3M, 3R, 8A, 8F, 8G, 8J, 8N, 9A, and 9F, and using bowhunting equipment in WMUs 1C, 3S, 4J, and 8C. Management objectives in these units are either to decrease the deer population or maintain a stable population, and increased antlerless harvest is needed to achieve these objectives. Objectives are based on public input and assessments of deer impacts to forests. Hunters may only use Deer Management Permits (DMPs) and Deer Management Assistance Permit (DMAP) tags in this season;
- Restore antlerless harvest during the early muzzle-loader season in Northern Zone WMUs 6A, 6F, and 6J. The management objective for these units is to main-

tain a stable population and the deer population in these units has grown aided by a series of mild winters and prior restrictions on antlerless harvest;

- Extend the hunting hours for deer and bear to include the full period of ambient light from 30 minutes before sunrise to 30 minutes after sunset. All other states allow deer hunting beginning one-half hour before sunrise or earlier, or specify daylight hours, and 46 of 50 states allow deer hunting until some period (mostly one-half hour) after sunset. This change conforms to the national standard for big game hunting;
- Require anyone hunting big game with a firearm, or accompanying someone hunting big game with a firearm, to wear a solid or patterned fluorescent orange or fluorescent pink hat, vest, or jacket. Most two-party hunting-related shooting incidents in New York involve a hunter victim who was not wearing fluorescent orange or pink clothing. Similar fluorescent orange requirements exist in most states;
- Simplify bear hunting season in the Adirondack region by extending regular season to cover the entire hunting period; and
- Remove outdated language related to deer tag use during the September portion of the early bowhunting season.

The [full text of the adopted regulations](#) is available at DEC's website.





## Food Preservation Zoom Series: Making Jerky and Canning Meat

Oct.  
07

Online via Zoom

FREE

6PM - 8:30 PM

Learn how to safely make your own jerky in an oven or food dehydrator. Canned meat is tender and makes a quick meal. Learn the steps to safe pressure canning, a process that can be used for preserving vegetables and soups too. Includes a discussion of proper freezing procedures and materials, plus a demonstration of canning meat.



## Preparing for autumn



As autumn and the first frost approach, there are some things you should be doing to get ready in the vegetable garden. Should the likelihood of frost in your area be strong, pick your tomatoes whether they are ready or not. Tomato plants are very sensitive to frost; once it has hit, the tomatoes will be gone. The only other alternative is to cover the crop in the field with old sheets or a blanket — but remember, hard frosts may penetrate such protective materials.

Other crops that should be harvested before a killing frost are: cabbage, radishes, beets, peppers, melons, eggplant, squash, and of course leaf crops such as spinach, lettuce and chard.



## Canada Goose Hunting Season is Currently Open



Canada goose hunting season is open from September 1 - September 25 for all upstate areas. The September season includes liberal bag limits (eight to 15 birds/day depending on zone), extended shooting hours,

and other special regulations to maximize hunter success. Additional details on [waterfowl hunting regulations](#), [season dates](#), [hunting area boundaries](#), and [bag limits](#) can be found on DEC's website.

For more information visit [www.dec.ny.gov/press/123685.html](http://www.dec.ny.gov/press/123685.html)

This month is also the time to bring in house plants that have spent the summer outdoors. These plants may be overgrown and pot bound. Remove any diseased, discolored, or injured leaves and stems. Cut back plants as needed (maintaining their shape) and repot if necessary.



Repot for more growth. (Photo credit : City Floral)

# Saratoga County 4-H Training Center



## *Lead the Legacy Capital Campaign*

**The Saratoga County 4-H Training Center  
is planning an expansion!**

Through the generous donations of local organizations and people like you, the Training Center project will provide new, innovative, and encompassing facilities for use by 4-H and the public! Your sponsorship will directly contribute to the installation of a multifunctional facility. This facility will house multimedia classrooms and fully ADA accessible restrooms with showers.



Your contribution to the 4-H is tax deductible donation under current IRS regulations.

**Scan me for direct access to**

**<http://ccesaratoga.org/4-h/lead-the-legacy>**

518-885-8995



## 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	Jim Pettis, Jr.
John Mishoe, Secretary	Joe Grasso , Supervisor Rep.
	Danielle Hautaniemi , Cornell Rep.

### CCE Staff Members

William Schwerd	Sharon Bellamy
Susan Beebe	Kelly Hurley
Nicolina Foti	Wendy McConkey
Jennifer Koval	Lia Palermo-Sershan
Greg Stevens	Ellie Hackett
Leland Bunting	Bud South
Brieanna Hughes	Kris Williams
Julie Curren	Lauren Henderson
Kim Wilbur	Blue Neils
Diane Whitten	Ariane Tanski
Cindy Dort	Allie Eustis
Rylie Lear	Adrianna Drindak
Hannah Coppola	Crystal Pogorzelski
Samantha Schultz	

### Agriculture Program Committee

Craig Devoe, President*	John Mishoe, Secretary*
Kathleen Anderson	Leland Bramer
* Board Representative	Samantha Little

### 4-H/FCS Program Committee

Meg Soden, Chair	Kristine O'Rourke
Donna Ringwall, Vice Chair	Paul Laskey, Jr.*
John Mancini, Secretary*	James Holbrook*
Kohlby Himelrick, Student	Meg O'Leary
Adrianna Drindak, Student	Rachel Maxwell
* 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

Erik Smith	Ashley McFarland
David Balbian	Nicole Tommell

### GC-SBN Leads

Mike Ryan	Erik Yager
Jim McNaughton	



### ***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.*