

Sept. 14, 2020

Volume 1, Issue 24

CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

EXTENSION NEWS

CCE Equine Horse Farm Tour reaching over 700 people

The last weekend of the 2020 Saratoga Track season offered beautiful weather, perfect for a successful Horse Farm Tour offered by CCE Equine of Saratoga County. On Sunday, September 6th over 700 people came to enjoy Mill Creek Farm, a local Thoroughbred and Standardbred breeding farm in Saratoga County.



The Horse Farm Tour offered a behind the scenes experience of what it takes to prepare a horse for life at a race track. Participants were able to listen to an audio recording of the farm owners explaining the challenges and joys of owning a breeding farm and growing a business in the equine industry. A scavenger hunt for youths and adults featured questions like “ what color is the skin of a gray horse” and “what is the difference between a filly and a colt?”. The answers were scattered throughout the farm. The tour provided a transparent educational experience of life on a horse farm.

Brieanna Hughes, CCE Equine coordinator, said of the event “We were excited to rally our staff and volunteers again to safely offer an experience that really highlights what Saratoga County is all about: Family farms, beautiful scenery, healthy horses, and a community happy to serve”



CCE Equine is a division of Cornell Cooperative Extension in Saratoga County with a mission to provide equine education in the Capitol Region. Throughout the year CCE Equine offers a variety of educational and networking events that support local agriculture and equine industries. For more information about this event, or youth animal science opportunities please contact Brieanna at BH548@cornell.edu or call the Cornell Cooperative Extension office at 518-885-8995

Car Seat Check

Nationally, 80% of all car seats are installed incorrectly -
Don't let yours be one of them

When: Wednesday, September 16, 5:00 PM - 8:00 PM

Where: New Country Toyota of Clifton Park
202 RT 146, Mechanicville

- NO Appointment necessary
- Car must be clean inside with only children, car seats, car seat owner's manual and vehicle owner's manual
- Car will be sprayed with a safe disinfectant upon arrival
- All adults and children over the age of 2 must wear a mask



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.

Fall the Best Time to Plant

Peonies - both the more common herbaceous types and the tree peonies - are best planted in Fall, just about the time they go dormant. (Late September in our area) This allows them to make root growth all through the Winter. Peony roots are large and fleshy, and serve (like many plant root systems) to store energy for vigorous Spring growth.

In fact, right now is a great time to order peonies and prepare their beds. Many suppliers begin digging peonies at this time of year and ship them "bare root" for Fall planting. Consult some of the garden magazines for suppliers who specialize in mail-order peonies, or take advantage of the end-of-season sales at local nurseries who still have plants.

Both tree and herbaceous peonies like rich, well-drained, and deep soil, although they are tough and adaptable plants that can survive almost anywhere. When I say deep, I mean at least 18" to two or three feet, if possible.

Remember that peonies can survive for decades (even centuries) and really don't like being moved once they're established. Better do the work up front now! They can take some shade, and light shade is even

preferable in the afternoon, to extend the life of the magnificent Spring blossoms.

Peony plants are generally priced by the rarity of the cultivar and the age of the plant—most commercial plants have three or more "eyes" or growing points. These eyes should be placed just below the soil surface when planting - about an inch is generally considered perfect.



Improper planting depth is often given as the reason for poor flowering, but don't be too hasty. Peonies require several years to really hit their stride. You've probably heard this old saw, but it is accurate regarding peonies: "The first year it sleeps, the second year it creeps, the third year it leaps." May your peonies leap sooner rather than later.

Source: Gardener's Insight, Fall 2005 by Marc Montefusco, Frederick County, Maryland Master Gardener Program

Preparing for AUTUMN

By Susan K. Beebe, Cornell Cooperative Extension of Saratoga County

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.

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.



Protecting present and future generations of farmers

2020 National Farm Safety & Health Week will take place September 20 through 26



A farm is a wonderful place to grow up. However, as a busy workplace with active, moving machinery and equipment, it can be a dangerous place for young children. During fall harvest and other hectic times of the year, it is important to keep a safety focus and consider the curiosity of a child.

Sadly, every three days a child dies and every day 33 children are injured due to agricultural-related incidents in the United States according to the National Children's Center for Rural and Agricultural Health and Safety (NCCRAHS). Of the leading sources of fatalities among these youth, 47% involved transportation (including tractors, ATVs, and UTVs), 20% involved contact with machinery, and 13% involved incidents with animals and other humans. As for ag-related injuries, 60%

occurred to children that were not working on the farm.

For adults, role modeling safe behavior is essential. As your child's first role model and teacher, parents have the responsibility to lead by example and instill the importance of practicing safety all the time...[continue reading article for safety tips.](#)

SOURCE: Morning AgClips



Corn silage harvest 2020 resources

Corn Silage Harvest Considerations podcast series available



One can argue that IOFC (income over feed cost) begins when forage is delivered to the feed center-in this case the bunk. This podcast series delves

into the practical considerations for corn silage harvest. We start with a recap of the growing season in the first episode. In subsequent episodes we focus on the key practices for harvest, storage and preservation.

EPISODE 1: [Corn Silage 2020 Season Recap](#)

Discussion on the impact weather has had on the growing season and what to consider when assessing fields, staging harvest, whole plant DM in decision making, storage planning, and what to do if you're short of space.

EPISODE 2: [Timing and Processing](#)

Discussion on the importance of timing and whole plant dry mater, theoretical length of cut, and kernel processing.

EPISODE 3: [Monitoring and Preserving Quality](#)

Discussion on why and how to take corn silage samples at harvest and feed out, mycotoxin considerations, best practices for inoculant use, and maximizing the fermentation process.

EPISODE 4: [Filling and Packing](#)

Discussion on the nitty gritty of getting corn silage into the bunk, packed and covered to maximize forage quality.

Early Corn Silage Webinar

Presented by the CCE CNY Regional Dairy Team

[Link to Webinar Recording](#)

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.](#)



Canning Salsa

Burning Issue: Canning Your Own Salsa Recipe

Can I can my own salsa recipe?

Salsas typically are mixtures of acid and low-acid ingredients; they are an example of an acidified food and appropriate for boiling water canning if the final pH of all components is less than 4.6. If the mixture has less acidity, it would need to be treated as a low-acid canned food and require sufficient research to eliminate a botulism risk as a canned food. If it is acid enough for boiling water canning, the actual proportions of ingredients and preparation method will help determine what the canning process time should be. So, there is no way to tell someone how to can a homemade salsa without having detailed knowledge of the recipe, procedures used in preparation, and acidity and consistency of the final product. The proportions of your tomatoes, peppers, herbs and other vegetables will greatly influence what the safe canning process should be.



More details can be found here:

<https://nchfp.uga.edu/publications/nchfp/factsheets/salsa.html>

Salsa Recipes for Canning

The CCE Food Preservation web page has a fact sheet with salsa recipes that have been developed for canning. All of these recipes have been designed with proper acidity for safe canning in a boiling water canner. See the recipes here: <http://ccesaratoga.org/resources/salsa-recipes-for-canning>.



Determining whether or not your animal is ready for harvest?

Hosted by: CNY Regional Livestock Specialist, Ashley McFarland.

Date: September 29th, 2020 6-8PM

Cost: \$10/family or email Register at:
<https://cnydfc.cce.cornell.edu/event.php?id=1296>

Virtual Meeting through Zoom. Zoom link will be sent out to registrants.

Guest Speaker: Mackenzie Waro, Meat Buyer for Meyer Foods

As we quickly approach the fall season most of our livestock producers are eager to harvest their animals that they have been raising for the past 6 months to a year. This year there has been more of a bottle neck then previously due to the pandemic and concern of a meat shortage. There have been quite a few questions regarding how to determine if this project that was started is truly finished or needs more time on feed to get the most out of your animal. Please join us for an in depth workshop on determining if your animal is ready to be harvested or if you should keep on feed a few months longer. We will also discuss the target weight for each of the species- Lamb, goats, beef and swine.



If you have any questions regarding this event please feel free to contact, Ashley McFarland at 315-604-256 or am2876@cornell.edu



Growing apples in the home garden



Apples are pollinated by insects, with bees and flies transferring pollen from flowers of one apple tree to those of another. But you don't need to plant a whole orchard to enjoy apples right off the tree. Two trees will reward any family with enough fruit to enjoy and share with friends.

Apples require pollen from a different apple variety to grow fruit. If you only have room in your yard for one tree, there may be crab apples in your neighborhood to provide the pollen your tree needs.

Most apple trees are grafted onto dwarfing rootstocks and only grow to be about 8-10 feet tall. So even if you're short on space, you probably have space for two trees.

Care through the seasons

- **March**—For existing trees, prune before growth begins, after coldest weather has passed
- **April, May**—Plant bare root trees as soon as the soil can be worked
- **April, May**—If last year's growth was less than 12 inches, apply compost around the base of tree
- **May, June**—Plant potted trees after threat of frost has passed
- **May, June**—As flower buds begin to turn pink, start watching for insect and disease symptoms
- **May through October**—Water trees as you would any other tree in your yard
- **June, July**—Thin fruit
 - * remove smallest apples to encourage larger fruit
- **August through October**—Harvest
 - * taste fruit when it appears to be fully colored
 - * if it's too starchy, wait a few days

- **October, November**—Rake up fallen leaves and fruit; compost or discard
- **November**—Apply tree wrap to prevent winter injury
- **November through March**—Look for deer and vole damage; put fencing around tree if needed

[Continue reading article](#) to find out how to select and care for your trees.



What kind of nuts can be gathered or grown in the

There are two new resources available to delve further into the world of edible plants. Did you know that according to the newly released journal article below, perennial vegetables "represent 33-56% of cultivated vegetable species, and occupy 6% of world vegetable cropland"?

Perennial Vegetables: A Neglected Resource for Biodiversity, Carbon Sequestration, and Nutrition

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0234611>

In addition, the publication Edible Weeds on Farms: Northeast Farmer's Guide to Self-Growing Vegetables by Tusha Yakovleva funded by a NE SARE farmer grant will delve into the world of edible weeds on farms.

<https://drive.google.com/file/d/1PMEiwzL06vZqtL8FCUBmdACRAbhB9QyF/view>



New Food Preservation How-To Videos on CCE Website

Diane Whitten has two new food preservation How-To videos on our website at <http://ccesaratoga.org/nutrition-food/how-to-videos>. **Making Salsa** and **Canning Tomatoes** explain the process and safe recipes for canning.

Zoom Food Preservation Programs Continue to be a Hit

Over 215 people registered for Diane Whitten's **Making Salsa and Canning Tomatoes** Zoom presentation on Friday, September 11. Thanks to Lia Palmero's Social Media marketing we are reaching a wider audience, including Extension educators across NY who are eager to increase their knowledge of food preservation, so they can help residents in their counties. Food preservation groups in California and Canada have also joined Diane's ongoing food preservation Zoom programs.

Two more food preservation Zoom presentations are scheduled, including **Dehydrating Fruits & Vegetables, Friday, September 25, 11 am**: Learn tips and techniques for getting quality dehydrated fruits & vegetables. This class will include a discussion of types of dehydrators.

[Link to Registration - Dehydrating Fruits & Vegetables](#)



Making Meat Jerky, Friday, October 16, 11 am: Learn how to safely make your own jerky in an oven or food dehydrator. This class will include the three methods of making a safe jerky, options for marinating, plus testing for doneness.

[Link to Registration - Making Meat Jerky](#)



Adirondack Harvest Find Farm Fresh Food & Local Products



Whether you are day-tripping or spending some time in the Adirondack Park this summer, check out the listing of farms and farmers markets on www.adirondackharvest.com.

Late summer is when most local vegetables are in abundance and now is a great time to visit a local farm for fresh local products direct from farms and local processors. Their site includes the southern Adirondacks of which Saratoga, Washington, and Warren County are a part. If you are a farmer located in all or part of the Adirondack Park, you can become of a member and share in their cooperative marketing efforts.

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



If you were a prior 4-H'er in Saratoga County, we invite you to join our Facebook group Saratoga County 4-H Alumni. We hope this group will help our 4-H Alumni connect with their fellow 4-H'ers!

**SARATOGA COUNTY
4-H ALUMNI**



New York State 4-H Showcase



NEW YORK STATE 4-H SHOWCASE 2020

Due to COVID-19 NYS 4-H Youth were unable to exhibit their project work at fairs as they normally would. So, this year we offered the opportunity for recognition in digital format. For each day of what would have been The Great New York State Fair, we will be featuring submissions from different project areas. Youth were asked to submit a photo and answer a few questions about their project experience. Please enjoy these highlights of their great efforts and progress!

Saratoga County 4-H is honored to have several of our members featured in the New York State 4-H Showcase. 4-H members from across the state submitted projects from a wide variety of project areas to demonstrate their project work during 2020. These projects have been organized into a slideshow, with a new gallery be featured each day over the next couple of weeks.

The Galleries and Schedule of Events can be found here: <https://nys4-h.org/2020-nys-4h-showcase>



NEW YORK STATE 4-H SHOWCASE 2020 : PHOTOGRAPHY & VISUAL ARTS - PART 1

Bethany Myatt Saratoga County

How do you plan to grow more in this project area in the future?

"I like how my picture turned out and I will continue to look for interesting textures in the world around me."

How could you challenge yourself in the future in this project area?

"I have a lot to learn about photography and I get confused about using all the elements I learned. When is it best to use rule of thirds? I have to try some ideas out to see what works for me."



NEW YORK STATE 4-H SHOWCASE 2020 : PHOTOGRAPHY & VISUAL ARTS - PART 3

Zach Kenney Saratoga County

How do you plan to grow more in this project area in the future?

"I plan to grow by attending many photo classes and constantly studying and taking practice shots. I will try taking each photo in a new way. I will also try taking photos of objects I don't usually take photos of."

What challenges did you face and how did you work through them?

"A challenge I faced taking this photo was lighting. It was around noon where the sun was highest in the sky. I worked through this by adding a sun shield to my lens and adjusting the ISO, shutter speed, and F-Stop."



Other Saratoga County 4-H Youth were highlighted in last week's newsletter.

[Follow the link to view more projects by 4-H'ers.](#)

Stroll down the page to click on links to previous slideshows.

4-H Chicken BBQ - Let's Do It Again!



**4-H CHICKEN
BBQ**

**Saturday, October 10th
4:00-7:00pm**

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

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

**ORDER ONLINE AT
[HTTP://CCESARATOGA.ORG/4-H/BBQ](http://ccesaratoga.org/4-H/BBQ)
OR CALL 518.885.8995**

OCTOBER 10, 2020

4:00 PM– 7:00 PM

CCE OFFICE , Ballston Spa

Due to the overwhelming success of the 4-H Leaders BBQ, the Saratoga County 4-H Program will be hosting another one of our famous 4-H BBQ's to benefit the 4-H Program. The BBQ will take place on **October 10th**. The menu will be the same, cost is the same (**\$14**), and it will be held once again at the **CCE offices at 50 West High Street in Ballston Spa**. [Please click on the link](#) today, and enjoy a tasty Chicken BBQ while supporting the 4-H Program. Last time we did sell out!



Seasons of an Apple Tree

This is a short video created and narrated by CCE Saratoga's Nicolina Foti of the Agriculture Department. Children are introduced to the seasonal cycle of the Apple Tree. They will learn what happens to the tree during the winter, spring, summer and fall. Nicolina also discusses what goes into producing those delicious apples!

[Watch the Seasons of an Apple Tree video.](#)



4-H STEM Challenge



The 4-H STEM Challenge, formerly known as 4-H National Youth Science Day (4-H NYSD), is an annual initiative to inspire kids everywhere to take an interest in science, technology, engineering and math through hands-on learning.

For the past 12 years, 4-H has developed fun, accessible challenges that shows kids how STEM skills can be applied to the world around them.

Mars Base Camp

The race to land humans on Mars is on! The 2020 4-H STEM Challenge will explore sending a mission to Mars with the activity, *Mars Base Camp*. Developed by Google and Virginia Cooperative Extension, *Mars Base Camp* is a collection of activities that teaches kids ages 8-14 STEM skills like mechanical engineering, physics, computer science, and agriculture. Our office has one Mars Base Camp Kit to loan to clubs interested in participating. This will be available on a first come first serve basis. Call 518-885-8995 to reserve.



Teen Opportunity

To complement the great programs you lead locally, the NYS 4-H office we will be leading a statewide opportunity for youth and families to join in the National 4-H STEM Challenge Mars Base Camp. It will be an opportunity for participants to share their explorations with others all across the state. We'll have more details about that to share soon. As a first step, we are looking for teen leaders to join the project planning team. Please [share this opportunity](#) with teens in your county. We will also share this with youth and families through 4-H Online.

The 2020 [National 4-H STEM Challenge](#) explores sending humans on a mission to Mars. NYS 4-H is looking for teen leaders to help lead that experience for youth across New York State. The teen leaders' mission will be to help create an out of this world experience that sparks young people's curiosity as they explore Mars and practice STEM and life skills. Mission Specialists will be NYS 4-H STEM Challenge planning team members. They will be part of planning the program, leading activities, and reflecting on program results.

Check out the [Mission Specialist Job Description](#) for more information. Interested candidates should [submit an application](#) (including resume, cover letter, and recommendation letter) by October 1, 2020





Saratoga County 4-H Archives Corner

Clubs 'Round the County

By Wendy McConkey, Records Management Officer

Beginning in May of 1957 in Saratoga County 4-H, a club member was chosen by the club to be the club historian. Their responsibility was to introduce the club to Saratoga County in the 4-H newsletter called "Saratoga County 4-H Club News." These stories also appeared in issues of the Schenectady Union Star.

This week's Clubs 'Round the County stories were written by Paula M. Dewey of the Malta Ridge Rangers and Patricia Joba of the Jenny Wrens in the July 1957 issue of Saratoga County 4-H Club News.

Malta Ridge Rangers

The Malta Ridge Rangers 4-H Club was started in 1954 with Miss Margaret Zeininger as leader and with 10 members. The total membership of the club throughout its history is 29.

We now have 17 members — all girls — who are taking projects such as ABC's of Cooking, Learning to Sew, It's Fun to Sew, Bake a Better Cake, Poultry, Flowers, Gardening, Strawberries, Calf Project and Potatoes.

Our meetings take place on Saturday at 1:00 p. m. every other week at a member's house. Mrs. Arthur Dewey is our leader and Mrs. Thomas Place and Miss Margaret Zeininger our Assistant Leaders. Paula Dewey is President; Kay Morelock, Vice President; Donna Levine, Secretary; Trudy Haenel, Treasurer; Barbara Dewey, News Reporter; Lorraine Levine, Song Leader.

Bonnie Place, a three-year member, says it has given her pleasure to learn through the 4-H Club to bake and to use

the sewing machine and that she looks forward to entering her pretty annual flowers at the county fair.

Ethel Sokach, one of this year's members, says she is learning to sew on buttons, to bake good cookies and to help others through the 4-H Club work.

We all are having fun in our Club and hope to finish our projects.

—By PAULA M. DEWEY

Jenny Wrens

The Jenny Wrens 4-H Club of Saratoga Lake was started by the leaders, Mrs. Walter Joba and Mrs. John Hallren on Oct. 17, 1953 and there were five members.

Joyce Yaschur and Aljean Hallren were Junior Leaders.



PATRICIA JOBA

The club has done many things in the community. We have gathered clothes and given them to needy families. The club has served on a card party committee for the grange. We have made mittens and donated money to Aunt Jane Parks who sends them to Korea. A sketch was given on Achievement Night in 1953. A fashion show also was presented in 1954 with three other clubs joining in.

In 1954 we won the honor roll pennant. That year we had 18 members.

Joyce Yaschur won a blue ribbon and was Queen in the county pie baking contest. She went into the statewide contest and won a red ribbon.

In the last four years these are projects we have finished: Pie Time, Outdoor Cooking, Fruit Delights, Bake a Better Cake, Advanced Foods, Yeast Bread, Learning to Sew, Fun to Sew, Sew a Fine Seam, Patterns for Success, Thrifty Tricks for Clothes Care, The Well Dressed 4-H Girl, First Aid, Story Telling, Lamps and Lamp Shades, Basketry, Home Improvement, Gardening and Dairy.

The meetings are held the second and fourth Saturdays of each month at the homes of the members.

We now have six members. The officers are: President, Joan Yaschur; Vice-President, Terry Bechard; Treasurer, Linda Yaschur; Secretary, Patricia Joba; and News reporter, Lenora Walker.

— By PATRICIA JOBA

Website and Social Media

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



CCE Saratoga



4-H



CCE Equine



Agriculture
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Development



Capital Region
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