

September 27, 2021

Volume 2, Issue 29

# CCE

Saratoga County

Cornell Cooperative Extension

NEWSLETTER

## EXTENSION NEWS

### Are you interested in becoming a Master Gardener?

#### What is the Master Gardener Program?

This well-established program allows individuals to join their love of gardening with community involvement. Master Gardener volunteers deliver research based information to the community in many different ways.

Over the years, Cornell Cooperative Extension's Master Gardener Program has become a point of contact for community members with gardening questions. Our volunteers have diagnosed thousands of plant, pest and soil problems, instructed hundreds of classes and sponsored numerous exhibits and diagnostic booths around the county.

#### Who Are Master Gardeners?

Master Gardeners are people who enjoy gardening as much as they enjoy involvement with their community. Our current group of volunteers consists of doctors, professors, retirees from many fields, artists, architects, homemakers, landscapers, and entrepreneurs of all types.

#### What is involved in becoming a Master Gardener?

Candidates interested in becoming a Master Gardener are interviewed to see if the program is a good "fit" for their skills and talents. The selected individuals then participate in the Master Gardener training course, a 14-week class offered in alternate years. After passing a written exam, first and second year Master Gardener trainees are required to volunteer 50 hours annually. Thereafter, they are required to volunteer 30 hours per year in order to maintain an active status in the program. A flexible time schedule is necessary to participate in this program.



#### What do Master Gardeners do with their volunteer time?

Master Gardener volunteers research and answer horticulture questions during office hours, design and maintain demonstration gardens/ projects, write articles about gardening, staff the county fair horticulture information booth, speak to small public groups, and develop and run community improvement projects.

#### How would becoming a Master Gardener benefit me?

Along with becoming a more knowledgeable gardener, you will have the opportunity to attend Master Gardener workshops around the state, as well as regional and national conferences. You will be given access to the resource library in the Consumer Horticulture office during office hours. A complimentary subscription to the Master Gardener newsletter will be sent to you home on a monthly basis. You will also be surrounded by individuals of all backgrounds who share your interest in gardening. Master Gardeners also have field trips, training classes, and other events for educational purposes.

If you are interested in the January - March 2022 Master Gardener Training Program, please call the CCE Office at 518-885-8995 for an application.



## 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.*

## Are you seeing spots on maple leaves?

Have you seen maple leaves with spots like these? This is a fungal infection called tar spot, but luckily, it's nothing to worry about. Trees with tar spot rarely lose all or even most of their leaves, and previously healthy trees can bounce back after a year of defoliation. So, the infected maples should be right as rain next spring! The best thing to do if your maples have tar spot is to rake up and discard the leaves when they fall, since the leaves harbor the fungus.

**SOURCE:** NYSDEC

For more information on tar spot of maple, see Cornell University's College of Agriculture and Life Sciences' factsheet, [Tar Spot of Maple: \*Rhytisma\* spp.](#)



## Remove bird feeders till bears begin to hibernate in late November

Bears (and other wildlife) are readily attracted to back yards because of the presence of bird feeders. Bear nuisance complaint records reveal that ***at certain times of the year, bird feeders are involved in over 80% of the bear problems around homes***. The situation often escalates to other unnatural food sources such as garbage cans, barbeque grills, and compost piles as bears become bolder and more acclimated to people. Such activities are not in the best interest of the bears or the homeowners.

**It is imperative to break the pattern of black bears coming to homes for food.**

- DEC highly recommends that bird feeding activities cease by **April 1 and resume November 30** if you live in bear country.
- Bird feeding should only occur during the winter months when bears are in their dens. Birds do not require supplemental feeding, especially during the warmer months of the year.
  - Some natural, bear-safe ways to attract birds to your yard are bird baths and colorful native gardens.

- When bears emerge from their dens in early spring, natural foods are lacking. Bird seed presents an abundant and easily obtained food source.

- It is also important to remember that residual seed remaining on the ground will attract bears. It should either be removed or treated with a covering scent, such as ammonia.

- Store all birdseed securely indoors at all times.
- In some areas it may be safe to resume feeding birds during early summer if the feeders are closely monitored. If bears return, feeders should be immediately removed until winter.
- Electric fencing around bird feeders does not bother birds and is a reliable way to discourage bears.



Photo: NYSDEC

Continue reading on [NYSDEC website](#)

## Podcast with Kristopher Williams



The Altamont Enterprise & Albany County Post did a podcast with PRISM Coordinator, Kris Williams:

As a kid growing up in Buffalo, Kristopher Williams's parents encouraged him to play outside where he developed a love of nature.

But what brought his awareness of the importance of the environment into sharp focus was the death of his father from cancer. His father had worked for an industrial company that was in one of the top 10 polluted sites in the United States in the 1970s.

Williams went to college to study natural resources and started as an environmental hydrologist. Then he shifted careers to become a high school science teacher. He wanted to make a difference in young minds and young lives, teaching his students how to be more in tune with the environment, to make good choices, and to understand both how science works and also how humans have such a large impact on the environment.

"There are a lot of things we can do to make our world a better place," says Williams in this week's podcast.

He is now in his third career, as the coordinator for the Capital Region PRISM, Partnership for Regional Invasive Species. The Capital Region PRISM, hosted by the Cornell Cooperative Extension of Saratoga County, serves 11 counties, including Albany, with a staff that includes an aquatics coordinator, a terrestrial coordinator, and an educator.

New York State has eight PRISMs, each involved in early detection and control of invasive species.

"We train citizen scientists," said Williams. Capital Region

PRISM has partnered with iMapInvasives so that volunteers, each responsible for a grid, report on invasive species they've seen through an app.

Invasive species can cause huge economic effects. It is thought the spotted lantern fly can cost losses of \$400 million in New York State, Williams said. They start their life cycle in the tree of heaven, a Colonial invasive, he said.

When they leave their host tree, they feed on stone fruit, like plums and peaches, and are attracted to vineyards and hops. They excrete a sticky honeydew-like substance that makes fruit inedible because of the mold it causes.

"No native pest will eat them," says Williams.

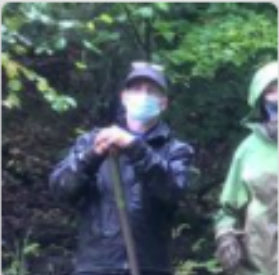
Williams, who is a gardener himself, urges gardeners to plant native, resilient species and to diversify their plantings.

"I love showy plants," says Williams but he notes, "Quite often, they come from other countries."

Individuals can make a difference for the good. Other than planting wisely in their own yards, Williams said, they can adopt a favorite park or preserve to work on identifying and removing invasive species.


People, he concludes, need to become more conscious of their goods and services and actions.



To listen to the complete podcast, click the link below:  
<https://altamontenterprise.com/podcasts>



Other Voices

**Kristopher Williams — invasive species and their huge effects**

 9/17/2021 • 32 min • Listen later

 Share  Follow 



# Game of Logging

Participants need to bring safety equipment (hard hat/shield; hearing protection; chaps; steel toe boots..), chainsaw and lunch.

Pre-registration is required. For more information or to register, contact Dan Carusone (518) 623-3291 or [dj69@cornell.edu](mailto:djc69@cornell.edu).

Cost per person, per class: \$45.

**Oct.  
13**

## Game of Logging - Level 1

**7:30 AM - 5:00 PM** Martin's Lumber  
280 Valley Road, Thurman

The Game of Logging Level 1 course will focus on introducing the participant to open face felling and to develop techniques to safely fell a tree. Topics include: personal protective equipment, chainsaw safety features, chainsaw reactive forces, bore cutting, pre-planning the fell, and understanding hinge wood strength.



**Oct.  
14**

## Game of Logging - Level 2

**7:30 AM - 5:00 PM** Martin's Lumber  
280 Valley Road, Thurman

The Game of Logging Level 2 course will focus on maximizing chainsaw performance through basic maintenance, carburetor setting, and filing techniques. Limbing and bucking techniques be introduced, springpole cutting is covered and more felling is practiced.



**Oct.  
13**

## Game of Logging - Storm Damage

**7:30 AM - 5:00 PM** Martin's Lumber  
280 Valley Road, Thurman

This course focuses on techniques for handling difficult trees. Topics covered include limbing, height measurement, segment calculations, wedging techniques, and hinge placement. The felling is done against the tree's natural lean and participations also, limb and buck using techniques demonstrated on Level 2.





# Food Entrepreneurship 101: A 3-part Webinar Series

New York Small Scale Food Processors Association is pleased to announce the first in a series of webinars to assist farmers, chefs, and food entrepreneurs in learning the building blocks to run a successful food business. Led by recognized leaders in the small-scale food production industry, members of NYSSFPA will lead participants through the mindset and legal requirements to begin.

Upon registration, you will receive worksheets to assist you during the sessions. Please note that the one-time registration fee covers all three workshops. Price: Non-member—\$100 (includes membership to NY Small Scale Food Processors Association for the rest of 2021); Member Price: \$20. Classes are 7 PM—8:30 PM each session.

Register by Oct. 1—[Food Entrepreneurship 101 Tickets, Tue, Oct 5, 2021 at 7:00 PM | Eventbrite](#)

**Oct.  
05**

## Session 1: What Does It Take To Run A Food Business?

You have a dream. Now give yourself a practical step-by-step roadmap to create your business into a reality. This session includes:

- Business readiness: Acquiring the focus and mindset to be an entrepreneur
- Commitment: Time management that a business requires to get off the ground and run effectively.
- Self-assessment: Looking for help and identifying resources including capital and technical assistance.
- Legal Structures: Choosing the right one for your business.
- Insurance: It is mandatory. How much will your specific enterprise need and what will it cost?
- Licensing: All food products must be licensed. Which one do you need to produce and market your product?

**Oct.  
12**

## Session 2: Pricing for Profit

In this workshop, you will learn how to price accurately (It is not hard once you know the method.) The session includes:

- Recipe weight conversion: Learn how to convert from cups and teaspoons to ounces or grams
- Figuring out ingredient costs
- Pricing formulas: Price differential for wholesale versus retail
- Review of Pricing Sheet: Creating a pricing chart for each recipe.



**NEW YORK SMALL SCALE  
FOOD PROCESSORS  
ASSOCIATION**

[WWW.NYSSFPA.COM](http://WWW.NYSSFPA.COM)

**EDUCATION. MENTORING. MARKETING. CONNECTIONS.**

**Oct.  
19**

## Session 3: Successful Marketing

Making your product unique. Identify and reach your target market using demographic data and direct observation. Focus on presentation; online, retail/wholesale, or direct:

- Selling requirement for specific venues.
- Storytelling: Tell your story to connect to your target audience; in person, through packaging, through social media.
- Comparison chart: Who or what is your competition: Setting yourself apart.

Rain rot (or rain scald) is the common name for a contagious BACTERIAL skin disease called dermatophilosis. It's caused by the bacterium "Dermatophilus congolensis," which thrives during wet seasons and in geographical locations with high precipitation and humidity. It can also develop after horses have sweat under blankets or tack, and equines with compromised immune systems are more susceptible.

### Why should you not mistake rain rot for a fungal disease?

Antifungal medications and topicals have no effect on the bacteria responsible for rain rot, therefore diagnosing the condition correctly is very important!

### How does rain rot happen?

The bacteria infects the hair follicles and damages the hair follicle and shaft; the hair will then pull out in small clumps leaving pink skin or purulent scabs behind (pro tip:

your horse will NOT thank you for picking at them!) If you do not address the factors that promote the right bacterial environment (for example, you always leave your horse to stand outside in the rain without shelter or the protection of a waterproof rug), rain rot can keep recurring; if left untreated, the condition can even progress to a point where it opens the door for more serious, secondary skin infections.

If you suspect your horse has rain rot, be sure to consult your veterinarian on the best treatment plan based on the severity of your horse's case. While there are a million products that can be found in your local tack store, your horse doctor may have cause to prescribe a specific course of action.

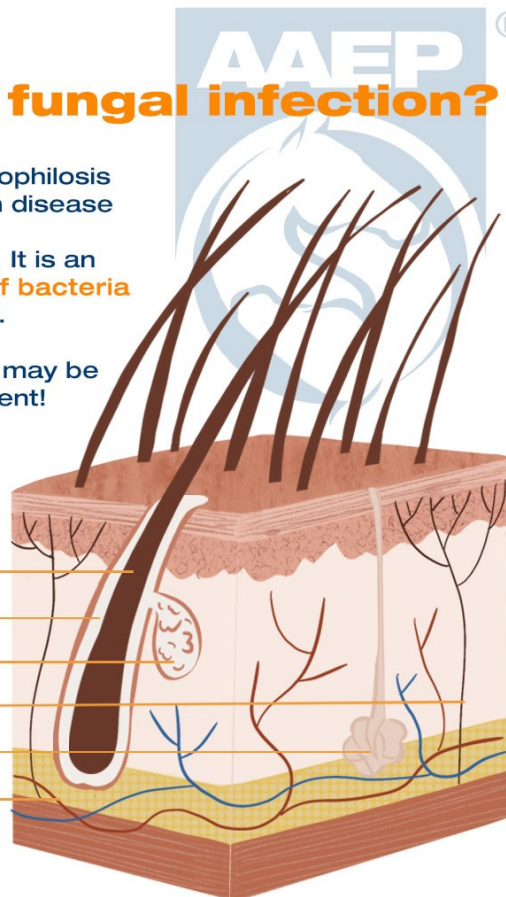
More information about rain rot can be found on our website at <https://aaep.org/issue/summertime-skin-diseases>

## RAIN ROT: Bacterial or fungal infection?

Rain rot (rain scald, dermatophilosis or streptothricosis) is a skin disease caused by the organism *Dermatophilus congolensis*. It is an organism with **properties of bacteria** that infects the hair follicles.

**Rain rot is contagious** and may be spread by tack and equipment!

Hair shaft  
Hair follicle  
Sebaceous gland  
Nerve  
Sweat gland  
Blood vessels



## Are You Recycling Correctly?

Even though an item has a recycling symbol on it, it doesn't mean it is accepted by your local recycling program. Recycling symbols are not regulated which means the types of items accepted by recycling programs vary throughout New York State. To see what items are accepted for recycling in Saratoga County click this link: [Recycling-Flyer-Single-Stream-Update-8-27-19.pdf \(saratogacountyny.gov\)](#) For other counties in New York click here: [Check Your Local Guidelines — Recycle Right NY](#)

**Note:** The recycling symbol over a **dark circle** means that the item was made from **recycled materials**. Even though it looks like the recyclable symbol, many products with this symbol cannot be recycled. For example, this symbol appears on a lot of recycled paper products, but paper can only be recycled so many times.



## New York's Foam Ban



New York's Foam Ban starts January 1, 2022: <https://on.ny.gov/FoamFreeNY>.

To implement the ban on polystyrene foam container and loose fill packaging ban, DEC issued proposed regulations for public review and comment.

- ➔ There will be a virtual Public Hearing for the proposed rule on November 15, at 1 pm.
- ➔ Public comments are being accepted through November 22.
- ➔ For instructions on how to participate in the hearing, as well as how to submit comments: <https://on.ny.gov/3tuSIYE>.



## Upcoming Events

Oct.  
01

### HOW TO GET RID OF PANTRY MOTHS

Online via Zoom

NOON - 12:30 PM

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



Oct.  
01

### DIABETES SUPPORT GROUP ONLINE

Online via Zoom

NOON - 2 PM

CCE Saratoga County will host an informal support group via Zoom for people with diabetes or prediabetes. The program will meet the first Friday of each month.



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

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

Oct.  
06

### DE-CLUTTER & DE-PERSONALIZE YOUR HOME

via Zoom

11:00 AM

If you're contemplating a move, usually the first thing a Realtor will suggest is that you "De-Clutter" and "De-Personalize" your home. In this light & fun Zoom program, Mike Ivankovich will explain De-Cluttering and De-Personalizing, and then share 50 things you can throw away today! [Registration is required](#) to receive the zoom link.



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



Oct.  
09

### 4-H CHICKEN BBQ

CCE Office  
50 West High Street, Ballston Spa



4:00 PM - 7:00 PM

#### Drive-Thru Event

Each Dinner Includes: 1/2 Chicken, Baked Potato, Cole-slaw, Dinner Roll, Smith Apple Pie and Bottle of Water

**CALL US NOW** 518-885-8995 or visit the [registration page](#) to order using the online system.

**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](#)

## September is Food Safety Month

September is National Food Safety Education Month (FSEM). It's a great time to freshen up on food safety and educate others about preventing food poisoning.



### Take Steps to Prevent Food Poisoning

As you prepare and handle food, follow these four steps to help prevent food-borne illness (also called food poisoning):

- Clean: Wash your hands, utensils, and surfaces often when you cook.
- Separate: Raw meat, chicken, turkey, seafood, and eggs can spread germs. Separate them from cooked food and fresh produce.
- Cook: Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs.
- Chill: Refrigerate perishable food (foods likely to spoil or go bad quickly) and leftovers within 2 hours, or within 1 hour if the food is exposed to temperatures above 90°F (like a hot car or summer picnic).

Anyone can get sick from food poisoning. But some groups of people are more likely to get sick and to have a more serious illness:

- Adults aged 65 and older
- Children younger than 5
- People with weakened immune systems (for example, people with diabetes, liver or kidney disease, alcoholism, or HIV, or people who receive chemotherapy or radiation therapy)
- Pregnant people

### Salmonella: A Prevention Priority

CDC estimates that Salmonella is responsible for more foodborne illnesses in the United States than any other bacteria. Though *Salmonella* can be found in a variety of foods, chicken is a major source of these illnesses. Ground beef has also been linked to large *Salmonella* outbreaks in recent years. CDC and partners are working along the food chain to prevent *Salmonella* illnesses associated with chicken and ground beef.

When you cook chicken or ground beef, follow the four steps to food safety to help protect you and your family from *Salmonella* and other germs. Here's a recipe that shows how to prepare chicken following the four steps. Food Safety Chef will share other *Salmonella* prevention tips on social media during FSEM.

#### SAFETY FIRST

Buy a food thermometer and use it to make sure meat reaches a temperature high enough to kill germs.



- 160°F for ground meats, such as beef and pork
- 165°F for all poultry, including ground chicken and turkey
- 145°F for whole cuts of beef, pork, veal, and lamb (then let rest for 3 minutes before carving or eating)

## Farmers' Market Recipe

Diane Whitten, CCE Saratoga

Look for eggplant at local farmers' markets. The beautiful, glossy skin of eggplant is most commonly a deep purple color, but it can also be white or shades in between. The skin of larger eggplant is usually tough and may be bitter, so it's frequently peeled before eating. You can either peel it before cooking, or as in the recipe below scoop the cooked eggplant out of the skin for use in the recipe.

Eggplant is a delicate vegetable that should be handled gently. The preferred temperature for storing eggplant is 50 degrees, so it's best not to refrigerate eggplant as it will develop soft brown spots and become bitter after a day or two.

If you are planning to sauté eggplant in oil, salting and draining it will decrease the amount of oil it absorbs. Otherwise, it's not necessary to salt eggplant before using. The Eggplant Dip recipe below is a popular traditional Middle Eastern dish called Baba Ghanoush. It makes a great appetizer served on torn pieces of pita bread.

### *Eggplant Dip (Baba Ghanoush)*

- 1 large eggplant (1-1½ pounds)
- 2-3 cloves garlic
- 1 teaspoon salt
- ¼ cup tahini
- ¼ cup lemon juice

Slice eggplant in half lengthwise and put cut-side down on a greased foil lined pan. Prick the skin of the eggplant all over with a fork. Put under a broiler until the skin is charred black and the pulp inside is soft (approximately 30 minutes). Alternatively, leave the eggplant whole and cook on a grill, rotating as the skin gets charred. When the eggplant is cool to the touch scrape the inner pulp out into a bowl, and put in the refrigerator to cool. Pour off any liquid that accumulates before using. Place eggplant in a food processor, and combine with remaining ingredients, pulse until well blended. Adjust the flavor and texture by adding more tahini or lemon juice, as desired. Place in a serving dish and garnish with chopped parsley. Serve with torn pieces of pita bread. Makes 6 servings.

**Per serving:** 80 calories, 5 g fat, 1 g saturated fat, 0 mg cholesterol, 8 g carbohydrate, 3 g fiber, 3 g protein, 390 mg sodium.

For information about food and nutrition contact Diane Whitten at Cornell Cooperative Extension at 885-8995 or [dwhitten@cornell.edu](mailto:dwhitten@cornell.edu).

## Farmers' Markets



### SPA CITY FARMERS' MARKET

(Year Round)  
Lincoln Baths  
65 South Broadway  
Saratoga Springs



### CLIFTON PARK MARKET

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



### SARATOGA FARMERS' MARKET

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



### SARATOGA FARMERS' MARKET

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

## 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

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)







## PS: It Works! Parenting Program

**Who:** Parents/Caregivers with children - toddlers to teens.

**What:** Learn tried and true basic parenting skills in this interactive program. We will explore five skills that you can implement in your role as parent/caregiver.

**Where:** Via Zoom (must have an email address to connect)

**When:** Five Tuesdays, Noon to 1:00 pm  
October 19 & 26, November 2, 9 & 16

**Presenters:** Roxanne Westcott, Community Educator  
Warren County CCE  
Cathy Sweet, Community Educator  
Washington County CCE

**Register:** Cathy • 518-746-2560  
Email [cjs58@cornell.edu](mailto:cjs58@cornell.edu)  
By October 13th

**No cost to attend.**



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WARREN COUNTY &  
WASHINGTON COUNTY



## 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](#).



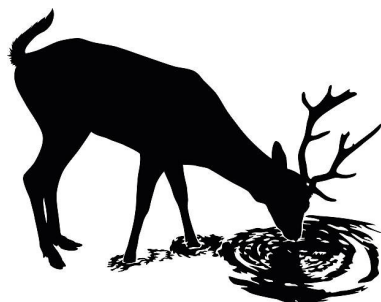
### Outbreak of Epizootic Hemorrhagic Disease in New York Deer

New York's deer are currently being affected by an outbreak of Epizootic Hemorrhagic Disease (EHD). EHD is a fatal viral disease of white-tailed deer caused by a tiny biting fly. It cannot be contracted by humans and does not pass from deer-to-deer. A deer infected with EHD may appear lame or dehydrated and have a swollen head, neck, tongue, or eyelids. Frequently, infected deer will seek out water sources and many die near a water source.



To date, EHD has been confirmed in portions of Columbia, Dutchess, Greene, Nassau, Oswego, Suffolk, and Ulster counties. DEC is also tracking suspected cases in Albany, Jefferson, Oneida, Orange, Putnam, Rensselaer, Rockland, Sullivan, and Westchester counties. To date, DEC has received reports of approximately 700 dead deer. Until we have widespread frosts that kill the midges that transmit the virus, new cases of EHD are likely to persist. Reports from hunters can help DEC track the disease's potential spread.

Hunters are encouraged to report any deer suspected of dying from EHD to their nearest DEC regional wildlife office: <https://on.ny.gov/2K6BOtt>.



For more information:  
<https://on.ny.gov/3ze0mYp>.



### Fall Hunting Season Is Here - What to do with the meat still in your freezer?

Do you still have meat from last year's hunting season in the freezer? Can it! Venison and other canned meat becomes very tender during the canning process and makes for quick sandwiches and stews. You can also make big batches of wild game chili or spaghetti sauce and process those in pint sized jars in a pressure canner for 60 minutes. Pressure canning can be intimidating, but is safe if you follow the information presented below. If you are looking for hands on learning, check with your local Cooperative Extension about classes or find a trusted mentor.

#### **PROCESSING IN A PRESSURE CANNER**

Canning is the process by which foods are placed in jars or cans and heated to a temperature that destroys microorganisms and inactivates enzymes. This heating and later cooling forms a vacuum seal. The vacuum seal prevents other microorganisms from re-contaminating the food within the jar or can.

The Pressure Canner is used to process foods under pressure which creates higher temperatures in the canner than can be achieved in a boiling water bath canner. The pressure most often used is 10 or 11 pounds, which creates a temperature of 240F.

**PRESSURE CANNING IS THE ONLY SAFE METHOD FOR PROCESSING MEAT** and other low acid foods such as vegetables, poultry, and fish. The pressure canner can supply enough heat to destroy the bacterial toxins that cause botulism as well as other types of spoilage. Failure to properly process low acid foods in a pressure canner can result in botulism which is often fatal.

For general instructions for using a pressure canner visit the [Wild Harvest Table website](#). Or register for the [Food Preservation Zoom Series: Making Jerky and Canning Meats](#) on October 7.



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



## Get Your House Ready for Winter

**Oct.  
07**

Online via Zoom

**FREE**



**6PM - 8:30 PM**

With deer season upon us, there's no better time to learn to preserve your venison by making some jerky and/or canning it. Join CCE Saratoga's Diane Whitten, MS, Master Food Preserver, and Food and Nutrition Educator in the comfort of your own home via Zoom in the last of the Food Preservation Zoom Series.

In this class, you will 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.

Registration is required: [Meeting Registration - Zoom](#)

Prepare your home for winter by making it safer, more comfortable, and more energy efficient before the cold arrives. Make sure the roof is in good shape. Gutter and downspouts should be cleaned to avoid ice buildup later. Move on to the storm windows to repair cracks and restore caulking and weather-stripping.



Give your gas or oil furnace a yearly tune-up to keep it operating at peak efficiency. (The cost may be included in your annual service contract.) If you have a forced air system, vacuum the registers to remove dust and dirt.

Homeowners with wood stoves can ask a fire marshal to inspect their systems, but a technician should inspect the chimney flue to be sure there is no blockage.

**SOURCE:** Cornell Cooperative Extension



## Planting Ornamentals

Late summer to early fall is a great time to plant many ornamentals due to the reduced stress caused by high temperatures and low moisture that summer has to offer (not the case for many this summer). It is very important to make sure that the plant specimen is properly sited for its cultural requirement.

By following a few simple steps, your landscape will be healthy for years to come.

- 1) First, dig a hole twice as wide as the root ball.
- 2) Remove plant entirely from plastic containers or wraps (be sure to remove strings and wires around burlap balls).
- 3) Gently separate any circling roots on the root ball and place in hold.
- 4) Water well and mulch.

It is very important to keep the area beneath the plant free of weeds and grass until it is well established.

## Don't Plant Bambi's Favorite Foods!

Some woody ornamentals that are favored by deer include: American arborvitae, English, Western and Japanese Yew, European mountain ash, hybrid tea rose, rhododendrons, evergreen azaleas, plums, cherries, apples, English ivy, dogwood, clematis, Norway maple, and Fraser and balsam fir.



Some woody ornamentals that are seldom severely damaged by deer include: Colorado blue spruce, Norway and white spruce, American and Chinese holly, Russian olive, common boxwood, forsythia, Austrian, mugo, red and Scots pine, Japanese wisteria, common lilac, common sassafras, and corkscrew willow.

For a complete list of plants that deer do and don't eat, contact your local office of Cornell Cooperative Extension or follow link: [Cornell Cooperative Extension | Deer Resistant Plants \(ccesaratoga.org\)](#)



# 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 yourself, the 4-H Training Center project will be able to provide new, innovative, and encompassing facilities for use by 4-H members and leaders, and the public.

Your sponsorship will directly contribute to the installation of a multi-functional facility, which will house multi-media classrooms and fully ADA accessible restrooms with showers.

\* Americans with Disabilities Act (ADA)



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

Scan me for direct access to  
<http://ccesaratoga.org/4-h/lead-the-legacy>

518-885-8995

## 4-H'ers are...

**4X**

more likely to  
give back to their  
communities

**2X**

more likely to  
make healthier  
choices

**2X**

more likely to  
participate in  
STEM activities

JOIN TODAY

CALL US

to enroll  
your child(ren) in 4-H.

(518) 885-8995

or download form and sent in  
[Member Enrollment Packet.pdf](#)

## BENEFITS OF 4-H

4-H is America's largest youth development organization and we empower young people with the skills to lead for a lifetime.

### Kids Build Life Skills Through Hands-On Learning

Kids build life skills by leading hands-on projects in areas like science, health, agriculture and, civic engagement – helping them to grow confidence, independence, resilience, and compassion. Adult mentors provide a positive environment where they learn by doing. This 4-H experience is delivered by a community of more than 100 public universities across the nation.

### 4-H Is Always Here

4-H's positive youth development programs are available where you need them and welcome children who want to have fun, learn and grow. 4-H at Home provides critical learning resources for kids and teens all year long.

### 4-H Grows True Leaders

4-H empowers young people to be true leaders. True leaders are young people who have confidence; know how to work well with others; can endure through challenges; and will stick with a job until it gets done. In 4-H, we believe true leaders aren't born—they're grown.

4-H programs hands-on approach gives young people guidance, tools and encouragement, and then puts them in the driver's seat to make great things happen. Independent research proves the unparalleled impact of the 4-H experience.





## Saratoga County 4-H Archives Corner

By Wendy McConkey, Records Management Officer

October is National Fire Prevention Month. Therefore I saw the following article very fitting for the 4-H Archives Corners in this week's newsletter. The article was published Thursday, October 25, 1956 in The Saratogian newspaper.

### ANITA HOLLMER, U.S. CONTEST WINNER, FETED

Anita Hollmer, a member of the River View 4-H Club and winner of the National Fire Prevention Contest sponsored by the National Association of Mutual Insurance Companies, was honored at a reception Tuesday night in the firehouse at Quaker Springs with the Quaker Springs Fire Co. and the Auxiliary as hosts.



Many guest spoke in praise of Miss Hollmer, the first Saratoga County 4-H Club member to have won a national contest.

Albert Lounsbury, County 4-H Club agent, who had accompanied Anita and her mother to Cincinnati earlier this month, ran a tape recording of Anita's speech and told how pleased he was that she had brought this honor to Saratoga County 4-H.

### Others Speak

Elwood Arnold, president of the 4-H county executive committee and chief of the Harmony Corners Fire Co., expressed his congratulations.

Willard Peck, president of the Saratoga County Mutual Fire Insurance Companies, told how the guest of honor had also won the state contest two successive years.

Lewis Lohnas, a member of the Quaker Springs Fire Co., said he had known Anita all her life and had seen her grow into a promising young woman, "destined to go places."

Howard Humes, county coordinator of the Saratoga County Fire Advisory Board and Assemblyman John L. Ostrander, spoke briefly and extended congratulations to Anita.

Included on the program was a song by members of the River View Club, after which Anita was presented a piece of luggage, gift from the Quaker Springs Fire Co. and Auxiliary. The presentation was made by Charles Haas, chief of the fire company and chairman in charge of program for the event.

### 100 Guest Attend

Approximately 100 guests attended, among whom was Clarence King, county deputy coordinator and who represented Schuyler Hose Company.

Refreshments were served by the Auxiliary.

Miss Hollmer became interested in fire prevention when it was offered by the Saratoga County 4-H Club Department in conjunction with a statewide program of the fire insurance companies.

Sponsored by County, State and National Associations of Mutual Fire Insurance Companies and carried out under County 4-H Club supervision, the program carries cash prizes for winners in the three contests. Anita won the county award, the state award twice and finally the national. Besides a \$100 cash award and a plaque, she received an all-expense trip to the national convention in Cincinnati Oct. 1-17, where she addressed the convention.

She was accompanied to Cincinnati by her mother, Mrs. Henry Hollmer, and Lounsbury.

### Saratoga County 4-H Alumni Facebook



If you were a former 4-H'er in Saratoga County, NY, we invite you to join our Facebook group "[Saratoga County 4-H Alumni](#)".

**SARATOGA COUNTY  
4-H ALUMNI**



We hope this group will help our 4-H Alumni connect with their former 4-H club members and /or friends.

## 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

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