

October 24, 2022

Volume 3 Issue 2

CAPITAL REGION PRISM & DEC REGION 4 FISHERIES PARTNER FOR **DAY IN THE LIFE OF THE HUDSON RIVER**



The Capital Region PRISM partnered with DEC Region 4 Fisheries for the 20th Annual DAY IN THE LIFE OF THE HUDSON RIVER event, on Thursday, October 22, 2022. Local school districts participated in this yearly hands-on event by identifying fish species, and taking weather measurements.

Some commonly found species of the Hudson include the Walleye, Catfish, Bass, White Perch, and the invasive Common Carp!

On one day each autumn, thousands of students from New York City to the Mohawk Valley participate in the annual "A Day in the Life of the Hudson River" event. Students collect scientific information to create snapshots of the river at dozens of locations, then share their data using the internet so they can better understand how their piece of the river fits into the larger Hudson estuary ecosystem. At each location, teams of students and environmental educators use seine nets and simple equipment to investigate aquatic life, water chemistry and quality, tides, and weather.

Participants' findings contribute to ongoing research projects, and data from the event is incorporated into the [lesson plans](#) developed by WRI staff with the Hudson River Estuary Program and available to all teachers in the Hudson Valley.

Where possible, Estuary Program and WRI staff facilitate partnerships between participating classes and local environmental education organizations for Day in the Life. Training workshops, online lesson plans, specialized equipment, twelve years of data, and other resources are provided.

The event began in 2003 with a modest 300 students participating and has grown to involve over 5000 students and individual participants ~ 90 sites from the New York Bight up to Peebles Island on the Hudson River, and into the Mohawk watershed, a major Hudson River tributary.

Check out this website for more information:
<http://www.dec.ny.gov/lands/47285.html>

From Cornell CALS, New York State Water Resources Institute page



Finding the Planets in Our Night Sky

WEDNESDAY, OCTOBER 26

5:30 PM—7:30 PM

4-H Training Center

556 Middleline Road, Ballston Spa



For more information follow us on Facebook @ saratogacounty4h
or call CCE Saratoga at 518-885-8995.



Finding and observing the planets of our Solar System in the night sky isn't as difficult as you may think. You just need to know where to look. Join Saratoga County 4-H School Outreach Educator Julie Curren, and Guest Speaker Jeff Curren, from The Adirondack Sky Watchers Club and see what the skies have to offer. Jeff will be sharing his telescopes and his astrological knowledge. You may also bring your own telescope and get some pointers from the pro!

Due to rain on October 17th, "Finding the Planets in Our Night Sky" has been rescheduled to Wednesday, October 26 at 5:30 PM—7:30 PM at the 4-H Training Center, 556 Middleline Road, Ballston Spa.

Event is hosted by Saratoga County 4-H School Outreach Educator Julie Curren.

CHILD PASSENGER SAFETY

Cornell Cooperative Extension of Saratoga County offers car seat education and correct installation by our Nationally Certified Child Passenger Safety Instructor.

Please call the Extension office at (518) 885-8995 x228 to schedule an appointment. CCE also offers several other fitting station locations with certified technicians throughout Saratoga County for your convenience. (All fitting stations require an appointment; please call in advance to schedule.)

For more information visit: [Cornell Cooperative Extension | Child Passenger Safety \(ccesaratoga.org\)](https://www.ccesaratoga.org)

DIABETES SUPPORT GROUP ONLINE

Cornell Cooperative Extension of Saratoga County will host an informal support group via Zoom for people with diabetes or prediabetes. The program meets the first Friday of each month. The next online event is **Friday, November 4 at NOON.**

To register for this meeting or if you have questions? Contact Diane Whitten at dwhitten@cornell.edu or (518) 885-8995.

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

BOARD OF DIRECTORS MEETING

The next Board of Directors Meeting is scheduled for Thursday, December 15, 2022 at 7:00 PM.

If you are interested in attending, please contact Wendy at wlm8@cornell.edu or (518) 885-8995 for more information.



Soil Health Workshop for Livestock and Crop Farmers

A workshop for any farmer looking for tools and information to improve soil health, reduce input costs, and increase profitability.

October 27, 2022

9:00am—4:00pm

189 Otter Creek Road, Johnsonville, NY 12094

Cost for the full day, including lunch, \$60/person

Registration is required on the ASA website

www.agstewardship.org.



Call Janet Britt at the ASA office (518-692-7285) to apply for a limited number of full scholarships funded by a mini grant from New York State Soil Health, or for help with registration.

Join the Agricultural Stewardship Association for a day-long workshop with Dr. Allen Williams of Understanding Ag. Dr. Williams and his colleagues have been leaders in working with farmers and ranchers across the U.S. and around the world to increase their understanding of soil health practices and how they can make any farming operation more successful.

AGENDA

8:30am-9:00am Welcome coffee and donuts

9:00am-10:30am Overview of soil health principles

10:30am-12:30pm Out to the fields and pastures for practical demonstrations

12:30pm-2:00pm Lunch and discussion

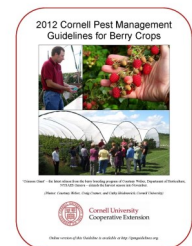
2:00pm-4:00pm In the field observation and discussion

THE PROGRAM WILL COVER THE FOLLOWING INFORMATION:

- How to effectively implement the 6-3-4TM. The Six Principles of Soil Health &
- Three Rules of Adaptive Stewardship to optimize the Four Ecosystem Processes
- Epigenetics
- Emerging Opportunities
- Soil Testing

Cornell Crop and Pest Management Guidelines

The Cornell Guidelines are designed as a practical guide for producers, consultants, educators, pesticide dealers, and others involved in producing agricultural crops. Cornell Guidelines can be purchased through any Cornell Cooperative Extension office or from the Cornell Store at Cornell University. To order from the Cornell Store, call (844) 688-7620 or order [online](#).



Labor Roadshow VI

New York's Ag Workforce Development Council (AWDC) **Labor Roadshow VI** heads back on the road with three in person sites and one online option for 2022. Of the three, one will be held in Saratoga County on November 22. **Registration** is required, and payment of \$65 per person is collected on site. Agenda, registration, and more details are available at: agworkforce.cals.cornell.edu/labor-roadshow-v.

- **Online Option:** on November 10, 2022 only. The event will be broadcast for remote audiences and recorded for paid registrants to view later.
- **November 22:** CCE Auditorium, 50 West High Street, Ballston Spa, NY 12020

Labor continues to be the primary challenge for many farm businesses and Labor Roadshow VI tackles those challenges head-on with topics:

- Attracting and retaining your farm workforce
- Management strategies in a union eligible work environment
- TN Visas: Introduction to the program and best practices for using
- The H-2A Program: Accessing guest workers for all types of farms
- Producer's real world experiences with H-2A
- Farm Safety: Real world tips for building a strong safety culture
- Farm-provided employee housing management and development

Agricultural Safety Health and Risk Management Certificate Program

2022 DAIRY FOCUS CLASSES



Agricultural Safety Health and Risk Management Certificate Program (AgSHARP®)

2022 DAIRY FOCUS CLASSES

Live in-person Event!
Scipio Center, NY
November 15th & 16, 2022

Cost of Program • \$300 for ASHCA members, • \$350 for non ASHCA members

Registration Information:

- Attendance is limited due to the class exercises and interactive nature of the program.
- Registration includes course materials, refreshments, and lunch.
- REGISTER NOW: www.ashca.org/agsharp/.

Lodging: You are responsible for making your own travel and hotel reservations.

Questions? Call us at 571) 293-1908.



This two-day course provides attendees knowledge and resources to raise skill levels in the field of agricultural safety management. The course is designed to be interactive, featuring case studies, exercises, and class activities. The program is geared for owners, safety and human resource managers, loss control and safety consultants, safety and workers' compensation professionals, and others responsible for agricultural production and business safety in the workplace. For more details visit www.ashca.org/agsharp/

Who Should Attend? Owners, safety and human resource managers, loss control and safety consultants, safety and workers' compensation professionals, and others responsible for agricultural production and business safety in the workplace.

Certificate Attendees will receive an AgSHARP® certificate of completion.

The Agricultural Safety and Health Council of America is a not-for-profit, 501c (3) organization established to pursue national strategies to create a less-hazardous work environment and establish an industry-wide culture of safety for American agriculture. Founded in 2007, our mission is to proactively address ongoing and emerging occupational safety and health issues affecting everyone engaged in all facets of U.S. agriculture. ASHCA is a coalition of farms, ranches, producer associations, and other related agricultural people, organizations, and businesses; joining together with safety associations, Federal & State agencies, educational institutions, and safety professionals, all seeking to improve the health and safety of all agricultural workers.

Cornell Shearing School:

November 11th—November 12th



Learn from multiple world class shearers in this two-day sheep shearing school. This school will help shearers with some prior knowledge refine and expand their skills in order to make shearing a profession or improve their ability to shear their own large flocks. Instruction will include the shearing pattern, blade sharpening techniques, physical fitness, hand piece maintenance, shearing resources from the American Sheep Industry Association (ASI), and more!

The Cornell Sheep Shearing School will take place on Friday, November 11, 2022 and Saturday, November 12, 2022, from 8:30 am—4:00 pm at Cornell University, Ithaca, NY.

The school will primarily be taught by Doug Rahke from Lamb Shoppe LLC., Minnesota. Rahke is one of the top shearing instructors in the United States and has had extensive training from the New Zealand Wools, Rathke is skilled at both machine and blade shearing. Rathke has represented the USA Shearing Team for the Golden Shears World Sheep Shearing Championships on more than several occasions. In addition to competing in hand blade shearing, and wool handling, Doug also serves as a USA representative to the Golden Shears World Sheep Shearing Council.

Students are expected to bring their own gear. It is recommended that you have a minimum of 3 medium-beveled combs and 9 cutters (3 cutters per comb). If you need gear or have any questions regarding shearing equipment, contact Doug at 320-583-7281.

Registration is \$225 per person. The application form can be downloaded from <https://www.ccelivestock.com/cce-livestock-pwt-events/cornell-sheep-shearing-school>. The official registration deadline is October 21, 2022. However, we may accept applications later if we do not reach 12 qualified registrants by that date. However, class size is limited to 12 participants to ensure that a quality training experience can be provided. Therefore we strongly recommend submitting your application by Oct 21st if at all possible.

Preparing for Shearing

Communication and preparation are key

Remember, a fleece's quality and value can be significantly increased or diminished on shearing day.



2-5 MONTHS BEFORE SHEARING

- Schedule shearers
- Schedule extra labor as needed
 - Sheep handlers
 - Wool handlers/classer
- Order supplies
 - Wool packs/bags, clips and markers
 - Veterinary supplies including antiseptic spray, antibiotic medication, fly ointment
 - Other supplies such as disinfectant, insecticides, wormers, vaccines, hoof trimmers, branding fluid
- Reduce wool contaminants throughout the year (such as poly, paint, hair, colored fibers, vegetable matter, burrs, etc.)

5-30 DAYS BEFORE SHEARING

- Prepare holding pens
 - Clean from all contaminants such as twine, brush, weeds, shavings, straw
- Prepare shearing area
 - Shearing Board/Floor- A solid, clean shearing floor is essential, such as a raised board or a solid wood floor on the ground (such as 2 4'x8' sheets of plywood) . Never use tarps or carpet.

The floor should be:

 - Flat, non-sloping
 - Solid
 - Smooth, but not slick or rough
 - Easy to sweep and keep clean
 - Large enough for each shearer to have ample space to shear
 - Covered to provide protection from the elements
 - Clean
 - Overhead Machine mounting site, if needed by shearer
 - Electrical outlets within 6' of the shearing area
 - Lighting as needed
- Prepare wool handling and packaging equipment
 - Clean the area from any debris and contaminants
 - Setup equipment as needed (skirting tables, sorting bins/racks, packing equipment)
- Prepare wool storage area
 - Ensure the area is empty, and will remain dry (ideally, not directly on concrete)
- Prepare restrooms, potable water, handwashing station and other amenities as needed

1-5 DAYS BEFORE SHEARING

- Keep sheep dry- wet or damp wool should not be shorn
- Pen sheep
 - Sort into groups as needed (consider breed, wool color, age, sex, sick/diseased)
 - Shear white sheep first
 - Shear colored or wool with medullated fiber (hair) next
 - Shear sick or diseased sheep last
- Fast sheep
 - To ensure sheep safety and comfort as well as shearer safety and wool quality, fasting is critical
 - Sheep should be fasted from ALL feed and hydration sources
 - Fast sheep according to their stage of production, keeping in mind the time the first and the last sheep will be shorn.

SHEARING DAY

BEFORE SHEARING

- Ensure supplies are ready (wool packaging, veterinary supplies, other supplies)
- Have a morning meeting
 - Ensure outside equipment is disinfected
 - Point out facilities/amenities
 - Reiterate who is doing what tasks
 - Discuss animal handling and animal welfare expectations

- Discuss protocols for when:
 - Injuries occur to sheep or workers
 - Health issues are found
 - Black or contaminated wool is found

- Move sheep into pens/ramps close to shearer

DURING SHEARING

- An owner/manager should be present at all times
 - Identify sheep with any diseases or issues
 - Provide support and guidance as needed
- Provide water for workers
- Ensure sheep are close and easy to catch for the shearer
- Shear sheep
 - Shear white sheep first
 - Shear colored or wool with medullated fiber (hair) next
 - Shear sick or diseased sheep last
- Wool handling- sort and prepare wool only as it will add value to your wool
 - Remove belly wool during shearing
 - Remove topknots and excess tags and package with floor sweepings
 - Remove area of high contamination and place with belly wool or floor sweepings
 - Remove foreign contamination such as poly twine, areas with hair, colored fibers in white fleeces
 - Separate weak (tender or broken) fleeces from strong fleeces
 - Fully skirt wool
 - Class wool
 - Fold fleece into thirds and roll the fleece with flesh side out
- Package wool
 - Package into clean packs/bags
 - Label bales/bags with producer, bag number and contents
 - Keep a record of bales/bags including bag number and contents
- Provide water and feed to sheep immediately after shearing

AFTER SHEARING

- Provide shelter for sheep when inclement weather is expected
- Pay shearer and other labor. Provide snacks and meals as helpful.
- Store wool in a clean, dry place

**American Sheep
Industry Association**

www.sheepusa.org

info@sheepusa.org

(303) 771-3500

For more information on shearing visit sheepusa.org

Preparing your home for winter

By Beth Marrs, Iowa State University



The leaves on the trees are turning beautiful colors outside our windows reminding us that fall is here and winter is on its way! Is your home ready for winter? Doing some simple tasks now can reduce your utility bills and keep problems away.

- Clean out your gutters. The leaves and debris can cause water to back up. In the fall that could cause water to overflow and instead of being diverted away from your house it could cause basement water problems. In the winter frozen water from your house it could cause basement water problems. In the winter frozen water from thawing snow can cause ice dams that can cause moisture damage to your roof and interior ceiling. Running water through the gutter will also show if there are leaks that need to be fixed.
- Have your furnace checked. Regular maintenance of both your air conditioning and furnace will keep them running well. There is nothing worse than waking up on a cold morning and not having the furnace working! Changing the furnace filter regularly will help with utility costs since air does not circulate well through dirty filters.

- Check the weather stripping on doors and windows. Sealing gaps around doors and windows will keep cold air out and warm air in.
- If you have a wood burning fireplace be sure and have the chimney inspected. Regular cleaning can keep soot or creosol from depositing inside the chimney. Regular cleaning reduces the risk of a chimney fire.
- Change the batteries in your smoke detectors and carbon monoxide detectors. This should be done once a year. Test the detectors monthly to make sure they are working properly.
- Since the days are shorter replace light bulbs with LED or CFL lights. These ENERGY STAR bulbs last longer and save you a lot of money on your electric bills. When you are decorating for the holidays look for LED Christmas lights.
- Make sure you drain outdoor hoses and store them in the garage for the winter. Drain any irrigation system and rain barrels that you have been using this summer. Allowing water to freeze can cause damage that you will find in the spring.

Many of these items can be done without hiring a professional. By spending some time in the fall you will enjoy the energy saving and the peace of mind knowing you are ready for the snow to fly!

Sealing Air Leaks in Your Home

By Mark Pierce, Cornell University

What is Air Leakage?

Air leakage, or infiltration, is outside air that enters uncontrollably through cracks and openings in the walls, ceilings and floors of your home. Don't confuse infiltration with ventilation. Ventilation is fresh air that enters a house in a controlled manner to exhaust excess moisture and reduce odors and stuffiness. It is poor practice to rely on air leakage for ventilation. During cold or windy weather, too much air may enter the house and, during warm weather, too little. Also, a leaky house that allows moldy dusty crawl space or attic to enter is not health.

The recommended strategy in both new and older homes is to reduce air leakage as much as possible and to provide controlled ventilation as needed. For simple house designs, effective spot ventilation, such as kitchen and bath fans that exhaust to the outside, may be adequate. For more complex houses or

houses in very cold climates, whole house ventilation systems may be appropriate. Such systems may incorporate heat recovery, moisture control, or air filtering.

What Are the Benefits of Air Sealing?

Air infiltration can account for 30% or more of a home's heating and cooling costs and contribute to problems with moisture, noise, dust, and the entry of pollutants, insects, and rodents. Reducing infiltration can significantly cut annual heating and cooling costs, improve building durability, and create a healthier indoor environment. The size of heating and cooling equipment can also be decreased, saving additional dollars.

[Continue reading](#) the Housing Fact Sheet.

October is Breast Cancer Awareness Month



What is breast cancer?

Breast cancer is a cancer that begins in the breast. It can be in one or both breasts. The breast is an organ that is on the upper ribs and chest muscles. It is mostly made of glands, ducts, and fatty tissue.

For females, the breast is a source and storage of site of breast milk for newborns. Breast cancer is prevalent in both men and women. Breast cancer is a disease of cells which results in overgrowth of abnormal tissue. The most common type of breast cancer is ductal carcinoma, which begins in the glands. Breast cancer is of concern, as it has the potential to spread to other areas of the body.

How common is breast cancer?

Breast cancer affects both women and men. Nearly one in eight women is at risk for developing breast cancer in their lifetime. As for men, one in 833 men is at risk for developing breast cancer. The incidence has increased by 0.5%. Breast cancer occurs in middle-aged and older men and women. The median age of breast cancer diagnosis is 62 for women and 68 for men.

How can I lower my risk?

The Centers for Disease Control and Prevention cites that breast cancer screening cannot prevent breast cancer; however, it can detect it at an earlier stage when it is easier to treat. Let your healthcare provider know of any changes in your breasts.

Achieve a healthy weight and maintain that weight. Excess body weight is associated with an increased risk of breast cancer. For women who are post-menopausal, weight maintenance is especially important. In post-menopausal women, most estrogen is produced in fat tissue. Having excess fat tissue increases estrogen levels in the body, raising your risk for breast cancer.

Weight gain as an adult adds to the risk for breast cancer. Find ways to increase your physical activity: go for a brisk walk after meals, join a gym, avoid time spent sitting. Be mindful of sedentary behaviors such as watching TV and other screen-based activities. Make a plan to get moving. The American Cancer Society Guideline for Diet and Physical Activity recommends 2.5 to 5 hours of moderate intensity activity per week.

Having a healthy eating pattern can reduce your risk of breast cancer. Be sure to get a variety of fruits and vegetables, including fiber-rich legumes such as beans and peas. Seek out whole-grain food items and avoid refined grain products. Limit your consumption of red meat, especially highly processed meats. Eating a balanced diet will help you maintain a healthy weight and ensure you are getting the nutrients and antioxidants your body needs.

Avoid alcohol. Studies show an increased risk for breast cancer with increased alcohol consumption. Alcohol consumption should be

limited to one alcoholic drink per day for women and no more than two per day for men. One drink is equal to 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of 80-proof liquor.

Follow these breast cancer prevention recommendations:

- Be physically active regularly.
- Achieve and maintain a healthy weight.
- Eat at least 2½ to 3 cups of vegetables and 2 cups of fruit every day. Be sure to eat a variety of vegetables and fruit. Try eating various colors, including leafy greens, red, orange and yellow vegetables.
- Choose to eat at 100% whole grain foods. Read bread, cereal and rice labels.
- Limit processed meat. Meats such as bacon and sausage are highly processed. Choose a variety of protein foods from plants and animal sources.
- Limit saturated fat and incorporate “good fats,” also known as polyunsaturated and monounsaturated fats. Swap butter for olive oil or canola oil. Incorporate nuts or natural nut butters, avocados and olives into your diet.

For more information, see www.cdc.gov/cancer.

To read the complete article from NDSU Extension, [click here](#).



Hunters and Hikers Share the Woods!

Hunting season is currently underway, therefore when hiking it is best to take precautions to make yourself visible by wearing bright clothing, even on properties that are closed to hunting. Hikers should always take into consideration the possibility that a hunter is sharing the woods and fields during the fall and winter months. Hunters are normally camouflaged and hidden. The occasional hunting accident happens when a hunter misidentifies a human walking through the woods, for an animal that (s)he is searching for.

If you enjoy hiking during the fall, take a moment to watch the NYS Department of Environmental Conservation's [video](#) which has great tips on safely enjoying the outdoors this fall and early winter.



Using & Storing Apples

Clemson Cooperative Extension Home & Garden Information Center

Apples are Good for You

Apples are a good source of fiber, a source of potassium and vitamin C, and a low calorie—81 calories per 2½" apple.

How to Buy Apples

Apples should feel firm. If you can dent one with your finger, it is too soft. Large apples are more likely to be over ripe. Select fresh smelling, well-colored, smooth skinned fruit with the stem intact. Do not buy apples with bruises, rotten spots, or a brown core.

Plan on 6—8 medium-sized apples for a 9-inch pie. One pound of apples equals:

- 3 medium –sized apples
- 4 cups peeled, cored slices



How to Store Apples

Handle them gently. Bumps and bruises can cause dark spots.

Store apples in a cool, dry place or in a plastic bag in the refrigerator crisper away from foods with strong odors. Make several holes in the bag for ventilation. Keep them separate from strong flavored foods, as they will pick up those flavors.

Properly stored, most apple varieties will keep up to a month. Check them often, and remove any apples that are beginning to rot.

See next page for regional apple varieties and their uses.

Regional Apple Varieties and Uses

From CliftonPark.com

APPLE VARIETY	SEASON RIPE	FLAVOR	BEST USE	TIPS AND TRICKS
Acey Mac	Sept—June	Sweet	Snack	The “Mac” in the name indicates that these apples are related to McIntosh!
Autumn Crisp	Sept—Dec	Tart	Snack	These apples have tons of Vitamin C, so one a day really might keep the doctor away!
Braeburn	Oct-April	Sweet/Tart	Applesauce	These apples have a unique bi-colored skin.
Cameo	Late Oct—April	Tart	Snack	Cameo apples are more popular on the West Coast, but are gaining recognition in NY too!
Cortland	Sept—April	Sweet	Cider	Cortlands don’t brown a quickly as other varieties, so they are great sliced.
Crispin	Oct—Sept	Tart	Baking	This apple is known to be extra juicy and refreshing.
Empire	Sept-Aug	Sweet/Tart	Applesauce	Despite their big sounding name. Empire apples are quite small, making them great for kids.
Fortune	Oct—June	Mild	Baking	Fortune apples bake well, especially when mixed with sugary sweet varieties.
Fuji	Oct—June	Sweet	Applesauce	When baking or making applesauce, you don’t need to add much sugar because Fujis are very sweet.
Gala	Sept—June	Mild	Snack	Gala apples have a super mellow taste, great for picky eaters but bad for baking.
Ginger Gold	Aug—Nov	Sweet	Snack	Ginger Golds are a great snack because the skin and flesh are soft and they aren’t overly juicy.
Granny Smith	All Year	Tart	Baking	These super sour apples are great for baking because their flesh holds up in the heat. Just be sure to mix them with a sweet variety to add a complexity of flavor to your goods.
Honeycrisp	Sept—Feb	Sweet	Baking	Honeycrisp apples are fairly young farmers have been growing them for just about 20 years.
Idared	Oct—Aug	Sweet/Tart	Applesauce	If you leave Idared skins on while you make applesauce your final result will be a lovely pink sauce.
Jonagold	Oct-May	Sweet	Baking	Jonagold, as indicated by its name, is a cross between the Golden Delicious and Jonathan varieties.
Macoun	Oct-Nov	Sweet	Cider	Get Macouns quick! They are only good for 2 months.
McIntosh	Sept—June	Sweet	Snack	Apple employee Jef Raskin named his computer after the McIntosh, his favorite apple variety.
Paula Red	Late Aug-Oct	Tart	Applesauce	Paula Reds are great for applesauce, but they make a terrible pie. The flesh is too soft and mealy to hold up in the heat of the oven.
Red Delicious	Oct—Sept	Mild	Snack	Red Delicious apples have a long shelf life, making the ideal for decoration. Just be aware, this variety looks beautiful even after it flavor has diminished.
Red Rome	Oct—Sept	Mild	Baking	When baking try mixing this tart apple with a sweet variety, like Jonagold, to get a balance of sour and sweet.

Pumpkin: A Superfood

Diane H. Whitten, Nutrition Resource Educator, Cornell Cooperative Extension Saratoga County

Pumpkin is packed with beta-carotene which our bodies convert into Vitamin A; just a quarter cup of pumpkin puree supplies 50% of the recommended daily intake. It's also a significant source of fiber and has antioxidant value. According to research, pumpkin has been used in many countries, as a medicine for its anti-inflammatory, antioxidant, antiviral, and antidiabetic properties. (*Nutritional Value, Phytochemical Potential, and Therapeutic Benefits of Pumpkin*; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9182978/>)

There is no definition of a superfood, but generally it refers to a food that supplies unusually high amounts of beneficial nutrients. So, it's not a stretch to call pumpkin a superfood. So, if you see canned pumpkin on sale, stock-up on this superfood.

In addition to the usual ways of baking with pumpkin, i.e. pies, breads, muffins and cookies, adding a few tablespoons or more to common foods can help boost your Vitamin A, and fiber intake. Increase your use of pumpkin puree by adding:

- 2 tablespoons to your smoothie
 - 2 tablespoons to your bowl of oatmeal
 - ½ cup to your pancake batter
 - ½ cup to your marinara sauce
 - ½ cup to your homemade or store-bought hummus
 - 1 cup to your favorite chili recipe
- Experiment with other ways to add this superfood to your diet

Pumpkin Seeds: I can't let a discussion about pumpkin go by without mentioning it's seeds. The elements zinc, phosphorous, magnesium, potassium, and selenium found in pumpkin seeds make them a superfood, too. The antioxidant properties of the seeds make them a weapon in the battle against illnesses, including arthritis, and other inflammatory diseases.



Pumpkin Black Bean Soup

- 1-½ cups no salt diced canned tomatoes, drained
- 2 (15 ounce) cans no salt black beans, drained
- 1 tablespoon olive oil
- 1 ½ cups finely chopped onion
- 1 teaspoon ground cumin
- 3 garlic cloves, minced
- 3 cups vegetable broth
- 2 tablespoons sherry vinegar (or any white vinegar)
- ½ teaspoon black pepper
- 1 (15oz) can pumpkin or 1 ½ cups pumpkin puree
- 8 teaspoons sherry (optional)



Directions:

1. Crush tomatoes and beans in a food processor or with an immersion blender until half the beans are crushed. Set aside.
2. Heat oil in a Dutch oven (or large stock pot) over medium-high heat.
3. Add onion to pan; sauté 5 minutes or until lightly browned
4. Add cumin and garlic, sauté 1 minute
5. Add bean mixture, broth, sherry vinegar, pepper and pumpkin; bring to a boil
6. Cover, reduce heat and simmer for 20 minutes
7. If desired, add a teaspoon of sherry to each portion when serving.

Makes 8 servings, serving size 1 cup.

Nutrition Facts per Serving; Calories—160, Total Calories from Fat 20—2g=3%, Cholesterol—0mg, Sodium—400mg, Total Carbohydrates 27g, Dietary Fiber—9g, Sugars - 5g, Protein—8g

Source: Adapted from KU Integrative Medicine 2011

Saratoga Farmers' Market Recipe

Diane Whitten, Cornell Cooperative Extension

With Halloween in the air pumpkins of all sizes are available from local farms. Buy large ones for Jack-O-Lanterns and the small sugar or "pie" pumpkins for baking. The small pumpkins have a finer texture and they're sweeter. Steaming is the best and quickest way to prepare pumpkin for pies or for baking in the recipe below.

To prepare the pumpkin for steaming cut off the top and the bottom so you have a flat surface. Then cut off the skin from top to bottom working around the pumpkin. Next cut the pumpkin in half and remove the seeds. Cut into 2 inch chunks, place in a steamer basket and steam for 15-20 minutes or until the flesh is soft when pierced with a fork. Puree the chunks in a blender or food processor, or put through a food mill. One and one-half cups pumpkin puree is required for most pie recipes and is equivalent to a 12 ounce can. Two small "pie" pumpkins will yield about 3 ½ cups pumpkin puree. Extra pumpkin puree can be frozen for future use.

Pumpkin is so high in beta-carotene, the precursor to vitamin A, that one small cookie provides 25% of the Daily Value.



Photo: Livestrong.com

Pumpkin-Cranberry Cookies

This makes a soft, cake-like cookie.

½ cup softened butter
1 cup sugar
1 teaspoon vanilla extract
1 egg*
1 cup pureed cooked pumpkin*
2 ¼ cups flour
2 teaspoons baking powder
1 teaspoon baking soda
½ teaspoon salt
1 teaspoon cinnamon
1 cup fresh cranberries
Grated peel from one orange
½ cup chopped walnuts

Cream butter and sugar until light and fluffy. Beat in vanilla, egg and pumpkin. Sift together flour, baking powder, baking soda, salt, and cinnamon. Beat flour mixture into pumpkin mixture. Stir cranberries into mixture along with orange peel, and nuts. Drop rounded teaspoons of dough onto greased cookie sheets. Bake in a preheated 375-degree oven for 10-12 minutes. Makes 3 dozen cookies.

Nutrition per cookie: 80 calories, 3.5g fat, 1.5g saturated fat, 10mg cholesterol, 90mg sodium, 11g carbohydrate, 1g fiber, 1g protein, 25% DV vitamin A.

Ingredients marked with an asterisk (*) are available locally. Try to buy them from local farm stands or farmers' markets. For information about food and nutrition contact Diane Whitten at Cornell Cooperative Extension at 885-8995 or email dwhitten@cornell.edu.

Pumpkin Season

By Marcia Steed, Iowa State University

Pumpkin Season is upon us, and pumpkins are a fall favorite for many families. They have both culinary and ornamental uses. Pumpkins are delicious in pies and other desserts, fun to paint and display indoors or out, fun to carve into jack-o'-lanterns as a family activity and of course used in fall decorations.

Pumpkins are a member of the Cucurbitaceae family along with squash, cantaloupe, cucumber, watermelon and gourds. Pumpkins are considered a type of squash, and are typically round with slightly ribbed deep yellow to orange skin.

If you want to store your pumpkins for use at Thanksgiving or later, place them in a single layer where they don't touch each

other in a cool, dry place (ideally 50-55 degrees F). The room should have good circulation to prevent moisture from forming on the surface of the pumpkins which causes decay. Do not store the pumpkins near apples, pears or other ripening fruit, as the ripening fruit releases ethylene gas which shortens the storage life of pumpkins. If you store pumpkins correctly you can expect them to last 2-3 months.



Halloween Safety

Liz Meinmann, AnswerLine, Iowa State University Extension and Outreach

Following are some tips from the Centers for Disease Control to help make the Halloween festivities safe and fun for all:

Swords, knives, and other costume accessories should be short, soft, and flexible.

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

Fasten reflective tape to costumes and bags to help drivers see you.

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.



Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

Look both ways before crossing the street. Use established crosswalks wherever possible.

Lower your risk for serious eye injury by not wearing decorative contact lenses.

Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Keeping these suggestions in mind while planning and celebrating your holiday will help ensure everyone enjoys themselves and makes it home safely.

Roasting Pumpkin Seeds

It's time to get those pumpkins carved! Roasting pumpkin seeds are pretty easy to do. As you carve the pumpkin, scoop out the seeds into a colander and rinse the pumpkin "goo" off the seeds. You will need to get your hands a little dirty as the stream of water will not remove all of the "goo", you will need to move the seeds around with your hands.

Next, place the wet seeds onto a dry cooking sheet. Salt or season as desired and bake at 325°F for 15-20 minutes or until lightly browned. Store in an airtight container.

Another option is to roast the seeds unseasoned and then drizzle with a bit of butter or olive oil and then adding seasoning.

Simple Costume Ideas

Fall is in the air and Halloween is right around the corner. Like many, life seems to get away from us, and before you know it, you are making a mad dash to find a costume for your child. Here are some [simple costume ideas](#) for kids that can be made at home. Many of these can be made from items you may already have.



SARATOGA COUNTY 4-H

HALLOWEEN EXTRAVAGANZA

SUNDAY
OCTOBER
30TH
12-3PM



FREE TO ALL!

HAY RIDE- TRICK OR TREAT- FARM ANIMALS - GAMES

556 MIDDLELINE RD BALLSTON SPA, NY 12020

CALL (518)885-8995 FOR MORE INFORMATION

WEBSITE & 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

Jim Pettis, Jr., President	Ed Hersh
John Barnes, Vice President	David Wood
Stacy Simmons, Treasurer	John Cromie
John Mishoe, Secretary	Kevin Veitch , Supervisor Rep. Danielle Hautaniemi , Cornell Rep.

CCE Staff Members

William Schwerd	Sharon Bellamy
Susan Beebe	Kelly Hurley
Nicolina Foti	Wendy McConkey—(Editor)
Jennifer Koval	Lia Palermo
Greg Stevens	Ellie Hackett
Leland Bunting	Bud South
Brianna Hughes	Kris Williams
Julie Curren	Samantha Schultz
Kim Wilbur	Blue Neils
Diane Whitten	Ariane Tanski
Cindy Dort	Allie Eustis
Rylie Lear	Rebecca Devaney
Hannah Coppola	Addison Kubik

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	



50 West High Street, Ballston Spa
(518) 885-8995
Saratoga@cornell.edu
www.ccesaratoga.org

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities