



Saratoga County

Cornell Cooperative Extension

NEWSLETTER

EXTENSION NEWS

Saratoga County 4-H Robotics Team Wins State Championship



Saratoga County 4-H Robovines FTC 6955 showcased their Robotics knowledge and skills at the FTC Qualifier held in January at Corning Painted Post High School. For their efforts, the team made up of youth from across Saratoga County won the Championship, while setting the mark with the top score in NYS this year. The FIRST Tech Challenge (FTC) is broken down in so many ways and the team won the overall game. They were also acknowledged with the top award of the “Inspire Award”. They received the 2nd place Motivate, 3rd place Control, and 2nd place Innovate. With this win it qualifies the Robovines for the FTC Regionals at Mohawk Community College on March 6th.

The Inspire Award is a judged award given to the team that best embodies the ‘challenge’ of the FIRST Tech Challenge program. The team that receives this award is a strong ambassador for FIRST programs and a role model FIRST team. This team is a top contender for many other judged awards and is a gracious competitor. The Inspire Award winner is an inspiration to other Teams, acting with Gracious Professionalism® both on and off the Playing Field. This team shares their experiences, enthusiasm, and knowledge with other teams, sponsors, their community, and the judges. Working as a unit, this team will

have shown success in performing the task of designing and building a Robot.

The final part of the day involved two teams making up an alliance to compete together against a second alliance. The grouping paired the Robovines with Mechanical Meltdown, a team of youths from Central NY. The alliance won both the semifinals and finals to win the overall Robot Game. The alliance currently has five out of the top ten scores in New York State.

“What an amazing day for an amazing group of kids,” said Lisa Russell, Robovines FTC 6955 Coach. “It was very exciting to see all of their hard work pay off at this competition. I look forward to where the youth will take this moving forward. We thank Saratoga County 4-H for this opportunity.”

For more information about the Robotics Program and 4-H Youth Development of Saratoga County, contact the Saratoga County 4-H Office at 518-885-8995 or visit

www.ccesaratoga.org.



The Robovines teamed up with Mechanical Meltdown from Central NY to win the overall Robot Game. Photo provided

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.

Support Saratoga County 4-H Through the Lead the Legacy Capital Campaign

Saratoga County 4-H Training Center

Lead the Legacy Capital Campaign

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

Saratoga County 4-H has been moving full speed ahead with their fundraising efforts to expand the Training Center on Middleline Road in Ballston Spa. There has been nothing but success and no signs of slowing down. Thus far, the Lead the Legacy Capital Campaign has garnered support throughout an extraordinarily generous \$100,000 from Stewart's Shops and the Dake Family; and just before 2021 ended, Saratoga County 4-H was the recipient of the Alfred Z. Solomon Charitable Trust Grant in the amount of \$25,000. Other very generous donations have come in from the following: Union Fire Company #2, Mohawk Chevrolet, Mangino Buick GMC, Congressman Paul Tonko, Wallace Farm & Garden LLC, Saratoga County Farm Bureau Inc, Burnt Hills-Ballston Lake Rotary Club, Saratoga County Rotary Club, Ballston Spa Elks Lodge No. 2619, Curtis Lumber, and many "friends" of 4-H in the community.

"We are about half-way to our goal of the \$450,000 we need to raise to support this new facility", says Greg Stevens, 4-H Issue Leader. "This project will have benefits for Cornell Cooperative Extension of Saratoga County 4-H, and the local community as a whole!"

The goal of these efforts will provide a 3,200 sq. ft. building with three state-of-the-art classrooms and ADA accessible restrooms with shower units. The additions

have potential to bring more variations on traditional events, as well as offering new and unique opportunities.

Currently, there are a variety of ways to support the campaign. The first is to follow CCE Saratoga and Saratoga County 4-H on social media and share events, notifications, and other statuses. There is also a collaboration between 4-H and Curtis Lumber. The partnership has worked to create custom, limited-edition trucker hats being sold at Curtis Lumber in Ballston Spa and the CCE Saratoga County office at 50 West High Street, Ballston Spa. Hats are \$20 each and ALL proceeds go toward the campaign.

The Ballston Spa Lions Club is also hosting the Mid-Winter Party for a Cause. The Party is sure to be a fantastic time and the perfect way to get out of the house and shake the winter blues away! It will take place on Saturday, February 5th at the Hideaway at Saratoga Lake Golf Course, one of the most unique restaurants and event spaces in the area. Tickets are just \$10 per person. The Downtown Horns, an exciting 'horn band' will provide dance music featuring great rock songs of the 60's, 70's and 80's that include brass sections, such as Chicago, Blood Sweat & Tears, Earth, and Wind & Fire. The band begins at 7 PM. Doors open at 6 PM. The event also includes a cash bar, a limited menu, door prizes, and raffles!

4-H Youth Development actively involves youth in opportunities that help them learn to lead, build their communities, connect with Cornell University and each other. For more information about Lead the Legacy Campaign and 4-H Youth Development of Saratoga County, contact 4-H Office, 518-885-8995, or visit www.ccesaratoga.org.



Surveying for Hemlock Woolly Adelgid (HWA)

The Capital Region PRISM is excited to host two hemlock woolly adelgid (HWA) forest health surveys on February 24th 2022 from 9am-12pm. You will learn how to survey for HWA and report findings, including detections or non-detections. Join us at one of our two locations: Coles Woods in the Town of Queensbury or Lake Bonita in Moreau Lake State Park.

For detailed event information and registration please visit the [CR-PRISM Events Page](#).

If you need a refresher or want to learn more about HWA, proper survey protocols, and winter hiking safety, you can [register](#) for this year's kick-off webinar (see below) on **February 16**, hosted by our friends at the Adirondack Park Invasive Plant Program (APIPP-PRISM). We are excited about this winter's surveys and hope you can join in this regional collaborative effort again this winter. **If you are ready to get outside and looking for a**

trail to adopt for a survey you can [click here](#). Several locations in Rensselaer, Grafton Lake, Cambridge and Washington are still available as well as those in the Adirondack Park!

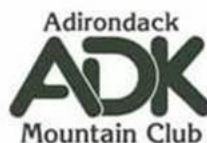
This joint program is made possible through the combined efforts of Adirondack Park Invasive Plant Program (APPIP-PRISM), the Adirondack Mountain Club, Capital Region PRISM, Lake George Land Conservancy, [NYS iMapInvasives](#), and the NYS Hemlock Initiative.

In addition, [iMapInvasives](#) and the Hemlock Initiative are coordinating a statewide "HWA Winter Mapping Challenge" from **February 12 to March 12**. The individual who enters the most HWA not-detected or presence records into iMap during the challenge period will win a prize.

We look forward to seeing you on the trails!

Adirondack Forest Pest Hunters Winter 2022 Training Surveying for Hemlock Woolly Adelgid (HWA)

February 16, 2022
10:00am – 11:30am
Zoom



Farmland Access Workshops

Resources for new and beginning farmers are being held via Zoom. Presented in part with Saratoga PLAN, American Farmland Trust | New York, NY FarmNet, and Kilcoyne Farms, the following are the last two classes in a series of a total of 4 workshops carefully curated for the Farming Community.

Farmland Evaluation

February 9th @ 6:00 PM

Presenters:

Nicolina Foti (Cornell Cooperative Extension)
Jessica Holmes (Cornell Cooperative Extension)

Farmland Succession

February 16th @ 6:00 PM

Presenters:

Megan B. Harris-Pero, Esq. (Harris & Betelho, PLLC)
Cody LaPage (Charter Oak Financial)

To register, contact Nicolina Foti at nvf5@cornell.edu or call 518-885-8995

Hosted by *Saratoga PLAN & Cornell Cooperative Extension*

Apply for the 2022 New York Farm Bureau Agriculture Youth Scholarship

High School seniors interested in pursuing an agricultural career can now apply for the 2022 New York Farm Bureau Agriculture Youth Scholarship. Changes this year include higher scholarship values for statewide and district winners. It is also open for students attending either college or an advanced training skilled trade program.

Click here for more info:

<https://www.nyfb.org/prog.../promotion-education/scholarship>



New Farm Financial Peer Learning Circles

Learn from fellow farmers and assess your farm business health with learning circles.



The Cornell Small Farms Program and Cornell Cooperative Extension are teaming up with farmers in New York State to analyze farm finances and have productive, honest discussions about the state of the farm business and opportunities for improving financial outcomes.

We are currently seeking farmers to participate in this five-session (1-2 hour/session) project (March-August 2022). Each participant will be paired with a Cooperative Extension Ag Business Specialist to work through their chart of accounts alongside peer farmers operating at similar scales throughout NYS to discuss financial decision-making opportunities, such as debt and loan assessment, labor management and costs, and price models for crops and market channels. All numbers will be standardized in ratio format for easy comparison.

This is a one-of-a-kind chance to assess the health of your business while making sound financial decisions and working toward long-term success. [Submit your application now!](#)

Dates and Participation:

- **Application Deadline: Tuesday, February 15, 2022**
- **Project kick-off date:** An introductory session for accepted participants will be held **Thursday, February 24, 2022**
- Participants should be willing to share basic financial information, which will be standardized using a ratios format, with their small peer group. Privacy and confidentiality will be agreed upon by all.
- [Apply online](#)

This work is supported through the Cornell Small Farms Program, Cornell Cooperative Extension and a generous grant from the New York State Department of Ag and Markets.

If you have questions, you may reach out to CSFP Project Manager, [Nicole Waters](#).

Cornell Cooperative Extension 2022 ENY Fruit & Vegetable Conference February 15, 16, 17

The CCE Eastern NY Commercial Horticulture Team is happy to invite vegetable and berry growers to our virtual series of webinars!

FEBRUARY 15, 8:15 am—4:30 pm

Strawberry Soil Health—Focusing on soil health and good soil management and the impacts soil has on plant health. Strategies to decrease tillage and incorporate cover crops and rotations will be discussed. Dr. Kerik Cox of Cornell will talk share tips to identify and manage soil borne disease, and ongoing work using anaerobic soil disinfection (ASD) will be explained.

Strawberry Production Systems—Dr. Marvin Pritts (Cornell), Dr. Becky Sideman from the University of NH and Dr. Elisabeth Hodgdon (CCE ENYCHP) will help clarify the nuances of the strawberry plant and the different options growers have with planting, cropping and wintering these unusual plants.

Raspberry & Blackberry Production—Dr. Courtney Weber (Cornell) will discuss progress in breeding plants with improved flavor and better tolerance of root diseases and even SWD. Dr. Greg Loeb (Cornell) will share results from ongoing work into SWD chemical ecology and behavior as the basis for management and Dr. Juliet Carroll (Cornell) will discuss efforts to simplify SWD monitoring and what that could mean for growers. Bramble farmers will share successful strategies for cane berry production.

Blueberries—This session will feature a deeper dive into virus identification and management by Dr. Timothy Miles of Michigan State University. Organic blueberry management from the farmers point of view will be covered and Dr. David Handley of the University of Maine will close the program with valuable information about the impact of pruning on blueberry production.

FEBRUARY 16, 9:00 am—3:30 pm

Vine crops—In this year's vine crop session learn from Cornell University's Dr. Meg McGrath first-hand what fungicides are and aren't working for Cucurbit Powdery Mildew and Downy Mildew. She will share her results from samples taken right here in the Capital District. Sandy Menasha from CCE Suffolk County will share variety updates and Natasha Field from CCE ENYCHP will also share interesting facts or hull-less seeded pumpkins.

We will also hear the latest results with using ultra violet lighting to control powdery mildew from Nick Skinner from Mount Sinai, Icahn School of Medicine. The session will wrap up with Chuck Bornt reviewing herbicides options and best use practices for 2022. DEC recertification credits have been requested for this session.

Sweet Corn—The sweet corn session features several out of state speakers including Dr. Mark VanGessel from the University of Delaware to discuss herbicide management practices in Delaware and Kris Holmstrom., Rutgers University Pest Management Specialist who will discuss worm management with Bt varieties and insecticides.

FEBRUARY 17, 9:00 am—4:00 pm

Climate Change—Presentations from farmers and scientists followed by small group opportunities, will help this session to support resilience and strategy over fear and confusion. There will be some pre-session work that will be recommended, but all are welcome to join this participatory virtual workshop

Brassica Crops—Our conference concludes with a mighty brassica session with experts Elisabeth Hodgdon and Christy Hoepting from Cornell and Gordon Johnson from the University of Delaware focusing on a variety of disease, heat stress and varietal topics for broccoli, cauliflower and cabbages—all pertinent to the retail market grower. Brussels sprout production will be covered by Jan van der Heide of Bejo seeds and grower input will also be included. If you grow brassica crops—don't miss this!

Conference Pricing:

\$40 for 2022 ENYCHP-enrollees

\$60 for non-enrollees

All conference sessions are included!

Many sessions will have **DEC pesticide recertification credits** available. You will be directed to a google form after you register to provide your information and choose the courses you would like to receive credits for. **You will also need to email a copy of your pesticide license to enychp@cornell.edu.**

REGISTRATION

Starting a Farm Business

February 23, 6:30pm



Steve Hadcock, Beginning Farmer and Market Development Educator with the CCE Capital Area Agricultural and Horticultural Program, will be answering your questions about starting a farm business. What are the risks of starting a farm business? Can I make enough income to sustain the business? What does it take financially to start a farm business?

Marketing Ag Products

March 2, 6:30pm



Sophie Ano, SUNY Cobleskill professor, Ph.D., Department Chair for Business, Food, Service and Agriculture, will be discussing the basics of marketing your farm or food business using social media and other outlets.

Conservation Easements for Agriculture

March 9, 6:30pm



May Leinhart, Otsego Land Trust Stewardship Associate, Master's degree in Geography, will talk about private conservation easements, state and local tax credits, and options farmers and landowners have in conserving their property.



Farmland Succession Planning

March 16 - 6:30pm

Farm Net Farm Business Management Specialist Gabriel Gurley will discuss the fundamentals of farm succession and how to develop a succession plan.

What's New at NYSAMP?

March 16 - 7:30pm



The New York State Agricultural Mediation Program (NYSAMP) is "More than Mediation". Welcome to an overview of NYSAMP and the ways it can serve farmers, their

families and their businesses, presented by Christine Tausel. We look forward to seeing you!

Fee: \$10 per class, \$25 for all

To register please visit:

<http://tinyurl.com/FarmSeries>

Questions?

Contact Jessica Holmes

jmh452@cornell.edu / (518) 234-4303 ext. 119

**Cornell Cooperative Extension
Schoharie and Otsego Counties**



Saratoga County

HORSE SYMPOSIUM



SAVE THE DATE

The wait for the Saratoga Horse Symposium is almost over! CCE Equine is excited to host our Saratoga Horse Symposium on May 14th at the 4-H Training Center in Ballston Spa, NY. This exciting educational event is a celebration of the horse for new, aspiring, and experienced horse owners and professionals. Registration for general admission, vendors, and sponsors will be open in February for 2022.

General admission for the Horse Symposium includes entry to a large used tack sale, vendors, and all clinics, and seminars. Tickets per adult are \$15 for the day, youth, 18 years of age and younger, are \$5 and 4-H youth members are free! Come and go as you please all day from 8:30-4:30pm.

The Horse Symposium has been dedicated to offering quality equine experiences for over 20 years. In the past,

industry leading veterinarians, trainers, and experts have joined us to offer a diverse offering that can be applicable to most equine disciplines. In between seminars and demonstrations, participants can enjoy food concessions, bid in a silent auction, browse our vendor room, and enjoy a used tack-sale fundraiser for the Saratoga County 4-H program.

Interested in being a vendor or sponsor for this anticipated event? Vendor and Sponsor application will be available in February. If you would like your business to be added to the email or mailing list please call our office at 518-885-8995 or email bh548@cornell.edu

For more information and updates, please contact Brianna Hughes at bh548@cornell.edu 518- 885-8995, or visit our [website](#).

New Moose Research Project in the Adirondack Region



Photo: NYS DEC

DEC today announced the start of a new moose research project in the Adirondack region. This winter, 14 moose were fitted with GPS collars as part of a multi-year project assessing moose health and population. To safely capture, collar, and monitor these animals, DEC partnered with researchers at the New York Cooperative Fish and Wildlife Research Unit and the College of Veterinary Medicine at **Cornell University**, the State University of New York College of Environmental Science and Forestry (SUNY ESF), and Native Range Capture Services.

Additional moose will be equipped with GPS collars in years to come, which will provide location data and information on moose activity patterns, movements, and mortality. Data collected as part of this research effort will contribute directly to the continued management of moose in New York. For more info: <https://www.dec.ny.gov/press/124596.html>

Alternatives to Road Salt



Photo: NYS DEC

Road salt is harmful and toxic to wildlife and the run-off can become problematic to waterways. Using alternatives, such as sand, coffee grounds (yes, really!), fireplace ash, and non-clay cat litter help melt the snow and create traction on walkways at home. Head to our Living the Green Life webpage for more ideas on making your icy walkways and driveways safe, while being kind to the environment: <https://www.dec.ny.gov/public/337.html>.

Free Webinar: The Science of Seduction

Wednesday, February 9, 2022, 7:00 PM—8:00 PM

Think you know everything about the birds and the bees? Think again! Join NestWatch staff and other researchers in a webinar to hear the latest buzz on "[The Science of Seduction: How Songs, Dances, and Displays Help Animals Win Their Mates](#)." Learn how smart is the new sexy (at

Diabetes Support Online Group

Friday, February 4, 2022

12:00 PM

Online via Zoo



Cornell Cooperative Extension of 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. Individuals can join by contacting Diane Whitten at 518-885-8995 or dwhitten@cornell.edu.

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

Who's that Bird?

Wednesday, February 2, 2022

6:00 PM—7:00 PM

Online Training via Zoom

Fee: \$5

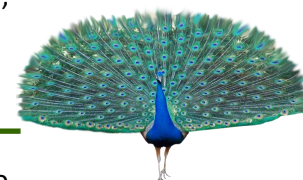
[Registration link](#)



shutterstock.com - 17668621

Join Cornell Cooperative Extension of Columbia & Greene for this introduction to basic bird identification. Fluff up your feathers and get ready to explore the birds of our area! The winter months are a great time to learn how to identify a few of the over 450 species of birds New York State's diverse habitats support. Pammi Price - Environment & Natural Resources Program Coordinator, will offer tips and resources on bird identification to help you learn the birds in your neighborhood.

Grab your friends and family and join us to learn about watching birds in your own backyard or local park and how to participate in citizen science projects like Cornell Lab of Ornithology's Project Feeder Watch. Learning about how to identify our feathered friends will also help you to get ready to participate in the Great Backyard Bird County from February 18-21, 2022.



least for chickadees), listen to sounds that make crickets swoon, and see how fairy-wrens use flowers to romance new partners. You'll discover the diverse array of animal courtship strategies—all of which will be infused with natural history and first-hand accounts from the field. [Register here](#).

February is Heart Health Month

By Julia Hotaling, Sage College Dietetic Intern for Cornell Cooperative Extension Saratoga County



American Heart Month

February is recognized as American Heart Month by the American Heart Association, a month that has been spotlighted since 1964. It's a time dedicated to emphasizing the importance of heart health. This means educating people on ways to achieve heart health and spreading awareness about the need for further research on the topic. All of this is in an effort to decrease the number of people who are diagnosed with heart disease. An estimated 16.3 million Americans over the age of 20 years old have been diagnosed with heart disease. And it is the leading cause of death in the world. That's why spreading awareness and education during the month of February is important for Americans' health.

National Wear Red Day

The best day for people to show their support for the cause is the first Friday in February. This year, February 4th is National Wear Red Day. This is the time to wear any red clothes, accessories, or makeup that will show participation in the event. Wearing red is one way to participate in the American Heart Month, another way is to practice heart healthy habits.

#OurHearts

**National
Wear Red Day
February 4**

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.

hearttruth.gov

Logos for NIH (National Institutes of Health) and the American Heart Association are visible in the bottom right corner of the graphic.

Heart Healthy Diet

Incorporating these healthy habits can look different for every lifestyle, but they all start with the same goal of taking care of the heart. Eating a heart healthy diet is a major step, try limiting sodium and saturated fat intake, as well as increasing fruit and vegetable consumption. This means decreasing intake of highly processed foods and sugary sweetened beverages. One staple heart healthy eating pattern is the Mediterranean diet. It focuses on a high intake of fruits, vegetables, moderate amounts of dairy, seafood and poultry, while limiting meat consumption.

Physical Activity

Another main focus for heart health, and the Mediterranean diet, is exercise. Increasing physical activity can be a challenge for many people because of their busy schedules. But exercise doesn't have to mean spending hours in the gym. It can mean a walk during lunch or playing a sports game with friends. Incorporating exercise in a way that is going to be enjoyable is much more motivating and sustainable.

Sleep and Stress

Eating a heart healthy diet and exercising more frequently can seem like major changes, but there are other ways to take care of the heart. Having a good sleep schedule is another way to manage heart health. It's recommended that adults get seven or more hours of sleep a night. It's also important to manage stress. Try deep breathing, listening to music, spending time outside, or setting aside time for friends and family to manage stress levels. Practicing mindfulness and taking the time to relax when necessary is important for keeping the heart healthy. Remember that a heart healthy lifestyle looks different for everybody and any action taken to care for the heart is beneficial to overall health.

For more information, contact Diane Whitten at dwhitten@cornell.edu, 518-885-8995 or visit ccesaratoga.org.

Women and Heart Disease

Heart disease is the leading cause of death in women of all ages, races, and shapes and sizes in the United States. Women sometimes experience heart disease differently than men.

Symptoms of Heart Attacks in Women

Women are somewhat less likely than men to experience chest pain. Instead, they are more likely to experience:

- Dizziness
- Fatigue
- Nausea
- Pressure or tightness in the chest
- Stomach pain

Women are also more likely than men to have no symptoms of coronary heart disease. Since women and their doctors may not recognize coronary heart disease symptoms that are different from men, women may not be diagnosed and treated as quickly as men. It is important to seek care right away if you have symptoms of coronary heart disease.

Learn more at: <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-truth/listen-to-your-heart>

HEART DISEASE BY THE NUMBERS

1 in 3

The number of adults who suffer from high blood pressure.

33 %

The percentage of women who do **not** engage in sports or physical activities.

655,000

The number of Americans who die annually from heart disease.

17.9 million

The number of people who died from heart diseases around the world in 2016.

80%

The percentage of heart diseases that are preventable with regular physical activity, avoiding tobacco, and maintaining a healthy diet.

43 million

The number of women who currently have some type of heart disease.

50 %

The percentage of women who die within 5 years of having a heart attack.



Eating for Heart Health

In honor of February's Heart Health Month, join Diane Whitten for this session series. The programs will cover topics including fats and cholesterol, sodium and the DASH diet, the Mediterranean diet and other healthy eating plans.

Tuesdays via Zoom
12:00—12:30PM
February 1
February 8
February 15

FREE

To Register Email:
dwhitten@cornell.edu



Source: <https://nationaltoday.com/national-wear-red-day/>; 7/25/22.



Spaghetti Squash Bake

TOTAL TIME: 1 HOUR 25 MINUTES

- Prep: 15 min
- Cook: 1 hour 10 min

INGREDIENTS

- 1 Spaghetti Squash
- 1 cup Marinara Sauce
- 1 1/2 cup Mozzarella Cheese
- 1/2 cup Panko Breadcrumbs
- Olive Oil
- Salt and Pepper

INSTRUCTIONS

- Preheat oven to 400 degrees fahrenheit
- Cut spaghetti squash in half and scoop out seeds
- Drizzle with olive oil and sprinkle salt and pepper
- Flip the squash over so the open sides are facing down on the pan and cook for for 45 minutes
- Remove from oven adjust oven temperature to 425 degrees fahrenheit
- Add spaghetti squash strands to a bowl and mix with marinara sauce
- Top with mozzarella cheese and panko breadcrumbs
- Put in the oven to cook for 25 minutes
- Take out and enjoy!

[VIEW VIDEO of RECIPE in process](#)

PLEASE TAKE SURVEY—The CCE Farmers' Market Nutrition Program outreach team is working with the Department of Agriculture and Markets on an online farmers' market customer survey designed to learn more about people's perception of markets and their market behaviors.

It's a short survey available in English and Spanish through the end of February. All NYS residents whether or not they shop at markets are invited to take the survey.

Links available in English and Spanish at <https://www.human.cornell.edu/dns/fmnp/consumers>

Care for Valentine's Flowers



The most popular day to give flowers is fast approaching with the arrival of Valentine's Day on February 14. Many people will be sending that special someone a bouquet of

fresh flowers — with roses being the most popular of all the flowers. Proper care is important for extending the life of fresh flower arrangements. Following are a few guidelines which will make this symbol of love last longer.

Water is vital

Keep the vase or floral foam soaked with water at all times. Add fresh water daily and use warm water, as this will aid in uptake. If the water turns cloudy, replace it immediately with fresh water. If possible, re-cut the stems every day by removing 1 to 2 inches. Use a sharp knife. Cut the stems underwater, as this allows them to draw in water instead of air.

Keep the flowers cool

Warm temperatures shorten the life of the blooms. Avoid direct sunlight and heat vents. Warm air from ceiling fans will cause the flowers to fade. Appliances like televisions and computers give off heat causing the flowers to dry out.

Wilting flowers

Try this trick if the flowers start to wilt; remove the stem from the arrangement and re-cut the stem. Next, submerge the entire flower in warm water. Leave it in the water for one to two hours. This treatment should perk the flowers up, extending them for a couple days. This trick works well for cut roses.

Care for a flower bouquet

If you give or receive loose stems of flowers, keep them cool as long as possible before delivering to your sweetheart. Fill a clean vase with water and add flower food from the florist. Follow the packet instructions for mixing.

Before placing the stems in the vase, remove all foliage that will be below the waterline. Leaves in water promote bacterial growth, which decreases life. Cut the flower stems under water with a sharp knife before placing them in the vase.

Potted gifts

Potted plants are also a popular gift. Like arrangements, keep them in a cool location and avoid heat drafts or dry air for longer lasting color. Most plants will require even moisture, so check the soil daily and, if dry to the touch, water. Do not let the plants stand in water as this will harm the root system.

Potted flowering plants will last anywhere from a few days, in the case of forced bulbs, to several weeks. For example, under good conditions expect azaleas, exacum cyclamen and kalanchoes to last up to four weeks.

Flowers are one of the best signs of showing you care. Whether you send or receive flowers, no matter the day, it means so much.

SOURCE: [K-STATE Research and Extension](#)

Healthier “Happy Valentine’s Day” Treats

You don't have to throw out your New Year's nutrition plan for Valentine's Day this year! Whip up one of these sweet treats, all lightened up a bit to keep you on track!

Peanut Butter & Pretzel Truffles

Ingredients

- ½ cup crunchy natural peanut butter
- ¼ cup finely chopped salted pretzels
- ½ cup milk chocolate chips, melted



Directions

1. Combine peanut butter and pretzels in a small bowl. Chill in the freezer until firm, about 15 minutes. Roll the peanut butter mixture into 20 balls (about 1 teaspoon each). Place on a baking sheet lined with parchment or wax paper and freeze until very firm, about a hour. Roll the frozen balls in melted chocolate (see below)
2. To melt chocolate, microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted. Or place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted. Refrigerate until the chocolate is set, about 30 minutes.

Each serving of 1 truffle contains: Calories 64, Fat 4g, Fiber 1g, Carbohydrates 5g, Protein 2g, Cholesterol 1mg, Sugars 3g, Sodium 53mg.

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.](#)



Composting with The Adirondack Worm Farm

Thursday, February 3, 2022 @6:00 PM
Online via Zoom



Bill Richmond, owner of the Adirondack Worm works with red wiggler composting worms to produce vermicast for gardens, and has hot-composted 10 tons of food waste at his Kingsbury farm through his curbside composting program serving the Glens Falls region.

Join Bill Richmond at this online meeting to learn about ...

- hot composting and worm composting
- what you need to know about killing weed seeds and deterring pests
- the no turn method to composting
- keeping a hot pile this winter!
- sources of carbon other than boring fall leaves
- vermicomposting basics and how to keep worms happy

Meeting ID: 865 3641 2246, Passcode: 418616. Please register by contacting Maren at (518) 623-3119 or marenalexander@nycap.rr.com .

Planning Your Backyard Vegetable Garden

Monday, February 7, 2022 @12:00 PM
Online via Zoom

Presenter - Cecilia Diaz, Program Associate RCE-Passaic County

Planning Your Backyard Vegetable Garden is part of Rutgers Cooperative Extension's Homesteading Academy, a "Lunch-and-Learn" Webinar Series.

Lunchtime lessons is for anyone interested in home-grown substance! Schedule a lunch date with Homesteading Academy the 2nd Tuesday of each month (except February) and look forward to future lessons on seed saving, cut flowers, fruit and nut crops, agroforestry, pasture, buying a tractor, practices for season extension, food preservation, and much more!

Registration is required! Register at [Meeting Registration - Zoom](#)

Have a question or topic idea?

Contact Kate Brown, Program Associate with RCE Burlington County, (609) 265-5050 orkbrown@njaes.rutgers.edu

Planning and Managing Orchards for Hobby and Business *Live instruction begins Wed. Feb 23 from 6:30-8:30PM for 6 weeks, with final webinar on Wed. Mar. 30*

Tree fruit are an important component of the agricultural and homeowner landscape. Planting and management of apple and other tree fruit orchards is a rewarding hobby and business, but you cannot simply plant trees and expect good fruit. There's a lot that goes into successful orcharding!

This course trains beginning tree fruit growers in fundamental concepts in orchard planning and management. Content will include site selection and management, rootstock and cultivar selection, orchard systems, pest management, nutrient management, and harvest considerations for commercial orchards tailored to the northeast U.S.

While live attendance is encouraged so you have the opportunity to engage with the presenters and ask questions, all webinars we will be posted in our online classroom for students to watch anytime.

For More Information or to Enroll in Course (\$)



Random Thoughts Filling Herb's Head

- Who knew Zoom would mean staring at a computer screen while sitting in-on a virtual meeting possibly in your pjs? In the 1970's, ZOOM was an educational television show on PBS for kids, and you could watch while wearing your pjs.
- We have come along way even in the last 15 years. Today, I can order my seed with my phone while driving my truck with a tooth that is blue.
- Buds used to be where apples came from, now you stick them in your ears.
- At the time I write this, it is snowing. The weather guys (and gals) have been talking about this "STORM" for 5 days...3" to 6"! Years ago, three to six inches would have just been a mere five-second mention.
- I heard Eskimos had over 100 words to describe snow. Being that they sat in a snow house for months with no light, I guess there was not much else to talk about. If you think about it, it shows how smart humans are. I'll bet polar bear don't have 100 words for snow.

1. Bed Surface	18. Corduroy	34. Dust on Crust	51. Lake Effect	67. Rain Crust	84. Sludge
2. Blizzard	19. Corn	35. Facets	52. Mank	68. Recrystallized	85. Sluff
3. Blower	20. Comice	36. Firm	53. Mashed Potatoes	69. Rime	86. Slush
4. Boilerplate	21. Creamy	37. Flakes	54. Metamorphic	70. Ripples	87. Snow (hello)
5. Bony	22. Crud	38. Fluff	55. Moguls	71. Roly Poly	88. Soft Pack
6. Bottomless	23. Crust	39. Flurry	56. Needles	72. Rollerballs	89. Spindrift
7. Buffed	24. Crystals	40. Freshies	57. Neve	73. Sastrugi	90. Stellar
8. Bulletproof	25. Dank	41. Gnar	58. Nuking	74. Scratchy	91. Styrofoam
9. Bumped Out	26. Death Cook-les	42. Grabby	59. Orographic	75. Showery	92. Sugar
10. Butter	27. Debris	43. Granules	60. Pellet	76. Skied Out	93. Sun Cups
11. Cany	28. Deep	44. Graupel	61. Pillows	77. Skiff	94. Surfy
12. Cement	29. Dendrites	45. Groomer	62. Pounding	78. Slab	95. Surface Hoar
13. Chalky	30. Depth Hoar	46. Hard Pack	63. Pow	79. Sleet	96. TG Crystals
14. Champagne	31. Drifts	47. Heavy	64. Powder	80. Slick	97. Trace
15. Chunder	32. Dumping	48. Hero	65. Puffy	81. Slide	98. Wind Buff
16. Cold Smoke	33. Dusting	50. The Kind	66. Puking	82. Slippery	99. Wind Crust
17. Concrete				83. Slope	100. Wind Slab

- Remember the question, how many months have 28 days? – All of them. That is how I feel about February. I look at this short month as a reminder how easy it is to get behind in chores. Have I gathered up all the rakes, hoes and shovels? Have I put a few drops of linseed oil in the handle? Have the edges been sharpened? Seed order done? Tractor serviced? Tiller...when was the last time you changed the oil in the tine section? The list goes on. Prices for oil are up and prices for parts are higher, therefore, it's

important to take care of equipment.

- We raise about 300 chickens every year as a cash crop. We have a co-op to process and sell them in groups of 150. That seems to be a comfortable number to process on a Saturday morning (7am – noon) with our group. We have been doing this so long that children of our original members now join us to harvest.
- Feed costs are raising fast. Right now, it is time to look at your feeders and see how you can reduce waste. That will go right into your pocket in found money.
- We may not need a hundred words for snow, but looking at what you have been doing on your homestead and breaking down the steps to find better ways to do things is a good way to spend a short homesteading month.

- Herb B. Sentaur, Homesteader



Get Your Fish Stocking Permit Now!

If you intend to purchase fish at the NYDEC 2022 Spring Fish Stocking Program, **you are required to have the proper permits.** NYSDEC will not be able to sell to anyone who does not have the proper permits with them at the time of the sale.

Please know that everyone purchasing fish must have a Fish Stocking Permit. If you are looking to purchase Triploid Grass Carp, you will also need a Triploid Grass Carp Stocking Permit.

For information on Fish Stocking Permits & links to the forms, please go to <https://www.dec.ny.gov/permits/25026.html>.



The 2022 Northeast Winter Regional 4-H Shooting Sports Workshop—County Certification

February 25, 2022 (virtual training at home if not taken within the last year)

February 26, 2022 (in-person) 7 AM—5 PM

February 27, 2022 (in-person) 8 AM—2:30 PM

4-H Training Center, 556 Middle Line Road, Ballston Spa

Cost:

- **\$90** without hotel room
- **\$125** with hotel room

The New York, Maine, New Hampshire, New Jersey, and Vermont 4-H Shooting Sports Programs' Annual Winter Workshop certifies volunteer leaders as 4-H Shooting Sports Instructors. The workshop features the following disciplines (*based on a minimum enrollment of 5 participants*):

- Pistol
- Archery
- Coordinator
- Hunting
- Muzzle Loading
- Shotgun



Adults will be certified to teach the applicable discipline to youth participating in formal 4-H Shooting Sports Programs and 4-H Camps. Each state maintains its own standards for certification. Certification standards may exceed those established by the *discipline*. All equipment will be supplied. This Workshop and Instructors adhere to all National 4-H Shooting Sports curriculum standards: Form Code 1501 for New York State participants.

A major focus of the Workshop will be on 4-H Club Development and elements of the 4-H STEM Program.

Registrations are due by February 10, 2022 –sign up through your County Educator

For more information, contact: William M. Schwerd, NYS 4-H Shooting Sports Director, Cornell Cooperative Extension of Saratoga County at (518) 885-8995; wms4@cornell.edu

OR John Bowe, NYS 4-H Shooting Sports Assistant Director, at (518) 623-3291, jfb32@cornell.edu.

Please visit us online at www.NYS4HShootingSports.org.

4-H Project Day 2022



The 2022 4-H Project Day, “Wild Winter”, is designed to help youth explore the outdoors during the cold winter months. This project focuses heavily on teaching youth to observe and learn about the world around them. Winter in Upstate New York is a wonderland when it comes to experiencing nature in all its beauty.

This project will include hands-on activities, outdoor activities and opportunities to share discoveries among fellow 4-H explorers.

This event will take place at **Into the Woods Farm from 10 AM—Noon on Wednesday, February 23rd**, with an inclement weather day scheduled for February 24th (same times).

We hope you’re ready to get “WILD”!

Online registration is at:

https://reg.cce.cornell.edu/4H_WildWinter_241



Saratoga County 4-H Archives Corner

By Wendy McConkey, Records Management Officer

In the last Saratoga County 4-H Archives Corner, former 4-H'er Gail Payne was highlighted on her Poultry Award Trip to New York City. In this issue, Albert Bertrand of the Stony Brook Club in Elnora writes about his 1957 Poultry Award Trip to New York City. Article is from the January 1958 issue of Saratoga County 4-H Club News.

NEW YORK CITY POULTRY AWARD TRIP



Albert Bertrand
Photo: Ancestry.com

Each year the Saratoga County Agricultural Society sponsors a trip to New York City for the 4-H poultry champion. In order to qualify for this award, the New York State Poultry Committee requests that the delegate must have been enrolled in a poultry project for the past three consecutive years. Poultry records, exhibits

at the fair and overall progress in the poultry project are considered in selecting the award winner.

This year Albert Bertrand of the Stony Brook Club in Elnora was the Poultry Champion to receive this award. Albert has this to say about his trip.

"I left for New York City at 10:00 a.m. December 10, with Mr. Schulze, agent from Warren County. I arrived in New York at 3 :00 p. m. and checked into the Henry Hudson Hotel. At the hotel I met many boys and girls from other counties. At 6:00 p. m. we had a banquet at the hotel. At 7:30 we went to C. B. S. Television Studios, and we saw live television shows, sponsored by Mr. Berkman and Mr. Choplinski of the Henry Hudson Hotel.

Wednesday morning, I had breakfast at the Horn and Hardart Cafeteria. At 8:45 a. m. we left for a tour of the city sponsored by Mr. Monroe Babcock, proprietor of Babcock Hatchery. I saw many interesting things such as: Madison Square Garden, Macy's Department Store, the

largest department store in the world, the Empire State Building, F. W. Woolworth, the largest ten cent store in the country, and Washington Square. We also visited Grace Church, the oldest church in New York City. We visited China Town. There we visited a big Chinese store. After the tour of the city we ate lunch at the Brass Rail, sponsored by James T. Timberlake. After lunch I went to a movie. I then retired at 10:00 p. m.

Thursday, we went on a tour of the Lederle Plant which specializes in antibiotics. We also ate lunch at the Lederle Plant. This was sponsored by Mr. John A. Pohl, manager. At 1:00 we visited the U. N. Building, and we were told many interesting things about the building. After visiting the U. N. Building we went back to the hotel and went swimming.

On Friday morning I arose at 5:30 a. m. and visited the fish market sponsored by Miss Betty Woods, Extension Home Economist in Marketing. Here we saw fish from all parts of the world, many of which I have never seen before. After the tour of the fish market I ate at Sloppy Lewies. After lunch I went back to the hotel, to get ready to go home. We left New York at 1:00 p. m. I want to thank all who made this trip possible.

—By ALBERT BERTRAND

Saratoga County 4-H
Alumni Facebook



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

**SARATOGA COUNTY
4-H ALUMNI**



Website and Social Media

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



CCE Saratoga



4-H



CCE Equine



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