

SARATOGA COUNTY 4-H WALKATHON

MAY 14, 2022
at the
SARATOGA SPRINGS YMCA

The first Saratoga County 4-H Walkathon was held June 7, 1975 in Ballston Spa. One hundred thirty-three participants started at the Fairgrounds in Ballston Spa for a 25-mile walk; 71 participants completed the course. The total raised for the first Saratoga County 4-H Walkathon was \$5,000.

The purpose of conducting the first Walkathon was to start a fund raising campaign for constructing the 4-H Training Center and meeting rooms for various aspects of the Cooperative Extension programs. The 4-H Training Center is located at 556 Middleline Road in Ballston Spa.

In 1975, the dream for the Training Center was to have a facility for conducting saddle horse clinic, dog care and obedience training classes, square dancing, general 4-H club activities, workshops in small engines, woodworking and numerous other training sessions.

Although some 4-H programming has changed over the years, the need and funding for the 4-H Training Center



2008 4-H Walkathon Kickoff—4-H Training Center, Ballston Spa

still remains. Currently, the Center is not only used by Cooperative Extension for programming, but other organizations, individuals and groups utilize the facility as well.

Participation in the walkathon is open to all youth and adults in Saratoga County. You do not have to be a 4-H member or be involved in other Cooperative Extension programs. Those who do not wish to walk are encouraged to make a pledge for those who walk. Information about pledging and registration for being a walker can be obtained from the Extension Office, 50 West High Street, Ballston Spa or via the link - [Cornell Cooperative Extension - Event Registration for Programs](#)

REGISTRATION DEADLINE IS MAY 1st.



Registration Fee is \$25 per person or a maximum of \$75 per family.
(T-shirt included with registration)

Questions? Contact Leland at (518) 885-8995 or GLB76@cornel.edu.



LEARN ABOUT INVASIVE SPECIES & iMapInvasives



Want to learn more about invasive species and how you can use iMapInvasives to help to protect NY natural resources from their impacts? Register for one of our free trainings and events below. Most of the trainings are recorded and uploaded the [iMapInvasive NY YouTube Channel](#).

iMapInvasives

Joining the iMapInvasives Certified Trainers Network

WEDNESDAY, APRIL 27 (1PM - 2:30PM)

VIRTUAL EVENT

HOST: Mitchell O'Neil

Learn how to join a collaborative network of volunteers and professionals who contribute to NYS invasive species efforts by training their communities to use iMapInvasives.

Register here: [Training | NY iMapInvasives](#)

Identifying and Reporting Spotted Lanternfly and Tree-of-Heaven with iMapInvasives

WEDNESDAY, MAY 25 (1PM)

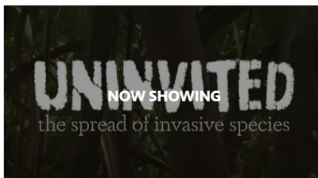
VIRTUAL EVENT

HOST: Mitchell O'Neil



Register here: [Training | NY iMapInvasives](#)

UNINVITED the spread of invasive species



"Uninvited is an informative documentary about the damage that invasive species are causing to New York's natural environment, communities, and economy. But it isn't all doom and gloom — the film also highlights some of the innovative ways New York State is combating these threats, including how our tail-wagging friends are helping out."

Uninvited was shown on our local PBS station WMHT on April 24th at 10am. Watch it here: <https://vimeo.com/689509384/06088a761a>

4-H SCHOLARSHIP GOLF CLASSIC

Saratoga County's 4-H Leaders' Association will be holding their 21st Annual 4-H Scholarship Golf Classic on **June 4 at the Fairway of Halfmoon**.

Registration information for players and sponsors is available at:

[Cornell Cooperative Extension | Saratoga County 4-H Scholarship Golf Classic \(ccesaratoga.org\)](#)



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, May 6th at NOON**.

Register for this meeting by clicking on this: [Meeting Registration - Zoom](#)

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 May Board of Directors Meeting will be held at 7:00 PM at the CCE Office and via Zoom (if needed) on Thursday, May 26, 2022.

For Zoom link or to inquire about in-person attendance, please email wlm8@cornell.edu.



SARATOGA HORSE SYMPOSIUM

May 14, 8:30 AM

556 Middleline Road, Ballston Spa

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.

This exciting educational event is a celebration of the horse for new, aspiring, and experienced horse owners and professionals.

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 8:30am—4:30pm.

To register, call the CCE Office at 518-885-8995.

Questions? Contact Brie at bh548@cornell.edu



Meet the Presenters



Kim Trombley, will present on **“EQUINE LEGISLATION: WHAT HORSE OWNERS NEED TO KNOW”**

Kim Trombley has a B.S. in Animal Science/Agribusiness Management from Michigan State University. After college, she completed a year-long equine internship at Miner Institute in Chazy, NY, and has been with New York Farm Bureau ever since. Kim covers six counties as part of her territory: St. Lawrence, Franklin, Clinton, Essex, Washington, and Saratoga, and works as a liaison between the New York Farm Bureau state office and the local county chapters. A lifelong member of the equine, she recently purchased her first registered Morgan!

OTHER PRESENTERS & TOPICS

Liz Deluca	Using Groundwork to Advance Ridden Maneuvers
Upstate Equine Medical Center	Equine Emergency Rescue
Dr. Karin Bump	Preparing for Goodbye
Molly Alger	Bridleless Riding
Sarah Collier	What They Didn't Tell You About Horse Ownership

HOLD YOUR HORSES—EQUINE NUTRITION SERIES

Sponsored by the Equine Subgroup of the Livestock Program Team

Wednesday, MAY 11

Pasture Management—Ken Estes, Jr.

Learn about pasture management for equine owners including best management practices related to soil health, plant selection, loading density, mowing, dragging, resting, fertilizing, and weed control.

[Registration is required.](#)

Each Presentation is held from

6:30 PM - 7:30 PM

VIA ZOOM

Fee: No Cost

Questions? Contact Abbey Jantzi at aej48@cornell.edu or 315-788-8450 ext. 278.

Wednesday, JUNE 8

Forage Analysis - Sarah E. Fessenden and Lynn Bliven

Learn about interpreting forage analysis reports and factors that impact evaluation of hay quality.

[Registration is required.](#)

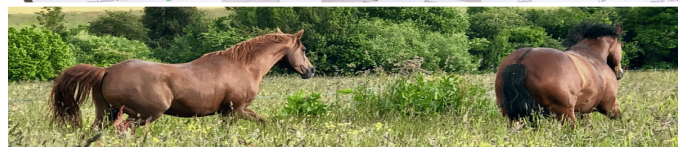


Photo: Forageplus

Capital Region PRISM IS HIRING

Watercraft Steward(s) and Lead Steward

Watercraft Stewards work independently at various boat launch locations throughout the Capital Region PRISM region. Watercraft Stewards collect survey data through interactions with the public. The Lead Watercraft Steward will assist in providing oversight to Watercraft Stewards. The Lead Steward will work independently and travel frequently between various boat launch locations throughout the Capital Region PRISM region. **Lead steward will be promoted based on program needs.* Compensation: Watercraft Stewards: \$15.00/hr and Lead Watercraft Steward: \$16.00/hr **To Apply Click Here**

Locations:

As part of Cornell Cooperative Extension of Saratoga County's Capital Region Partnership for Regional Invasive Species Management (PRISM) program, Aquatic Invasive Species (AIS) Watercraft Stewards provide public education and outreach at boat launches regarding statewide Clean, Drain, Dry practices in order to help prevent the spread of aquatic invasive species. Watercraft stewards work independently at various boat launch locations. Counties of employment include Albany, Saratoga, Schenectady, Greene, Washington and Columbia. A list of boat launch location can be found [here](#).



Duration:

Watercraft Stewards and Lead Watercraft Steward: work on a full-time, seasonal basis from May through September. Work schedules are typically Thursday - Monday, 7:00 a.m. – 3:30 p.m. though schedules may also vary depending on program needs. Holidays and weekends are required. The Watercraft Steward Program runs from the Friday before Memorial Day through Labor Day, with three days of required programmatic training from May 23rd to May 25th.

TICK TALK

Content compiled by members of the Cornell University Horticulture Program Work Team, 2021.

Ticks and tick-borne diseases have become a significant public health issue in New York, with numerous tick species and diseases currently present and spreading within the state and region. More ticks in more places also increases your risk of tick encounters and the disease-causing pathogens they inject during their blood meal.

Tick-borne diseases in New York include:

- [Lyme disease](#)
- [Anaplasmosis](#)
- [Babesiosis](#)
- [Borrelia miyamotoi](#)
- [Powassan virus](#)
- [Ehrlichiosis](#)
- [Tularemia](#)
- [Rocky Mountain Spotted Fever](#)



Different species of ticks can transmit different pathogens, so [identifying the tick species](#) is important. After identification, the next question is whether the tick should be tested. We follow the [CDC recommendation](#) of **not** having the tick tested for diagnostic purposes. The reasons include:

- Positive results showing that the tick contains a disease-causing organism do not necessarily mean that you have been infected.
- Negative results can lead to false assurance. You may have been unknowingly bitten by a different tick that was infected.
- If you have been infected, you will probably develop symptoms before the results of the tick test are available. If you do become ill, you should not wait for tick testing results before beginning appropriate treatment.

There IS a community-science benefit to having a tick tested. The [Thangamani Lab in the SUNY Upstate Medical University](#) is investigating the geographic expansion of ticks and tick-borne diseases in New York. When funding allows they are conducting [free tick testing](#) for research purposes.

Tick saliva can also impact people, including [alpha-gal allergy](#) caused by lone star tick bites and [tick paralysis](#) mostly attributed to female American dog ticks.

But, overall, prevention is best. Avoiding tick-borne diseases and impacts means avoiding a tick bite. Use the resources and links on the left and right sidebars of this webpage for the resources you will need to avoid tick bites, manage ticks in the landscape, what to do if you are bitten and protect yourself from tick bites and tick-borne diseases.

MARKETING YOUR BEEF

MAY 5 (7PM)

4-H TRAINING CENTER

556 MIDDLELINE ROAD, BALLSTON SPA

COST: FREE

In honor of national beef month, the CCE of Saratoga county has partnered with the New York Beef Council and Easton Station Farms to talk about different ways to market your beef. Including topics such as How to Market Underutilized Cuts, How to Market Your Beef on Social Media, and The Master of Beef Advocacy.



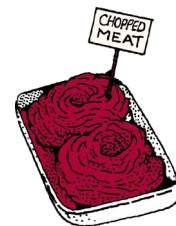
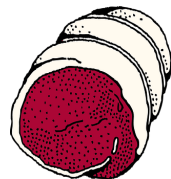
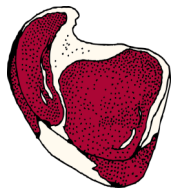
You will hear from Erin Perkins of Easton Station Farms. Easton Station Farms, owned and operated by Jeremy and Erin Perkins, is a local family-run farm that has been raising Blonde d'Aquitaine and commercial cattle since 2010 in Greenwich, NY. "We take pride in the way our cattle are raised, maintaining high standards for each animal on the farm. We work together to bring

you healthy, high-performing cattle as well as lean beef, full of flavor. Our farm is BQA (Beef Quality Assurance) certified, NY Grown & Certified, Masters of Beef Advocacy certified & members of the National Cattleman's Beef Association & New York Beef Producers Association."



You will also hear from Chrissy Claudio of the New York State Beef Council. Chrissy Claudio works at the New York Beef Council as the Director of Producer Communications and Consumer Engagement where the mission is to enhance the lives of consumers by connecting them with beef and the beef community. Before working for the NY Beef Council Chrissy managed a large pasture-based cow/calf operation in central NY

alongside her husband. An equine graduate from SUNY Morrisville she and her husband were awarded in 2020 the NY Beef Promoters of The Year award. As a fellow beef producer, she is passionate about advocating for the beef industry and sharing her own "Beef Story." Alongside her husband and daughter, they own Simply C Farm in Boonville, NY where they raise and graze black Angus cattle, sheep, pigs, and horses.



Cornell Cooperative Extension Saratoga County

This workshop is FREE and IN-PERSON.

To sign up for this workshop, please call our office at 518-885-8995, or email eah29@cornell.edu.

PUBLIC TREES AND PUBLIC HEALTH

WEDNESDAY, MAY 11 (NOON—1:15 PM)

A growing body of scientific research suggests that abundant trees and green space in communities provide important benefits for human health and well-being. The Green Heart Project of Louisville, Kentucky is one of largest, long-term initiatives in the U.S. to plant many trees and conduct controlled research on physical and mental health in Louisville.

Join us for an overview of the Green Heart Project with a presentation from members of the project team at the University of Kentucky.

Registration is FREE, but required in advance at: <https://meetny.webex.com/meetny/onstage/g.php?>



GREEN HEART

TELLING YOUR STORY: THE POWER OF STORYTELLING IN GRANT APPLICATIONS

WEDNESDAY, MAY 18 (NOON—1:15 PM)

Tell the story of the projects you want to bring to life is a critical component of grant applications that many struggle with. Join us to hear about the Arbor Day Foundations T.R.E.E. proposals which use community stories to find donors for projects, and about two successful local case studies in the communities of Mamaroneck and Newburgh.

Registration is FREE, but is required in advance at: <https://meetny.webex.com/meetny/onstage/g.php?MTID=e7baeff8e66df2e4efce36baf2f0f4f8b>



Arbor Day
Foundation®

CELEBRATE ARBOR DAY—FRIDAY, APRIL 29



Arbor Day is a national observance that celebrates the role of trees in our lives and promotes tree planting and care. First celebrated in 1872, it was established as a way to encourage farmers and homesteaders to plant trees that would provide shade, shelter, food, fuel and beauty to open area. In New York, Arbor Day is traditionally celebrated the last Friday in April. However, communities around the state can celebrate Arbor Day any day of the year.

Unlike other holidays, many of which honor people or past events, Arbor Day promotes a better future. Young people are our future foresters and leaders. This day reminds us to share our knowledge with today's youth of

the importance of trees and how to care for them.

While Arbor Day is traditionally celebrated as a public community event, there are lots of ways to celebrate as a family and to connect with your neighbors remotely. Even when we can not gather in person, we can still celebrate trees in our own yards and online. Here are some ideas for how to commemorate Arbor Day for individuals and families:

- Check in on your backyard trees. Any new cracks, fungal growth, or dead branches? View NYS DEC [tips for finding an arborist](#) if your trees need help.
- Take a walk around your block and pick up trash, and don't forget to admire your neighborhood trees while you do.
- Check out the Arbor Day Foundation's [6 Ways to Celebrate Arbor Day in a Time of Social Distancing](#) for more ideas .



TARGET'S CAR SEAT TRADE-IN RETURNS, FREE COUPON

Target is holding its biannual car seat trade-in event next week for families to bring an old, expired or damaged car seat to be recycled for a coupon. Car seats can be traded in from April 18 through April 30 at any Target store. Drop-off boxes will be located near guest services.

Those trading in will receive a 20% off coupon on their Target app or Target Circle account, which can be redeemed through May 14. The coupon applies to new car seats, strollers, and select baby gear.

According to The Bump, those using a car seat for a child can tell if it is expired by looking for a small, white sticker somewhere on the seat with the date the seat expires. The website said other brands have information imprinted somewhere on the plastic shell of the seat. The Bump also offers information on where to find the date, listed by brand.

Target hosts its car seat trade-in twice a year. A total of 1.7 million car seats have been recycled through Target since 2016, amounting to 25.4 million pounds of materials.

Materials from old car seats will be recycled by [Waste Management](#). More information can be found on the company's [website](#).

Original link: [Target's car seat trade-in returns, free coupon \(news10.com\)](#)



Capital Region SNAP-Ed VIRTUAL Public Classes

ENJOY FOOD THAT TASTES GOOD

May 6 (10AM - 11AM)

Learn to eat healthy your way with Capital Region SNAP-Ed. This interactive workshop allows you to learn the basics of what it means to eat a healthy diet while customizing it to your preferences. Small changes make a big difference! You can enjoy the foods you already eat with a few simple, healthy twists!

Contact Crystal Davis with questions & Zoom meeting information at cjd236@cornell.edu.

Link to join:

<https://cornell.zoom.us/j/96406553885?pwd=RDBoTXhtZmRkTWtoWUdUMjNhTXRpdz09>. Meeting ID: 964 0655 3885, Passcode: banana.



TIPS FOR LOSING & MAINTAINING WEIGHT

May 9 (3PM - 4PM)

Reaching and maintaining a healthy weight reduces the risk of chronic disease and add a wealth of mental health benefits, too. In this interactive workshop we won't be discussing the latest diet trends or any lose weight quick schemes. Our goal is to empower you to make simple changes to the food you enjoy and make the lifestyle choices needed to help you live your best life!

Contact Jillian Ludwig with questions & Zoom meeting information at: jil279@cornell.edu.

Link to join:

<https://cornell.zoom.us/j/97093397964?pwd=N3FYUGJJNGtDZG9hdWl0VmVZVWRldz09>. Meeting ID: 970 9339 7964, Passcode: 182502.



FRUITS & VEGETABLES FOR THE WHOLE FAMILY, EASY SOLUTIONS

May 13 (12PM - 1PM)

This lesson is all about the little tips and tricks to making sure everyone in the family is eating the fruits and vegetables they need. Join Capital Region SNAP-Ed and hear other families' success stories on how they are able to get their family to where they need to be.

Contact Kim Maercklein with questions & Zoom meeting information at kam487@cornell.edu.

Link to register: https://cornell.zoom.us/meeting/register/tJcnd--qpi8uE9NzRGhfqx_9F_yh04oHedkL. Meeting ID: 936 0628 4497, Passcode: 828233.



32ND ANNUAL YOUTH FISHING TOURNAMENT



Co-sponsored by
Saratoga County & The Town of Milton



MAY 7, 2022

7:00 AM - 11:00 AM

4-H TRAINING CENTER

**556 MIDDLELINE ROAD
BALLSTON SPA**



FREE

for

SARATOGA COUNTY YOUTH

BREAKFAST

ADULTS: \$8

CHILDREN (4-11): \$5

SENIORS: \$5

CHILDREN 3 & UNDER : FREE

NOTES

- Valid New York Fishing License required for 16 years of age and older (can be purchased at Town Clerk's Office).
- Bring your own fishing pole and bait!



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.](#)



LUNCH & LEARN HANGING BASKETS & FLOWERPOTS

Presented by Susan Beebe
Tuesday, April 26 at 12:15 PM
via Zoom

Hanging baskets and combination flowerpots continue to grow in popularity. Perhaps you have seen some containers that have wowed you and now you want to create this beauty on your own.

This session will help guide you through the proper planting and care so that you can maintain a beautiful container all summer long.

[Cornell Cooperative Extension - Event Registration for Programs](#)



EARLY SPRING WEEDS IN NO-TILL FIELDS

As the weather warms, weeds grow quickly. Below is an overview of commonly found weeds during the early spring season, especially in no-till settings.

Warmer temperatures and rainfall occurring across much of the state are causing weeds to flourish. Many of these weeds started their growth last fall and overwintered as a rosette. However, there will be some that germinate from seed this spring. These weeds will cause problems with planting in no-till settings if they are not adequately controlled. Before burndown herbicide programs are considered, it is best to know what weeds you are targeting to best determine what products to use and when to apply them for optimum performance. Therefore, scouting fields now can be worthwhile. Below are several common weed species that are present in fields now. Depending upon your location in the state and accumulated heat units, some of these species may have flower structures and have more advanced growth. Once you correctly identify the weeds, use resources such as the [Penn State Agronomy Guide](#) for herbicide suggestions.



A weedy field in spring before burndown. (Source: Penn State Weed Science; D. Lingenfelter)

(The following images were taken by D. Lingenfelter, Penn State Weed Science)
....continued on next page.

Early Spring Weeds in No-Till Fields *continued from previous page.*

ASTER FAMILY: Common spring species in this family include marestail/horseweed, fleabane, common groundsel, corn chamomile, dandelion, common burdock, thistles, and prickly lettuce.



marestail/horseweed (*Coryza canadensis*; annual) fleabane (*Erigeron spp.*; annual) common groundsel (*Senecio vulgaris*; annual)



common burdock (*Arctium minus*; biennial) dandelion (*Taraxacum officinale*; perennial)

MUSTARD FAMILY: Typical early-season species in this family include field pennycress, shepherd's purse, hairy bittercress, pepperweed, yellow rocket, bird-rape mustard, and Whitlow grass.



field pennycress (*Thlaspi arvense*; annual) shepherd's purse (*Capsella bursa-pastoris*; annual) Yellow rocket (*Barbularis*; annual)



hairy bittercress (*Cardamine hirsuta*; annual) Whitlow grass (*Drabra verna*; annual, two samples on left); vs. marestail/horseweed on right

PINK FAMILY: Common chickweed and mouseear chickweed are the most common species in this group but others include white and bladder campion and knawel.



common chickweed (*Stellaria media*; annual) mouseear chickweed (*Cerastium vulgatum*; perennial)

MINT FAMILY: Henbit and purple deadnettle are very common in early spring. Ground ivy is another species in this family but is most prevalent in turf and landscape settings.



henbit (*Lamium amplexicaule*; annual) purple deadnettle (*Lamium purpureum*; annual) henbit (left) and purple deadnettle inflorescence

FIGWORT FAMILY: Speedwell populations are common this time of year. Corn speedwell is frequently found in no-till setting, however, there are several different speedwell species, and they can be difficult to distinguish - some are annuals and other perennials.



corn speedwell (*Veronica arvensis*; annual)

There are miscellaneous **other species** that can be found in no-till settings prior to burndown such as dock, poison hemlock, bluegrass, downy brome, and quackgrass, among others.



curly dock (*Rumex crispus*; perennial) poison hemlock (*Conium maculatum*; biennial) annual bluegrass (*Poa annua*; annual or short-lived perennial)

Additional information about these and other early season weeds can be found at these links:

[Early Spring Weeds of No-Till Crop Production Guide](#)
[Rosette-Forming Weeds of Early Spring](#)



INSECT REPELLENT (Spray, Salve, Sticks)

MAY 7, 2022 (2 PM)

In-person or via Zoom

If the past two years have taught us anything, it is the importance of caring for ourselves and others so that we can remain healthy and well. In this interactive series, we will learn how easy it is to make inexpensive wellness products, using natural ingredients. From skincare and body care, to treats for our pets and more. Each workshop, offered through Warren County Cornell Cooperative Extension, will provide a hands-on and virtual opportunity to learn-by-doing. For those who can join us in person, all materials will be provided to make these products and bring some home to enjoy. For those who want to join remotely, you may obtain recipes so that you can make these items at home along with us.

May 7, 2022 (2 PM): Insect Repellent (Spray, Salve, Sticks)
Registration Link: <https://cornell.zoom.us/meeting/register/tJlocOmurjovG9Pq1mv04T50K0cRwXQOao>

For more information, or to request recipes so that you can join us at home, please contact MB at Cornell Cooperative Extension of Warren County by email: mem467@cornell.edu or phone: (518) 623-3291.



INVASIVE JUMPING WORMS

Attention, spring gardeners! Be on the lookout for invasive jumping worms this spring, and report your findings to NY iMapInvasives at <https://www.nyimapinvasives.org/>.

While most earthworms in the Northeastern United States are non-native, invasive jumping worms are particularly destructive to soil, and because they are a newer invasive species, DEC and partners are tracking their distribution across the state. Jumping worms likely first arrived in North America in the 1800s by being transported in the soil of potted plants. They are spread by moving potted plants, soil, compost, mulch, and fishing bait.

You can check your yard for these worms by using a mustard mixture that won't harm your plants. Mix a gallon of water with 1/3 cup of ground yellow mustard seed and pour slowly into the soil. This will drive any worms to the surface. You can ID jumping worms by their milky-white collar that is flush with their bodies and near the head. They tend to be surrounded by dark soil that resembles coffee grounds, and they are found closer to the top layer of soil than other similar worms. They wriggle rapidly when handled.

Please report findings of invasive jumping worms to <https://www.nyimapinvasives.org/>, where experts can confirm identification. If you have a small population of invasive jumping



Lunch in the Garden VEGETABLE GARDENING

APRIL 27, 2022 (Noon - 1PM)

via Zoom

As food prices rise and more folks desire wholesome and fresh produce, home vegetable gardening is an attractive option. But where to begin? Find out more at our next "Lunch In The Garden" Free Zoom Webinar, when we'll discuss "Vegetable Gardening For Beginners." New Master Gardener trainees (but long-term and well-experienced gardeners) Marie Hankle-Wieboldt and Bob Wieboldt will talk about the basics of siting, preparing, planting and maintaining in-ground, raised bed, and container gardens for beginners. Bring your vegetable-growing questions and we'll answer those, too!

This series is sponsored by Cornell Cooperative Extension of Rensselaer County. Feel free to invite other gardeners to this Webinar. To sign up for this Webinar, read and click on the link below, which will help you register. You'll need to download the free ZOOM software on your computer to participate (it's easy – visit ZOOM.US on the internet).

Please register through the following link:

https://cornell.zoom.us/webinar/register/WN_g0jHq7xKQp-EysMRNjkhDQ

After registering, you will receive a confirmation email containing information about joining the webinar.



worms, you can bag them and throw them in the trash; or place them in a black plastic bag and leave out in the sun for at least 10 minutes, then throw the bag away. Take extra care to not spread these worms to new areas of your yard. Work in infested areas last, and always clean your tools and shoes afterwards.

More information on this invasive can be found at:

<https://extension.psu.edu/look-out-for-jumping-earthworms>

A Homeowner's Guide to Jumping Worms is available at:

<https://ecommons.cornell.edu/handle/1813/103692>

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

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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

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