

May 25, 2022

Volume 3 Issue 11

### EMMA HANEHAN, 2022 4-H Dairy Calf Scholarship Recipient

Congratulations to Emma Hanehan, the 2022 4-H Dairy Calf Scholarship Recipient. Emma received her calf from Caitlyn VanDuesen, a past dairy calf scholarship recipient (2014). We are excited to follow the journey of Emma and her new calf, and wish her the best of luck at the 2022 Saratoga County Fair.



Looks like Emma and her calf are off to a great start!



Emma Hanehan (R), 2022 Dairy Calf Scholarship Recipient receives her calf from Caitlyn VanDuesen (L), 2014 Dairy Calf Scholarship Recipient.

The Saratoga County 4-H Dairy Calf Scholarship is open to all 4-H'ers in Saratoga County who are interested in owning a registered calf. Applicants for the calf must meet the following criteria: must be a member of the Saratoga 4-H Dairy Club or willing to join, have suitable housing facilities for the animal, welcome periodic farm visits, show the animal at the Saratoga County Fair 4-H Show, have parent/guardian permission, agree to breed the calf to a registered sire, and agree to return the 4-H Calf Program the first-born heifer calf from this award calf or a heifer calf of "like quality".

This scholarship is a chance to own a fine pedigree calf. Many Saratoga County 4-H'ers have been involved and benefited from this great opportunity.

For more information on the Saratoga County 4-H Dairy Calf Scholarship contact Rylie Lear, Livestock Educator [RJL287@cornell.edu](mailto:RJL287@cornell.edu).



# NEW YORK INVASIVE SPECIES AWARENESS WEEK

Monday , June 6, 2022 , Noon—Sunday, June 12, 2022, Noon



The Capital Region PRISM (Partnership for Regional Invasive Species Management) would like to invite you to join and participate in the annual New York State Invasive Species Awareness Week (ISAW) from Monday, June 6th to Sunday, June 12th 2022. ISAW is an annual educational campaign coordinated by the New York Department of Environmental Conservation, New York State Invasive Species Council and Invasive Species Advisory Committee, the eight PRISMS of New York and their partners. The mission of the New York Invasive Species Awareness Week (ISAW) is to promote knowledge and understanding of invasive species and the harm they can cause, by engaging citizens in a wide range of activities across the state. The awareness campaign is an excellent opportunity for the public to learn about invasive species and how they can get involved to help protect our forests, lakes, rivers, wetlands, and other natural areas from the negative impacts of invasive pests. Please join us and host an event to help protect our environment! Initiated in 2014, the week-long campaign features numerous statewide events focused on invasive species, ranging from floating classrooms, removal and restoration efforts, live presentations, informational webinars, citizen science trainings, film screenings, tabling events, and more.

Please consider and host an event which can be listed through the form linked below and advertised on the official NYISAW event page as well as the CR-PRISM’s social media outlets.

For more information or to potentially partner with the Capital Region PRISM, contact Kristopher Williams the CR-PRISM Coordinator at [kbw44@cornell.edu](mailto:kbw44@cornell.edu) Take a look at the NYS DEC documentary “Uninvited: The Spread of Invasive Species”. A story of invasive species in New York State, and how the NYSDEC and our partners are tackling them. The Capital Region (PRISM) a Partnership for Regional Invasive Species Management, is hosted by the Cornell Cooperative Extension of Saratoga County. The PRISM is financially supported through the New York State Department of Environmental Conservation via the Environmental Protection Fund.

Register

<https://forms.office.com/pages/responsepage.aspx?id=6rhs9AB5EE2M64Dowcge5zpwS5fCO4BMucz8hhjGldFUMVJLWThRMTFHVFVNWjcxRzQwNUdEVVVUVi4u>

Visit Capital Region PRISM’s [EVENT PAGE](#) to view upcoming events for New York Invasive Species Awareness Week

**POLLINATOR PALOOZA**  
**NATIVE PLANT SALE 10 am - 3 pm**  
**Sunday, June 5, 2022**  
**390 Wilton-Gansevoort Road**  
**Gansevoort 12831**

- Native plants for sale
- Information about native plants
- Information about native pollinators
- Help with gardening questions
- Other organizations focused on native plants
- Activities for children



Educate.  
Advocate.  
Act.



**NATIVE PLANTS**

- Agastache foeniculum.....Anise Hyssop
- Allium cernuum.....Wild Nodding Onion
- Asclepias incarnata.....Rose Milkweed
- Baptisia australis.....Blue Wild Indigo
- Careopsis lanceolata.....Lance-leaf Coreopsis
- Echinacea purpurea.....Purple Coneflower
- Eutrochium fistulosum/Eupatorium fistulosa.....Tall/Hollow Joe Pye Weed
- Eutrochium purpureum/Eupatorium purpureum.....Sweet Joe Pye Weed
- Helenium autumnale.....Helen’s Flower/Sneezeweed
- Liatris spicata.....Dense Blazing Star
- Lobelia siphilitica.....Great Blue Lobelia
- Monarda fistulosa.....Wild Bergamont
- Monarda punctata.....Spotted Beebalm/Dotted Horsemint
- Phlox stolonifera.....Creeping Phlox
- Penstemon digitalis.....Foxglove Beardtongue
- Penstemon hirsutus.....Hairy Beardtongue
- Physostegia virginiana.....Obedient Plant
- Pycnanthemum muticum.....Clustered Mountain Mint
- Pycnanthemum tenuifolium.....Slender Mountain Mint
- Sedum ternatum.....Three-leaf Stonecrop
- Schizachyrium scaparium.....Little Bluestem
- Solidago caesia.....Blue-Stemmed Goldenrod
- Solidago flexicaulis.....Zigzag Goldenrod
- Solidago rigida.....Stiff Goldenrod
- Solidago speciosa.....Showy Goldenrod
- Symphotrichum divaricatus.....White Wood Aster
- Symphotrichum novae-angliae.....New England Aster
- Symphotrichum oblongifolium.....Aromatic Aster
- Zizia aurea.....Golden Alexander





# WILTON WILDLIFE PRESERVE & PARK'S WILDLIFE FESTIVAL

## at Camp Saratoga

Sunday, June 5 2022  
11AM-3PM

Scout Road, Wilton NY



### Celebrate with us!

Celebrate the return of the endangered Karner blue butterfly and other native wildlife to the local trails in the town of Wilton! Get outdoors, increase your awareness and appreciation of the natural world, and become partners in conservation at this "wild" event.

Parking passes will be available for presale at \$10/vehicle to guarantee a parking spot. Same-day parking will also be offered at \$10/vehicle, but space will not be guaranteed. Passes are available for purchase at [wiltonpreserve.org/wildlife-festival](http://wiltonpreserve.org/wildlife-festival).

### Local Businesses and Organizations

Moreau Lake State Park, Grassland Bird Trust, Capital Region PRISM, Friends of the Pine Bush, Open Air Sports, Livingston Energy Group, Hudson Crossing Park, Saratoga Springs Public Library, Lower Adirondack Search and Rescue, Pitney Meadows Community Farm, Hop on Home Rabbit Sanctuary, Glens Falls/Saratoga Chapter of the Adirondack Mountain Club

### Food Vendors



### Schedule of Events

#### On-going starting at 11:00am:

Nature Crafts  
Pond Life Exploration  
Lupine Planting  
the Historic Cornell Hill Fire Tower  
Live Reptiles & Amphibians  
Search & Rescue Dogs

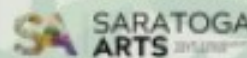
#### Earth Day Essay Contest Winners Ceremony at 11:00am

#### Karner Blue Butterfly Nature Walks 11:15am, 12:15pm, and 1:15pm

#### Silent Wings: Hawks & Owls Live Animal Program at 11:30am & 1:00pm

#### Finale Event:

#### Arm of the Sea Theater Performance Dirt: The Secret Life of Soil at 2:00pm



*Saratoga Arts made this performance possible through the Performing Arts Fund program, funded by the New York State Council on the Arts with the support of the office of the Governor and the New York State Legislature.*

#### Performances by:



#### Sponsored by:







**INVASIVE SPECIES  
MANAGEMENT**  
CAPITAL REGION

**June 7th, 2022**

**2-4pm**

*Rain Date: June 8th*

# Aquatic Invasive Species Paddle on the Water

Join the Capital Region PRISM for a two hour  
paddle on the water to identify aquatic invasive  
species found in Saratoga Lake! .

## REGISTER FOR THIS EVENT:

[CLICK HERE](#) or email

[hwe22@cornell.edu](mailto:hwe22@cornell.edu)

This event allows a maximum of  
20 participants.

## LOCATION:

DEC Round Lake Boat Launch

42°56'05.3"N 73°47'26.7"W

## Recommended Supplies:

BYOW - Bring your own watercraft

Lifejacket

Snacks & Water

Sunscreen



**STOP AQUATIC  
HITCHHIKERS!**

Be A Good Swimmer. Clean. Drain Dry.  
http://stopaquatichitchhikers.org

The New York State Department of Environmental Conservation  
provides financial support to The Capital Region PRISM  
via the Environmental Protection Fund



# INVASIVE SPECIES IDENTIFICATION WALK AND TALK

**Daniels Road State Forest**  
**Saratoga County**



Join the Capital Region PRISM  
A Partnership for Regional Invasive  
Species Management  
for a walk and talk on how invasive  
species are impacting our ecosystems.

Learn how to identify and control  
species in your own yard and favorite  
recreational areas. This event is part of  
the New York State Invasive Species  
Awareness Week and Free to the public.

**When:** Thursday June 9th 4:30-6 pm

**Where:** 157 Daniels Road Saratoga NY 12866  
SMBA Parking Lot Located on  
across from Clinton Street.

**Questions:** [capitalregionprism@cornell.edu](mailto:capitalregionprism@cornell.edu)



The PRISM is financially supported through the New York  
State Department of Environmental Conservation via the  
Environmental Protection Fund.



# ON-FARM DAIRY PROCESSING ONLINE SERIES 2022

6:00 PM—7:00 PM each session  
FREE, but pre-registration is required



[Register Here](#)

Three webinars for dairy producers interested in diversifying or vertically integrating their business.

## SESSION 1

**Wednesday, May 25, 2022 (6 PM - 7 PM)**

[Fitting On-Farm Dairy Processing into your Business to Improve Profitability](#)—Discussing market availability and considerations, business planning and goals.

## SESSION 2

**Wednesday, June 1, 2022 (6 PM - 7 PM)**

[Considerations for Designing your Processing Facility for Quality Production](#)—Topics include interacting with regulatory agencies, planning requirements, and equipment types and layout.

## SESSION 3

**Wednesday, June 8, 2022 (6 PM - 7 PM)**

[Managing the “Red Tape” for Efficient and Sustainable Value-Added Dairy](#)—Concluding with audit readiness, compliance training and record keeping, and lessons learned.

Contact Camila Lage at 607-422-6788 or [cdf46@cornell.edu](mailto:cdf46@cornell.edu) for questions or more information.

## Resources for Meat Processing

The resources below cover a variety of meat processing topics, in depth, including the various regulations concerning the difference licensing (which is always good to get a refresher on considering how confusing it can be with USDA, Custom Exempt, and the various 5-A exemptions).

These resources can all be found on the NEW CCE Livestock Program Work Team Website’s Meat Processing page: <https://www.ccelivestock.com/meat-processing>

**Cornell Small Farms Guide to Direct Marketing Livestock and Poultry (2019 revision):** <https://smallfarms.cornell.edu/wp-content/uploads/2021/01/Marketing-Livestock-Guide-2020-updated.pdf>

**Niche Meat Processing Assistance network**  
<https://www.nichemeatprocessing.org/>

**USDA FSIS Small & Very Small Plants Guidance Resources page**  
<https://www.fsis.usda.gov/inspection/compliance-guidance/small-very-small-plant-guidance>

**Cornell Sheep and Goat Marketing Page** [sheepgoatmarketing.info](http://sheepgoatmarketing.info)

### Relevant Webinars

#### [Creative Slaughterhouse Workarounds](#)

In this interactive discussion, we aim to help you regain some sense of control over how, when and where you get your livestock processed, and how you sell meat to customers.

#### [Starting a Red Meat Slaughterhouse](#)

Learn the primary considerations for opening a red meat slaughter and processing facility in NYS, from infrastructure to regulations and from labor to financing.

#### [How to Better Communicate with Your Meat Processor](#)

This webinar covers how to effectively work with your local meat processor, communicate cut instructions, and understand the difference between USDA and custom cutting.

## 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](#)



## 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, June 3 at NOON.**

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

Questions? Contact Diane Whitten at [dwhitten@cornell.edu](mailto: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 link or in- about in- son



Zoom to quire per-



# MAY IS MENTAL HEALTH MONTH!

## NY FarmNet Offers Trainings to Support Mental Health Awareness + Literacy

Recognizing that May is Mental Health Month, and as part of the USDA Farm and Ranch Stress Assistance Network funding, NY FarmNet is offering two programs to groups of farmers and agricultural business professionals, or those who provide direct services to farmers and farm employees. NY FarmNet believes in building a common language around mental health and suicide prevention, and these trainings support that work in building literacy. Building mental health and wellness literacy helps remove barriers like stigma, embarrassment, and shame.



### **Talk Saves Lives: An Introduction to Suicide Prevention**

*American Foundation for Suicide Prevention*

This program provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what people can do in their communities to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

- Length of training: 45 minutes—1 hour
- Format of training: Zoom or in-person
- Max/min # of participants: No max/10
- \*FarmNet can help advertise to bring in outside attendees if appropriate

### **Mental Health First Aid**

*National Council for Mental Well-being Standard Program*

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

- Length of training: 6 hours in class + 2 hours of pre-work
- Format of training: Zoom or in-person (preferred)
- Max/min # of participants: 30 max/5 min for virtual
- \*FarmNet can help advertise to bring in outside attendees if appropriate

**If you are interested in hosting a Talk Saves Lives or Mental Health First Aid, contact Kate Downes, [kdownes@cornell.edu](mailto:kdownes@cornell.edu) to schedule a program. Trainings will be offered through May of 2023, free of charge.**

*This work is supported by 7 U.S.C. 5936, Section 7522 of FCEA of 2008, Farm and Ranch Stress Assistance Network (FRSAN), Grant No. 2021-70035-35550, from the U.S. Department of Agriculture, National Institute of Food and Agriculture.*

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## New Livestock Resource Website Now Available from CCE



If you are looking for resources for producing and marketing livestock, then visit the NEW Cornell Cooperative Extension's Livestock Program Work Team website:

<https://www.ccelivestock.com>.

The CCE Livestock Program Work Team recognized New York livestock producers need to have a trustworthy central location for all things livestock and developed the website in response. The website is organized into themes based on species and information can be found on a variety of production topics including breeding and reproduction, nutrition, and health as well as marketing.

“Our goal is to continue adding resources and have it be the go-to place for workshops, trainings, and webinar recordings”, states Nancy Glazier, Regional Small Farms/Livestock Specialist.

Dana M. Havas Ag Team Leader from CCE Cortland expressed “It is exciting to have extension livestock experts from all over the state working together to develop a robust and valuable collection of resources for our communities”

As the website grows we look forward to hearing how you use the website and invite you to tell us what you think by contacting the website administrator

<https://www.ccelivestock.com/contact-us>.

The CCE Livestock Program Work Team is comprised of educators working to build a collaborative network of experts and resources to foster the success of livestock farms across New York State. Find your local Cornell Cooperative Extension office here,

<https://cals.cornell.edu/cornell-cooperative-extension/local-offices>.



# MANURE STORAGE on Horse Farms

*Manure management is a difficult but critical part of managing any horse property.*



A horse owner buys a new property and can't wait to bring their horses home. They make careful decisions about the barn design, the paddock fencing, the watering systems, etc. Finally, everything comes together and the horses arrive! After a month or two, there is a big problem- what to do with all the manure?

Manure storage is often overlooked when designing a farm. Often, the storage gets placed wherever there is space, which is not always the most appropriate spot. Other times it is piled in the woods, in hopes that it will break down to "dirt," which is not acceptable. It is important to choose a suitable location for your manure storage and size it correctly for your situation. This article will outline Pennsylvania manure regulations, show you how to estimate waste production on your farm, provide tips on manure storage locations, and introduce composting.

Continue reading the [article from PennState Extension](#)

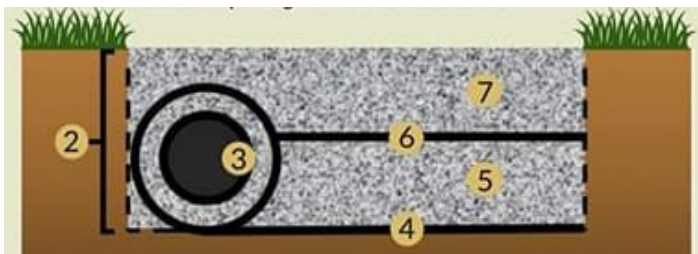
## Managing Mud on Horse Farms

### DRAINAGE

Pile snow strategically and use **gutters, terrain** and drainage **ditches** to direct precipitation away from **buildings** and **paddocks**.

#### High traffic pad construction

1. Identify **location** and **size**
2. **Excavate** 8 inches of topsoil
3. Install **drainpipe** parallel to pad to aid in water drainage (optional step)
4. First layer of **geotextile fabric**
5. Add 4 inch layer of **crushed limestone** (stones 1.5 to 1.75 inches) and compact.
6. Second layer of **geotextile fabric**
7. Top with 4 inch layer of **dirty pea gravel** (with fines) and compact
8. **Refresh** top layer as needed



Alternative focusing material such as wood chips **are not** recommended due to **breakdown** and **maintenance needs**.

Create spots that are **"high and dry"** for **temporary** drainage solutions by adding gravel, dirt or sand.

Remove **manure** and **soiled hay** daily as both will eventually become mud.

High traffic pads in heavy-use areas offer long-term drainage solutions if constructed and managed correctly.



Photo credit: Dr. Betsy Greene





# Plants Poisonous or Harmful to Horses

## Colic



Common cocklebur  
*Xanthium strumarium*



Nightshade berries  
*Solanum* sp.



Mustard seeds  
*Brassica* sp.



Green acorns  
*Quercus* sp.

## Stocking-up/Founder



Black walnut shavings  
*Juglans nigra*



Hoary alyssum  
*Barbarea incana*

## Red or brown urine



White snakeroot  
*Ageratina altissima*



Wilted maple leaves  
*Acer* sp.

## Seizure/Muscle twitch



Brackenfern  
*Pteridium aquilinum*



Field horsetail  
*Equisetum arvense*

## Mouth blisters



Buttercup  
*Ranunculus* sp.



Foxtail  
*Setaria* sp.

## Death



Chokecherry  
*Prunus virginiana*



Foxglove  
*Digitalis purpurea*



Yew  
*Taxus cuspidate*



Boxelder seeds  
*Acer negundo*



Poison hemlock  
*Conium maculatum*



Water hemlock  
*Cicuta* sp.

## Aimless wandering



Field locoweed  
*Oxytropis camoestra*

## Reproductive problems



Endophyte-infected fescue  
*Lolium and Festuca* sp.

## Photosensitivity



Wild parsnip  
*Pastinaca sativa*



Mold-infected clover  
*Medicago and Trifolium*

## Slobbers



Mold-infected red clover  
*Trifolium pretense*

## Bleeding



Moldy sweet clover  
*Mellilotus* sp.

Compiled by Krishona Martinson, University of Minnesota Extension; Lynn Hovda, Minnesota Racing Commission, and Mike Murphy  
See your veterinarian, nutritionist or Extension educator for more information on plants that are poisonous or harmful to horses. Visit [extension.umn.edu/horse](http://extension.umn.edu/horse)

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# DEC Urges New Yorkers to Leave Fawns and Other Young Wildlife in the Wild

## Human Interactions Do More Harm than Good to Wild Animals

New York State Department of Environmental Conservation (DEC) Commissioner Basil Seggos is reminding New Yorkers to appreciate wildlife from a distance and resist the urge to pick up newborn fawns and other young wildlife.

"When young wildlife venture into the world, they may have a brief inability to walk or fly on their own, making some people believe they might need help," **Commissioner Seggos said.** "However, young wildlife belongs in the wild and in nearly all cases, interaction with people does more harm than good to the animals."

### If You Care, Leave It There

When people encounter young wildlife, they are likely not lost or abandoned, but purposely left there by their parents to keep them hidden from predators while the adult animal is nearby collecting food for the newborn.

White-tailed deer fawns are a good example of how human interaction with young wildlife can be problematic. Fawns are born during late May and early June, and although they can walk shortly after birth, they spend most of their first several days lying still in tall grass, leaf litter, or sometimes relatively un concealed. During this period, a fawn is usually left alone by the adult female (doe), except when nursing. People occasionally find a lone fawn and mistakenly assume it has been abandoned, which is rare. A fawn's best chance to survive is to be raised by the adult doe. If human presence is detected by the doe, the doe may delay its next visit to nurse.

Fawns should never be picked up. A fawn's protective coloration and ability to remain motionless help it to avoid detection by predators and people. By the end of a fawn's second week of life, it begins to move about, spend more time with the doe, and eat on its own. At about 10 weeks of age, fawns are no longer



dependent on milk, although they continue to nurse occasionally into the fall.

The more serious cases of animals being abandoned are due to injury. Anyone that encounters a young wild animal that is obviously injured or orphaned may wish to call a [wildlife rehabilitator](#). Wildlife rehabilitators are trained volunteers licensed by DEC. They are the only people legally allowed to receive and treat distressed wildlife because they have the experience, expertise, and facilities to successfully treat and release wild animals once rehabilitated.

Additionally, DEC reminds the public that young wildlife are not pets. Keeping wildlife in captivity is illegal and harmful to the animal. Wild animals are not well-suited to life in captivity and may carry diseases that can be harmful to humans. DEC also advises New Yorkers to keep pets indoors when young animals are present. Many fledgling birds cannot fly when they first leave the nest and are easy prey for a domestic cat.

Anyone who observes wildlife that appears to be sick or behaving abnormally should contact their [DEC regional wildlife office](#).

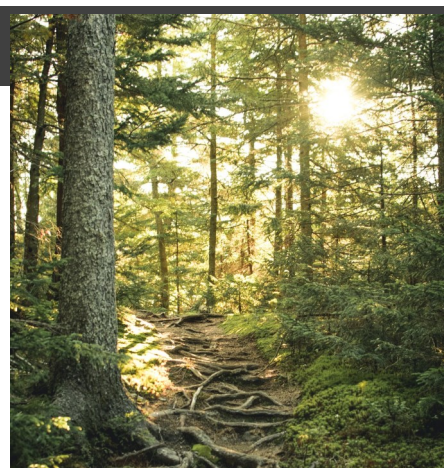
For more [information and answers to frequently asked questions about young wildlife](#), visit DEC's website.

## DID YOU KNOW.....

Did you know it can take aluminum cans as many as 80 to 100 years to decompose? Or that you should purchase or collect your firewood within 50 miles of where you burn it? These are the kinds of fun facts—along with important updates and tips on outdoor safety—you can find in the weekly Adirondack Outdoor Recreation Bulletin. Sign up through GovDelivery today: <https://on.ny.gov/3vDQGvK>.

You can also find important notices and announcements on our Adirondack Backcountry Info pages, here: <https://on.ny.gov/2RZWrhk>.

**Right:** Photo courtesy of Zach Callahan



# SAVING MONEY ON GAS



In 2020, Americans drove 2.83 trillion miles—the equivalent of 6 million roundtrips to the moon. With light-duty vehicles accounting for more than 40% of U.S. oil use, most people want to use less gas to save them money, helping reduce pollution and improve energy security. Luckily, there are plenty of ways to improve your gas mileage or avoid using gas altogether.

## DRIVING TIPS\*

- Minimize idling your car by turning off your engine when your vehicle is parked for more than 10 seconds. Idling can use a quarter to a half gallon of fuel per hour, depending on engine size and air conditioner use, adding up to three cents of wasted fuel a minute. In the winter, most manufacturers recommend driving off gently after about 30 seconds. The engine will warm up faster being driven, which will allow the heat to turn on sooner, decrease your fuel costs, and reduce emissions.
- Drive sensibly and avoid aggressive driving, such as speeding, rapid acceleration, and hard braking. Aggressive driving can lower your highway gas mileage by 15% to 30% and your city mileage by 10% to 40%.
- Avoid driving at high speeds. Above 50 mph, gas mileage drops rapidly. For every 5 mph above 50 mph, it's like paying an additional \$0.22 per gallon of gasoline.
- Reduce drag by placing items inside the car or trunk rather than on roof racks, which can decrease your fuel economy by up to 8% in city driving and up to 25% at Interstate speeds.
- Avoid keeping heavy items in your car; an extra 100 pounds in your vehicle could increase your gas costs by up to \$.03 cents per gallon.

- Combine errands. Several short trips, each one taken from a cold start, can use twice as much fuel as one trip covering the same distance when the engine is warm.
- Check into telecommuting, carpooling, public transit and active transportation like bicycling or walking to save on fuel and car maintenance costs. Many urban areas provide carpool lanes that are usually less congested, which means you will get to work and home faster and more refreshed!

***\*All cost estimates assume an average price of \$3.15 per gallon. Source: FuelEconomy.gov***

## CAR MAINTENANCE TIPS

- Use the grade of motor oil your car's manufacturer recommends. Using a different grade of motor oil can lower your gas mileage by 1%-2%.
- Inflate your tires to the pressure listed in your owner's manual or on a sticker that is either in the glove box or driver's side door jamb. This number may differ from the maximum pressure listed on your tire's sidewall.
- Get regular maintenance checks to avoid fuel economy problems due to worn spark plugs, dragging brakes, sagging belts, low transmission fluid, or transmission problems. Fixing a serious maintenance problem, such as a faulty oxygen sensor, can improve mileage by as much as 40%.
- Don't ignore the check-engine light—it can alert you to problems that affect fuel economy as well as more serious problems, even when your vehicle seems to be running fine.

Learn more fuel saving tips and other ways to save money on [FuelEconomy.gov](https://www.fueleconomy.gov).



# Capital Region SNAP-Ed VIRTUAL Pubic Classes



Capital Region SNAP Nutrition Education program provides free evidence based nutrition education and obesity prevention programming, including environmental supports to limited resource communities by working with community partners to promote healthy behaviors across all stages of life.

The capital region SNAP Nutrition Education program strives to help people become their healthiest self in a healthy community. We believe it is important for all to have access to healthy food choices and the opportunity to be physically active. We believe with increased knowledge, skills and resources people will be able to make healthy changes for themselves and the community.

## Making Family Time Active & Fun

**May 27 (9 AM - 10 AM)**

This session will aim to help busy parents, caregivers, and their families be more physically active. Participants will discuss why being physically active is important and the challenges to being active every day.

Contact Kim Maercklein with questions & Zoom meeting information at [kam487@cornell.edu](mailto:kam487@cornell.edu).

Link to register:

<https://cornell.zoom.us/meeting/register/tJcquGhrDorEtljfrupM5EJDhImp6DAervq>

Meeting ID: 969 8027 0680

Passcode: 08009

## Let's Cook, MyPlate Meals!

**June 3 (12 PM - 1 PM)**

During this session we will apply the concepts of MyPlate into one great meal. Fun will be had while making smoothies together and learning the basics of putting together a healthy and delicious meal. Remember, everything you eat matters of time!

Contact Kim Maercklein with questions & Zoom meeting information at [kam487@cornell.edu](mailto:kam487@cornell.edu).

Link to join: [https://cornell.zoom.us/meeting/register/tJYkd-urqTsiGtC8enCrOEa\\_W4Qb26a9cCTD](https://cornell.zoom.us/meeting/register/tJYkd-urqTsiGtC8enCrOEa_W4Qb26a9cCTD)

Meeting ID: 969 8027 0680

Passcode: 080094



## Tips for Losing & Maintaining Weight!

**June 6 (3 PM - 4 PM)**

Reaching and maintaining a healthy weight reduces the risks 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 [jl279@cornell.edu](mailto:jl279@cornell.edu).

Link to join:

<https://cornell.zoom.us/j/94668440238?pwd=VzBiZ1R2WkhTYZF5SmRMTFRPcC84UT09>

Meeting ID: 946 6844 0238

Passcode: 675042

## Quick Healthy Meals and Snacks!

**June 9 (9 AM - 10 AM)**

When life is tight, eat right. No matter your cooking level, Capital Region SNAP-Ed will give you the tools needed to make quick and easy meals at home so that you can control what goes into them. We will also go through some tips to help you make the best decisions when eating out. Join us so you can take control of your health through the food you eat.

Contact Crystal Davis with questions & Zoom meeting information at [cjd236@cornell.edu](mailto:cjd236@cornell.edu).

Link to join:

<https://cornell.zoom.us/j/93198671912?pwd=K29kMTFCa3RXTnRzTzFhN1NuZHRZz09>

Meeting ID: 931 9867 1912

Passcode: snack

# “Microsoft Monday” Webinars

Cornell Cooperative Extension of Rensselaer County (CCE) is pleased to announce that it will offer “Microsoft Monday” webinars beginning on May 16<sup>th</sup>. Each webinar will be led by Delia Hubbard, Digital Literacy Educator for CCE and certified Microsoft Office Expert.



These intensive-study events offer an affordable option for learners to explore intermediate- and advanced-level skills with the support of a trainer. Microsoft Monday events focus on specific topics within with Word, Excel, PowerPoint and other Microsoft Office software programs. They are perfect for small business owners, those seeking to bolster their skills in order to pursue Microsoft certifications, or employees who want to increase their productivity in the workplace or expand their options for advancement in employment.

## Data Analysis Shortcuts

June 13 (2PM - 4PM)  
Cost: \$25 per person



Are you looking for a quick answer to a statistical question? If your data is stored on an Excel spreadsheet, there are several techniques you can use to find your answer quickly and without creating complex formulas.

In this virtual training session on zoom, Delia Hubbard—Digital Literacy Educator and Microsoft Office Master, will demonstrate how to take advantage of these data analysis shortcuts.

Participants will learn to:

- Analyze a range of data to determine its sum, average, minimum value, maximum value, or count of values without creating a formula
- Adjust table properties to quickly calculate values without creating a formula
- Use standard and custom sorting rules to help organize data
- Use multi-level data filtering techniques to find specific data

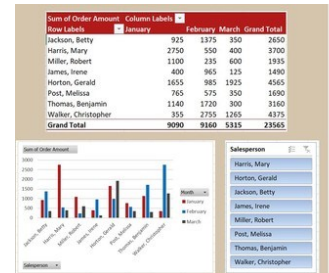
Participants should have basic foundational knowledge of using Excel, including how to select a range of cells on a spreadsheet, move between spreadsheets in a workbook, and how to navigate the Ribbon toolbar.

Pre-registration is required:

<https://cornell.zoom.us/meeting/register/tJUrdOmsrjgtEtUBLzhiKoUPX8v2d-57u87v>

## Pivot Tables and Pivot Charts

June 27 (2PM - 4PM)  
Cost: \$25 per person



Are you searching for an interactive and visually appealing way to present your complex set of data? Consider using Excel’s Pivot Tables and Pivot Charts features.

In this virtual training session on Zoom, Delia Hubbard—Digital Literacy Educator and Microsoft Office Master, will demonstrate how to take advantage of powerful data analysis tools.

Participants will learn to:

- Create a general table from data on a spreadsheet
- Create a Pivot Table from general data or a table of data
- Create a Pivot Chart from general data or table of data
- Edit Pivot Table and Pivot Chart setting and data calculations
- Add slicers for easy filtering of data
- Use styles for consistent visual formatting of tables and charts

Participants should have intermediate knowledge of using Excel to participate in this training.

Pre-registration is required:

[https://cornell.zoom.us/meeting/register/tJ0kde2ppzlpGNT30GN-phZ\\_drCbNzjyo2lx](https://cornell.zoom.us/meeting/register/tJ0kde2ppzlpGNT30GN-phZ_drCbNzjyo2lx)





# 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](#).

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## HOMESTEADING ACADEMY

RUTGERS, The State University of New Jersey

Rutgers Cooperative Extension introduces the "Homesteading Academy"—a once monthly lunchtime webinar series for anyone curious about home-grown sustenance and self-sufficiency. We invite you to join us on the second Tuesday of each month for live sessions with our invited speakers. The webinars will take place from noon to 1 p.m., so bring your lunch!

The series will be ongoing, with potential future topics of sheep/beef/goats, seed saving and heirloom varieties, troubleshooting for two-cycle engines, fruit and nut crops, cut flowers, food preservation, small-scale grain milling, and more.

### Upcoming Webinars

#### June 14: [Maintaining a Water Quality Friendly Homestead](#)

Presenter: Bill Bamka (Agricultural Agent, Rutgers NJAES, Cooperative Extension of Burlington County)

### Webinar Archives



#### Planning Your Backyard Vegetable Garden

In the following presentation, Cecilia Diaz, Program Associate with Rutgers Cooperative Extension of Passaic County shares insight on the basics of planning and designing for the installation of your small-scale vegetable garden at home, including site selection, methods to maximize space, and crop production to make the most of your garden space. [Planning Your Backyard Vegetable Garden \(Rutgers NJAES\)](#)



#### Fun with Fungi: Grow Your Own Mushrooms

Brendon Pearsall, Program Coordinator with Rutgers Cooperative Extension of Middlesex County, shares insight on mushroom production at home including common methods for indoor and outdoor production as well as the types of mushrooms that can be cultivated. [Fun with Fungi: Grow Your Own Mushrooms! \(Rutgers NJAES\)](#)



#### Beginner's Guide to Sheep and Goats

Dr. Michael Westendorf, Rutgers NJAES Extension Specialist in Livestock and Dairy, provides an overview of feed, water, housing and space requirement for sheep and goats. He discusses the most common breeds for meat, dairy, and fiber production and marketing considerations for each type of enterprise. [Beginner's Guide to Sheep and Goats \(Rutgers NJAES\)](#)



## TAKING A SOIL SAMPLE....The Correct Way

For most situations (lawn, vegetable garden, ornamentals.), the soil should be sampled every 2 to 3 years. For situations involving high-value cash crops or soils under intensive use, it is recommended that the soil be tested prior to planting the crop.

Soil samples may be taken at any time during the year; however, avoid extremely wet soil conditions unless absolutely necessary. It is recommended that successive samples from a given situation be taken at about the same time of the year.

- (1) Using a garden spade or shovel (if available, a soil probe or auger works best) slice into the soil to a depth of **four to six** inches.
- (2) Take a one-inch –thick slice of soil from the side of a hole. Repeat this process to obtain 5-10 samples, randomly taken, depending on the size of your lawn or garden.
- (3) Combine all samples into a clean container and mix thoroughly, removing any plant debris or stones. **ONE CUP IF SOIL IS ALL THAT IS NEEDED FOR pH TESTING (IF YOU PLAN TO SEND FOR COMPLETE ANALYSIS APPROXIMATELY 2 CUPS NECESSARY).** Avoid as much hand contact as possible as it may alter the true pH of the soil.
- (4) If your soil is wet, you will need to let it dry. Let it dry naturally. **DO NOT** dry in a conventional or microwave oven.
- (5) Label samples for proper identification (ie: back lawn, vegetable garden). Include your name, address, daytime phone number, and email address.



Samples can be brought to the Cornell Cooperative extension Office, 50 West High Street, Ballston Spa for testing. There is a fee of \$1.00 per sample for pH testing. We can usually turn the sample around within 48 hours, but if there is a tremendous volume in the lab it may take a little longer.

If a more complex testing of soil nutrients is desired, a soil sample can be sent to the Agro-One Soil Laboratory in Ithaca, NY. The fee for this testing is \$13.00 or more per sample depending on information desired. We can provide you with the necessary bags and forms necessary for sending, simply contact our office at 518-885-8995.

### Herb B.'s Monthly Advice for June



A word about May first...

95°F and 50°F in two days reminds me of Kansas with snow and 70°F the next day. Weather is just that, there. We (farmers) all love to talk about it but we have no control over it. Well, except in our new high tunnel.

June is a great month for killing weeds. Every time you cultivate near your crop you are killing small weeds you don't even see. It is easy on the back (with a sharp hoe) and satisfying.

The first picking every year is radish. In May or when the soil starts to warm, I toss a handful of seed. The first are always welcome and we have our tradition. A slice of radish, sip of red wine, and bread and butter. It starts our year and is a great time to sit at the table and just talk about what we have seen. Did you see all the

cherry blossoms? The plum has flowered this year.

Another part of rural life is the chipmunk. These guys work hard and are always looking, but I have taken to trapping them and releasing them about a mile away. This is just for the ones near the house, the rest get to entertain us as we go about our day. Mr. Google says they go about 250'; I hope he is right.



As a kid, June was a countdown month. School would soon be over. Now, it is, grandkids will be able to work and help these old bones do what needs to be done. There will be treats for the effort and I truly hope the work ethic we install here will serve them well the rest of their lives.

The sun has seen fit to give us plenty of time to do things and so I better get back to them.

- Herb





## Downy Mildew on Basils

Jingjing Yin, Commercial Horticulture Educator

Downy mildew was seen on basil leaves this week. Watch your plants for symptoms, including light green to yellow angular spots on the upper surfaces of leaves. Leaf spots are bounded by leaf veins. Dark purplish-grey fuzz forms on the underside of the leaf in high humidity.



This fungal disease develops rapidly in cool and very humid conditions. It is commonly seen on basil, cucumbers, melons, roses, etc. Downy mildews can be controlled using fungicides, but organic fungicides don't work well.

To avoid problems with downy mildew in the future, consider buying downy mildew resistant varieties when available. In new plantings, space plants far apart. In established plantings, prune or thin plants to increase airflow. Apply water directly at the base of your plants instead of overhead watering.

For more information: <https://www.vegetables.cornell.edu/pest-management/disease-factsheets/basil-downy-mildew/>

# 10th Annual SPECIAL NEEDS KIDS FISHING DERBY

4-H TRAINING CENTER, 556 MIDDLELINE RD.  
BALLSTON SPA 12020

**SATURDAY, JUNE 4**

**9:00 AM - 1:00 PM**

**FREE FISHING POLES TO TAKE HOME**

**LUNCH, MUSIC, ICE CREAM AND PRIZES**

**ALL AGES ARE WELCOME**



## Beginner Livestock Webinar Series

Online via Zoom

Join us for the last six of an eight-part virtual series for those new to or interested in livestock production.

Sessions are approximately every two weeks, noon to 1:30 pm.



- Session 3 (June 2) Beginner chickens
- Session 4 (June 16) Introduction to cattle
- Session 5 (June 30) Introduction to swine
- Session 6 (July 7) Introduction to sheep & goats
- Session 7 (July 21) Meat science and regulations
- Session 8 (August 4) Livestock auctions

Register for one session and pay the \$10 fee and you can attend any number of the other sessions for free. Look for the promo code in your confirmation email. You'll need to register for each session individually and enter the code to access the other sessions.

Register: <https://www.eventbrite.com/e/beginner-livestock-series-registration-305920184507>

This event is hosted by the Regional Livestock Team of Cornell Cooperative Extension in [Orange County](#), [Sullivan County](#), and [Ulster County](#).



## CANINE TRAINING

We are currently in Week 3 of Canine Training—Agility, Beginner Obedience, and Grooming & Handling Classes.

A BIG **Thank You** to all our canine trainers.

# 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

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[www.ccesaratoga.org](http://www.ccesaratoga.org)

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