

Saratoga County Farm to School Visits Geyser Elementary



Cornell Cooperative Extension of Saratoga County was awarded its first Farm to School Grant in 2018. The two-year grant has been extended and continues to provide funding for the program in area schools. The Farm to School program helps connect local farmers within our community to schools. Incorporating local produce into the school lunch program provides better nutrition and stimulates the local economy. Establishing sustainable relationships will make fresh, healthy, local foods the norm on school menus. Saratoga, Corinth, Galway, and Schuylerville are all participating schools with Pitney Meadows Community Farm supplying produce to all. In 2022 more area farms have begun to participate, Argyle Cheese Farmer being one of the newest.

One of the favorite features of the program is the Harvest of the Month. Every month seasonal vegetables are introduced in students' lunches with the CCE Saratoga Farm to School Coordinator on hand to share valuable information about the food they are eating and where it came from. On Friday, May 20th, the Saratoga Springs City CSD Geyser Rd Elementary participated in May's Farm to School Harvest of the Month activity highlighting local milk. Each students' lunch had the option of being accompanied by chocolate milk from Argyle Cheese Farmer. Nicolina Foti, CCE Saratoga's Farm to School Coordinator, was onsite with her special "assistant", a dairy calf named Jersey Mike. Argyle Cheese Farmer provided the milk for lunch but was also visiting the campus with 3 Saratoga County Dairy Ambassadors to distribute samples of yogurt, cheese, and more milk (chocolate and whole plain). The Dairy Ambassadors educated students on local dairy farms, the importance and health benefits of dairy, and answered all the questions students had about dairy cows and the visiting calf. The weather was perfect and everyone had fun, the perfect end to a spring week!



Caterpillars could ravage millions of trees again this summer in Upstate NY

By [Glenn Coin](#) | gcoin@syracuse.com

Published May 2022

After stripping the leaves off [millions of trees in Upstate New York](#) last summer, the ravenous spongy moth caterpillars are expected to wreak havoc again this year.

"We do expect defoliation again this year," said Rob Cole, a forester with the state Department of Environmental Conservation.

Cole said that an early survey of the egg masses the moths lay on trees and other hard surfaces indicate it's going to be a bad year in Upstate New York. The worst-hit areas will likely be the eastern Adirondacks, Mohawk Valley and far Western New York, Cole said.

A DEC statement said "significant defoliation" is likely in Clinton, Essex and Warren counties; Oswego County; the Mohawk Valley and Saratoga County. The Finger Lakes region, where this outbreak began in 2020, was hit hardest last year and will likely see less damage this summer, Cole said.

Spongy moth populations peak every 10 to 15 years, and then boom for about two or three years, until they're finally struck down by viruses and bacteria that infect the caterpillars, Cole said.

The opportunistic caterpillars feed on the leaves of [up to 500](#) different plants, but are particularly fond of



In this 2021 file photo, spongy moth caterpillars swarm over this house and electric meter in the Clinton County hamlet of Cadyville, near Lake Champlain. Priscilla Baker Special to Syracuse.com | Special to Syracuse.com

abundant and popular Upstate trees such as oak, maple, crabapple, willow, birch, pine and spruce, [according to](#) the DEC.

Deciduous trees will generally produce another set of leaves in mid-summer and survive, DEC said, but several years of defoliation can weaken trees and render them susceptible to disease and pests.

"A lot of people that I talked to last year in June and the beginning of July said 'My tree is dead,'" Cole

Article continued on page 3—Spongy Moth Caterpillars

CHILD PASSENGER SAFETY

CCE Saratoga offers car seat education and correct installation by our Nationally Certified Child Passenger Safety Instructor.

Please call the office at 518-885-8995 x 228 to schedule an appointment. CCE also offers several other fitting station locations with certified technicians throughout Saratoga County for your convenience. (All fitting stations require an appointment, so please call in advance to schedule.)

For more information visit [Cornell Cooperative Extension | Child Passenger Safety \(ccesaratoga.org\)](#)

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, July 1 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 next Board of Directors Meeting will be held Thursday, July 21 at 7:00 PM at the Saratoga County Fairgrounds.

There will be no Zoom available for this meeting. To inquire about in-person attendance, please email wlm8@cornell.edu.



Spongy Moth Caterpillars continued from page 2

recalled. "I said, all you have to do is wait three weeks and you'll probably see leaves coming back out. Sure enough, they did."

Evergreen trees, which take longer to produce needles, can be killed outright.

Eggs are hatching now, and the caterpillars are making their way up trees to start their leafy feast. A caterpillar is about 1/16th of an inch when it hatches, but grows to 2 inches long in midsummer. At that size, a single caterpillar can consume a square foot of leaves every day.

All those leafy greens produce a lot of feces, known as frass. Last summer, some homeowners said the incessant rain of caterpillar poop forced them to abandon their patios.

The insects were formerly known as gypsy moths, but that name was abandoned last year by the Entomological Society of America because it was considered "a derogatory term for the Romani people." The society in March announced the insects would be known as spongy moths because of the sponge-like egg masses that females create in fall.

Spongy moths are an invasive species, brought from France to Massachusetts in 1869 to establish a silk worm industry. The caterpillars proved to be poor producers of silk, and some larvae, [according to one account](#), were blown outdoors from a window sill in Medford, Massachusetts, where they established a beachhead on the continent. They have expanded steadily since, often hitching rides on cars. They are now found from Minnesota to North Carolina.

DEC doesn't have a spraying or control program, ceding control of the pests to private landowners. DEC recommends that landowners watch for the caterpillars and take steps to control them. That can consist of wrapping physical barriers around the tree -- either a band of sticky material or a burlap bag -- to catch the caterpillars as they climb from the ground and into the canopy.

Hardware stores and nurseries carry straps to wrap around the tree and a sticky substance to rub on it. Some social media users say they've used duct tape or Gorilla tape.

You have to pry off the stuck bugs and toss them in hot, soapy water to kill them. Don't touch them with bare hands: The caterpillar's signature, body-long bristles can irritate skin and leave an itchy, [though not dangerous, rash](#).

Trees can also be treated with *Bacillus thuringiensis*, or Bt, a bacteria found in soil, Cole said. Homeowners

should react quickly if they see any defoliation this spring. Landscape companies can spray affected trees.

Homeowners can also keep caterpillar populations down by scraping the tan-colored egg masses off trees and buildings, then tossing them into a container of detergent to kill the eggs

DEC has more information and tips for landowners [on its website](#). Cornell Cooperative Extension also offers a [fact sheet](#) on how to combat the insects. [Capital Region PRISM](#) also has resources available.



Photo of a spongy moth caterpillar by Karla Salp, Washington State Department of Agriculture, Bugwood.org



Photo: DEC, Spongy moth adults and eggs

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 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>

LOCAL UPCOMING EVENTS



June 7th, 2022
2-4pm
Rain Date: June 8th

INVASIVE SPECIES MANAGEMENT
CAPITAL REGION

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
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 Smart Boat Club Member by [http://www.dec.ny.gov](#)

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

INVASIVE SPECIES MANAGEMENT
PLEDGE TO PROTECT LANDS & TRAILS

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

Play Clean Go

For more New York Invasive Species Week Events visit: [Events - CAPITAL REGION PRISM](#)

Albany Symphony Orchestra

at

Hudson Crossing Park

Co Rd 42, Schuylerville, NY 12871

Saturday, June 11, 2022

Stop by our table during the free
concert!

Ask us about...

- Invasive species identification!
- Native plant suggestions!
- Best management practices!



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



STATE AGRICULTURE COMMISSIONER LIFTS BAN ON POULTRY SHOWS, EXHIBITIONS, AUCTIONS, SALES, MEETS, AND SWAPS IN NEW YORK STATE

Shows, Auctions, and More Return as Threat of Avian Influenza Diminishes and Fair Season Begins Poultry Owners Encouraged to Continue Practicing Good Biosecurity and to Keep Birds Home if Showing Signs of Illness

New York State Agriculture Commissioner Richard A. Ball today announced the end of the bans on live poultry shows, exhibitions, auctions, sales, meets, and swaps in New York State. The Department had previously issued the bans on [March 25](#) and [April 14](#) as highly pathogenic avian influenza (HPAI) spread across the United States, including detections in New York State. The decision to lift the bans comes as cases decrease nationwide, including in New York State, which has not had a detection of HPAI in nearly two months. Additionally, as the state enters agricultural fair season, phylogenetic studies have shown that the majority of flocks affected in the current outbreak were infected by introductions from wild birds, rather than by farm-to-farm transmission, lending additional confidence to the decision to allow comingling of poultry again.

Commissioner Ball said, “New York has taken an aggressive approach to slowing the spread of avian influenza and it has paid off. With cases decreasing in our state and throughout the country, as well as new data showing very low rates of farm-to-farm transmission of HPAI during the current outbreak, I am confident that it is time to lift the bans on live poultry shows and sales. I thank all of our farmers, suppliers, distributors, and live bird markets for employing excellent biosecurity practices as we continue to monitor the HPAI situation closely, and I commend the Department’s Division of Animal Industry staff, who have worked so hard to keep the cases here in New York State under control.”

To date, [eight flocks in New York have tested positive for HPAI](#), with the last detection in a Fulton County flock on April 6. The Department continues to work closely with the United States Department of Agriculture (USDA) Animal and Plant Health Inspection Service (APHIS) on a joint incident response and is also collaborating with partners at the Department of Health and Department of Environmental Conservation. Additionally, Department officials are conducting extensive outreach to poultry and egg farms across the state to ensure best practices are being implemented.

Commercial and hobby poultry farmers should continue practicing good biosecurity measures to help prevent the spread of the disease. The Department encourages all poultry producers, from small backyard to large commercial operations, to review their biosecurity plans and take precautions to protect their birds. Poultry biosecurity materials and checklists can be found on [the USDA’s “Defend the Flock” website](#).

Best practices to prevent transmission of disease at poultry shows or swaps include:

- Always transport birds in crates that have been cleaned and disinfected between uses.
- Do not share equipment or supplies with other exhibitors.

Always clean and disinfect any equipment between uses, and especially upon return from a fair, swap, or show.

- If you take some of your birds to a fair or exhibition, be sure to keep them separated from the rest of your flock for at least 21 days upon return and observe for signs of illness.
 - Keep new additions to your flock separated for at least 30 days before comingling them with the rest of your flock. Be sure to monitor them for any signs of disease.
 - Only purchase birds from reputable sellers and inspect birds thoroughly before purchase. Consider only buying from flocks that participate in the National Poultry Improvement Plan.
 - Always wear clean clothes and footwear when entering areas where poultry are housed.
 - Be sure to wash your hands with soap and water before and after handling or caring for your birds.
 - If there are any signs of illness or abnormalities in your flock, **leave your birds home**. Do not bring them to fairs, shows, or other events where they will come into contact with other birds.
 - Know the signs of HPAI: sudden death of birds, drop in egg production or misshapen eggs, lack of energy or reduced appetite, respiratory signs including nasal discharge or difficulty breathing, swelling of the eyes and head, or purplish discoloration of combs, wattles, or legs.
- Report sick or dying poultry to the Department at (518) 457-3502 or dai@agriculture.ny.gov.

[According to the U.S. Centers for Disease Control and Prevention](#), the public health risk associated with these avian influenza detections remains low.



OPTIMIZING IMMUNE FUNCTION IN NEONATAL CALVES—IT'S MORE THAN JUST VACCINATION!

JUNE 13 (3:00 PM)

Online via Zoom

FREE, but [registration is required](#)

Brian Miller, a veterinarian with Merck Animal Health, will focus on management practices to help ensure more calves are successfully immunized. Many producers assume that if they vaccinate animals against a particular disease, that they are fully protected following vaccination. However, there are several factors that influence whether an animal has the ability to respond to the vaccine, as well as the level of protection afforded from vaccination.

This presentation will focus on management practices that optimize immune responses in newborn calves before, at and following calving. Included will be a discussion on scour vaccines administered to late-gestation replacement heifers and dry cows, and intranasal vaccines administered to newborn calves.

For more information about DCHA's webinars, e-mail Sue Schatz, DCHA member services director, at: sue@calfandheifer.org. Follow DCHA on social media or visit the DCHA website to learn about future webinars.



DAIRY MARKETING & BRANDING SERVICES GRANT

This grant program will provide funds for established value-added dairy processors and producer associations to access professional marketing and branding services to elevate value-added dairy businesses. Projects funded by this grant will increase the exposure and promotion of regionally produced dairy products guided by marketing/branding professionals.

Funded projects will increase consumer awareness of products, develop market channels and distribution opportunities to increase product placement, support innovative strategies to increase consumption, and/or increase business revenues. Additionally, up to 25% of the grant funds may be used to implement the strategy and/or content developed by the contractor.



Grant range: \$10,000 - \$50,000, with 25% match requirement

Deadline: June 23, 2022

Learn more and apply at:

<https://agriculture.vermont.gov/dbic/activities/dairy-marketing-branding-services-grant>



Prevent hooves from staying wet and becoming weak by removing soiled bedding and reducing standing water



Rapid shift from wet to dry makes hooves brittle



Help avoid cracks or chips due to dry footing by adding moisture from products or within the environment

HOOF MOISTURE

Maintaining moisture balance is important for overall hoof health. Moisture is provided internally from blood flow and externally from the environment. Use these tips to maintain hoof moisture all year long.



Seal in moisture by applying oil-based dressings when the hoof is moist



Exercise helps to naturally increase hoof moisture by moving blood through laminae

Use water-based moisturizers on the sole and periople (greyish section of hoof near hairline)



WORLD FAMOUS BUDWEISER CLYDESDALES ARE COMING TO SARATOGA SPRINGS

Matty Jeff | Published: May 24, 2022
ESPN RADIO 104.5, THE TEAM

For the first time in six years, the world's most famous horses will be making a visit to the Spa City!

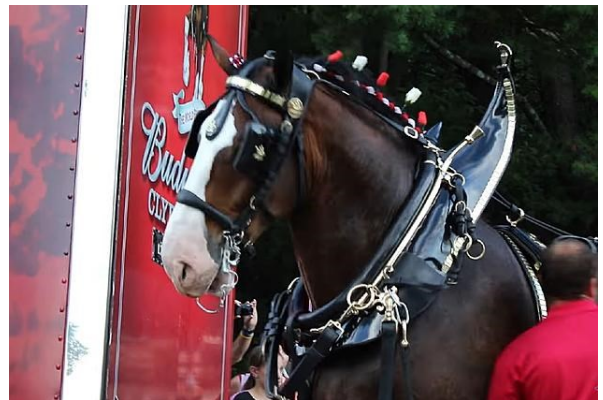
Saratoga Springs is one of the nation's ultimate summertime destinations for horse racing fans, so it is only fitting that the world's most distinguished equine species will be making their way there this summer as well.

This will not be a first for the Budweiser Clydesdales either. They also visited Saratoga Springs 6 years ago in August of 2016. The photos on this page were taken when the famous horses visited Saratoga Spa State Park that summer.

As you will hear in the video footage from this 2016 Saratoga Springs visit, the Clydesdales tradition started in 1933 when a group of these horses was gifted to the beer maker to celebrate the end of prohibition.



YouTube/The Snowflake Photographer



YouTube/The Snowflake Photographer

These enormous equines weigh in at an impressive 2,000 pounds each. The prep to get these horses ready for show is just as impressive, as 2 hands will spend 4 hours each polishing the brass on the harnesses. Outfitting a team of Bud Clydesdales costs about \$120,000.

When Are The Budweiser Clydesdales Visiting The Capital Region?

Saratoga Eagle announced on their Instagram yesterday that the Budweiser Clydesdales will make the trip from their home in Merrimack, New Hampshire to Saratoga Springs Monday, August 8th through Saturday, August 13th. An update will be coming soon with locations where you will be able to see them!

The video footage below is of the Budweiser Clydesdale's visit to Saratoga Spa State Park back in August of 2016.



Budweiser Clydesdales in Saratoga Springs, NY | August 17, 2016 | Spa State Park

HAVE MOSQUITOES IN YOUR YARD?

Why Should I Worry About Mosquitoes?

Mosquito-borne illnesses have plagued humans throughout history. Modern vector control and monitoring programs have greatly reduced the incidence of yellow fever, malaria, and encephalitis viruses throughout the United States. Eastern equine encephalitis and West Nile encephalitis remain significant diseases that afflict people in New York. Management includes intense surveillance for mosquito outbreaks and routine monitoring for diseases. Much more common is skin irritation caused by scratching, especially for those most sensitive or seemingly more attractive to these biters.

DISEASE	MOSQUITO VECTOR
Eastern equine encephalitis	<i>Aedes sollicitans</i> , <i>Aedes albopictus</i>
West Nile virus	<i>Culex pipiens</i>
Zika	<i>Aedes albopictus</i>
Dog heartworm	<i>Aedes sollicitans</i> , <i>Culex pipiens</i> , <i>Anopheles sp.</i>

People can also acquire pathogens from mosquitoes while traveling in other parts of the world.

Why Do I Have Mosquitoes in My Yard?

Mosquito larvae, the immature state, develop in water. Therefore, female mosquitoes lay their eggs in, on, or near areas where water will pool. If you live near a swamp or other area with natural standing water, your yard will be prone to these pests. However, container-breeding mosquitoes (*Aedes*) can use smaller sources of water to reproduce, including old tires, unused plant pots, buckets, gutters and tarps.



Female mosquitoes will lay eggs in small bodies of water, including driveway puddles. Photo: NYSIP

How Do I Manage Mosquitoes in the Landscape?

Across NY, the most common mosquito is *Culex pipiens*, which has a very small territory. It usually stays within 300 feet from its breeding site, so ensuring there are no breeding sites on your property can go a long way in protecting you and yours. These mosquitoes aren't picky about where they lay eggs. Almost any standing water will do. In fact, a bottle cap full of water can provide a breeding site. Check your yard for water in containers, tires, tarps, boats, children's toys, rain gutters, bird baths, and unfiltered pools. Don't forget to check your recycling bin.

When you find standing water, simply dump it out. (This just might be the easiest IPM solution ever!) Any existing eggs and larvae will desiccate (dry out) and die.

The next step? Be sure that water can't collect in that area again (what a great excuse to clean up) — or regularly dump, clean, and refill items such as birdbaths and children's pools.

Prevent mosquito breeding

- Dump out standing water from containers in the yard, including recycling bins with bottle caps and cans, tires, boats, and tarps.
- Clean debris from rain gutters early in spring and check them regularly. If you are unable to clean them, ask your landscaper or pest control technician. A huge number of mosquitoes can result from clogged gutters.
- Clean, filter, and treat pools. Empty children's pools and turn them over when not in use. Keep pool covers clean by propping them up to drain water.
- Encourage natural enemies. For example, stock ornamental ponds with goldfish. Mosquitofish (a type of minnow, also known as *Gambusia*) devour mosquito larvae. Dragonflies and damselflies are mosquito predators.
- Construct goldfish ponds properly. Large goldfish are unable to reach sloping edges of ponds where mosquitoes breed, so be sure your pond has vertical sides. A pond fountain will also reduce mosquito breeding.
- Change the water in birdbaths and fountains twice a week. [Bti-containing products](#) may be applied to containers by homeowners or renters on property they own or rent. They can be a good option for containers that are difficult to empty regularly (like a lined pond).
- Consider discussing mosquito concerns with neighbors, and work together to reduce breeding areas. This has been a very successful strategy in neighborhoods in the Mid-Atlantic states.

Stay informed

- Attend public forums and educate yourself.
- Remember that electric insect "zappers" do not help to prevent mosquito problems. These devices generally kill more beneficial insects than pests.
- Recognize that light traps and carbon dioxide traps used by mosquito control programs are for monitoring purposes and do not reduce mosquito numbers.

[Mosquitoes | New York State Integrated Pest Management \(cornell.edu\)](https://www.cornell.edu/pestmanagement/mosquitoes/)



Northern house mosquito (*Culex pipiens*) (f.). Photo: Wayne W G.



Asian tiger mosquito (*Aedes albopictus*). Photo: NYSIPM.



ADIRONDACK HARVEST

2022 SUMMER FARMERS' MARKET GUIDE

MONDAY

Clifton Park 2-5
Granville* 2-5

TUESDAY

Canton* 9-2
Cape Vincent* 10-4
Gansevoort 3-6
Johnstown* 3-6
Lyons Falls* 11-4
Whitehall* 1-4

WEDNESDAY

Akwesasne 11-2
Chestertown 10-2
Hammond* 3-6
Lake George 10-3
Lake Placid* 10-1
Malone* 12-4:30
Saratoga 3-6
Watertown* 7-3
Wilmington* 9-1

THURSDAY

Ballston Spa* 3-6
Boonville* 12-5
Clayton* 10-4
Fort Edward-
Canal St. Mkt* 4-7
Gouverneur* 9-2
Lewis County-
Gen Hospital* 11-3
Long Lake 10-2
North Creek 2-6
Ogdensburg 9-?
Saratoga* 10-2
Speculator* 2-5
Tupper Lake* 11-6
Willsboro* 9-1

** Accepts SNAP, P-EBT
or FMNP benefits*

FRIDAY

Alexandria Bay 9-3
Bolton Landing 9-2
Broadalbin* 3-6
Canton 9-2
Carthage* 1-6
Elizabethtown* 9-1
Fort Edward 10-1
Chaumont* 12-6
Old Forge* 1-5
Rouses Point* 3-7
Tupper Lake* 11-6
Warrensburg* 3-6
Watertown* 12-4

SATURDAY

Akwesasne 11-2
Argyle 9-12
Ballston Spa* 9-1
Glens Falls* 8-12
Gloversville* 8:30-12:30
Harrisville* 9-4
Indian Lake 10-2
Lowville* 8-2
Northville* 10-2
Ogdensburg 9-?
Plattsburgh* 9-2
Potsdam* 9-2
Remsen* 10-1
Salem* 10-1
Saranac Lake* 9-1
Saratoga 9-1
Ticonderoga* 10-1
Tupper Lake 11-6
Watertown* 9-2

SUNDAY

Cambridge* 10-1
Keene Valley* 9:30-2
Massena* 10-2
Peru 11-3 (once a month)
Saratoga* 10-2



FIND MORE INFO AND LOCATIONS AT ADIRONDACKHARVEST.COM

LICENSE TO LIVE
TEEN DRIVER SAFETY EVENT

New Country Toyota of Clifton Park
202 Rt 146, Mechanicville
June 7 & June 8
8AM-4PM

Activities:	Presented By:
<i>Broken Heart Display</i>	<i>Cornell Cooperative Extension of Saratoga County</i>
<i>Golf Cart with Fatal Vision Goggles</i>	<i>New York State Police</i>
<i>Rollover Simulator</i>	<i>Saratoga County Sheriffs</i>
<i>Seatbelt Convincer</i>	<i>Saratoga County Prevention Council</i>
<i>Vaping and Marijuana Education</i>	<i>WRGB/ Finkelstein and Partners</i>
<i>Distracted Driving Education</i>	<i>Mechanicville Police Department</i>
<i>DWI Checkpoint Activities</i>	

Michael Raucci, General Sales Manager at New Country Toyota is raffling off FOUR (4) \$500 scholarships to eligible graduating seniors of the class of 2022 who successfully complete all the event's activities. Scholarships will be announced on 6/8/22. Winners will be notified by phone

CORNELL COOPERATIVE EXTENSION OF SARATOGA COUNTY

LICENSE TO LIVE
NEW YORK

Calling all young drivers, families with young drivers and school districts. CCE Saratoga County is partnering with New Country Toyota of Clifton Park, New York State Police, Mechanicville Police Department, Saratoga County Sheriff's Office, WRGB CBS 6 News, Albany and many others to bring safe driving experiences to the most vulnerable driving population for crashes! Drivers 16-21 years of age have the most traffic crashes of all age groups and we are working together to reduce injuries and save lives!! As we are in the midst of prom season, approaching graduation and the 100 deadliest days of summer, please come learn how to make good choices behind the wheel!!

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.

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 jjl279@cornell.edu.

Link to join:

<https://cornell.zoom.us/j/94668440238?pwd=VzBiZ1R2WkhTYzFFSmRMTFRPcC84UT09>

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.

Link to join:

<https://cornell.zoom.us/j/93198671912?pwd=K29kMTFCa3RxTnRzTzFhN1NuZHRZz09>

Meeting ID: 931 9867 1912

Passcode: snack

Let's Cook, Fruits & Vegetables All Year!

June 10 (12 PM - 1 PM)

Fresh, frozen, and canned are all nutritious forms of fruits and vegetables. In fact, canned and frozen produce is typically picked and packed at its peak, when it's chock-full of nutrients. In this class, you will learn tips for choosing wisely with fresh, frozen, and canned as well as sneak peek at how to make a delicious Stir Fry!

Conact Kim Maercklein with questions & zoom Meeting information at kam487@cornell.edu.

Link to register:

https://cornell.zoom.us/meeting/register/tJEofu-hqz8tGdQZC1XKKf_kAt0YHKxmE8uZ

Meeting ID: 955 9695 4730

Passcode: 918549

Let's Cook, What is Whole Grain?

June 17 (12 PM - 1 PM)

Whole grains offer a "complete package" of health benefits, unlike refined grains, which are stripped of valuable nutrients in the refining process. In this class, you will learn all about the benefits of choosing whole grains and the variety that are available. You'll also learn how to make a tasty Turkey Chili with Bulgar.

Conact Kim Maercklein with questions & zoom Meeting information at kam487@cornell.edu.

Link to register:

<https://cornell.zoom.us/meeting/register/tJYtf-usqDMoH9PMtcdgp2wJ7IVJI0SlbqqT>

Meeting ID: 920 8246 8257

Passcode: 026366

“Microsoft Monday” Webinars

Cornell Cooperative Extension of Rensselaer County (CCE) is pleased to announce that it will offer “Microsoft Monday” webinars beginning on May 16th. 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.

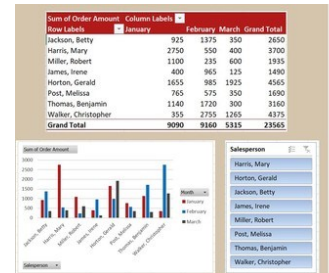
Pre-registration is required:

<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



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 ALTERNATIVES TO LAWNS

Tuesday, June 7 (12:30 PM)

via Zoom

FREE

Are you looking forward to another season of fertilizing, watering and mowing your lawn? It doesn't have to be that way. Learn about alternatives to traditional laws that require less maintenance and provide great benefits to wildlife and the environment in general.

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



UNUSUAL FRUITS: Honeyberries and Hardy Kiwis

Tuesday, June (6:00 PM—7:30 PM)

via Zoom

Fee: \$0-\$40/person (pay what you can afford)

Register: [Unusual Fruits: Honeyberries and Hardy Kiwis ZOOM, Zoom Class 2022.6.7 \(mahaplatform.com\)](#)

Uncommonly delicious! Honeyberries and hardy kiwis are two berries native to Asia and Eastern Europe that feel right at home in New York State. Join Cornell Small Fruits Specialist Anya Osatuke who will introduce you to the challenges and opportunities these berry crops can create for home gardens. The Tuesday evening Zoom class will guide you through site requirements, choosing the right varieties for your needs, how to help young plants establish, and how to prune mature plants to maximize plant health and fruit production. We will end with a couple recipes and harvesting tips. The Saturday workshop will offer a tour of a hardy kiwi and honeyberry planting. Join for one or both classes.



About the instructor: Anya Osatuke is the Western New York Small Fruits Extension Specialist working with Harvest New York and the New York State Berry Growers Association. For her Masters degree, Anya researched strawberries with Dr. Marvin Pritts at Cornell University. Anya grew up gardening and foraging and loves to discuss native and invasive edibles in the landscape.

Class Recording: All classes are recorded so if you cannot make the live class, you can watch the video however only participants who have registered in advance for the class will have access to the video recording which is sent 48 hours later to registrants. Register and pay below.



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.



FREE FISHING DAYS

Take advantage of NY's FREE fishing days designated during several dates throughout the year; no recreational fishing license is required to fish these days. The next free fishing weekend is **June 25-26, 2022.**

Never fished before and have little experience with it? Check out some "How to" Videos, and Brochures and Publications to get you started. [Learn to Fish - NYS Dept. of Environmental Conservation](#)



Saratoga County Fishing Opportunities

[I FISH NY Guide to Capital District Fishing \(PDF\)](#) (2.1 MB)

[Fishing Spots in Saratoga County](#)

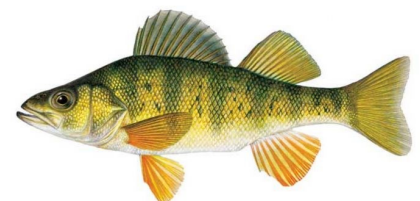
[Saratoga County Fishing Map](#)

[Ballston Lake](#)

[Moreau Lake](#)

[Round Lake](#)

[Saratoga Lake](#)



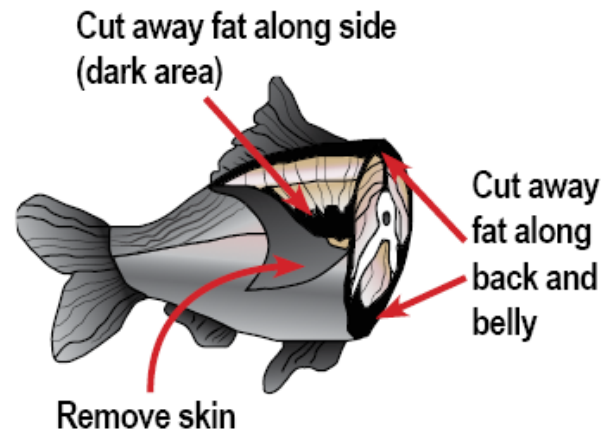
For other counties visit: [Adirondack/Lake Champlain Fishing - NYS Dept. of Environmental Conservation](#)



ADVICE ON EATING FISH

Tips for Healthier Eating

1. To reduce exposures to mercury, avoid or eat less largemouth and smallmouth bass, northern pike, pickerel, walleye and large yellow perch (for example, longer than 10 inches) because these fish tend to have higher mercury levels, particularly in the Adirondack and Catskill regions.
2. To reduce exposures to PCBs, dioxin, mirex, DDT, chlordane, and dieldrin, avoid or eat less. American eel, bluefish, carp, lake trout, salmon (chinook, coho), striped bass, weakfish, white and channel catfish, and white perch because these fish tend to have higher levels of these contaminants.
3. PCBs, dioxin, mirex, DDT, chlordane and dieldrin are found at higher levels in the fat of fish. You can reduce the amount of these contaminants in a fish meal by properly trimming, skinning and cooking your catch. Remove the skin and trim all the fat from the belly flap, the line along the sides, and the fat along the back and under the skin (see diagram). Cooking or soaking fish cannot eliminate the contaminants, but heat from cooking melts some of the fat in fish and allows some of the contaminated fat to drip away. Broil, grill or bake the trimmed, skinned fish on a rack so that the fat drips away. Do not use drippings to prepare sauces or gravies. These precautions will not reduce the amount of mercury or other metals. Mercury is distributed throughout a fish's muscle tissue (the part you eat), rather than in the fat and skin. The only way to reduce mercury intake is to eat less contaminated fish.
4. Choose freshwater sportfish from waterbodies for which there is no specific advice.
5. Try to space out your fish meals. For example, if the advice is that you can eat up to four meals a month, don't eat them all in the same week. This is particularly important for women and young children.
6. When deciding which sportfish to eat, choose smaller fish within a species since they may have lower contaminant levels. Older (larger) fish from the same species may be more contaminated than smaller fish because they have had more time to accumulate contaminants in their bodies. (But make sure to follow New York State Department of Environmental Conservation (NYS DEC) regulations about fish length).
7. Do not eat the soft "green stuff" (mustard, tomalley, liver or hepato-pancreas) found in the body section of crab and lobster. This tissue can contain high levels of chemical contaminants, including PCBs, dioxin and heavy metals. For more information about how to reduce levels of chemicals in a crab meal, see [New York State Blue Crab Cooking and Eating Guide](#).
8. Bacteria, viruses or parasites may be in or on fish. Keep harvested fish cold. Water protective gloves when skinning and trimming. Wash hands and surfaces often when preparing



fish, and keep raw foods separate. Cook fish and shellfish thoroughly before eating.

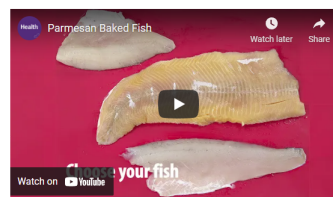
9. Anglers who want to enjoy the fun of fishing but who wish to eliminate the potential risks associated with eating contaminated sportfish may want to consider "catch and release" fishing. Refer to the [NYS DEC's Fishing Regulations Guide](#) for suggestions on catch and release fishing techniques.

Healthy Fish Recipes

Looking for delicious, healthy ways to prepare your locally caught fish? Check out the videos below for some interesting recipes. Always make sure to [check the advice](#) for your favorite waters before eating a locally caught fish meal.

These videos are intended to be educational. DOH assumes no liability for an individual's actual food preparation or cooking practices.

Click on pictures to view videos.



Parmesan Baked Fish



Perch Skillet



Fish Chowder



What Wild Edibles are in Your Backyard?

From ADIRONDACK HARVEST

An exciting part about early spring is the emergence of wild plants you may know as “weeds”. Collecting edible plants in the spring can be a really lovely way to connect with the micro-climate of your area and celebrate the spring season. There are a few things you should know about harvesting wild plants before you begin digging in.

TIPS FOR SUSTAINABLE HARVEST

- Never pick or collect rare, at-risk, vulnerable, or endangered plants
- Always identify a plant with 100% confidence before you touch, pick, or harvest from it
- Take only what you need, leave at least 75% of what you find
- Never harvest wild plants near roadways, powerlines or anywhere near potentially contaminated water or soil
- Never harvest on land without permission of the landowner
- Consult your physician when using wild plants with medicinal properties and test for an allergic reaction to the plant before consuming it

[LEARN MORE FROM CCE WARREN'S WILD EDIBLE COURSE MATERIALS](#)

SPRING WILD EDIBLES THAT MIGHT BE IN YOUR BACKYARD



Dandelion (*Taraxacum officinale*)



Plantain (*Plantago major*)



Red Clover (*Trifolium* spp.)



Lamb's Quarters (*Chenopodium* spp.)



Queen Anne's Lace (*Daucus carota*)



Chicory (*Cichorium intybus*)

ALWAYS consult field books or other reputable resources before harvesting or eating wild plants.

Simple Dandelion Greens Recipe from [tastingtable.com](https://www.tastingtable.com)

This easy recipe just calls for sautéing your wild greens with ingredients you probably have in your pantry.



Susan Olayinka/Tasting Table

WEBSITE & SOCIAL MEDIA

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



CCE Saratoga



4-H



CCE Equine



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