



June 20, 2022

Volume 3 Issue 13

LICENSE TO LIVE: Teen Driver Safety Event

The LICENSE TO LIVE: Teen Driver Safety Event took place June 7-8 at New Country Toyota. Cornell Cooperative Extension, along 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 provided safe driving experiences and educational activities to high school teens; the most vulnerable driving population!

Some of the activities/displays along with their presenters are as follows: Broken Heart Display, Cornell Cooperative Extension of Saratoga County; Rollover Simulator, New York State Police; Seatbelt Convincer, Saratoga County Sheriffs; Vaping and Marijuana Education, Saratoga County Prevention Council; and DWI Checkpoint Activities, Mechanicville Police Department.

Michael Raucci, General Sales Manager at New Country Toyota raffled off FOUR (4) \$500 Scholarships to eligible graduating seniors of the Class of 2022 who successfully completed all the event's activities.



CCE Saratoga partners with local and state police, local fire departments, and other organizations to offer 1, 2 or 3-day TEEN DRIVER programs with assemblies, individual classes, hands-on experiences with car seats and fatal vision goggles, texting simulator, texting pledge banners and many more activities.

For more information on TEEN DRIVER programs contact: Cindy Dort, Occupant Protection Instructor, cjd53@cornell.edu or (518) 885-8995 ext. 2228.

Statewide Master Food Preserver Workshops

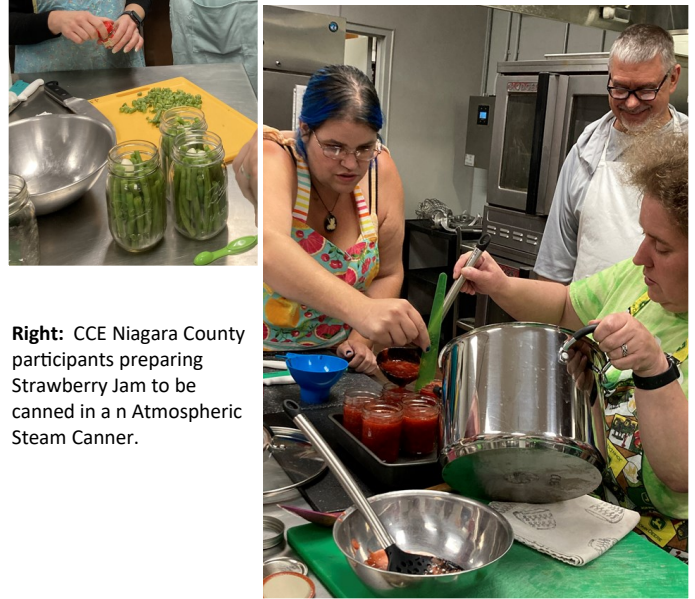
Cornell Cooperative Extensions, Saratoga and Albany Counties are working together to provide three-day workshops covering the full range of home food preservation methods. Other CCE Associations host these programs where Diane Whitten, CCE Saratoga, and Karen Mort, CCE Albany, teach other CCE staff and the public safe, research-based methods to prevent foodborne illness associated with home food preservation, including botulism food poisoning.

Five workshops were planned this year, spanning the state from Warren County to Chautauqua County, including the counties of Livingston, Niagara, and St. Lawrence. Ninety-three people will have taken the training by the end of June, with eight volunteers assisting at the workshops. The host county's Extension Educator works with the instructors to prepare for and provide the three-day training, then may follow-up with attendees to foster volunteers in teaching home food preservation. After taking the training and passing an exam, attendees can apply for CCE Certification as a Master Food Preserver, giving them a credential that states they have learned and will teach USDA research-based methods of home food preservation.

For more information on Home Food Preservation, contact Diane Whitten at dsh23@cornell.edu.



Left: CCE Niagara County participants preparing to make Pickled Dilly Beans in a Boiling Water Canner



Right: CCE Niagara County participants preparing Strawberry Jam to be canned in a n Atmospheric Steam Canner.



Left: Finished products from CCE Warren County, April 2022

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 \(ccesaratoga.org\)](https://www.ccesaratoga.org)

DIABETES SUPPORT GROUP ONLINE

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





saratoga
PLAN

Preserving Land and Nature



INVASIVE SPECIES
MANAGEMENT
CAPITAL REGION

June 27th 2022
8:30-11am

Water Chestnut Removal Fish Creek

Join Saratoga PLAN and the Capital Region PRISM
to remove Water chestnut from Fish Creek outlet
on Saratoga Lake



Location Kayak Shak
251 County Route 67
Saratoga Springs, NY 12866

Register for this Event

Visit the capitalregionprism.org
event page to register for this event!
Maximum of 25 participants.

Recommended Supplies

Bring your own watercraft / life jacket
The Shak will have a few loaner Kayaks
snacks - water
sunscreen - gloves

STOP AQUATIC HITCHHIKERS!

Be A Good Steward. Clean. Drain. Dry.



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

ATTENTION!....

loggers, forest owners and other forest-related professionals

Cornell Cooperative Extension of Warren County is proud to announce the following 3 workshops:

- The Game of Logging Level 1—Wednesday, August 3
- The Game of Logging Level 2—Thursday, August 4
- The Game of Logging Level 3—Friday, August 5

All three workshops will go from 7:30 AM—5:00 PM and will be held at Butler Pond Road in Queensbury.

Please bring a lunch , chainsaw, and safety equipment (hard hat/shield, hearing protection, chaps, steel toe boots). Rain or Shine. Due to a generous grant from International Paper cost per person , per class is on \$45.00. Pre-registration is required. There will be no refunds if cancelling less than 5 days prior to a given class.



For more information or to register, please contact Dan Carusone by email at djc69@cornell.edu or by phone at (518) 623-3291.

UPCOMING WEBINAR: New York tax incentives for farm employers: Overtime, investment and employee retention

Co-sponsored by Farm Credit East, Agriculture and Markets, Tax and Finance, and Cornell Agricultural Workforce Development

This is a FREE webinar outlining significant tax credits that are applicable to many farmers in New York State. Attend on Tuesday, June 21, at 11 AM to find out what's new, what these tax credits cover and how to apply. This webinar is free and open to all.

This webinar is free and open to all. To register, visit: www.FarmCreditEast.com/webinars. This webinar will be recorded and posted on our website for those who cannot attend live. Questions: chris.laughton@farmcrediteast.com.

AGENDA

- 11:00 AM—Opening Remarks (*Kevin King, Deputy Secretary for Food and Agriculture for Governor Hochul*)
- 11:08 AM—Background and Agenda (*Richard Stup, Cornell Agricultural Workforce Development*)
- 11:15 AM—Overview of Farm-Related NY Tax Credit (*Francine Schoonmaker, NYS Taxation & Finance*)
- 11:30 AM—Certification of Farm Employee Overtime Hours and Records Required (*Nicole Leblond, NYS Ag & Markets*)
- 11:40 AM—Farm Employer Tax Credit Strategies to Consider (*Dario Arezzo, Farm Credit East*)
- 11:50 AM—Questions and Answers with the Panel (*Facilitated by Chris Laughton, Farm Credit East*)
- 12:05 PM—Closing Remarks and a Look Ahead (*Richard Stup, Cornell Agricultural Workforce Development*)



Calf housing to be discussed in the upcoming Hoard's Dairyman webinar

"Housing calves in small groups: The pros, cons, and best practices" to be held July 11 at noon, CST (1 PM EDT).

The next Hoard's Dairyman webinar will be held Monday, July 11 at noon (central time) or 1 PM (eastern time). University of Minnesota College of Veterinary Medicine's Whitney Knauer, D.V.M., will present, "Housing calves in small groups: The pros, cons, and best practices."

This webinar will focus on raising preweaned calves in small groups. The benefits and challenges compared to individual housing and large groups will be discussed, as well as best management practices to optimize calf health and for implementation success. The webinar is sponsored by [Agri-Plastics \(https://calfhutch.com\)](https://calfhutch.com).

To register for the 2022 webinars, visit www.hoards.com/webinars.

Hoard's Dairyman launched its free webinar series 11 years ago. These educational sessions are held the second Monday of each month and are broadcast live from noon until 1 p.m. (Central time). Attendees are encouraged to submit questions before, during, and after the webinar. They will be answered at the conclusion of the presentation.

Each hour-long webinar includes nationally known and carefully selected presenters who discuss the most timely and relevant challenges faced by today's dairy producers. Past topics include finance, nutrition, milk quality, herd care, milk marketing, and dairy policy.

There is no cost to register or to view the webinars. To sign up, go to our [registration page](#) and complete the brief questionnaire on



Presenter: Whitney Knauer, D.V.M. (Courtesy Photo)

your role in the industry. Once registered, an email reminder is sent with future webinar dates and times, and there is no need to register again. If you are unable to attend a live webinar, they are recorded and can be accessed later on the *Hoard's Dairyman* website under the [webcasts' link](#). All of the previous webinars have been archived and have been seen by over 345,000 viewers. To learn more about the webinars, visit www.hoards.com/webinars.

In addition, the webinar series is approved for continuing education units (CEU) by the American Registry of Professional Animal Scientists. Each hour-long webinar earns one CEU.

Hoard's Dairyman invites you to join us on the second Monday of each month – for just one hour. And you don't even have to leave the comfort of your home or office.

-Hoard's Dairyman

Saratoga County Farm Bureau

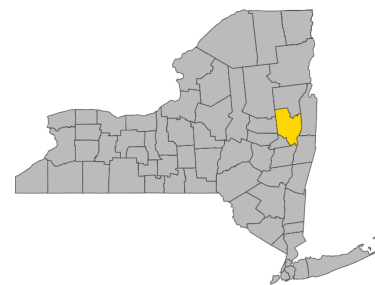
[Saratoga County Farm Bureau](#) gives farmers and non-farmers alike the opportunity to be part of an organization dedicated to supporting and enriching agriculture. It provides an opportunity for individuals interested in the food system on a broad range of issues that concern every New Yorker, from taxation, conservation to local food availability. Farm Bureau believes that a strong, viable agricultural industry is beneficial not only to our economy but also to our local communities and our consumers.

County Manager

Kim Trombly, Manager

County Farm Bureau Relations & Development

(518) 935-8569 or ktrombly@nyfb.org



New York Farm Bureau provides information to its members that they can't easily find elsewhere. Being better informed and having the resources necessary to make important decisions is one of the benefits of being a Farm Bureau member. [Resources :: New York Farm Bureau \(nyfb.org\)](#)



Sunday, July 24, 2022

10:00am

Saratoga County Fair
Sheep Show Arena

162 Prospect St, Ballston Spa, NY 12020

The barn and sale arena open at 10:00am.

Participants must register to receive Bidder Card

Refreshments will be served during Auction Preview 10-10:30AM

All animals must be payed for, **IN FULL**, at the end of the auction. The animals will be delivered to a processor, Sunday, after the auction.

The processing costs are separate from your purchase at the auction. You will be billed by the processor after the animal is processed.

7 Lambs Available

**Starting at market price
of the day**

All bids by pound



Market Auction



What is a Coggins Test?

Many horse owners have heard of a Coggins test, but some do not know what the test evaluates and why it is so important for the horse industry. A Coggins test is a blood test used to identify the presence of antibodies for Equine Infectious Anemia (EIA). Equine Infectious Anemia is a potentially fatal disease with no current treatment available. There are multiple tests to detect if a horse has EIA antibodies, but the Coggins test is the most popular and well known among horse industry professionals.

Performing a Coggins Test

To perform a Coggins test, a licensed veterinarian must draw blood from your horse and send it to an accredited lab for analysis. The lab will conduct a test to detect the EIA antibody (a protein that allows the body to recognize the EIA virus; this will only be present if the horse has had the EIA virus). They will then provide either a positive (antibody is present) or negative (antibody is not present) test result back to the veterinarian, who will share it with the horse owner. These results, often referred to as Coggins papers, will then be available as either a paper or electronic certificate and should be kept with the horse's health records. The test results expire one year from the testing date.

The following information is generally found on all Coggins tests:

- **Owner information:** Owner name, address, phone number
- **Stable information:** Point of contact, address, phone number
- **Veterinarian Information:** Name, clinic, accreditation number, address
- **Horse's identifiable information:** Name, barn name, breed registration number, breed, sex, color, age, permanent identification (microchip, tattoo), pictures or drawings of all markings accompanied with a narrative description of markings
- **Equine infectious anemia (EIA) test information:** Type, lab that preformed the test, reason for testing, date received, date reported, and result

Photo: Colorado Equine Clinic

Obtaining a negative Coggins test is important to ensure that EIA is not spread to other horses. Lack of a vaccine or treatment for EIA makes testing crucial for preventing spread by ensuring carriers are not moved or allowed in close proximity with other horses.

What is Equine Infectious Anemia?

Equine Infectious Anemia is a bloodborne viral disease that can affect all equids. This virus is of great concern for the horse industry and there is currently no treatment or vaccine for it. Horses with EIA have varying symptoms and prognosis. Acute symptoms often include a fever, disorientation, and weight loss. Rapid death has also been reported for some horses with EIA. Most often, horses with EIA are asymptomatic carriers, showing no signs or symptoms, which is one of the reasons testing is so important. Horses positive for EIA are life-long carriers and pose a risk to any other horse they may be around. Therefore, EIA carriers must be permanently quarantined, being kept at least 200 yards away from other horses, or be euthanized.

Transmission of EIA

Most often EIA is transmitted by biting flies; tabanids (horse and deer flies) are considered the most significant transmitters. Biting flies transmit EIA by taking a blood meal from an EIA carrier and then transmitting that infected blood to a non-infected horse. Since it is relatively impossible to eliminate blood-sucking insects around horses, there is always the potential of a horse contracting EIA (and other bloodborne diseases) when in the vicinity of an infected horse. Other modes of transmission of EIA include use of contaminated equipment, such as used needles and syringes, mare to foal transmission in-utero, and through natural breeding of mares and stallions.

Reducing the Spread of Equine Infectious Anemia

Obtaining a negative Coggins test ensures that the horse does not have the antibody for EIA at the time of testing. However, it is encouraged that you continue to implement biosecurity measures in addition to the annual test. Since EIA is primarily transmitted by flies, employing fly management strategies can help reduce likelihood of infection. Horse owners are encouraged to use an integrated pest management (IPM) system, which uses multiple, targeted strategies to reduce fly populations. Learn about [recommendations for horse farm specific IPM](#).

[CONTINUE READING ARTICLE](#)

Rabies Clinics

Held at the 4-H Training Center, 556 Middleline Road, Ballston Spa
Questions? Call the Animal Shelter (518) 885-4113

Upcoming Dates:

Tuesday, June 28
Tuesday, August 23
Tuesday, October 18

Times:

- Cats 5:30-6:30 PM Must be in carrier
- Ferrets 5:30-6:30 PM Must be in cage or carrier
- Dogs 6:30-7:30 PM Must be on a leash

Times are strictly enforced for the safety of all animals.

Cost: FREE, however donations are accepted

All vaccination certificates are written for one year. If a previous signed certificate is produced, a three year certificate will be written.

RABIES CLINIC



General Rabies Information:

Animal rabies continues to be a serious public health problem in New York State. If you, a family member, or a pet comes in contact with an animal that could be rabid, you should contact **Saratoga County Public Health at 518-584-7460**. they will advise you what to do.

Rabies can be carried by any wild mammal (raccoon, skunk, fox, coyote, or bat). There are also precautionary measures taken if you are bitten by a domestic animal (dog, cat or ferret). If this happens, you should first obtain the owner's name, address and phone number, then contact the Saratoga County Public Health Department at 518-584-7460.

Wildlife is great to observe, ...but can be a nuisance!

Being able to observe wildlife close to home is a treasured experience for many people, but sometimes wildlife can get too close or even cause property damage. Woodchucks in the garden, squirrels or other critters in the attic, bears rummaging through garbage and tearing down birdfeeders, and skunks under the shed are but a few of the problems people may encounter. There are steps you can take to enjoy wildlife from a distance and reduce the chance that conflicts occur:

Remove food sources: do not feed wildlife, remove all feeders and suet in the spring and summer, secure or remove garbage immediately and wait until the day of trash pick-up to bring outside, and feed pets indoors.

Eliminate cover and shelter close to homes and buildings: remove or recycle piles of junk and stash brush, logs, and firewood away from your house or other buildings; mow tall grass near houses or other buildings.

Put up barriers: use chimney covers and soffit vents, fence in areas such as gardens and underneath decks, and seal entry holes that lead into the house.

Excite or agitate: use visual repellents such as scarecrows or lights, create noise by yelling or using noisemakers (be sure to check noise ordinances in your area.)

Legally remove or "take": contact a licensed [Nuisance Wildlife Control Operator \(NWCO\)](#) to remove wildlife from your property or remove or "[take](#)" nuisance animals on your own in accordance to New York State laws and regulation.



Article by NYS DEC.

“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.



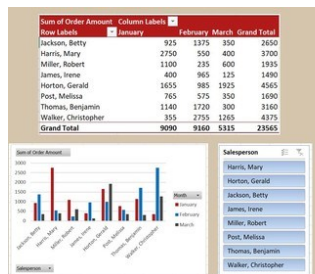
These intensive-study events offer an affordable option for learners to explore intermediate- and advanced-level skills with the support of a trainer. Microsoft Monday events focus on specific topics within with Word, Excel, PowerPoint and other Microsoft Office software programs. They are perfect for 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.

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:

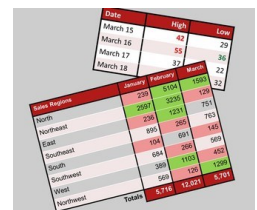
https://cornell.zoom.us/meeting/register/tJ0kde2ppzlpGNT30GN-phZ_drCbNzjyo2lx

Creating Dynamic Spreadsheets with Conditional Formatting

July 11 (2PM - 4PM)

Cost: \$25 per person

Would you like to create visually attractive spreadsheets that automatically update the cell formatting based on its value?



This feature within Excel is called conditional formatting, and it is great time saver, as well as a useful way to highlight specific information quickly.

In this virtual training session on Zoom, Delia Hubbard-Digital Literacy Educator and certified Microsoft Office Master, will demonstrate conditional formatting techniques using Microsoft Excel. These techniques are applicable to any version of Excel 2010 or newer.

Participants will learn to:

- Apply preset conditional formatting rules to a range of cells
- Create a custom conditional formatting rule
- Edit, delete, prioritize formatting rules
- Copy condition formatting rules and apply to other cells
- Advanced conditional formatting skills

Participants should have intermediate knowledge of using Excel, including how to select range of cells on a spreadsheet, format cell fill and font colors, use basic formulas and functions, and how to navigate the Ribbon toolbar.

Pre-registration is required:

<https://cornell.zoom.us/meeting/register/tJMpc--qriwqGtQVvJNeCWf6sEXHqMb3NVzd>





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

LOCAL FOOD VENDORS THAT ACCEPT SNAP & FMNP

And now, SNAP matching initiatives including Double Up Food Bucks and Fresh Connect checks

More info at adirondackharvest.com/food-assistance-benefits/



2022 Calendar of farmers' markets that accept SNAP, FMNP, DUFB, Fresh Connect, & P-EBT

All markets that accept SNAP, also accept P-EBT benefits.

MONDAYS:	Granville 6/6-10/17, 2pm-5pm (FMNP) Clifton Park 6/6-10/24, 2pm-5pm (FMNP)
TUESDAYS:	Whitehall 6/7-10/18, 1pm-4pm (FMNP) Johnstown 6/28-10/11, 3pm-6pm (FMNP)
WEDNESDAYS:	Saratoga 5/4-10/26, 3pm-6pm (SNAP, DUFB, FMNP)
THURSDAYS:	Speculator 6/23-9/15, 2pm-5pm (FMNP) Saratoga Spa City 6/9-9/29, 3pm-6pm (FMNP) Ballston Spa 6/16-9/29, 3pm-6pm (FMNP) Fort Edward 6/2-9/29, 4pm-7pm (FMNP)
FRIDAYS:	Broadalbin 6/10-9/2, 3pm-6pm (FMNP, Fresh Connect) Warrensburgh 6/3-10/7, 3pm-6pm (FMNP)
SATURDAYS:	Gloversville 5/7-10/15, 8:30am-12:30pm (FMNP) Salem 6/4-10/15, 10am-1pm (FMNP) Glens Falls 5/7-10/29, 8am-12pm (SNAP, DUFB, FMNP) Ticonderoga 7/9-9/24, 10am-1pm (FMNP) Ballston Spa 6/11-9/24, 9am-1pm (FMNP) Saratoga year round, 9am-1pm (SNAP, DUFB, FMNP)
SUNDAYS:	Cambridge Valley 5/22-10/29, 10am-1pm (FMNP) Saratoga Spa City year round, 10am-2pm (FMNP)

BENEFITS ARE ACCEPTED EVERY DAY AT THESE LOCATIONS:

ACCEPTS SNAP:

- Mohawk Harvest Cooperative in Gloversville
- Adirondack Natural Foods in South Glen Falls
- Ticonderoga Natural Food Co-op in Ticonderoga*
- Schoony's Country Market in Granville
- Sanders Meat Market in Ballston
- Four Seasons Natural Foods in Saratoga Springs
- Pure-N-Simple in Glen Falls
- Fred the Butcher in Halfmoon

**also accepts DUFB*

ACCEPTS FMNP:

- Drinkwine's Produce Farmstand in Ticonderoga
- Braydon's Garden Farmstand in Salem

VISIT ADIRONDACKHARVEST.COM

Find local products and experiences | View store locations, hours, & an interactive map | Sign up for our newsletter

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.

Enjoy Food that Tastes Great!

June 20, 2022 (9:00 AM—10:00 AM)

Online Training via Zoom

CCE Albany

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

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

Link to register:

<https://cornell.zoom.us/j/91521238685?pwd=bGhEbEw5NXowSzAxcEZ2N2hsbDQ1QT09>

Meeting ID: 915 2123 8685

Passcode: 888773



Let's Cook, Going Lean with Protein

June 24, 2022 (12:00 PM—1:00 PM)

Online Training via Zoom

CCE Albany

Join Albany County SNAP-Ed while you learn how to vary your protein routine! Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Learn how you can incorporate a variety of proteins throughout your day while we demonstrate how to make some scrumptious Salmon!

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

Link to register:

<https://cornell.zoom.us/meeting/register/tJ0sdeiqpzsqG9N6S0ZkYomgiUQpwfJKKG35>.

Meeting ID: 991 2129 0017, Passcode: 246846.



Mediterranean Meals

June 21, 2022 (6:00 PM—7:00 PM)

Malta Community Center

1 Bayberry Drive, Ballston Spa

Learn why the Mediterranean diet and lifestyle lead to reduced risk of heart disease and how to make realistic changes to your food and activity patterns for better health. A sample recipe will be demonstrated and participants will have a chance to sample the results.

To register contact Malta Community Center (518-899-4411)



Senior Hikes

June 23, 2022 (10:30 PM—12:00 PM)

Location of Hike TBD

Lake Luzerne Senior Center

539 Lake Ave., Lake Luzerne

Physical activity can be fun when done as part of a group! Join us for an easy group hiking event that (weather permitting) will run for around 2 hours.

Registration is limited. To register, please contact Director Barb Mitchell (518-696-6451)



THE SARATOGA COUNTY FAIR

Tuesday, July 19 (10AM - 12AM)—Sunday, July 24 (10AM - 8PM)
162 Prospect Street, Ballston Spa

(FREE parking in fairground parking lots)

Buy Admission Tickets in Advance

General Admission.....	\$15
Veterans	\$10
Senior Citizens (65 & over Wednesday only all-day.....	\$5
Season Ticket (admission all week –one scan allowed per day.....	\$50
Children 12 and under.....	FREE
Military with an active ID card	FREE

Amusements of America Midway

Tuesday—Saturday: Noon to Midnight (*Tuesday rides may start late*)
Sunday: Noon to 8PM
\$25 pay one price rides handstamp

Saratoga County Fair Events Calendar

Events for Tue July 19, 2022 – The Saratoga County Fair

[Home - The Saratoga County Fair](#)

Fair Posters can be purchased for \$15

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.](#)



Making Strawberry Freezer

June 22, 2022 (4:00 PM—5:00 PM)
Pitney Meadow Community Farm
223 West Ave., Saratoga Springs

This quick and easy recipe requires little to no cooking resulting in a fresh fruit taste that will last through the winter.

For more information, contact Diane Whitten 518-885-8995.



Pollinator Garden Workshop

June 25, 2022 (10:00 AM)
Cornell Cooperative Extension Albany County
24 Martin Road, Voorheesville

Learn how to create a native garden that attracts and supports pollinators.

Registration required at albmgspeakers@cornell.edu. For more information contact Carole Henry 518-765-3500.

Stay after the workshop for a guided tour and scavenger hunt.



Guided Garden Tours and Family Pollinator Scavenger Hunter at the CCE Demonstration Gardens

June 25, 2022 (11:00 AM—1:00 PM)
Cornell Cooperative Extension Albany County
24 Martin Road, Voorheesville

Come anytime no reservations needed, questions please email albmgspeakers@cornell.edu. For more information contact Carole Henry 518-765-3500.





July is a month of fun! The 4th is always a great time. Veggie harvests are starting in earnest. Our first group of chicks will be going to freezer camp midmonth. The County Fair always brings fried dough and that fresh squeezed lemonade to mind. With grandkids in tow, we get to watch them race about on the rides, and pet the animals. It is also a great time to see neighbors and friends that the last couple of years has kept us from seeing.

Fall planting is this month, start some brassica, along with some zucchini. Right now, you will be giving away produce, but come September you will be happy you started new plants. This year, we hope to extend our tomato harvest into November. That means rooting some beefsteaks now and planting them in our new high tunnel. We shall see how that works out.

Each day I put one tank of gas through the chain saw. The grandkids get paid to fill the tractor bucket and restack in the woodshed. They learn the value of good work and proper stacking while I get to keep warm this winter. Maple is good the wood burns long and hot. Elm is fine if really dry, Oak is great, but cherry and apple are my favorites. Smelling that smoke when outside pushing snow or inside feeding the fireplace stove makes wood burning worthwhile.

But enough of winter, let's enjoy warm nights, swimming and BBQ's.

Enjoy!

Herb



Food Preservation Workshop Series

June 28—30, 2022 (12:30 PM—4:00 PM)

Cornell Cooperative Extension Warren County
377 Schroon River Road, Warrensburg

The summer growing season is almost here, so it's a good time to learn the basics of food preservation! Join us for three food preservation workshops where we will use different food preservation methods to make several food items. Each participant will learn **How to Make Jam and Jelly** (Tuesday), **Pickles and Dilly Beans** (Wednesday), and **Canned Tomatoes and Salsa** (Thursday).

Additionally, the processes of dehydrating, freezing, hot water bath canning, and pressure canning will be covered.

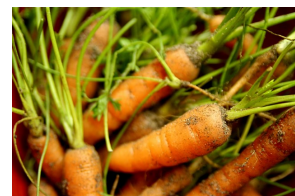
Pre-registration and pre-payment is required.

Fee: \$10/workshop. To register for these workshops, please contact the CCE Warren office at: 518-623-3291.



Veggie Timely Tips

- Maintain even moisture around carrot plants. Exposure to alternating dry and wet spells will result in carrots with splits and cracks.
- Also water cucumber and tomato plants consistently; uneven watering can cause cucumbers to taste bitter and can contribute to blossom end rot and splitting of tomatoes as they ripen.
- Do withhold water from onions and potatoes as the leaves begin to die. This helps harden the bulbs and tubers in preparation for harvest and storage.





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](#)

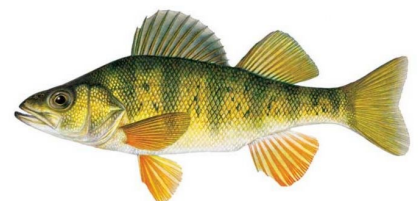
[Saratoga County Fishing Map](#)

[Ballston Lake](#)

[Moreau Lake](#)

[Round Lake](#)

[Saratoga Lake](#)



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



It's Fawning Season

Most fawns in New York are born in late May or early June, and the first few months are a critical period for survival. Fawn survival is heavily influenced by habitat quality, and those fawns that have good hiding cover and quality forage have the odds in their favor.

You can improve habitat for fawns on your lands by promoting native forbs in fields and forests.

- **Avoid moving large field until mid-August**—mowing fields in June can kill or injure fawns. Large, un-mowed fields provide excellent cover from predators and high quality native forage for fawns and their mothers.
- **Create patches of young forest within your woodlot**—removing overstory trees and allowing more sunlight to penetrate to the forest floor will stimulate growth of herbaceous plants and new tree seedlings. Fawn survival is typically lower in wooded areas than in areas with some agriculture and fields, but increased greenery on the forest floor improves cover for fawns, helping them to stay camouflaged and protected from predators. It also provides more food for the fawn and its nursing doe.
- **Keep winter in mind**—Thinking ahead to winter projects. It is much easier to identify trees by their leaves than by their bark. Summer can be a good time to mark trees for winter-time cutting projects designed to enhance year-round browse and cover. Contact a [DEC forester or biologist for advice](#).

Enjoying these simple practices can help fawns survive into adulthood. After all, healthy fawns have a better chance of becoming healthy adults and improve our opportunity to **Let Young Bucks and Watch them Grow!**



Photo courtesy of Diane Whitten



Photo courtesy of A. Jacobson



Photo courtesy of Rick Schwerd

[Article](#) by The New York State Department of Environmental Conservation .



Give Them More
of the
Good Stuff!

Freezing Vegetables

Prepare Vegetables

- ❖ Wash hands with soap and water.
- ❖ Gather cooking tools and freezer containers.
- ❖ Rinse vegetables under running water.
- ❖ Trim, peel or cut vegetables as desired. Aim for pieces that are about the same size.
- ❖ The next step depends on the type of vegetable.

Freezing is a good way to store vegetables.



Package for Freezing

- ❖ Use containers that are airtight and freezer-safe. Label them with the vegetable name and date.
- ❖ Put vegetables into the container directly or place on a flat pan and freeze until firm, then put into the container.
- ❖ Leave as little air as possible in the container before closing and then put into the freezer.

Preparing Vegetables for Freezing	
Celery, onions, peppers, tomatoes	Package right after preparing.
Beets, potatoes, sweet potatoes, tomatoes, winter squash	Cook until done. Cut, mash or blend, if desired, then cool and package.
All others	Blanch using the picture directions below, then package.

How to Blanch for Freezing



1. Bring 1 gallon (16 cups) of water to boil in a large pot.

2. Lower 2 to 3 cups of vegetables into the boiling water.

3. Return the water to a boil and begin timing (see minutes below).

4. Move vegetables to a bowl of ice-cold water; cool completely.

5. Drain the vegetables and pat them dry, then package.

Blanching Vegetables This short heat treatment protects the flavor and color of vegetables

2 minutes	carrots, parsnips, peas (snap or snow), spinach and other leafy greens (except collards), turnips
3 minutes	asparagus, beans (green or wax), broccoli, cauliflower, celery, collards, okra, summer squash (including zucchini)
4 minutes	corn cob (after blanching, slice off kernels to package), eggplant



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Share on:



Enjoy Frozen Vegetables

Food and Amount	Date	How Many
Corn, 16 ounces	8/10	11XX
Green beans, 2 cups	9/25	111X
Broccoli, 12 ounces	9/25	111
Ground beef, 1lb	9/30	1
Whole chicken	10/5	1X
Chicken broth, 2 cups	10/20	11

Go to
FoodHero.org
for easy,
tasty recipes

Freezer List Reduces Waste

1. Make a list of foods already in your freezer on a piece of paper or dry erase board. Keep the list in a convenient place.
2. Label a food added to the freezer with the date it goes in and then add that food name and date to the freezer list.
3. Cross off or erase the food name from the list when it comes out of the freezer.
4. Use the oldest packages first to reduce the chance for waste. Frozen foods lose flavor and texture over time; use within 8 to 12 months.

Use Frozen Veggies Safely

- Never thaw at room temperature or in warm water.
- Thaw all the way or partway in the refrigerator or microwave just before using.
- Add frozen or partway thawed to recipes, such as soups and smoothies.

Save the Flavor of Garden Tomatoes

- Freeze tomatoes many ways: unpeeled or peeled, whole or cut, uncooked or cooked.
- Cook tomatoes first (any way you choose) to use the least amount of freezer space.
- Use frozen tomatoes in sauces or soups because their texture is soft after thawing.

Roasted Tomatoes

Ingredients:

- 1 Tablespoon **vegetable oil**
- ½ teaspoon **salt**
- ¼ teaspoon **pepper**
- 2 cloves **garlic**, whole or chopped (optional)
- 2 Tablespoons fresh **herbs** or 2 teaspoons dried herbs (optional)
- 2 pounds **tomatoes**, stems removed

Directions:

1. Preheat oven to 350 to 400 degrees F.
2. Drizzle oil on the bottom of a 9 x 13-inch baking dish. Sprinkle salt and pepper into the dish along with garlic and herbs if desired.
3. Cut tomatoes in half and put in baking dish with cut side down.
4. Bake tomatoes until soft and the peels start to brown, about 30 to 45 minutes. Cook longer if you want to remove more liquid.
5. Remove dish from the oven and let tomatoes cool. If desired, lift off and discard tomato peels.
6. Add to recipes in place of canned tomatoes, or chop and serve as a chunky sauce or blend to a smooth sauce.
7. Refrigerate leftovers within 2 hours or freeze for 8 to 12 months.

Makes 2 ½ to 3 cups sauce

Prep time: 10 minutes

Cooking time: 30 to 45 minutes



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- rinse vegetables under running water.
- keep track of blanching time.
- put vegetables on a flat pan for freezing.

Corn 8-10-20

4-H MARKET AUCTION

July 24, 10:00 AM, Saratoga County Fair (Sheep Show Arena)

MEET NATHANIEL McDEVITT

Nathaniel McDevitt, a fifth year 4-H member is participating in the Saratoga County 4-H, first annual Market Auction on Sunday, July 24th at the Saratoga County Fair. Nathaniel is one of the 7 youths selling lambs and chickens in the auction. He plans on putting the profit he makes from the sale into savings.

Community members and local businesses are invited to come bid at the auction. The bidders are invited for a preview of the sale and registration at 10:00 AM. The Market Auction will begin at 10:30 AM. When purchasing a 4-H animal from the auction, you are getting a high quality product.



4-H Large Animal Showmanship Clinic

Forty 4-H youths gathered at the Saratoga County 4-H Training Center for the Large Animal Showmanship Clinic. The event was hosted by Saratoga County 4-H with attendees representing 4-H from across New York State. 4-H'ers were able to participate in a hands-on learning experience with dairy cattle, beef cattle, sheep, and dairy goat showman.

The Saratoga County 4-H Animal Science program is planning more events following the Saratoga County Fair, scheduled for July 19-24.

Follow the [Saratoga County 4-H Facebook page](#) for announcements or call the Cornell Cooperative Extension of Saratoga County Office at (518) 885-8995.



4-H Sheep Club - Community Service



The 4-H Sheep Club dedicated their time at the Fairgrounds to prepare the Peck Building for the 2022 Saratoga County Fair. Be sure to come out and support 4-H and stop by and see all their exhibits from July 19-24.

An important activity for 4-H members is taking part in community service projects. These projects give youth valuable opportunities to develop positive relationships in their community

as well as enhance personal growth and satisfaction. 4-H Clubs are expected to complete a group community service project on an annual basis, and 4-H Clubs are often known for their work in the community.



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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