

August 29, 2022

Volume 3 Issue 18

## NYS 4-H Advanced Equine members visit Saratoga County

Members of The New York State 4-H Advanced Equine Program enjoyed an immersive industry experience in Saratoga County. The NYS 4-H Advanced Equine Program was developed in 2021 to fill the gap between young adults and equine industry professionals. New York serves as a hub for the horse community, as home to the Saratoga Race Course, a prominent horsing racing track. The NYS 4-H Horse Program encourages both understanding and knowledge of the equine industry, as well as leadership and personal development through once-in-a-lifetime experiences, and intends to grow the Advanced Equine Program to best serve our youth and equine community.

From August 10th-12th, the members of the Advanced Equine Program engaged with equine professionals in Saratoga County. Participants practiced with a polo mallet at Bloomfield Farm Polo and toured the Equine Clinic of Saratoga, an emergency equine vet clinic. The ambassadors also visited Sugar Plum Farm, a thoroughbred breeding farm, and explored the Fasig Tipton auction facility. They caught a glimpse of the Budweiser Clydesdales and watched a demonstration by professional horse trainer Molly Alger.

To conclude their visit to Saratoga, members joined the [Amplify Horse Racing](#) tours. Amplify Horse Racing, out of Kentucky, offers the most insightful, thorough, and authentic tours of both the back stretch and the racing side. Trainers, such as Bob Atras, opened their barns to discuss the racing industry, while turf management leads discussed unique career opportunities offered by the equine industry. A visit to the silk room and owners paddock gave youth an experience they will never forget. Additionally, the National Racing Museum opened their doors for participants to eat lunch and enjoy their spectacular film, highlighting the magic and beauty these horses offer to our lives.

The NYS Advanced Equine Program is sponsored by the [NYS Agriculture Breeding and Development Fund](#) and by the [American Youth Horse Council](#). The program's mission is to



The ambassadors explored the Fasig Tipton auction facility.

connect 4-H youth with equine interest to the equine industries in NYS. Participants are expected to join monthly zoom meetings with equine professionals, work independently on monthly projects, and attend an end-of-the-year trip. Our goal is to make this program completely free for all participants in the future.

In addition to the NYS 4-H Advanced Equine Program, [NYS 4-H Horse Program](#) offers a variety of opportunities for youth, including education-based and competition-structured programs. Educational opportunities include Horse Quiz Bowl, Horse Communications, Horse Judging, and Hippology, as well as horse showmanship opportunities in various competitions such as Gymkhana and Dressage, just to name a few. These programs give youth opportunities to develop valuable life skills, increase confidence, and make valuable lifelong friendships and connections with each other and industry professionals. Youth interested in participating in 4-H horse events get the opportunity to learn horsemanship and equine science, not just riding and showing skills.

# National Deer Association distributes scholarships



The Upper Hudson River Valley Branch—National Deer Association (NDA) (formerly QDMA) represents Warren, Washington, Saratoga, and Rensselaer counties in NY. They promote sustainable, high-quality deer herds, wildlife habitat, and ethical hunting experiences.

Recently they distributed two \$500 college scholarships to Adrianna Drindsak, and Bryden Shattuck. The winners were selected based on essay submissions addressing candidate interest in conservation and how they will use their education to further the philosophies of NDA.

Adrianna will be pursuing an environmental degree at Dartmouth College. She is not currently a hunter, but is active in target shooting and has been a 4-H Shooting Sports ambassador for New York State 4-H and a National Shooting Sports ambassador. For the past two summers, Adrianna has interned for CCE Saratoga, in the 4-H Department, as well as CCE Equine.

Brayden is a graduate of the BOCES Conservation program, and will be pursuing a degree in conservation at Paul Smith's College. He is interesting in becoming a conservation officer.



## CHILD PASSENGER SAFETY

Cornell Cooperative Extension of Saratoga County offers car seat education and correct installation by our Nationally Certified Child Passenger Safety Instructor.

Please call the Extension office at (518) 885-8995 x228 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; 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, September 2 at NOON.**

To register for this meeting or if you have questions? Contact Diane Whitten at [dwhitten@cornell.edu](mailto:dwhitten@cornell.edu) or (518) 885-8995.

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

## BOARD OF DIRECTORS MEETING

The next Board of Directors Meeting will be held Thursday, September 22 at 7:00 PM at the Extension Office.

Members of the public are welcome to attend. To inquire about attending, please email [wlm8@cornell.edu](mailto:wlm8@cornell.edu).





# Spotted Lanternfly

Spotted Lanternfly (SLF) is a pesky pest that can do some serious damage to several important New York crops, such as apple orchards, vineyards, and hop vines. Everyone can help protect New York agriculture by keeping an eye out for spotted lanternfly.

While you're on the lookout, keep in mind SLF can be easily confused with other common insects you might see. Brush up on you ID skills and be sure to share this helpful graphic with your friends and family so they what to look for too.

Can we count on you to report SLF? If you believe you've seen spotted lanternfly, please send a photo and the location to [NYS Department of Agriculture and Markets](https://on.ny.gov/2GLgCup) here: <https://on.ny.gov/2GLgCup>. Oh, and once you've got that photo, feel free to SQUISH it!

For more information about SLF: <https://on.ny.gov/3xOtOo1>.



## Have you seen a Spotted Lanternfly? *Let's check!*

### EGG MASSES: September – May

#### Spotted Lanternfly Egg Mass Description

Found on the tree bark, rusty metal, rocks, outdoor furniture, vehicles and other smooth surfaces. About 1 inch long and a half to three-quarters of an inch wide. Mud-like covering, color can vary from white to tan to gray or brown. Freshly laid eggs are often shiny and appear to have a waxy coating that becomes dry and cracked over time. Old egg masses can shed their covering and look like four to seven rows of seed-like eggs, 30–50 eggs total.



### NYPHHS: April – October

#### Spotted Lanternfly Early Nymphs – Late Nymph Description

Black with white spots without wings, becomes red with white spots and black patches as it matures. Fourth instar nymphs are over ½ inch long. Hop suddenly when approached or touched.



EARLY NYMPH  
seen from  
May until July



LATE NYMPH  
seen from  
July until September

### ADULTS: July – November

#### Spotted Lanternfly Early Nymphs – Wings Closed / Wings Open

At rest – greyish-faint pink wings with many round black spots. The wing tips are black and gray with a webbed appearance. Flying or startled - insect will show bright red hind wings, 1.5" – 2.5" wide with wings spread. Adults are about 1 inch long and a half inch wide while wings are folded. Adults can hop several feet if startled.





To report a spotted lanternfly sighting, scan the QR code, or visit: <https://agriculture.ny.gov/slf>



NEW YORK  
STATE OF  
OPPORTUNITY

Department of  
Agriculture  
and Markets

## WHAT'S BUGGING YOU? FIRST FRIDAY PRESENTATIONS Tackling White Grubs in Your Lawn

White grubs are pests that can damage your lawn. Join NYSIPM on **Friday, September 2 Noon to 12:30 on Zoom**, and learn about scouting, decision-making, and sustainable management of white grubs.

Feature presentation: [Kyle Wickings](#), Cornell University Department of Entomology

**REGISTER**  
**ONLINE**



# Protect Your Waters from Aquatic Invasive Species

## Clean. Drain. Dry.



Boats, trailers, waders and other fishing and boating equipment can spread [aquatic invasive species](#) from waterbody to waterbody unless properly cleaned, dried or disinfected after use. State law requires boaters to take these steps before launching their watercraft into public waterbodies. Although some invasive species such as Eurasian water-milfoil are readily visible to the human eye, many others are too small to be easily noticed. To avoid spreading invasive species please use the guidelines below:

**CHECK** your boating and fishing equipment for invasive species.

- Carefully examine common attachment points such as trailer bunks, axles, rollers, lights, transducer, license plate, and motor props for any plants, mud, or debris.
- If your boat has been used in a waterbody known to have zebra mussels, run your hand along the hull. If it feels like sandpaper, it likely has mussels attached.
- Also inspect all gear used during your trip, including fishing gear and anchor lines.

**CLEAN** any visible mud, plants, fish or animals before transporting equipment.

- Discard materials in an upland area or in one of the invasive species disposal stations that have been installed at many boat launch sites for your convenience. Do not wash or release material into a waterbody.
- Some invasive species, such as zebra mussels, can be difficult to remove from a boat hull. They first need to be killed by water or steam that is 140°F, then they need to be removed by a brush or pressure washer. For help cleaning your boat and equipment, [visit a decontamination station for a free boat wash \(leaves DEC website\)](#).

**DRAIN** all water holding compartments including ballast tanks, live wells, and bilge areas.

- Drain your boat before you leave an access site.
- Be sure to drain boat ballast tanks if your waterski or wakeboard has them.
- Drain your live well if you have one.

**DRY** boats, trailers and all equipment before use in another waterbody. The most effective way to ensure that no invasive species or fish diseases are transported to a new body of water is to completely dry your boating and fishing equipment.

- Drying times vary significantly depending on the type of equipment, air temperature, and relative humidity.
- While the outside of a boat will dry relatively quickly, bilge, live wells, and other parts of a boat not reached by the sun or lacking good air circulation will take additional time to dry completely.
- A minimum of 5-7 days drying time in dry, warm conditions is recommended.

**DISINFECT** anything that came into contact with water if it cannot be dried before reuse.

- Hot water is an effective disinfection agent for all agent for all aquatic invasive species and fish diseases. Soak all equipment in water that is at least 140°F for 30 seconds.
- [Read more about disinfecting your boat and fishing equipment.](#)

### VISIT YOUR LOCAL BOAT STEWARD

To help protect New York's waters, [boat stewards](#) are located at various boat launches throughout the state. Boat stewards assist visitors with a free boat inspection to look for invasive species and they educate on the importance of cleaning, draining, and drying watercraft. They may also direct you to an on-site decontamination station. At decon stations, you may get your boat washed with high pressure hot water for free.

[View our interactive map](#) to find a boat steward or decontamination steward near you.





# Summary of CCE Equine Internship

By Adrianna J. Drindak



CCE Equine is more expansive than I could have ever imagined. This summer, I had the opportunity to be completely immersed in CCE Equine's programming, from program development, marketing, and engagement to communication and management. I designed the flyer for the

Horse Farm Tour, worked on an infographic, and created a display for the Saratoga County Fair. Using a list of judges from years past, I compiled an up-to-date New York State 4-H Horse Judge list, which will be used for CCE Equine purposes as well, statewide.

While these are just a few of the objectives I was tasked with, my internship challenged me to grow, helping me to become more independent and reader for the college experience. I was pushed outside of my comfort zone, from announcing at the

Saratoga County Fair's 4-H Animal Shows to being the sole CCE Equine representative at a farm during the Horse Farm Tour. I have witnessed firsthand the value of the equine industry, from harness racing to the Thoroughbred industry and the extensive career opportunities in between.

I think there is strength in numbers. But at the same time, there is strength in hardworking people that are dedicated to and passionate about their career fields. Everyone that works in the CCE office puts in so much time and energy into producing exceptional community programs. I am constantly in awe of all the work that is put in, behind the scenes, to keep such a powerful operation, dedicated to the community, going.

I am so grateful for my past two summers working for Extension. Thank you to everyone who was a part of my journey.

---

## Meet the Breeds, FREE for All Dog Lovers

The Saratoga (New York) Kennel Club partners with 4-H of Saratoga County to host a Meet the Breeds Dog Event on **Saturday, September 10<sup>th</sup>**.

Meet the Breeds will give the public a unique opportunity to meet and interact with a variety of different dog breeds. Attendees will have the opportunity to learn about each breed's country of origin, historical purpose/function, traits, and attributes as a family pet, all while learning about responsible

dog ownership and which breeds may be right for your family. There will be demonstrations of dog sports and handling, as well as vendors on-site selling canine supplies.

The event runs from 11am-2pm and will be held at the 4-H Training Center, 556 Middleline Road in Ballston Spa NY.

This event is **FREE** and open to the public. For more information please call 518-885-8995.





# Busy Weekend for CCE Equine with Two Great Events!

## 'FOALING TO FINISHLINE' and SARATOGA COUNTY FARM TOUR

CCE Equine had a busy and fun-filled weekend with two great events that we were able to share with our local equine community and the public in general.

On August 19th, Foal to Finishline participants visited the Harness Racing Museum & Hall of Fame, and the Goshen Historic Track. This program was funded by the Agricultural & NYS Horse Breeding Development Fund through a grant.

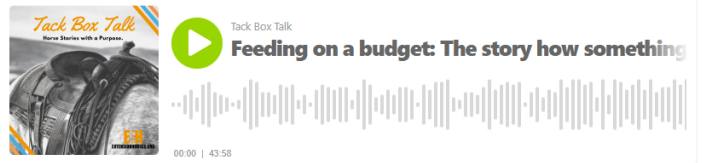
On August 21, CCE Equine's annual Horse Farm Tour took place. It was a Drive-it Yourself Tour at the following Saratoga County Horse Farms: Cross Timbers Ranch, LLC, Saratoga Glen Farm, and Stark Racing Stables. Participants were able to take an inside look at our local horse farms that help hold the Saratoga County equine community together.





Feeding on a budget: The story how something as simple as LESS might be the answer.

Dr. Bob Coleman, from the University of Kentucky, shares some practical tips for horse owners facing some budget squeezes on their feed bill. He talks about being honest about your feeding program, really knowing what you are providing, and some alternatives if hay is in short supply.



## Meat Processors: Take Advantage of Available Funds to Expand Capacity

State agriculture department will launch a \$5M meat processing grant program later this year, the first of its kind for the industry.

The New York State Department of Agriculture and Markets (AGM) reminded New York's meat processors that critical funding is available to the industry through the United States Department of Agriculture (USDA). The USDA is offering \$1 billion in grant and loan funding to these businesses to support the expansion of existing facilities or establish new ones, with the goal of increasing capacity and addressing the nationwide shortage of affordable meat available to consumers. AGM is also launching a \$5 million meat processing expansion grant program later this year. The grant program was sponsored by New York Senate Agriculture Chair Michelle Hinchey and Assembly Agriculture Chair Donna Lupardo and will build on programs ESD makes available to support agribusinesses.

### USDA Funding

The USDA has four grant opportunities open currently, and an additional four funding programs will be launched in the coming weeks. All grant opportunities are listed [here](#). Currently available programs include:

#### Meat and Poultry Processing Technical Assistance (\$25 million)

[The Meat and Poultry Processing Technical Assistance](#) (MPPTA) program ensures that participants in USDA's Meat and Poultry Supply Chain initiatives have access to a full range of technical assistance to support their project development and success. USDA's Agricultural Marketing (AMS) is investing up to \$25 million to establish a nationwide MPPTA network of support in four key areas: federal grant application management, business development and financial planning, meat and poultry processing technical and operation support, and supply chain development.

#### Meat and Poultry Processing Workforce Development Program (\$24 million)

USDA's National Institute of Food and Agriculture (NIFA) has made available \$20 million for [Agricultural Workforce Training](#) available to qualified community colleges to support meat and poultry processing workforce development programs. The deadline [to apply](#) is September 22, 2022. NIFA also announced \$4 million meat and poultry processing workforce development grants. The deadline [to apply](#) is August 29, 2022.

#### Food Supply Chain Guaranteed Loan Program

The Food Supply Chain (FSC) Guaranteed Loan program uses \$100 million in American Rescue Plan funding to make approximately \$1.4 billion in guaranteed loans. Applications for these guaranteed loans—up to \$40 million—will be accepted until all program funds are expected. [Apply Here](#)

#### Reduce Overtime and Holiday Inspection Costs for Small and Very Small Processing (\$100 million)

The Reduce Overtime and Holiday Inspection Costs for Small and Very Small Processing program provides \$100 million to help small and very small processing plants. [How to Apply](#).

These programs are in addition that the USDA has already announced. Four additional programs are expected to launch soon. This funding will support early-stage projects (\$225 million), improve access to capital (\$75 million), finance start-up or expansion projects (\$125 million), and promote innovation through research and development to expand existing processing capacity (\$25 million).

#### New York State \$5 Million Meat Processing Program Funding

In addition to the USDA funding, AGM will also be launching its own \$5 million meat processing program to assist with the expansion or modernization of meat processing facilities in New York and to encourage custom slaughterhouses to work on improving their facilities to receive a USDA federal grant of inspection. The funding is being provided through the NYS Budget and was sponsored by New York Senate Agriculture Chair Michelle Hinchey and Assembly Agriculture Chair Donna Lupardo.

#### Additional State Assistance from Empire State Development(ESD)

The \$5 Million Meat Processing Program will build on existing programs administered by ESD that are targeted toward assisting agribusinesses. To learn more about these funding opportunities to assist with the expansion or modernization of meat and/or poultry processing facilities or build a new meat or poultry processing facility in New York State, visit:

<https://esd.ny.gov/industries/agribusiness> or contact Allison Argust at [Allison.Argust@esd.ny.gov](mailto:Allison.Argust@esd.ny.gov)

# Cornell Small Farms opens registration for upcoming online course season.



Are you looking to improve your technical or business skills to benefit your farming operation?

The Cornell Small Farms Program is excited to announce that our upcoming online course season will begin live webinars this fall, and will feature new courses to offer even more learning opportunities. One new

addition to our online course suite is [“Goat Production”](#) which will guide beginning farmers through the production and marketing of goats for dairy, meat and fiber.

In recent years we’ve also added: [“Access to Capital”](#) for anyone seeking funding for a farm enterprise; [“Cut Flower Production”](#) on the business of flower farming; a course on [“Beef Cattle Management;”](#) a primer on [“Social Media & Online Marketing”](#) for your farm business; and a 4-week intensive in how [“Reading the Land”](#) can help you monitor its health.

Our suite of online courses is offered on a user-friendly platform, which grants registrants permanent access to their course content. Also, courses have tiered pricing based on household size and income to make access to the courses more affordable and equitable for everyone.

Registration is now open for [all courses](#), with live content starting at the end of September for our first block of courses.

## [BF 101: Starting at Square One](#)

- So you’re thinking about starting a farm, but feeling overwhelmed by all the decisions? This course was designed to assist new and aspiring farmers in taking the first steps in thinking through farm start-up (whether you already have land access or not).

## [BF 112: Reading the Land](#)

- This new course is a 4-week exploration of how you can confirm and/or measure improved land health. You will learn how to read the land, and how to conduct various biological monitoring practices, from simple to more complex.

## [BF 204: Quickbooks for Farmers](#)

- Are you a beginning farmer? Or are you a current farmer with the desire to switch to an online accounting system? Then our quick guide to Quickbooks is for you. Learn the software’s basic features, such as sales tax, inventory, invoicing, adjustments, and year-end procedures.

Our program offers more than two dozen online courses to help farmers improve their technical and business skills. These courses cover a range of topics any farmer needs to succeed, such as [beekeeping](#), [holistic financial planning](#), [soil health](#), [vegetable farming](#), and so much more. Experienced farmers and extension educators guide students through course content, including weekly live webinars, videos, and resources.

The bulk of the course happens on your own time, with discussions, readings, and assignments in Teachable, our online course platform. To add to the experience, webinars will be woven into the interface of the course for a dedicated time slot each year to allow you to meet on a weekly basis to learn from presenters and ask questions in real-time. If you miss one, they are always recorded and posted for later viewing.

You can browse all of our [course offerings](#) on our website. You can learn more about our courses, including answers to common questions, on our [course FAQ](#).

---

## 2022 Cornell Sheep & Goat Symposium GRAZING MANAGEMENT

**Saturday, September 17 | 4:30 PM**  
**Frank Morrison Hall, Cornell University**  
**507 Tower Road, Ithaca NY**



Topics include:

- Managed Grazing 101
- Potential Tools for Managing Internal Parasites in Pastured
- Small Ruminants
- Forage Basics
- Panel on Guardian Animals and Predators
- Making Grazing Management Decisions for Small Ruminants
- Solving Problem Spots in your Pasture

- Tradeshow and networking
- How to Set Up and Take Down Electronet
- Grazing Sheep on Solar Farms
- Using Goats to Manage Vegetation Challenges and Enhance Grazing Environments and Landscape

Pasture Walk - Various forages and broadleaf plants found at the farm and how the plant ecology varies depending on initial plants seeded and grazing density will be discussed

Forage Walk—Participants will have a chance to look at the performance of various seed varieties in the Cornell Forage Project Trails.

[SCHEDULE](#) | [REGISTRATION FORM](#) | [ADDITIONAL INFO](#)



# FREE POP-UP CLINIC

September 17—September 18  
Washington County Fairgrounds  
391 Old Schuylerville Road, Greenwich 12834  
Clinic Hours:  
Saturday 6 a.m.—6 p.m.,  
Sunday 6 a.m.—noon



Remote Area Medical (RAM) provides free healthcare services to those in need through the operation of pop-up clinics around the country. RAM's free clinics deliver free quality services to underserved and uninsured individuals who do not have access to or cannot afford a doctor.

The patient parking lot will open **no later than 11:59 p.m. (midnight local time) on Friday night, September 16**, and remain open. As patients arrive at the parking lot, they will be provided with additional information regarding clinic opening processes and next steps. Clinic door typically open at 6 a.m.

Patients should be prepared with their own food, water, medicines, and clothing, when arriving early. Bathrooms will be provided.

Free dental, vision, and medical services provided on a **first-come, first-served basis**. Due to time constraints, be prepared to choose between DENTAL and VISION services. Medical services are offered to every patient attending the clinic.

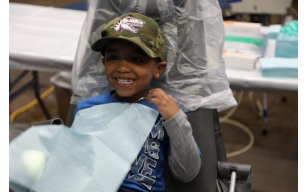
Patients will be required to wear a face-covering and must undergo a COVID-19 screening before entering the clinic. **All services are free and open to the public. No ID required.**

In some situations, such as inclement weather, volunteer cancellations, or other circumstances outside of RAM's control, the parking lot may open earlier or a smaller number of patients

served. RAM encourages everyone who would like services, especially dental services, to arrive as early as possible.

## DENTAL

At RAM free pop-up clinics, services provided to patients include dental cleaning, fillings, extractions, and dental x-rays



## VISION

RAM patients can receive eye exams, glaucoma testing, eyeglass prescriptions, and pick out frames to have their eyeglasses made on-site in the mobile vision lab.



## MEDICAL

All RAM patients have access to a variety of medical services, based on clinic volunteer specialties, including podiatrists, family doctors, women's health, and more.



**\*Clinic closing time may vary based on each service area's daily capacity. Please check RAM's clinic FAQ page for more information.**

**\*\*The above details are subject to change. Please continue to check our schedule regularly for updates as your clinic dates near.**

## 2022 Rabies Clinics

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

**Last Clinic for 2022**  
Tuesday, October 18

**Times are strictly enforced for the safety of all animals.**

- 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)

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

## RABIES CLINIC



**FREE,**  
however **DONATIONS** are appreciated!

# Grilling Safety: What To Know

This year the CDC is raising awareness around food and grilling safety as families get ready to celebrate the last days of summer. Food poisoning peaks during warmer temperatures causing foodborne germs to grow, and grilling sparks more than 10,000 home fires on average each year. Because of this, food and grilling safety precautions are important to prioritize so you and your loved one can enjoy any upcoming Labor Day celebrations.

## What You Need to Know

- When handling raw meat, chicken, and seafood
  - Separate it from other food
  - Refrigerate it before grilling
  - Wash your hands before and after handling it
  - Make sure its juices do not touch other food, utensils, and surfaces
  - Use a food thermometer to ensure it is cooked to a safe temperature
- Refrigerate leftovers within 2 hours of cooking

Food poisoning peaks in the summer months when warmer temperatures cause foodborne germs to flourish. **Follow these steps for a safe and enjoyable grilling season.**

## SEPARATE

When shopping, pickup meat, chicken and other poultry, and seafood last, right before checkout. Separate them from other food in your shopping cart and grocery bags. To guard against cross-contamination, put packages of raw meat and poultry into individual plastic bags.

## CHILL

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep 40°F or below in an insulated cooler.

## THAW & MARINATE

Harmful germs can multiply very quickly at room temperature. Thaw food safely in the refrigerator, cold water, or microwave. Always marinate food in the refrigerator no matter what kind of marinade you're using. Never thaw or marinate meat, poultry, or seafood on the counter.

## CLEAN

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surface, utensils, and the grill before and after cooking.



## CHECK YOUR GRILLS AND TOOLS

Use a moist cloth or paper towel to clean the grill surface before cooking. If you use a wire bristle brush, thoroughly inspect the grill's surface before cooking. Wire bristles from grill cleaning brushes may dislodge and [stick into food on the grill](#).

## DON'T CROSS-CONTAMINATE

Throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill.

## COOK

Use a [food thermometer](#) to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker at 225°F to 300°F to keep meat a safe temperature while it cooks.

### When Grilling

- 145°F—whole cuts of beef, pork, lamb, and veal (then allow the meat to rest for 3 minutes before carving or eating)
- 145°F—fish
- 160°F—hamburgers and other ground beef
- 165°F—all poultry and pre-cooked meats, like hot dogs

### After Grilling

- 140°F or warmer—until it's served

## REFRIGERATE

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within 2 hours of cooking (1 hour if above 90°F outside).

To learn more, visit [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)





**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](http://ADIRONDACKHARVEST.COM)



# HOMESTEADING & SELF-SUFFICIENCY



## Homesteading and Self-Sufficiency Day

Event by CCE Saratoga County, and CCE Saratoga—Ag Economic Development Program

Saturday, September 24, 8AM—4PM

4-H Training Center, 556 Middleline Road, Ballston Spa  
Open to All

A fun hands-on day to learn about all different aspects of Homesteading and Self-Sufficiency.

### Topics include:

“The Buzz About Bee Keeping,” “Woods Walk” Sustainable Forestry Management, Pasture Management Techniques, Butchering Wild Game, Putting Your Veggie Garden to Sleep, “Feeling Sheepish”, Canning Meat, Composting, and Chickens 101.

*More information to come.*



## Gardens in September

The month of September comes with crispier mornings, the scent of fall in the air, and the start of a new school year. Although September signals the end of summer, there’s still plenty to do in the garden.

**PLAN**—With the end of summer just around the corner, it is a good idea complete your notes about your summer garden in your journal. What new plant surprised you? What would you plant more of next year? Any do-overs on your list? Reflect on the weather and how it impacted your garden.

**PREPARE/MAINTAIN**—No matter your zone, September is a prep month for almost every gardener.

Harvest your vegetable garden before danger of frost or freeze, or to make room for your fall plantings. Put spent leaves and plants (veggies, perennial clippings, annual flowers) into your compost pile. Collect herbs for drying or freezing, and gather valuable seeds for next year. Winter rye can be used as a cover crop in colder climates

Fall Lawn Care Tip - Sow grass seed. Are there thin spots in your lawn? If so, now’s the time to fill them in. Scratch the soil with a hard rake, scatter your grass seed, and cover with a light layer of compost or high-quality garden soil. Water frequently until grass seed germinates.

### • Fertilize Your Fall Lawn In 6 Steps

1. **Time matters.** Early autumn to late fall is the ideal time to fertilize. With that being said, always follow recommendations for your area and the type of grass you are fertilizing.
2. Choose your fertilizer carefully. Look for a fertilizer that has higher amounts of potassium, phosphorus, and



calcium—and slightly less of nitrogen. Using too much nitrogen promotes new green growth that can be damaged by an early frost or freeze.

3. Mow before fertilizing. Mow prior to fertilizing; allow some of the clippings to fall in place for added nutrients.
4. Fertilize on dry grass. Don’t fertilize right after a rainfall; the grass blades should be dry before applying.
5. Use according to directions. Don’t apply more fertilizer than is recommended; using more fertilizer than needed can damage your grass.
6. Should you water? It is safe to water the lawn lightly after fertilizing; do not soak the lawn. Another option is to wait and fertilize later in the week when rain is expected.

### SOW & PLANT OUTDOORS

This is the time to plant garlic and shallots, as well as spinach either under row covers or in cold frames.

### HARVEST

You can harvest pretty much everything from basil, beans, beets, cucumbers, and eggplants to greens, peppers, squash, tomatoes, and sweet potatoes.

*Resource: Monthly Organic Garden Guide, By Garden Zone*





# Fermenting Foods

Taken from article by Diane Whitten, CCE Nutrition Educator and Certified Master Food Preserver



People have been fermenting foods for over 800,000 years, and recently they've regained popularity for their health benefits. Fermented foods were first valued for their increased shelf life as the acid level of fermented foods acts as a preservative. Today people are consuming fermented for their health

benefits. Kombucha, sauerkraut, yogurt, kefir and kimchi are just a few of these foods that have taken the spot light and health professionals have begun to dive deeper into their potential health benefits.

Fermentation is the process in which naturally present bacteria and/or yeast feed on the sugar in a food item and produce acid.

## Buying Fermented Foods

Grocery stores have begun increasing the quantity of fermented food items sold, however a greater variety of fermented foods are more likely to be found at local health food stores that focus on health trends. With time, and as the benefits of probiotics becomes even more desired, you're likely to see more fermented food products at average grocery stores. Some foods that have been fermented are heat processed and canned or pasteurized and therefore have destroyed the probiotics during processing, eliminating all health benefits. One example is sauerkraut that can be purchased canned. Look for it in the refrigerated aisle so it will contain live active cultures. It is also important to take in consideration that some fermented food items may be produced

with high amounts of salt, so if you're concerned about your sodium intake keep that in mind when buying fermented foods.

## Fermenting at Home

Choosing what food items to ferment is culturally specific. In Asia fermentation of soy (soy sauce, tempeh, miso), rice (sake), tea (kombucha) or vegetables (kimchi) is most common. Sauerkraut, pickles and fermented milk (yogurt, and kefir) are European cultural foods.

Cabbage, the key ingredient to both sauerkraut and kimchi, is a favorite fall vegetable found at local farmers' markets or perhaps your own garden. Fresh locally grown cabbage has a higher water content than cabbage that's been stored for months and will make fermenting easier. To think we could enjoy the vegetable when it's harvested, and also 4-6 months later as sauerkraut or kimchi is truly sensational. Making fermented food is very simple, so give it a try by attending ...

## FOOD PRESERVATION CLASS—HANDS-ON WORKSHOP Fermenting Vegetables

**Wednesday, September 7 from 6PM—8 PM**  
**CCE Office, 50 West High Street, Ballston Spa.**  
**Register by calling (518) 885-8995**  
**\$15 per person**

Learn about the nutritional benefits of fermented foods, plus how to ferment pickles, and make sauerkraut and kimchi. Includes hands-on activity.

Presenter—Diane Whitten, CCE Nutrition Educator and Certified Master Food Preserver

---

## Other upcoming FOOD PRESERVATION CLASSES FOR 2022

Presented by Diane Whitten, *CCE Nutrition Educator and Cornell Certified Master Food Preserver*, held in the CCE Auditorium, 50 West High Street, Ballston Spa  
Fee: \$15 per class—Register by calling (518) 885-8995

### **Wednesday, September 21 | 6 PM—9 PM** **CANNING & FREEZING FRUIT SAUCES & SLICES**

Learn the best practices for freezing and canning fruit. Includes hands-on activity with boiling water canning.

### **Tuesday, October 4 | 6 PM—9 PM** **CANNING MEAT & MAKING JERKY**

Learn how to safely dehydrate your own jerky, plus how to pressure can meat. Includes a demonstration of pressure canning.

### **Wednesday, December 7 | 6 PM—9 PM** **MAKING JAM FOR GIFTS**

Learn the art and science of making jam, including how to make a low or no-sugar jam. Participants will take home a jar with a decorated lid that's fit for a gift.

## Saratoga County 4-H Hosts FREE HALLOWEEN EXTRAVAGANZA!

Sunday, October 30 | 12pm—3pm  
556 Middleline Road, Ballston Spa



The public is invited to join in the fun of trick-or-treating, hay rides, games, petting zoo, and more! Costumes are HIGHLY recommended!

No registration necessary...just show up and enjoy!

Visit the many 4-H club booths in the indoor arena, and see what your youth can get involved with. 4-H members and clubs will be use their creativity and create games based on their club interests and hand out candy.

Climb aboard the hay ride and take a tour around the 4-H Training Center grounds. A basket raffle will also take place to raise funds for our "Lead the Legacy" Campaign. (See below)

**COME JOIN US FOR A  
SPOOKY DAY !**

We are excited to see you all at the 4-H Open House Halloween Extravaganza on October 30th. For more information, contact Cornell Cooperative Extension of Saratoga County at 518-885-8995 or visit our website at [ccesaratoga.org](http://ccesaratoga.org)

SARATOGA COUNTY 4-H  
**HALLOWEEN  
EXTRAVAGANZA**  
SUNDAY  
OCTOBER  
30TH  
**FREE TO ALL!**  
**HAY RIDE- TRICK OR TREAT- FARM ANIMALS - GAMES**  
556 MIDDLELINE RD BALLSTON SPA, NY 12020  
CALL (518)885-8995 FOR MORE INFORMATION

### 4-H LEAD THE LEGACY

## Did You Hear the News?

Plans are in the works for an expansion of the Saratoga County 4-H Training Center. We have outgrown our facility with our abundance of youth clubs and community events, so plans are in the works to build a new multi-functional facility in Spring 2023. We need to raise \$500,000 to make this a reality, and we are halfway there!

Since 1980, 4-H has been a cornerstone of the Saratoga County community. As the nation's largest youth development organization, 4-H is dedicated to supporting a new generation of leaders and innovators in science, agriculture, healthy living, and civic engagement. The research-backed 4-H experience grows young people who are 4X more likely to contribute to their communities; 2X more likely to make healthier choices; 2 X more likely to be civically active; and 2 X more likely to participate in STEM programs. The Saratoga County 4-H is also committed to meeting the needs of the residents by providing an updated and welcoming space for community events.

The Training Center attracts more than 12,000 youth and adults, and has about 350 active 4-H members. There are 41 clubs for Saratoga County youth at 4-H, including shooting sports, robotics, horse and animal clubs, and various interest clubs. The robotics program, which has 75 members in pre-K through 12th grade, has had a remarkable year. The 4-H robotics team, RoBovines was among more than 7,000 FIRST Tech Challenge teams worldwide that competed

during the 2021-2022 season, and among the 160 teams advancing to the FIRST World Championship. Just think what they can accomplish with a new and up-to-date STEM-focused facility!



The expansion of the 4-H Training Center will benefit the Saratoga County community in many ways....

- 2,350 square feet of additional classroom space will be added increasing the capacity to host more groups and events
- A dedicated STEM space to house the 4-H robotics clubs and the ability to host other robotics teams from across the capital region
- Space to allow 4-H to grow their STEM programming for youth to include drones, renewable energy and more
- Doubling restroom capacity, including showers, will enable multi-day events and competitions
- The creation of space for community events that is accessible for all people

At Saratoga County 4-H, we depend on support from the community members like you. We kindly ask that you consider giving your support to LEAD THE LEGACY for our youth and community members. To learn more about how you can support our efforts, including sponsorship opportunities and building services needed, please visit <http://leadthelegacy.org>.



# WEBSITE & SOCIAL MEDIA

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



CCE Saratoga



4-H



CCE Equine



Agriculture  
Economic  
Development



Capital Region  
PRISM

## WHO WE ARE

### Board of Directors

Jim Pettis, Jr., President	Ed Hersh
John Barnes, Vice President	David Wood
Stacy Simmons, Treasurer	John Cromie
John Mishoe, Secretary	Kevin Veitch , Supervisor Rep. Danielle Hautaniemi , Cornell Rep.

### CCE Staff Members

William Schwerd	Sharon Bellamy
Susan Beebe	Kelly Hurley
Nicolina Foti	Wendy McConkey—(Editor)
Jennifer Koval	Lia Palermo
Greg Stevens	Ellie Hackett
Leland Bunting	Bud South
Brianna Hughes	Kris Williams
Julie Curren	Samantha Schultz
Kim Wilbur	Blue Neils
Diane Whitten	Ariane Tanski
Cindy Dort	Allie Eustis
Rylie Lear	Rebecca Devaney
Hannah Coppola	Addison Kubik

### Agriculture Program Committee

Craig Devoe, President*	John Mishoe, Secretary*
Kathleen Anderson	Leland Bramer
* Board Representative	Samantha Little

### 4-H/FCS Program Committee

Meg Soden, Chair	Kristine O'Rourke
Donna Ringwall, Vice Chair	Paul Laskey, Jr.*
John Mancini, Secretary*	James Holbrook*
Kohlby Himelrick, Student	Meg O'Leary
Adrianna Drindak, Student	Rachel Maxwell
* Board Representative	

### Eastern NY Commercial Horticulture

Crystal Stewart	Teresa Rusinek
Elizabeth Higgins	Jim Meyers
Elisabeth Hodgdon	Dan Donahue
Mike Basedow	Maire Ullrich
Ethan Grundberg	Chuck Bornt
Laura McDermott	

### Central NY Dairy, Livestock and Field Crops

Erik Smith	Ashley McFarland
David Balbian	Nicole Tommell

### GC-SBN Leads

Mike Ryan	Erik Yager
Jim McNaughton	

50 West High Street, Ballston Spa  
(518) 885-8995  
[Saratoga@cornell.edu](mailto:Saratoga@cornell.edu)  
[www.ccesaratoga.org](http://www.ccesaratoga.org)

### *Building Strong and Vibrant New York Communities*

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities