

### Saratoga County 4-H Brings Home 17 Medals from NYS 4-H Shooting Sports Championships!

Thirteen Saratoga County 4-H youth had the opportunity to attend the NYS 4-H Shooting Sport Championship held at Camp Wyomoco, September 9-11. We are proud to announced that our Saratoga County group returned home with a total of 17 medals.

The state shoot objective is to provide a fun safe environment where NYS 4-H members can demonstrate the skills that they have learned while getting to know 4-H members from around the state. Some matches are modified for younger participants to reflect age-appropriate skill levels. Matches for the senior age levels are closely aligned with the competitions at the National Invitational (with some exceptions). This allows senior members to compare their results to the participants at the National Invitational.

In order to participate in the state shoot, youth must be enrolled 4-H members for the current year, in a shooting sports club, and have successfully completed the 4-H shooting sports training in which they are competing. Saratoga County youth were presented the following awards:

DISCIPLINE/EVENT	DIVISION	PLACE	NAME
Smallbore Rifle, NRA 3 Position	JR	2 <sup>nd</sup>	DJ Fulk
Smallbore Rifle, NRA 3 Position	SR	3 <sup>rd</sup>	Rachel Wilbur
Smallbore Rifle, Rimfire Sporter	JR	1 <sup>st</sup>	Adam Rydzak
Smallbore Rifle, Rimfire Sporter	JR	3 <sup>rd</sup>	Jade Bradley
Smallbore Rifle, Rimfire Sporter	SR	1 <sup>st</sup>	Amber Cook
Smallbore Rifle, Silhouette	JR	2 <sup>nd</sup>	Adam Rydzak
Smallbore Rifle, Silhouette	SR	2 <sup>nd</sup>	Maddy Byrnes
Air Rifle , Standing	JR	3 <sup>rd</sup>	Jade Bradley
Archery , Compound 3D	SR	2 <sup>nd</sup>	Rachel Wilbur
Archery, Compound 3D	SR	3 <sup>rd</sup>	Paige Cook
Archery, Compound Field Targets	JR	2 <sup>nd</sup>	Isabella Hanson
Archery, Compound Field Targets	SR	2 <sup>nd</sup>	Rachel Wilbur
Archery, Compound Field Targets	SR	3 <sup>rd</sup>	Paige Cook
Archery, Compound FITA	JR	3 <sup>rd</sup>	Isabella Hanson
Archery, Compound FITA	SR	2 <sup>nd</sup>	Rachel Wilbur
Archery, Compound FITA	SR	3 <sup>rd</sup>	Paige Cook
Archery, Recurve 3D	SR	1 <sup>st</sup>	Aurora Hanson



#### National Invitational

The vast majority of participants come to have a great time shooting with other 4-H members from across the state. There are a few who have put in enough time to develop the skills needed to qualify to represent NY at the National Invitational in Nebraska each June/July. In order to qualify, one needs to participate in all 3 events for the particular discipline. Youth representing Saratoga County at the National Invitational next year are Paige Cook, and Rachel Wilbur; both competing in Archery; and Amber Cook, competing in shotgun. Amber participated in the May State Shoot in Steuben County.

# Meet the Breeds

Hosted by Saratoga County 4-H & Saratoga Kennel Club

Saratoga County 4-H collaborated with the Saratoga Kennel Club to host Meet the Breeds. The much-anticipated event was held on Saturday September 10<sup>th</sup> at the Saratoga County 4-H Training Center in Ballston Spa. The gorgeous weather and promise of puppy snuggles, enticed 250 community members to the Ballston Spa facility. Attendees were treated to a wide array of canines and canine-related businesses. For many, it was a family affair in which the canines were treated to a wide array of pats and snuggles.

Over 20 breeds of dogs were present, which included Afghan, Australian Koolies, Azawakh, Belgian Shepherd, Belgian Tervuren, Bernese Mountain Dog, Border Collie, Boston Terrier, Chinese Crested, Dachshund, Dobermann, French Bulldog, German Shepherd, Giant Schnauzer, Golden Retriever, Japanese Chin, Newfoundland, Nova Scotia Duck Tolling Retriever, Pembroke Welsh Corgi, Standard Schnauzer, and Taigan. Each breed was accompanied by knowledgeable handlers who shared facts and tips about the dogs. Burnt Hills Veterinary Clinic, Red Cross Paws for a Cause, and Hudson Valley Paws for a Cause were the local, canine-related businesses on-site that elaborated on the specializations they offer.

The event was a great success and will assuredly become an annual tradition. The Saratoga County 4-H looks forward to, once again, working with the Saratoga Kennel Club. The Saratoga County 4-H continues to offer a variety of educational and fun programming, in hopes this event continues to spark the interest of youth and parents in the upcoming years. For more information about 4-H visit [ccesaratoga.org](http://ccesaratoga.org) or call our CCE office at (518)885-8995.



## CAR SEAT CHECK

Wednesday, October 12

New Country Toyota of Clifton Park

4 PM—8 PM (last appointment at 7:30 PM)

Call 518-885-8995 to schedule appointment.

## NYS APPROVED 6-HOUR DEFENSIVE DRIVING CLASS

October 5

50 West High Street, Ballston Spa

9 AM—3:30 PM

Call 518-438-2365 to register (\$40 fee)

\*Insurance reduction/Point reduction

## 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, October 7 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

CCE Saratoga County's Annual Meeting will be held Thursday, October 20, at the Highland Restaurant at 6:00 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).





# Capital Region PRISM partners with NYS Hemlock Initiative to survey for hemlock woolly adelgid

Recently, the CR-PRISM with NYS Hemlock Initiative—Cornell University, spent two days surveying for hemlock woolly adelgid (HWA) and evaluating properties for potential biological research. Together they accessed sites across 4 different counties managed by various partner agencies.

HWA is an invasive insect in NYS that attacks native hemlocks. The insects are very small & difficult to see, but are easily identified by the white woolly masses they form on the underside of hemlock branches. To feed, they insert their long mouthparts at the base of the needles & access the tree’s reserves of starches. This disrupts the flow of nutrients to twigs & needles & subsequently leads to severe damage of the canopy. Tree mortality typically occurs within 4-10 years.

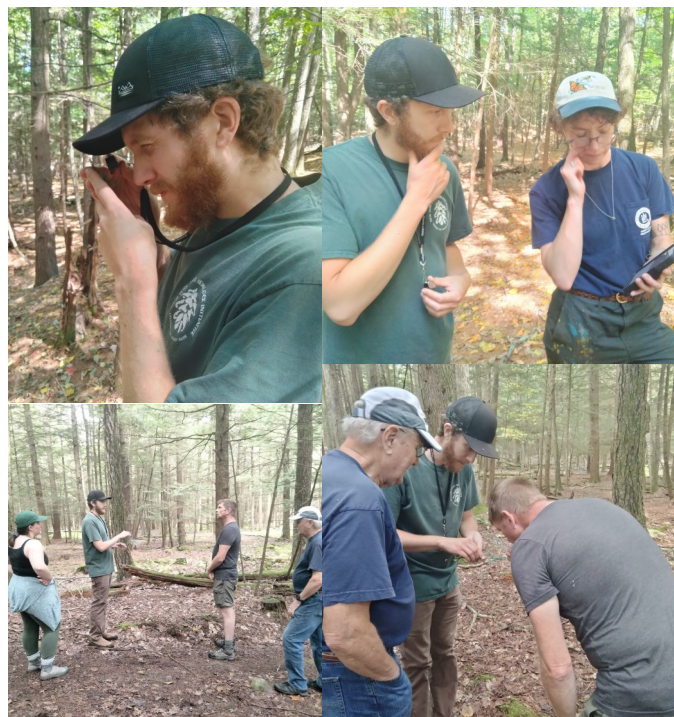
Hemlocks are one of the five most common trees in the state & are incredibly ecologically important due to the unique environments they create under their canopies. These cool, dark, & sheltered environments are critical to the survival of many species that rely on them for food, protection, & more. Additionally, hemlocks stabilize shallow soils, provide erosion control, & when found along streams their shade helps moderate water temperatures.

Chemical insecticides can be used to treat infested trees or as a preventative measure. While useful for protecting individual trees, insecticides are not practical or economical for use in a forest setting. Several biocontrols have been released to varying degrees of success. Additional research on biocontrol is underway at Cornell University, funded by the NYS Hemlock Initiative.

Currently, the most effective tool for HWA management is chemical treatments, which will preserve tree health for the short

term while biological control is being researched & implemented. Preserving our hemlock communities throughout the landscape w/ chemical treatment is essential to successful long-term integrated management with biocontrol.

You can do your part by cleaning equipment or gear after it’s been near an infestation, & by leaving infested material where it was found. Together we can slow the spread of HWA in our forests!



## “Free Talk Saves Lives” Training for Agricultural Community of New York State

**WHO:** Farmers, agribusiness workers, and anyone who interacts with the agricultural community is encouraged to attend this free training. Instructors are NY FarmNet family consultants who understand the lifestyle of farmers.

**WHAT:** Talk Saves Lives provides participants with a clear understanding of this leading cause of death, including the most-up-to-date research on suicide prevent, and what they can do in their communities to save lives.

**WHERE:** Zoom—link provided after registering.

**WHEN:** Thursday, September 29 | 9 AM—10:30 AM

**WHY:** Farmers are more likely to die by suicide than the general population. Help us give farmers in your community the support they deserve.

**HOW:** Register by scanning the QR code, visiting [www.nyfarmnet.org/trainings](http://www.nyfarmnet.org/trainings) or calling 1-800-547-3276.



An Introduction to Suicide Prevention



National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE

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

# CADE announces fall/winter online agricultural workshops/webinars

Helping NY farm & food businesses with strategic planning and business resiliency with launch of 10 fall/winter workshops and webinars



(U.S. Department of Agriculture, Public Domain)

The Center for Agricultural Development and Entrepreneurship (CADE) invites farm and food businesses across the state to register for CADE's free, digital workshops and webinars which run October 2022 thru February 2023. CADE has been providing meaningful technical assistance and programming for the past 30 years, to thousands of New York farm and food businesses.

Key themes emerging from CADE surveying and client consultations over the past year have centered around the need for labor support for farm and food businesses. The [NYS Comptroller reports](#), "New York produced roughly \$3.3 billion in gross domestic product and paid close to \$1 billion in wages" (U.S. Bureau of Labor Statistics), according to the August 2022 report. And yet, businesses are facing the great resignation coupled with inflation, and the typical hardships of physically demanding, and seasonal work. CADE's Labor series will provide insight direct from farmers on a panel, and expert guest presenters [Farm Commons](#) & [Agricultural Justice Project](#).

A timely follow up to CADE's recent publication, [Vision 2050](#)—which engaged stakeholders across New York State to put forward an integrated, comprehensive Food System Vision by 2050— CADE is hosting several workshops that tackle key pillars of the organization (and food system!), like sustainability and resiliency. The 2022-23 workshop selection includes the tried and true topics, and support that community members regularly request such as business planning and enterprise budgeting, and new workshops that face the ever changing landscape of small businesses and farms, with the launch of two multi-week courses, "Business Management" and "Go to Market Strategy".

Workshops and webinars include individual learning, interactive components, and access to CADE technical assistance along with other guest presenters and experts in the industry. The collaborative and in depth programming has been a source of praise in years past, with 2021-22 participants stating: "Honestly, CADE is one of the finest Ag workshop producers I've come across. Really appreciate your work" and "love the dedication of the CADE team!".

Join CADE in building resilient and sustainable farm and food businesses this fall, and invest in your own small business by signing up for the courses offered at [cadefarms.org/workshops-webinars](https://cadefarms.org/workshops-webinars)

A full listing of workshops, and registration links are at [cadefarms.org/workshops-webinars](https://cadefarms.org/workshops-webinars)

- **Being Strategic When Selecting an Insurance Agent, Accountant, or Attorney for the Farm**  
Wednesday, October 5 | 6-7pm | Online Workshop/ Webinar
- **Business Management (multi-week)**  
Thursdays, October 13—November | 5:30-7pm | Online Intensive Curriculum
- **Labor Series: featuring a farm labor panel, fair labor and employment law (multi-week)**  
Tuesdays, October 11—November 10 | 6-7:30pm | Online Workshop/Webinar
- **Go to Market Strategy (multi-week)**  
Wednesdays, November 2, December 7, January 4, and February 1 | 5:30-7pm | Online Intensive Curriculum
- **Land Leasing Basics**  
Tuesday, December 13 | 6-7pm | Online Workshop/ Webinar
- **Choosing a Legal Entity for Your Business**  
Tuesday, January 10 | 6-7pm | Online Workshop/Webinar
- **Business Planning (multi-week)**  
Thursdays, January 12—March 2 | 5:30—7pm | Online Intensive Curriculum
- **Food Safety, Regulation, and Agencies**  
Thursday, January 26 | 2-3:30pm | Online Workshop/ Webinar
- **Wholesale Readiness: Distribution & Logistic Costs**  
Tuesday, January 31 | 6-7pm | Online Workshop /Webinar
- **Value Added Producer Grant (VAPG) Overview**  
Tuesday, February 28 | 5:30-6:30pm | Online Workshop/ Webinar

-The Center for Agricultural and Entrepreneurship (CAE)  
[From Morning AgClips](#)

# Solicitation of Fruit & Cones

## for the NYSDEC Col. William F. Fox Memorial Saratoga Tree Nursery

The Col. William F. Fox Memorial Saratoga Tree Nursery will purchase fruit and cone from *private* individuals for their seed procurement program. NYSDEC employees are encouraged to collect fruit and cone for donation only. NYSDEC employees cannot be paid for fruit or cone due to ethical concerns.

The desired species, estimated ripening date, and price paid per bushel are listed below. Fruit and cone should be examined prior to harvesting to determine if it is ready to be picked. Immature seed will not be accepted. If you are unsure, please contact the Nursery for assistance. Species shown in red are of high priority.

Cones should be collected from live or freshly cut trees, starting from the date of maturity until they begin to open. All cones should be received at the nursery by November 15<sup>th</sup>, unless other arrangements have been made.

The fruit and cone should be put in grain/burlap bags, or cardboard boxes and stored in a cool dry area, such as a garage or shed. Adequate ventilation is required to prevent overheating. Do not stack tightly or overfill containers. The state has the right to reject cones and fruit that are contaminated with debris,

deteriorated due to improper storage/handling, or for any other reason that may reduce seed viability.

Private collectors must contact the Nursery prior to collecting with anticipated quantities to be collected to confirm that we have not already met our quotas. Collectors should deliver cone and fruit to their Regional Forestry Office or the Saratoga Tree Nursery once collecting has been finalized. The Nursery must be contacted before the cone and fruit are dropped off at the designated facility so someone will be available to accept the delivery. Payment will be made via a State Voucher.

Consulting Foresters who have any active harvest operations that coincide with ripening dates and are willing to permit nursery staff to collect cone and fruit from the job sites can contact David Lee , E-mail: [david.lee@dec.ny.gov](mailto:david.lee@dec.ny.gov) or Phone: (518) 581-1439.

If you have any questions or concerns; or would like to arrange delivery to the Nursery, please contact David Lee at (518) 581-1439

	<i>SPECIES</i>	<i>RIPENNG DATE</i>	<i>\$/BUSHEL</i>
<b>Conifers</b>	White Spruce	August 30th	\$22.00
	Red spruce	August 30th	\$30.00
	White pine	August 30th	\$10.00
	Hemlock	September 15th	\$120.00
	Red pine	September 30th	\$18.00
	Pitch Pine	September 30th	\$18.00
	Norway Spruce	September 30th	\$8.00
	Jack pine	September 30th	\$18.00
<b>Hardwoods</b>	Black cherry	August 30th	\$50.00
	Black walnut	September 15th	\$3.00
	Butternut	September 15th	\$6.00
	Red oak	September 15th	\$20.00
	White oak	September 15th	\$30.00
	Bur oak	September 15th	\$30.00
	Chestnut oak	September 15th	\$30.00
	Sugar maple	October 1st	\$40.00
	American sycamore	October 15th	\$30.00

	<i>SPECIES</i>	<i>RIPENNG DATE</i>	<i>\$/BUSHEL</i>
<b>Shrubs and Wildlife Species</b>	Gray or red-stem dogwood	September 5th	450.00
	Beach plum	September 15th	\$30.00
	Virginia rose	September 15th	\$25.00
	Swamp/wetland rose	September 15th	\$25.00
	Highbush cranberry (American)	September 15th	\$50.00
	Nannyberry	September 15th	\$50.00
	Northern bayberry	September 15th	\$50.00
	Black chokeberry	August-September	\$40.00
	Winterberry	September-October	\$60.00
	Eastern redcedar	October 15th	\$120.00
	American Plum	September 15th	\$50.00
Mountain Ash (American or Showy)	September 15th	\$50.00	



**Department of Environmental Conservation**

**Division of Lands & Forests**

**Colonel William F. Fox Memorial Saratoga Tree Nursery**

2369 Route 50, Saratoga Springs, NY 12866-4738

(518) 581-1439 | [www.dec.ny.gov](http://www.dec.ny.gov)



# Characterizing the Exercise Workloads and Energy Needs of Horses

Accurately characterizing a horse's workload is important for balancing their diet and maintaining horse health.

The ability to accurately characterize a horse's workload is an important part of management. This allows caretakers to provide enough calories and nutrients to ensure proper body weight and condition in their horses.

Just like humans, horses require energy to power their muscles for movement. Energy is present in all feed; for horses, this includes grain, hay, and fresh pasture. Feeds with high amounts of fat, starch, and sugar provide the most energy. However, unlike humans, the horse's digestive system also allows it to use a large amount of fiber for energy. Through metabolism, the energy in the feed consumed is converted to energy that can be used for movement. For this to occur, horses will need to be supplied with a certain amount of energy in their diet each day.

So how much energy is needed for horses that exercise? What about horses that are in intense or very heavy exercise compared to horses in light exercise? The National Research Council (NRC) has answered these questions based on previous equine research. The NRC published *The Nutrient Requirements of The Horse* (2007), which compiles research data and splits exercise workload into four categories (Table 1) which are then used to determine a horse's energy needs.

Exercise Category	Average Heart Rate	Exercise Description	Types of Events
Light	80 beats per minute	1-3 hours per week; 40% walk, 50% trot, 10% canter	Recreational riding; Beginning of training programs; Show horses (occasional)
Moderate	90 beats per minute	3-5 hours per week; 30% walk, 55% trot, 10% canter, 5% low jumping, cutting or other skill work	School horses; Recreational riding; Beginning of training/breaking; Show horses (frequent); Polo; Ranch work
Heavy	110 beats per minute	4-5 hours per week; 20% walk, 50% trot, 15% canter, 15% gallop, jumping, other skill work	Ranch work; Polo; Show horses (frequent, strenuous events); Low-medium level eventing; Race training (middle stages)
Very Heavy	110-115 beats per minute	Varies; ranges from 1 hour per week speed work to 6-12 hours per week slow work	Racing (Quarter horse, Thoroughbred, Standardbred, endurance); Elite 3-day event

**Table 1** National Research Council—Nutritional Requirements of the Horse (2007)

## Duration, Frequency, and Intensity of Exercise

When characterizing a horse's workload, caretakers need to think about the **duration** (time spent exercising per week), **frequency** (how often a horse is exercised per week), and **intensity** of exercise. The intensity of exercise refers to how hard the horse is working. This can be identified by the time spent at each gait. A horse that gallops for a certain amount of time will expend more energy compared to a horse that walks for the same duration of time; therefore, the exercise would be a higher intensity. Intensity can also be estimated by the horse's average heart rate.

It has been found that there is a relationship between the horse's heart rate and its oxygen uptake. The horse's oxygen uptake refers to the amount of oxygen inhaled by the horse that will then be used to fuel metabolism within their skeletal muscles during exercise. Estimating the oxygen uptake helps researchers estimate how much

energy is being expended by the horse during exercise. However, the average person cannot measure how much oxygen is being used by their horse. Observing the horse's heart rate is a more user-friendly way to estimate how much oxygen is being utilized, and thus how much energy is being expended during exercise. As the heart rate increases, more oxygen will be used by the horse to fuel their movement during exercise. The heart rate can be accurately measured using an equine heart rate monitor (Figure 1, 2).



**Figure 1.** Horse wearing an equine heart rate monitor prior to being tacked up.  
Photo credit: Erin Orr, Penn State.



**Figure 2.** Horse wearing an equine heart rate monitor under tack.  
Photo credit: Erin Orr, Penn State.

Measuring the horse's pulse by hand is not an accurate way to determine the horse's heart rate during exercise. By the time a horse comes to a stop and the rider dismounts to check the pulse, the horse's heart rate has already drastically decreased. Using an equine heart rate monitor can track the horse's heart rate over the entire exercise session and provide an opportunity to calculate the average heart rate. The NRC table provides some general heart rate averages that may be found for each exercise level. The use of an equine heart rate monitor in addition to identifying the frequency and duration of exercise may help to properly estimate a horse's workload.

Once you have determined the duration, frequency, and intensity within a horse's exercise routine, you can use the table created by the NRC to determine if your horse fits into the light, moderate, heavy or very heavy exercise category. This table can direct you in determining your horse's energy needs and how you may need to make nutritional adjustments to meet these requirements.

## Exercise Requires Energy

For each exercise level, the 2007 NRC also provides daily energy requirements. To provide some reference, an adult 1,000-pound horse at an average **maintenance** level (meaning the horse is not in work, pregnant, lactating, or breeding) requires about 17 megacalories (Mcal)/day. Horses within the different exercise categories would then need a certain percent increase in energy being supplied per day through their diet.

- **Light Exercise:** 20% increase above the daily digestible energy maintenance requirement
- **Moderate Exercise:** 40% increase above the daily digestible energy maintenance requirement
- **Heavy Exercise:** 60% increase above the daily digestible energy maintenance requirement

*Article continued on next page*

- **Very Heavy Exercise:** 90% increase above the daily digestible energy maintenance requirement

However, it is important to note that there is a lot of individual variation in horses, and a horse may need less or more DE per day. For example, a horse may tend to put on weight more easily due to breed and genetic predisposition, and therefore will need less energy than the NRC requirement to maintain a good body condition. Ponies are an excellent example of equids that tend to be "easy-keepers" and gain weight from very little feed. On the opposite end of the spectrum, some horses may be harder to keep weight on due to breed or temperament and may need more energy than their NRC energy requirements to maintain a good body condition, such as Thoroughbreds. In addition, feed tags usually don't provide energy content, so it can be hard to know exactly how much energy you are feeding. This is why it is important to monitor each horse's individual body weight and condition and adjust the diet as needed.

**Conclusion**

Overall, providing the accurate amount of energy to a horse per day requires knowledge of the average daily requirement and how this energy requirement changes based on the exercise workload. Furthermore, providing the accurate amount of energy per day will also require caretakers to observe their horses and keep track of their weight or their body condition score. If a horse is in exercise but is beginning to lose weight/condition, then more energy may need to be supplied in the diet. For example, you could top dress the horse's feed with oil or choose a feed that has a high fat percentage. More information on energy sources for horses can be found [in this article](#). If a horse is in exercise but is still gaining weight/condition, then either the diet, exercise schedule, or both need to be adjusted. Working with an equine nutritionist can help caretakers formulate a diet with the appropriate amount of energy for their horse while balancing other essential nutrients.

Resource: National Academic Press: [Nutrient Requirements of Horses](#)

# HORSE TACK SALE

## SUNDAY, OCTOBER 23, 2023

### 9 AM—3 PM





**Door Prizes!**





**Concessions**



**Location**  
4-H Training Center, 556 Middleline Road,  
Ballston Spa, NY 12020

HOSTED BY  
**Classic Country Horse Assoc.  
& Saratoga County 4-H**

To reserve a table or for more information TEXT  
Linda at 518-577-3387

# 2022 Rabies Clinics

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

**Last Clinic for 2022 is TUESDAY, OCTOBER 18**  
Held at the 4-H Training Center, 556 Middleline Road, Ballston Spa

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

**Questions?** Call the Animal Shelter at (518) 885-4113

**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)



# It's Apple Season!

Written by: Abigail Brice, CCE Saratoga Intern

Fall is here and that means apple season is upon us! Apple picking is a fun activity that the whole family can enjoy. New York State is the second largest producer of apples in the country, trailing behind only Washington. New York is the first in the country for canned apple products. Saratoga County has numerous places to pick your own, or purchase this locally grown, versatile, and healthy fruit. They are the second most consumed fruit, right behind oranges (according to CCE Eastern Commercial Horticulture Team). There are numerous varieties—from the sweet and juicy Gala to the crunchy Red Delicious. Other popular plentiful varieties include McIntosh, Empire, Courtland, and Honeycrisp. Take your pick! Whatever your favorite—apples are a nutritious choice. They are packed with antioxidants and contain fiber and vitamin C. You know what the doctor says—"An apple a day!" It is not difficult to find a good recipe for apples. They work well in pies, cakes and crisps, applesauce, cider, and of course, just as they are is delicious, too! There are so many ways to prepare and enjoy apples! Make sure to visit a local orchard this year!

## **PICK YOUR OWN APPLES**

### **SARATOGA APPLE**

1174 Rte 29, Schuylerville, NY 12871

Open 7 days a week | 9 AM—6 PM

*Pick your own during the harvest months*

### **RIVERVIEW ORCHARDS**

660 Riverview Road, Rexford, NY 12148

September—November Daily

9 AM—6 PM: Store Hours | 10 AM—5 PM: Pick Your Own

### **BOWMAN ORCHARDS**

141 Sugar Hill Road, Rexford, NY 12148

Daily: 9 AM—5 PM

Your-Pick Entry closes at 4:15 PM

### **DE VOE'S RAINBOW ORCHARD**

1569 Rte 9, Clifton Park, NY 12065

Daily: 9 AM—6 PM



## **SELLS APPLES**

### **SMITH'S ORCHARD & BAKE SHOP**

4561 Jockey Street, Ballston Spa, NY 12020

Sunday: 9 AM—2 PM

Tuesday: CLOSED

M, W, Th, Fri, Sat.: 9 AM—6 PM

### **LAKESIDE FARMS**

336 Schaubert Road, Ballston Lake, NY 12019

Open 7 Days A Week | 8 AM—5 PM

### **J.L. KNIGHT & SON FAMILY FARM, LLC**

319 Goode Street, Burnt Hills, NY 12027

Wed.—Fri.: 9:30 AM—5 PM

Sat.: 9 AM—4 PM

Sun.—Tues.: CLOSED

### **MOURNINGKILL FARM AND BAKE SHOP**

310 Charlton Road, Ballston Spa, NY 12020

Daily: 9 AM—5 PM

### **BORDEN'S ORCHARD**

2841 Valley Falls Road, Schaghticoke, NY 12154

Daily: 9:30 AM—5:30 PM

### **MY OTHER GARDEN**

2192 Cook Road, Ballston Lake, NY 12019

Daily: 11 AM—9 PM

Resource: <https://enych.cce.cornell.edu/crop.php?id=38>



Abigail Brice is an intern at the Cornell Cooperative Extension Office of Saratoga County while she finishes her Bachelors of Technology in Animal Science at SUNY Cobleskill. She has always had a love for animals, as she grew up around horses and other farm animals. She will be an intern with CCE until December 2022.



# SALAD in a JAR



Canning jars are used for everything from storing grains in the pantry to displaying a beautiful floral arrangement for a country wedding. By far the best way to use canning jars, other than for canning, is to pack a salad for a lunch or dinner time treat.

Packing a salad in a jar starts with pouring the dressing in the bottom. It is recommended to use two to three tablespoons for a quart-sized salad or one to two tablespoons for a pint-sized jar. A vinaigrette-type dressing works well. Top with a layer of hard, moisture-resistant vegetables such as carrots, cucumbers, radishes, or broccoli.

Next add a protein such as lentils, garbanzo beans or other beans such as black beans or kidney beans. You can add tuna but meats that have been previously roasted such as chicken or ham may taste best and keep better if added at the time of serving. Remember don't keep previously cooked meat longer than four days if saving from a previous meal.

Softer vegetables and fruits come next such as corn, olives, grape tomatoes or dried fruit. Nuts and seeds follow such as walnuts, almonds, or sunflower seeds. Chunks of cheese also can be added at this time. Add salad greens last. For the most nutrition, use dark green salad greens such as romaine, spinach or leaf lettuce. Place the band and lid in place and refrigerate.

Before you take off for work, place the salad jar in an insulated

bag with a gel pack. Use the salad within four days for best quality. Some people like to shake the jar to distribute the dressing and eat directly from the jar. Or, you can shake the salad into a large bowl. If shaking the salad into the bowl doesn't mix the salad, gently toss with a fork until the ingredients are coated.

Because the salads maintain a good quality for up to four days, you can prepare salads ahead of time. Look for quality vegetables at your local grocery store or farmers market and enjoy the vegetables that are in season.

[OKLAHOMA STATE UNIVERSITY EXTENSION](#)

## Grilled Chicken Salad

- 2 T. Raspberry vinaigrette dressing
- ½ cup cherry or grape tomatoes, halved
- 1 celery stalk, diced
- 1 carrot, diced
- ¼ cup green pepper, diced
- ½ cup diced minced chicken
- 1 cup romaine lettuce in bite-size pieces

### INSTRUCTIONS

1. Layer ingredients in order listed above, pressing firmly after each layer.
2. Seal with lid and refrigerated.
3. When ready to eat shake salad in jar then pour into a bowl.

## Fresh Mozzarella, Tomato, Pasta and Spinach Salad

- 2 T. balsamic vinaigrette dressing
- ½ cup grape tomatoes
- 2 oz. fresh mozzarella cheese
- ½ cup dry whole grain pasta, cooked
- 2 cups baby spinach in bite-size pieces

### INSTRUCTIONS

1. Layer ingredients in order listed above, pressing firmly after each layer.
2. Seal with lid and refrigerate.
3. When ready to eat shake and pour into a bowl.



Recipes from *PURDUE Extension*

# Preventing Unwanted House Mouse Guests

By Marlene Geiger, AnswerLine, Iowa State University Extension and Outreach



Cool, fall weather has arrived and along with leaves and nippy mornings, bugs and rodents are scurrying to find warmer quarters. Often times, those warmer quarters are in the home. Of these invaders, the common or European house mouse is one of the most troublesome and definitely an unwanted house guest.

Droppings, fresh gnawing, and tracks are usually the first signs of mouse activity. Other signs might include nests made from shredded paper or other fibrous material and their characteristic musky odor. They are most active at night but it is not uncommon for them to be seen during the day, too. Common locations for these critters are under the sink, in cabinets or drawers, on the counter, and under furniture with their trails usually running along the baseboards.

These little critters require minimal space to invade a home. Mice can squeeze through openings slightly larger than  $\frac{1}{4}$  inch, just enough space to get their whiskers and head through. They are excellent climbers and can run up any rough vertical surface. They are also “tight rope artists” in that can run horizontally along very thin wires, cables, or ropes. According to Dennis Ferraro, Nebraska Extension Wildlife Specialist, mice can jump straight up two and half feet and across three feet or drop vertically eight feet and keep running at a speed of six miles per hour.

Further, mice have a tremendous reproductive capacity. In a year’s time, a female may have five to ten litters of usually five to six young born 19-21 days after mating. Mice reach reproductive maturity in six to ten weeks. The life span of a mouse is usually nine months to one year.

So with these facts in mind, prevention is key and involves three components—mouse-proof construction, good sanitation or removal of sources of food and water, and population reduction.

**Mouse-proof construction.** The most successful and permanent form of house mouse control is to prevent them from entering in the first place by eliminating all openings through which they can enter. Conduct a thorough inspection of your home—inside and out. Look for gaps in siding where the siding meets the foundation or where pipes and other utilities enter. Cracks in foundations and loose-fitting doors without proper weather stripping are other obvious places where mice can get in. Since mice are good climbers, don’t forget to check openings around the roof, including attic vents. Use rodent-proof materials to close all openings such as steel wool, hardware cloth, galvanized sheet metal or metal flashing, cement mortar, caulking, and spray foam insulation or

combinations of these materials. For how-to-do details, see [Rodent-Proof Construction and Exclusion Methods](#) prepared by Cornell, Clemson, UNL, and Utah State Universities.

**Sanitation.** Eliminating their food and water source is critical to controlling them. Mice are opportunistic feeders that will eat any food discarded by humans. Therefore, clean up spilled food or remove open food in cupboards, drawers, counter tops, and floors under stoves, refrigerators, and dishwashers. Place all accessible food in mouse-proof containers such as glass or store in the refrigerator or freezer. Store pet and bird food in sealed containers. Keep cabbage can lids tightly sealed. Remove pet food and water dishes when not in use and do not leave a glass of water or dirty dishes sitting in the sink.

Outdoors, remove clutter and debris from the perimeter of the house. Keep grass, shrubs, and other vegetation trimmed around the house. Remove any container that could hold water.

**Population reduction.** Population reduction can be done through a combination of rodenticides, trapping, or by professional extermination. Spring traps are the preferred method; baiting with peanut butter usually works well as long as you put the bait far enough in that the mouse has to work for it. Baits or poisons used indoors should be avoided if possible. Often pets and children are unintended victims of baits and poisons. And mice usually die in the walls or some other hard-to-get-at location where they discompose for a month emitting a foul smell, shedding bacteria, and attracting maggots. Should you need to clean up after a mouse infestation, follow these [tips](#).

A few steps now can prevent those troublesome and unwanted house mice from becoming your guests!



# Coloring the Garden with Spring Bulbs

By William Moss, The National Gardening Association Learning Library



Tarda Tulip

There's nothing like drifts of vivid flowers to awaken the senses in spring! Many years ago when I was a complete novice, the success I had with a couple bags of 'February Gold' daffodils gave me confidence and propelled me down the gardener's path. Bulbs provide a foolproof floral display that brightens gardens, feeds the drowsy queen bumblebees, and lifts the spirits. The bulbs we plant in fall are dormant perennials, and the cool, moist autumn soil awakens them from their dormancy so they can begin growing roots in preparation for the spring show.

When buying bulbs, select those that are fresh and firm, not brittle or rotted or moldy. If you start with healthy plants, you are halfway down the road to success. All that's left is proper placement and planting.

Choose a site where the bulbs will receive at least part sun throughout the spring. They look beautiful growing beneath deciduous trees, and they will receive ample sunlight before the trees leaf out. Areas of constant shade, like the north side of a building, will not work as well because the plants need sun to make food for future flowers. Also choose a spot with good drainage or the bulbs may rot. Amend heavy clay soils with organic matter or build up a raised bed or berm to plant in.

The ideal planting depth depends on the size of the bulb. The general rule is to plant three times as deep as the bulb is wide. That means about 4 to 6 inches deep for small bulbs like snowdrops, crocuses, and grape hyacinths, and about 8 inches deep for large bulbs like hybrid tulips, daffodils, and hyacinths. Most bulb packages give a recommended spacing but I suggest urban gardeners plant bulbs closer together but not touching to get maximum impact.

Planted en masse, the exuberant colors of spring bulb make a grand statement, so I prefer to use a shovel and make a wide hole for planting many bulbs at once. I never use a bulb planting tool because I plant my bulbs by the dozen. Buy fewer types of bulbs in large quantities as opposed to many types of bulbs in few numbers. For example, instead of buying 20 each of five different lily-flowered tulips, buy 100 'West Point' tulips for a dazzling display.

Spring bulbs are especially stunning when combined with other spring flowers. Place them under crab apple trees, amidst wildflowers, and alongside spring annuals for incredible combinations.

## Bulbs in Containers

Gardeners in warm regions can plant bulbs in containers and leave them outside year-round. For those in cold climates with patios and balconies, growing spring-blooming bulbs in containers is more challenging. The environmental conditions are similar to a mountainside, with limited soil, sharp drainage, extreme cold, wide fluctuations in day and night temperatures (which leads to frequent thawing and freezing), and exposure to bitter, desiccating winds. By comparison, planting in the ground is a cakewalk.

I have had success with growing many types of alpine bulbs in pots. However, last year a thaw in January followed by a long string of below-zero temperatures killed scores of crocuses, scillas, grape hyacinths, hyacinths, tulips, daffodils, calochortus, and alliums in my patio containers. The stalwarts were Tulipa tarda, Altai lilies, and

Asiatic lilies. The early summer-blooming Asiatic lilies have been rock handy on my Chicago balcony for years. I'll test the other two again this year.

Cold-weather gardeners with balconies would have better luck potting up the bulbs and storing them in a garage, basement, or in-ground trench during the harshest winter months. Or set the pots of bulbs inside larger weather-proof containers and insulated the space in between with straw, Styrofoam peanuts, bubble wrap, or another insulating material. The other option for urbanites is to buy blooming potted bulbs in the spring and set them in containers with other spring-blooming plants.

With a little effort this fall, you'll be greeted with cheerful blossoms in the spring. Those bright flowers will chase away Old Man Winter and welcome the new gardening season.

## Top Ten List of Spring Bulbs for the City

Urban gardeners need bulbs with show-stopping flowers. In addition, a top criteria for this city dweller is a bulb that's not a favorite of wildlife. My years of battles with voles, rabbits, mice, and squirrels force me to leave the beautiful tulip and the delicate crocus off my Top Ten List.

- *Scilla siberica*
- *Scilla mischtschenkoana*
- Narcissus 'Tete a tete'
- Narcissus 'Quail'
- Hyacinth 'Deft Blue'
- Allium 'Globemaster'
- Allium 'Gladiator'
- *Hyacinthoides campanulata*
- *Muscari armeniascum*
- *Leucojum aestivum*

## Tips for Purchasing Bulbs

- Select firm, fresh, healthy-looking bulbs, just as if you were buying a good quality onion or baking potato.
- Choose bulbs with intact tunics—those papery husks surrounding bulbs like daffodils, tulips, and hyacinths. Most bulbs will be fine without the tunics, but it can help fight disease.
- Reject soft, moldy, or diseased bulbs, as well as those that are shriveled or brittle.
- If mail-order bulbs arrive with defects, send them back.
- Experiment with some lesser-known bulbs like snow scilla (*Scilla mischtschenkoana*), altai lily (*Ixiolirion tataricum*), and fume-wort (*Corydalis solida*).

## Tips for Purchasing Bulbs

- Add organic matter to the soil for nutrients and drainage.
- Plant en masse (by the hundreds if possible) for a spectacular show.
- Wear glove when handling bulbs.
- Place shorter bulbs in the front of beds and borders.
- Try to have everything planted well before the ground freezes. Halloween is a good deadline to set, although I am usually planting extra tulips on Thanksgiving weekend.
- Mulch the planting area thoroughly to avoid heaving from wintertime thawing and freezing.



# Crayon Stains in Clothing

By Liz Meimann, AnswerLine, Iowa State University, Extension and Outreach

## BACK TO SCHOOL



Now that school has started it may be time to get into a new routine. Remembering to check the pockets of clothing is a task many forget. Here are some tips if you miss one of those new school crayons and it goes through the wash and dryer. Remember, this is a dye stain so you

will need to spray or sponge that stain with a dry-cleaning solvent (Goof Off or Goo Gone) then rub with a heavy-duty liquid laundry detergent before washing.

If the crayon accidentally ends up inside a dryer load of clothes and left multiple stains:

- First place the amount of detergent you would use for that size washing machine.
- Next, add 1 cup water conditioner (Spring Rain, Calgon, or Rain Drops) and 1 cup baking soda.
- Fill up washer with clothes and water, and agitate the load for 5 minutes.
- Allow the load to soak for a bit before you finish washing.
- Check before putting in dryer. You may still have to try a dry cleaning fluid on remaining spots.

If you need to clean the dryer:

- Unplug or shut off the gas. Use a non-abrasive, non-flammable cleanser (Scot-Scrub) and clean.
- Rinse thoroughly with warm water.
- Then tumble a load of old rags or towels on regular cycle to remove rest of stain.

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## Packing Healthy School Lunches

North Carolina Cooperative Extension



The kids are back in school, which means lunches away from home. School lunches are designed to provide healthy food options for our children. Whether your child enjoys school lunch or you decide to pack your child's lunch instead, it's important to provide a nutrient packed meal that will fuel their bodies and brains.

Here are a few simple tips on how to pack a nutritious school lunch box.

- Get your kids involved – When kids play a role in the planning and preparing of lunches, they are more likely to eat them. Give them age-appropriate tasks such as retrieving and putting items away, washing fruit and vegetables, using cookie cutters to make fun sandwich shapes, and putting the food into their lunch box. Agree on what goes into every lunch. Make a checklist of what your child likes in each category. For example: “The vegetables I will eat in my lunch are: baby carrots, green pepper slices with ranch dip, cherry tomatoes or a mini-salad.”
- Include multiple food groups – It's important to include all five food groups in order for your child to get a variety of nutrients. These nutrients give your child the energy to keep up throughout the day and during after-school activities.
- Make lunches in advance – Prepare fruits and veggies at the beginning of the week and separate them into single-serve containers. Keep a variety of individual snack packages (fruit cups, carrots sticks, pretzels, popcorn, crackers, etc) in a designated container so they are easy to grab and add to lunches.
- Invest in a fun lunch box – Lunch boxes with compartments help cut back on the number of plastic bags used and help with portion sizes. Reusable baking cups are another great way to separate foods if you're using a larger container. Insulated lunch containers work best to keep cold foods cold. Keep an insulated thermos on hand to send warm foods such as soups and leftovers.
- Have fun – Get creative by using cookie cutters to make different shapes out of bread, deli-meat, or cheese. Try slicing fruit into different designs or use a melon-baller to make spheres. Use kid-friendly skewers to make kabobs lined with cherry tomatoes, pickles, cheese cubes, and turkey.
- Don't forget to hydrate – Send their favorite water bottle to school and encourage them to drink the whole thing twice during the day. If your child doesn't love water, try flavored water or try adding fruit for a natural flavor.



# HOMESTEADING & SELF-SUFFICIENCY



## Green Tomatoes

Beth Mars, AnswerLine



What to do with green tomatoes harvested before the frost. It is possible to try to [ripen green tomatoes indoors](#), but there is a greater chance of spoilage. Green, mature tomatoes stored at 65-79 degrees F, will ripen in about two weeks. If stored in cooler temperatures it will slow the ripening. Below 55

degrees F they may still ripen but the quality will be inferior. Also, remember that if the humidity is too high the tomatoes can mold and rot. If the humidity is too low they may shrivel and dry out.

If you would rather use them as green tomatoes, there are a number of recipes that you can try. This [link](#) is to a publication entitled "A Harvest of Green Tomatoes" from the University of Alaska Extension. It includes recipes for Fried Green Tomatoes, Green Tomato Egg Bake and Green Tomato Pie just to name a few. There are also green tomato relishes and pie filling recipes that are preserved in a boiling water bath. The [National Center for Home Food Preservation](#) also has information on preserving green tomatoes both in a boiling water bath and by freezing.



## Using Fall Leaves in the Garden

SOURCE: KelloggGarden



Leaves are free and abundant, and they are one of the greatest resources available during the fall. Whether saving them over the winter to make leaf compost or applying them directly over the soil, leaves are very nutrient dense and beneficial for your garden. Tree roots go deep down into the earth, and all of those nutrients circulate through the tree and into leaves, which enhances them and makes them exceedingly beneficial to your soil.

### ADD LEAVES TO THE GARDEN

When adding leaves to the garden pile them 2 to 3 feet high. Leaves break down quickly over winter and will leave you with a mulched garden in the spring. Leaves are a great, and free resource to enhance your soil and aid in putting your garden to bed for the winter. They also act as a terrific alternative to traditional mulch.

### LEAVES TO AVOID

Avoid adding black walnut, poison ivy, and sumac leaves as they are generally not good for the soil. They can however be added to your compost but may take longer to break down than other leaves.



## Freezing Eggs

Liz Meimann, Iowa State University Extension and Outreach



Is it possible to freeze eggs? Yes, you can easily freeze eggs for later baking or scrambling. You have the choice to either freeze whole eggs or separate the eggs and freeze yolks and whites by themselves.

Whole eggs inside the shell should not be frozen. If you have an egg freeze accidentally, discard eggs that crack. Just store it in the refrigerator until you need it. It may be best to hard cook that egg as the yolk may become thick and syrupy; this change makes it difficult to use in baking.

If you would like to freeze eggs at home, you will need to add either sugar, corn syrup, or salt to the egg yolks or whole eggs. Add  $\frac{1}{2}$  - 1 Tbsp. light corn syrup OR  $\frac{1}{2}$  - 1 Tbsp. sugar OR 1 tsp. salt to every dozen eggs you freeze. Addition of the salt or sugar prevents the yolks from thickening and allows you to use them in baked products. The end use of the eggs will help determine which ingredient (salt, corn syrup, or sugar) to add to the eggs.

Blend the mixture gently; avoid whipping air into the mixture. Package the eggs and freeze. Add the previously listed amounts to either whole eggs or egg yolks that have been separated. If you choose to freeze the whites alone, they do not need to have any salt, sugar, or corn syrup added.

Thaw any of these frozen eggs in the refrigerator. Stir or shake them before using. You must use the thawed eggs with 3-5 days.



## Freezing Garden Herbs

Sources: Iowa State University and University of Minnesota Extension

Freezing is great way to preserve tender herbs, such as dill, chives, parsley, and tarragon. Freezing herbs is easy and takes less time than drying.

Herbs are best right out of the garden and into freezer. Frozen herbs do not have the same quality of taste or color like fresh herbs. They have a somewhat bitter flavor and drab grayish-green colors. For better quality, blanching herbs is recommended before freezing. They will not taste or look like fresh herbs, but they will come very close. The herbs are best used frozen, but can be thawed in the refrigerator, where they will keep approximately one week.

### TO FREEZE FRESH HERBS

Rinse freshly picked herbs. Blanch for a few seconds using the following method:

- Using tongs, hold herbs by their stems,
- Briefly dip the herbs in boiling water; swish around a bit,
- Remove from water when their color brightens,
- Cool, either by holding them under running and then blotting with paper towel; or by placing on towels after taking them from the boiling water to let air cool.
- Remove stems, chop, if desired or leave in whole leaves to chop later.

### OPTIONS FOR FREEZING HERBS

1. Place a few sprigs or leaves in freezer wrap or in an airtight freezer container.
2. Spread on a tray or cookie sheet and place in the freezer. When frozen solid, pack into airtight containers.
3. Use ice cube trays:



**A.** Dice washed herbs and pack into ice cube trays



**B.** Fill the spaces with water.



**C.** When frozen, pop out cubes and store in airtight containers.



## Gourds

By Beth Marrs, AnswerLine, Iowa State University Extension and Outreach



Gourds are a fun sign that fall has arrived! They come in all shapes, sizes and colors. If you would like to use some for decorating here are some steps to preserve them.

FIRST determine how the gourd will actually be used. If they are for decorative use only just until Christmas decorating time, then just go through step 2. If you want to keep them longer or use them for art projects then continue on to steps 3 and 4.

**STEP 1** – Gourds should be picked when the fruit are fully mature. At maturity, the stem attached to the fruit begins to dry and turn brown. Cut the gourds from the vines with a hand shears, leaving a few inches of stem attached to the fruit. Handle the gourds carefully as the skin is susceptible to bruising or scratching.

**STEP 2** – Gently wash the gourds in soapy water and rinse in a solution of water and chlorine bleach. This should destroy

decay organisms which could lead to fruit rot. Gently dry each gourd with a soft cloth.

**STEP 3** – Dry the gourds by spreading them on several layers of newspaper in a warm, well-ventilated place such as a porch, garage or shed. Place the gourds in a single layer, spacing them so that they don't touch one another. Avoid sunny areas as colors may fade. Rotate them every 2 or 3 days, gently wiping with a dry cloth to remove moisture. Promptly remove any which begin to rot.

**STEP 4** – Drying or curing may take up to several weeks. To hasten drying of large decorative gourds, small holes may be made in the bottom of the fruit with an ice pick or nail. The gourds will feel lighter in weight, and the seeds will rattle when the gourds are fully dry.

Once cured, the gourds may be used in their natural state. The complete drying of gourds may cause them to lose the bright colors. They may also be painted, waxed, shellacked or varnished for crafts.





It seems over the past several years, we have had long periods without rain. I have friends tell me about the storms going above and below their farms and things are dry. Perhaps I am lucky, or God has pity on me, but it seems every year when I start to think this is getting serious, a storm drops 2.5" to 3" and the drought is over. All the talk of try and save water disappears, and I hear "I have to mow twice a week" for the rest of the season.

I got to thinking about why so many talk about drought way before I even think about it. My soils have about 5-6% organic matter. We have been building them for 40 years, in truth they were pretty good when we bought the place in 1981.

For years, we planted as the soils dried out in the spring. Cabbage here, peas there. We now have a 3-field system. Every year, we move them and have found by doing so disease and insect issues have been kept to a minimum.

#### FIELD 1

Allium: onion, garlic, leeks and shallots, etc. along with that, corn, lettuce, beets, and green beans, at time show up here.

- This field requires hand-weeding several times. I do plant green beans in a double row and a simple hoeing keeps weeds from getting a foothold and they shade out the center area the need to cultivate in short order. Some folks mulch to keep the weeds down; every year I wish by the second hand weeding I find enough mulch to do just that. By the fall, weeds are not much of an issue that is if I stay with it through the season.

#### FIELD 2

Squash: winter and summer (grown from seed in black plastic). In addition, there is always a patch of oats which we cut (greens) to feed turkeys every day.

- Generally, I plant butternut squash in late May to early June. The soil has warmed and if I am lucky, it is dry and

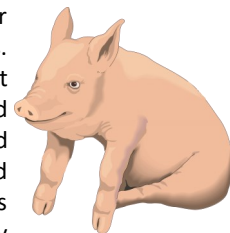
weeds are hiding in their seeds waiting to get going at the slightest hint of rain. I have grown a bunch of different winter squashes over the years; butternut seems to be trouble free. There is Waltham butternut in every catalog. Don't skimp on seed, get your seed from a good catalog. There is butternut and then there is butternut.

#### FIELD 3

Nightshades: tomatoes, potatoes, peppers, and eggplant. These are grown on black plastic. (transplants)

- As soon as I can, I put down black plastic to start warming this area for the transplants. We used to spend a bit of time planting, but found a tool from Johnny's seed that punches a hole in the plastic, drops the plant and firms. What used to take hours is now a 20-minute job.

October is pig harvest, six will go to freezer camp. Five are for others and one is for us. We used to make sausage and spend a lot of time and money for casing (hank) and spices. To be honest, we had some good batches and some a bit dry. We now grind all the scraps and form into patties (Lem has a great tool for this) and freeze. They defrost quickly, any spice can be added. All around the best way to process scraps, etc. A word on hanks; years ago, I loved the snap of a sausage, the past few years they seemed more rubbery. I have heard that the pig intestines are now shipped to China to be cleaned, whoever is doing it, changed the way it is done. NO MORE SNAP!! If we do make sausage, we use lamb intestines. The result is more to my liking.



October is also a month of change. Leaves are mostly down, and a killing frost is more probable. Enjoy the fresh apples (honey crisp), butternut soup with that new bacon, and maybe a home baked bread. Yum!

- HERB



### Food Preservation Class Series: Canning Meat & Making Jerky

**Tuesday, October 5**  
**6:00 PM—9:00 PM**  
CCE Auditorium  
50 West High Street  
Ballston Spa



**Fee:** \$15 per class  
**Register by calling** 518-885-8995

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

Presenter: Diane Whitten, CCE Saratoga County Nutrition Educator and Cornell Certified Master Food

## 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.

### 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

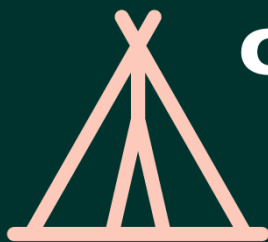
556 MIDDLELINE RD BALLSTON SPA, NY 12020

CALL (518)885-8995 FOR MORE INFORMATION

## IT'S PAPER CLOVER TIME!

OCTOBER 5-16 2022

Funds support 4-H camp and leadership activities.





## Saratoga County 4-H Archives Corner

By Wendy McConkey, Records Management Officer

The following articles are from the October and November 1958 Saratoga County 4-H Club News.

### Three in the County to Represent N.Y. State at National 4-H Events

Three Saratoga County 4-H members have been selected to represent New York State at three national conferences. Miss Barbara Strader, Saratoga Springs, was selected by the New York State 4-H Club Council to represent the state at the Rural Youth Conference in West Virginia, October 2-6. Barbara who was an active 4-H member for ten years was former president of the Saratoga County 4-H Council. She is now news reporter for the Eastern District Council. Barbara, a sophomore at Plattsburg State Teachers College, is majoring in Home Economics.

RYUSA, Rural Youth United States of America, is a national conference for young people who are interested in coordinating the efforts for betterment of rural life. The theme of this year's conference was "Whither Rural America". The speaker and discussion groups dealt with four major sub-topics "Farming is Business", "Forward Look in Education", "Across Community Lines" and "Neighbors in Other Lands". There were workshops and recreational sessions at the conference to carry out the theme. Barbara reported on her trip at the Eastern District Meeting of County Council Delegates at Glens Falls October 18 and 19.

### FARM SAFETY AWARD TRIP

Anita Hollmer of the Riverview Club will attend the National Safety Congress and Exposition in Chicago October 20-25. Miss Margaret Reed, Assitant 4-H Club Agent, will accompany her. Anita was selected from a group of New York State youth who submitted record forms for the National Safety Contest. Previously Anita had completed simplified report form for safety in the county award program. She will represent all New York State 4-H Members and the New York State Rural Youth Council at the Congress. The youth groups represented are FFA, 4-H, Farm Bureau, Grange, FHA. The trip is sponsored by the New York Safety Council. The theme of the youth sessions at the National Congress will be "Youth Backs The Attack". The program consist of the annual meeting of the Safety Council, speakers and discussion groups dealing with the theme of the Congress. There will be a tour of the places of interest in Chicago. The major part of the youth program will include demonstrations and talks on the success of community safety program covering traffic, outdoors, home, swimming, and fire arms.

Gordon Peck, R.D., Elnora, a member of the Stony Brook Club in Clifton Park attended the International Dairy Conference and Cattle Show in Chicago, October 7-11. Gordon was one of seven dairy members to represent the state. Participants for the trip were selected on the basis of the dairy breeding achievement recognition and out of state trips. These were submitted by the county agent for each of the major breeds. The seven delegates were accompanied by Professor Willman, 4-H Livestock specialist. One of the highlights of the trip was a visit to the International Dairy Show in which there were 4-H entries from New York State Fair and the Saratoga County 4-H Club Department. During the past year Gordon has exhibited his Brown Swiss cattle at Ballston Fair and New York State Fair. Gordon has completed other projects—conservation, gardening, field crops, and potato crops.

We'll be waiting to hear more about these trips from the delegates. Congratulations to all three for their achievements during 1957.

### ALBERT BERTRAND WINS POULTRY CHAMPIONSHIP

Albert Bertrand of the Stony Brook Club in Elnora has won the 1957 Poultry Championship Award—a trip to New York City in December. This trip is made possible each year by the Saratoga County Agricultural Society.

To qualify for this trip a member must have had a poultry project for the last three years. In addition, the champion is chosen on the basis of his fair exhibits, records and general 4-H work.

The New York City trip will be under the supervision of Mr. Robert McVicker, Cornell Poultry Specialist. The trip will include a three-day stay in New York City with visits to Radio City, Linder Laboratories, Brass Rail, Coliseum and other places of interest.

### FACTS, FIGURES AND YOU

Here are some figures that may be of interest to you. The 4-H membership for 1957 was 890, 502 girls and 388 boys. Seventy-one percent completed projects for the year. Of the 890 members, forty percent were in their first year of club work. Ten percent had been members for six or more years.

Twenty-nine percent of the members were 10 and under years of age. Fifty-six percent were in the age group 11-15. Fifteen percent were 16-21. Two hundred and seventy-five members received judging training in dairy, vegetables, and homemaking. Demonstrators for the year totaled 200. Seventy-five Saratoga County 4-H members attended the Capital District Camp.

Total project enrollment was 3,055 with the largest number of members taking foods, clothing, vegetables gardening, ornamental horticulture, 4-H mechanics, poultry and dairy in that order.

The 139 local leaders in the county held a total of 811 meetings with an attendance of 7,337. Eight county-wide leader training meetings in which the agents participated totaled 200.



# WEBSITE & SOCIAL MEDIA

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



CCE Saratoga



4-H



CCE Equine



Agriculture  
Economic  
Development



Capital Region  
PRISM

## WHO WE ARE

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