



October 10, 2022

Volume 3 Issue 21

SARATOGA COUNTY 4-H HALLOWEEN EXTRAVAGANZA

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

COME JOIN US FOR A SPOOKY DAY!

SUNDAY, OCTOBER 30 | 12 PM-3 PM  
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 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.



# Finding the Planets in Our Night Sky

MONDAY, OCTOBER 17

5:30 PM—7:30 PM

4-H Training Center

556 Middleline Road, Ballston Spa



For more information follow us on Facebook @ saratogacounty4h  
or call CCE Saratoga at 518-885-8995



Finding and observing the planets of our Solar System in the night sky isn't as difficult as you may think. You just need to know where to look. Join Saratoga County 4-H School Outreach Educator Julie Curren, and Guest Speaker Jeff Curren, from The Adirondack Sky Watchers Club and see what the skies have to offer. Jeff will be sharing his telescopes and his astrological knowledge. You may also bring your own telescope and get some pointers from the pro!

"Finding the Planets in Our Night Sky" will be held on Monday, October 17 at 5:30 PM—7:30 PM at the 4-H Training Center, 556 Middleline Road, Ballston Spa. **CLOUD/RAIN DATE: Wednesday, October 26.**

Event is hosted by Saratoga County 4-H School Outreach Educator Julie Curren.

## FREE CAR SEAT CHECK

Wednesday, October 12  
New Country Toyota of Clifton Park  
4 PM—8 PM  
(last appointment at 7:30 PM)

Appointments are necessary and available by calling 518-885-8995.

Participants are asked to bring the following, if possible:

1. Child(ren) for each car seat
2. Age, weight, and height information for each child (present or not)
3. Vehicle owner's manual
4. Car seat owner's manual

Technicians will need free and easy access to the vehicle's backseat, truck, and front seat. Please have the vehicle clean and free of debris.

## 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, November 4 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. Cost is \$25 per person. To inquire about attending, please email [wlm8@cornell.edu](mailto:wlm8@cornell.edu).



# Soil Health Workshop for Livestock and Crop Farmers

A workshop for any farmer looking for tools and information to improve soil health, reduce input costs, and increase profitability.

October 27, 2022

9:00am—4:00pm

189 Otter Creek Road, Johnsonville, NY 12094

Cost for the full day, including lunch, \$60/person

Registration is required on the ASA website

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



Call Janet Britt at the ASA office (518-692-7285) to apply for a limited number of full scholarships funded by a mini grant from New York State Soil Health, or for help with registration.

Join the Agricultural Stewardship Association for a day-long workshop with Dr. Allen Williams of Understanding Ag. Dr. Williams and his colleagues have been leaders in working with farmers and ranchers across the U.S. and around the world to increase their understanding of soil health practices and how they can make any farming operation more successful.

## AGENDA

8:30am-9:00am Welcome coffee and donuts

9:00am-10:30am Overview of soil health principles

10:30am-12:30pm Out to the fields and pastures for practical demonstrations

12:30pm-2:00pm Lunch and discussion

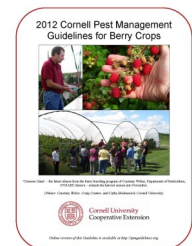
2:00pm-4:00pm In the field observation and discussion

## THE PROGRAM WILL COVER THE FOLLOWING INFORMATION:

- How to effectively implement the 6-3-4TM. The Six Principles of Soil Health &
- Three Rules of Adaptive Stewardship to optimize the Four Ecosystem Processes
- Epigenetics
- Emerging Opportunities
- Soil Testing

## Cornell Crop and Pest Management Guidelines

The Cornell Guidelines are designed as a practical guide for producers, consultants, educators, pesticide dealers, and others involved in producing agricultural crops. Cornell Guidelines can be purchased through any Cornell Cooperative Extension office or from the Cornell Store at Cornell University. To order from the Cornell Store, call (844) 688-7620 or order [online](#).



## Labor Roadshow VI

New York's Ag Workforce Development Council (AWDC) **Labor Roadshow VI** heads back on the road with three in person sites and one online option for 2022. Of the three, one will be held in Saratoga County on November 22. **Registration** is required, and payment of \$65 per person is collected on site. Agenda, registration, and more details are available at: [agworkforce.cals.cornell.edu/labor-roadshow-v](http://agworkforce.cals.cornell.edu/labor-roadshow-v).

- **Online Option:** on November 10, 2022 only. The event will be broadcast for remote audiences and recorded for paid registrants to view later.
- **November 22:** CCE Auditorium, 50 West High Street, Ballston Spa, NY 12020

Labor continues to be the primary challenge for many farm businesses and Labor Roadshow VI tackles those challenges head-on with topics:

- Attracting and retaining your farm workforce
- Management strategies in a union eligible work environment
- TN Visas: Introduction to the program and best practices for using
- The H-2A Program: Accessing guest workers for all types of farms
- Producer's real world experiences with H-2A
- Farm Safety: Real world tips for building a strong safety culture
- Farm-provided employee housing management and development

# Alert: *Echinococcus multilocularis* Detected in New York State

State University of New York College of Environmental Science and Forestry

This year, the Fish and Wildlife Disease Lab at SUNY College of Environmental Science and Forestry (SUNY-ESF) identified adult *Echinococcus multilocularis* parasites within the gastrointestinal tracts of two hunter killed coyotes from Dutchess County and one coyote from Montgomery County, NY. *Echinococcus multilocularis* was first identified in the state in 2018, through the detection of parasite DNA in coyote fecal samples from Fort Drum, NY. The three new cases were confirmed through genetic sequencing and morphological identification of the adult parasites. Further genetic analysis of these parasites revealed that they are most closely related to the European variant of the species, which is of veterinary and medical concern due to the increased zoonotic potential of this variant over the native North American genetic strain.

*Echinococcus multilocularis* is a small tapeworm that typically infects wildlife but can be transmitted to humans where it causes the disease echinococcosis, which can be fatal if left untreated. This parasite requires an intermediate host and definitive host to complete its lifecycle. Definitive hosts for the parasite are canines such as coyotes, foxes, wolves, and domestic dogs; small mammals such as mice and voles function as intermediate hosts. The parasite's eggs are shed in the feces of an infected definitive host, where they are immediately infective and can contaminate the environment, vegetation, and the body/fur of the host. Intermedi-

ate hosts become infected through ingesting the eggs, which hatch within the body and start to grow large hydatid (fluid filled) cysts that contain the larval parasite. These cysts are metastatic and can grow through budding, resulting in the proliferation of the cysts within the body of the infected host. Canids become infected through eating the cysts present in the body of an infected intermediate host, the larvae will mature into adult tapeworms within the host's digestive tract.

Human infection occurs through the accidental ingestion of the parasite eggs, resulting in the development of the larval stage of the parasite in an infected person's body. The eggs can be found on anything that may have been contaminated with the feces of an infected canid. Areas where an infected canid may frequent could have the eggs present in the water or on vegetation and produce. The eggs can also be stuck on the fur or body of the animal. After eggs are ingested, hydatid cyst growth and metastasis can lead to serious illness or death from interference with organ function.

Spillover of *Echinococcus* from wildlife to humans is a concern as domestic dogs can act as a definitive host. Infected dogs

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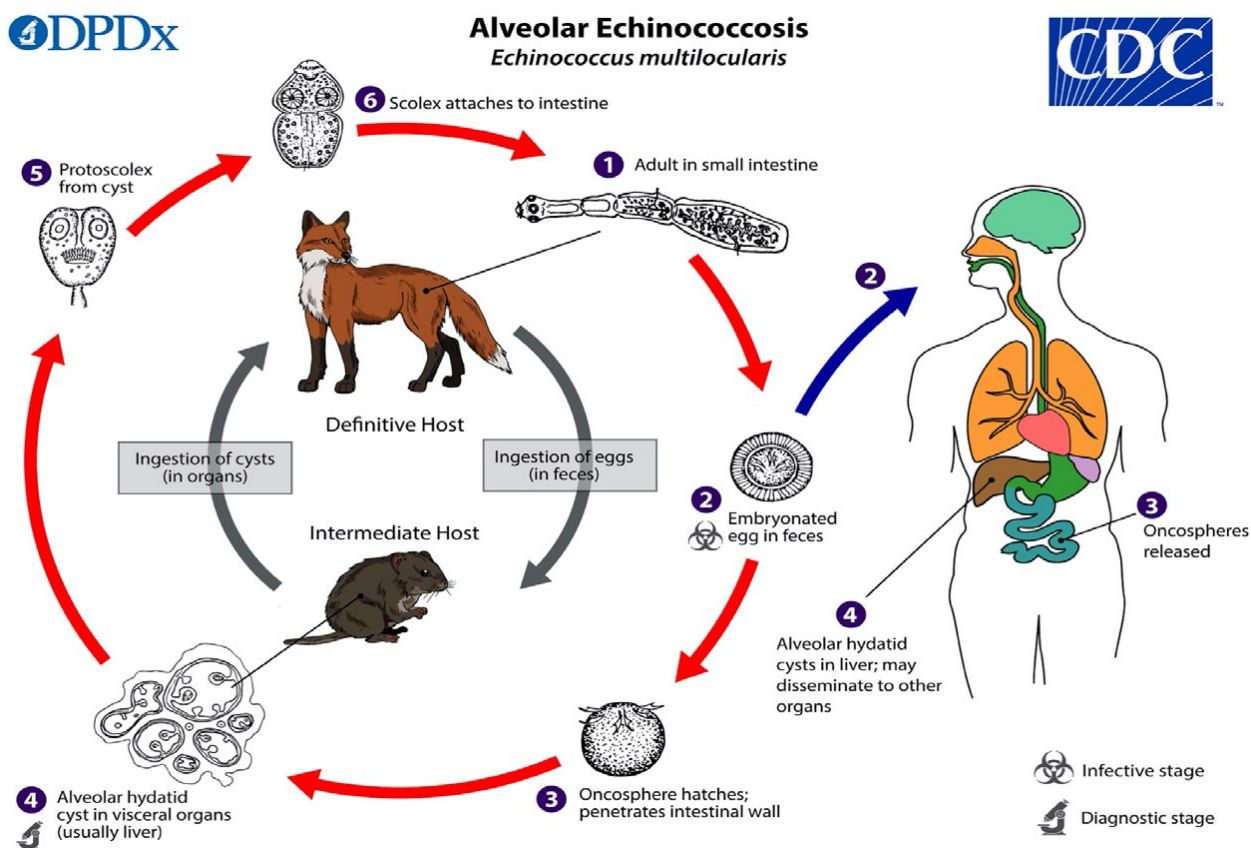


Figure 1. The lifecycle of *Echinococcus multilocularis* (CDC DPDx. <https://www.cdc.gov/dpdx/echinococcosis/index.html>)



## *Echinococcus multilocularis*—continued from previous page

appear healthy and may not exhibit symptoms of disease as the worms are very small (1-3mm). Domestic dogs that hunt their own prey and interact with wildlife are at higher risk for parasite exposure. Dogs also act as an intermediate host, similarly through the ingestion of the parasite's eggs, and nonspecific symptoms are reported associated with growth of the cysts.

Precautionary measures should be taken by anyone who interacts with wild canids following the detection of *Echinococcus* across the state. Hunter and trappers should wear gloves while handling wild canid carcasses. Disposal of carcasses where domestic or wild scavengers cannot access them also helps to decrease transmission. Wildlife rehabilitators and veterinary workers should be especially careful handling fecal matter from wild or feral canids. Dog owners can reduce their dog's exposure to the parasite through restricting interactions with wildlife, preventing them from consuming animal carcasses, and starting regular deworming schedules. Veterinarians who suspect *E. multilocularis* should call the NYS Department of Agriculture and Markets, Division of Animal Industry at (518) 457-3502.

Preventative measures can be taken to avoid ingestion of *E. multilocularis* eggs. The NYS Department of Health and Center for Disease Control recommends the following precautions:

- Prevent infection in domestic animals by limiting their ability

to have contact with infected animal carcasses, hunting their own prey, or eating viscera from wild animals

- Regularly deworm dogs and have them checked for tapeworms
- Hunters can dispose of animal viscera and carcasses so that domestic or wild animals cannot have access to it
- Wearing gloves and washing hands after handling feral dogs or wild canids (and their carcasses)
- Prevent wild and domestic canids access to gardens where produce and herbs are grown
- Wash all fruits, vegetables, herbs thoroughly before eating them to remove any potential fecal contamination
- Avoid eating undercooked meats
- Treat infected animals as instructed by your veterinarian
- Wear protective equipment (gloves) when handling fecal samples at a veterinary clinic

Further information can be found at::

<https://www.cdc.gov/parasites/echinococcosis/index.html>

For more information on the parasite in New York State or how to support the current surveillance efforts, please contact current graduate student Corinne Conlon at [clconlon@esf.edu](mailto:clconlon@esf.edu).



# New York State Horse Council

## 2022 Annual General Meeting

**Saturday, October 22**

### Location OPTIONS:

- In-person, Saratoga County
- ZOOM—Links and additional information to be shared shortly on the NYSHC website

Please reach out to Brianna Hughes, Capital Region Director, with any questions [bh548@cornell.edu](mailto:bh548@cornell.edu) or 518-885-8995 Ext. 2206.

Sponsored by:



### TENTATIVE SCHEDULE

#### MORNING BUSINESS MEETING

##### APPROVE

2021 AGM Meeting Minutes  
2022 Treasurer's Report

##### REVIEW BOARD REPORTS

President  
Region  
Committee

##### ELECTIONS

#### LUNCH

#### GUEST SPEAKERS

#### AND MORE!

JOIN CCE EQUINE FOR TWO INFORMAL EQUINE EDUCATIONAL SESSIONS



# FREE EDUCATIONAL POP-UP

**OCTOBER 22, 2022**

**12:30 PM—3:00 PM**

556 Middleline Road, Ballston Spa

NO REGISTRATION NEEDED \* ALL ARE WELCOME  
WEAR HORSE APPROPRIATE SHOES AND DRESS FOR WEATHER

**12:30 PM—STANDARBRED AFTER CARE 101**

Presented by Amanda Vance, New Vocations Facilities Manager and Trainer

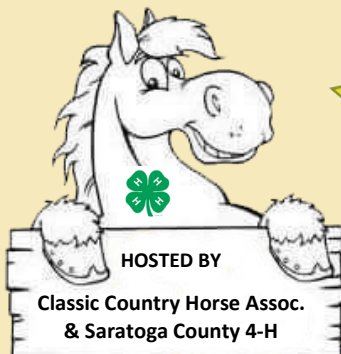
**2:00 PM—COMMON EQUINE EMERGENCIES AND WHEN TO CALL THE VET**

Presented by Julia Gloviczki, Rood and Riddle Saratoga

# HORSE TACK SALE

**SUNDAY, OCTOBER 23, 2023**

**9 AM—3 PM**



## Location

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

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

# Gardening with Pollinators in Mind

*I'll Meet You in the Garden with Shellie Wise, Warren County Master Gardener*



While you may not be able to dedicate an entire garden plot to a pollinator garden, there are small practices you can incorporate into any sized garden to support our local pollinators. Over 75% of our agricultural crops depend on pollinators. We need to do what we can to support them.

Pollinators include more than just butterflies and honeybees. An assortment of wild bees, beetles, moths, bats, wasps, birds, flies, and other insects all play an important role in pollinating plants. Their needs are as basic as ours – food for themselves and their young, water, safe shelter, and a place to reproduce and raise the next generation.

A diverse planting of native pollen and nectar-producing plants grouped together is a good food source for pollinators. Native plants co-evolved with native insects, birds, and wildlife. It's important to maintain that ecosystem. Use native plants in your garden. Clusters of plants are easier for the pollinators to spot and feed on than single individual plantings. Group flowering plants together and include different species if possible. It's important to provide food throughout the entire growing season with plants that bloom from spring to fall. Avoid hybrid double-flowered plants that make it difficult for the insects to reach the pollen. Some hybrid plants have been bred to not produce pollen rendering them useless to pollinators. Instead, choose flowers that have one ring of petals around a central disc. Plant flowers with a variety of shapes, like tubular, bowl-shaped & flat-topped, to appeal to a large variety of pollinators. Alyssum, asters, borage, calendula, coneflowers, foxglove, hyssop, lobelia, marigold, milkweed, monarda (bee balm), nasturtium, scabiosa, sedums, sunflowers, yarrow, and zinnia are just a few pollinator favorites. Allow some of your herbs to flower later in the season. Pollinators are attracted to the flowers of basil, cilantro, mint, oregano, and thyme. Add night-blooming plants like 4 o'clock, datura, moonflower, evening primrose, and nicotiana to benefit the evening pollinators like moths and bats. Butterfly and moth larvae require

non-flowering plant parts like leaves of carrots, dill, parsley, and milkweed. In addition to many of the plants listed above, hummingbirds enjoy hyacinth bean flowers, petunias, and columbines.

Water is provided in a variety of ways, like water drops on plants, birdbaths, and shallow dishes of stones. Keep the dish of stones filled with water, especially during the heat of summer.

Having natural material nearby, like small stacks of stones or large rocks, a pile of branches, dead logs, and small patches of bare ground provides sites for resting, protection, and nesting. Remove and trash weeds, diseased plants, and pest-infested material from your garden, but allow some leaf litter and flower seed heads to remain. In addition to food from the seeds, the hollow stems and leaves provide great hibernating sites throughout winter.

Keep yourself and your local pollinators safe by reducing or eliminating your use of herbicides, pesticides, and chemicals. Instead, practice good gardening techniques. Use native plants, clean & remove pest-infested plants, and use pest management strategies. Support beneficial insects and predators, like ladybugs, lacewings, parasitic wasps, toads, and birds, to help control pests naturally. Use barriers and traps to thwart pests. Paper collars and garden fabric are examples of barriers that prevent specific pest damage. Lure plants away from your garden by using trap plants – those preferred by pests – and plant them outside the garden plot. When natural methods of pest control are not enough, opt for less toxic pesticide options, like Bt or diatomaceous earth. When you use pesticides to kill the pests, you also kill beneficial insects, upsetting the balance in your garden. Use as a last resort. Instead of herbicides, remove weeds while they're young and easier to manage. Use mulches, like newspapers, straw, cardboard, or wood chips, to prevent weeds from sprouting. Fertilize naturally with compost and use good soil management instead of using synthetic fertilizers.

Regardless of the size of your garden, try some of the practices described above to attract and support pollinators in your area. You may not be able to provide everything listed, but even one positive change makes a difference. Every little effort contributes to a lasting positive impact for our pollinators and us.

For more information on garden practices that support pollinators, visit the links below.

<https://www.pollinator.org/guides>

# Gather Around the Table

By Diane Whitten, MS, Nutrition Educator, Cornell Cooperative Extension Saratoga County



Getty Images

The change of seasons is a great time to change some habits. After a busy, hectic summer, fall is a time to gather family indoors around the table to reap the benefits of family meals. Researchers at Cornell University, College of Human Ecology studied whether eating together as a family makes a difference and came away with some insights and recommendations for families. The most reliable benefit of family meals is lower depression in youth, a mental health condition that rose significantly during the COVID-19 pandemic. One of the most important things you as a parent can do is keep lines of communication open with your child; having meals together is a great opportunity to talk.

Below are some practical steps for families from the Cornell research.

**Set a Goal:** Try to have family gather for a meal at least three times a week. Ideally, families would eat every meal together, but in the real world today that's often a lofty goal. Luckily, research shows that having just three meals together as a family each week is beneficial. A meal doesn't have to be dinner, it can include breakfast or lunch.

**Keep it Simple:** A family meal can be messy and hectic, it doesn't have to be your picture of the perfect family. Simply sitting together for a meal can provide a child with stability. A family meal can be at home, at a restaurant, in a park, or near the playing field.

**Encourage Conversation:** Mealtimes are the most common times children talk with parents, so guard your mealtimes from outside

distractions. Turn the TV off and put the cell phones on mute. Ask questions about school, work, friends, plans for the future, or simply about the food you're eating together. Give everyone a chance to talk and be heard.

Other possible benefits of eating meals together as a family include lower rates of eating disorders in children, a healthier diet, and less likely to be overweight.

## Ideas for Conversation Starters

### Ages 2-7

What is your favorite food and why?

If you could be a color what would it be and why?

Where do the foods we eat come from?

### Ages 8-13

If you could be any animal, what would it be and why?

What 3 words would you use to describe our family?

What is one place that you'd like to visit?

### Ages 14+

Finish this sentence: "Everyone knows that my worst habit is..."

If you could make money doing whatever you love to do, what would you want to do for a living?

Can you tell me one thing that you learned today that you think I might not know?

## Gather More Ideas

If you want to get children more interested in meals consider including them in meal planning. Make it a game to see how many meal ideas you can come up with in ten minutes. Come up with some themes for dinner, like Taco Tuesdays or Breakfast for Dinner.

Bring children to the grocery store to learn about shopping and pick out a new food to try. Kids are more likely to try something new when they picked it out themselves.

Involve children in preparing the meal and setting the table. Depending on the age of your child they can be given tasks, such as stirring, chopping, cooking, pouring or serving. Make it fun by having kids take turns being waiters for everyone at the table.



ly bonds, and better communication.

Family meals do more than just nourish the body, they nourish the mind and soul as well, leading to shared learning, stronger fami-



# Fall Fun Ideas

Marlene Geiger, AnswerLine, Iowa State University Extension and Outreach



Fall is here! Here are some ideas to make fall a special time for your family.

- Rake and play in the leaves—assuming it doesn't stir up allergies. After the leaves fall, pile the raked leaves and let the kids and dogs jump and scatter. Of course, you may have to re-rake a bit before bagging or composting.
- Watch for slow-moving vehicles. Harvest has begun so motorists need to be watchful of slow-moving vehicles and farm equipment. Make it a safe season for everyone by sharing the road and slowing down.
- Make a pot of soup. Chili is especially good on a cool day. Stews are a good way to use up the last of the vegetables harvested from the garden.
- Pick apples. October is national apple month and what a fun outing it can be to harvest apples either from your own trees or at a nearby orchard. Some orchards provide entertainment as well as picking opportunities. Use the apples to eat fresh or make apple crisp, apple pie, or apple butter. Be sure to get a candied apple, too!
- Search for a pumpkin or two for decorating or carving. There are lots of pick-your-own pumpkin patches and some come with entertainment options, too. Pumpkin carving or decorating parties are a lot of fun for all ages. Carving pumpkins don't make good pumpkin pie; instead choose a small pie pumpkin for cooking and baking.
- Plant mums, bulbs, grass, shrubs, and trees. Fall is the perfect time to plant as the cool days and nights allow plants to settle in without stress. Water thoroughly until the ground freezes. Consider mulching to keep new plantings from heaving during the winter months.
- Build a bonfire. The warmth from the fire is so special on a cool night and even more fun when s'more are on the menu. Be mindful of fire safety.
- Catch the football spirit. Take in a local high school Friday night game or play touch football with the kids. Catch your favorite team on TV! Tailgate with friends either at a game or before watching a TV game.
- Try out an amazing corn maze. Traversing a corn maze in search of the end or prizes is guaranteed to become a fun and exciting tradition for years to come.
- Decorate for Halloween. String up some lights or plug in the fog machine for a festive spirit. Be sure all lights or electrical decorations are UL approved and plugged into GFCI outlets. Add some carved pumpkins and maybe a big spider web.
- Watch a scary movie. Nothing sets the scene for Halloween more than a little "fright!"
- Take a road trip. Check out the changing scenery in your area as the farm fields go from green to golden brown to harvest empty and the leaves on the trees turn. Or travel to the various parts of the state to see the "colors" at their peak time.
- Take a hike. Follow a path through the woods at a state or local park. Hear the leaves crunch and smell the damp fall ground. Pack a picnic to enjoy along the way.
- Drink hot spiced apple cider or hot chocolate. It just wouldn't fall without cider and hot chocolate to warm up after an outing on a cool fall day or evening. And either beverage really goes nice with a fire in the fireplace!
- Take a hayride. Watch local listings for community hayrides.

## Happy Fall!



# How to choose safe kids' Halloween costumes

Consumer Reports News

In less than a month, Halloween will be upon us, and children will be out trick-or-treating and/or attending events while in costume. When choosing your child's costume this Halloween be sure to keep these safety tips in mind:

- **Make sure your child's costume fits properly.** Don't purchase ones that are flimsy, billowing, too big, or drag on the ground. Your child will be doing a lot of walking and might be climbing a lot of steps as well. You want to be sure her costume isn't a tripping hazard and can't get caught in Halloween candles.
- **Look for flame-resistant costumes.** All parts of your child's costume should be flame resistant, including any masks and wigs. Materials such as polyester and nylon are flame-resistant materials, but also look for the label "flame-resistant."
- **Stay away from hazardous accessories.** Avoid any sharp accessories, such as a sword, cane, knife, etc. All should be made of a soft and flexible material. Some accessories can cause eye injuries and are best left at home.

- **Have a clear view.** Have your child try on any mask before trick-or-treating. Be sure it is secure and they are able to breathe through it easily. Eye-holes should allow for full vision. Avoid obstructing the eyes with accessories, such as scarves, hats, etc.
- **Leave the heels at home.** Your child may feel like a princess in heels, but they are not safe for walking around trick or treating. Have your child wear shoes that fit well and are sturdy and comfy.
- **Let your child be seen.** Choose bright- and light-colored costumes and clothing. You want to be sure motorists can see your child. Buy reflective tape at your hardware or sporting goods store and attach it to your child's costume and candy sack. Give them a flashlight or glow stick to carry.



## Halloween Themed Recipes

### Pumpkin Bar Mummies

For the bars

- 1 box pumpkin muffin and bar mix
- 2 eggs
- ¼ cup pumpkin puree
- 1 tablespoon olive oil
- 1 cup water

For the frosting

- ½ cup cream cheese
- 1 tablespoon maple syrup
- ½ teaspoon pumpkin pie spice
- Chocolate chips



Directions

1. Preheat oven to 350°F and spray an 8x8-inch pan with a non-stick spray.
2. Stir together the mix, eggs, pumpkin, oil, and water. Transfer the batter to the pan and bake for 35-40 minutes. Remove from oven and let cool completely before slicing and frosting.
3. For the frosting—Beat together the cream cheese, syrup, and pumpkin pie spice. Put frosting into a frosting bag or heavy plastic bag or heavy plastic bag, and pipeline like mummy wrapping on bars. Add chocolate chips for eyes.

### Jack-O-Lantern Quesadillas

- 6 flour tortillas
- 2 cups shredded cheese (cheddar, jack, or pepper jack)
- 1 green bell pepper (seeded and sliced to use for a stem)

Directions

1. Preheat oven to 350°F. Spray a baking sheet with non-stick spray.
2. Use a serrated knife to cut out a jack-o-lantern face on 3 tortillas.
3. Place the remaining 3 tortillas in a single layer on the baking sheet.
4. Sprinkle cheese over each one then place the carved tortillas on top of each.
5. Spray with more cooking spray.
6. Bake for about 10-15 minutes until the cheese is melted and the tortillas are golden.
7. Place on a serving plate using the green pepper as a stem.
8. Serve with salsa!







PLEASE STOP INTO THE WILTON OR CLIFTON PARK STORE  
AND BUY A CLOVER TO SUPPORT SARATOGA COUNTY 4-H

## IT'S PAPER CLOVER TIME!

OCTOBER 5-16<sup>TH</sup> 2022

Funds support 4-H camp and leadership activities.



## 2022 Rabies Clinics

FREE, however, DONATIONS are appreciated!

**Last Clinic for 2022 is TUESDAY, OCTOBER 18**

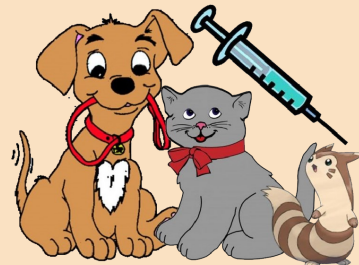
Held at the 4-H Training Center, 556 Middleline Road, Ballston Spa

*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)



# 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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* Board Representative	

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### GC-SBN Leads

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Jim McNaughton	

50 West High Street, Ballston Spa  
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