



November 7, 2022

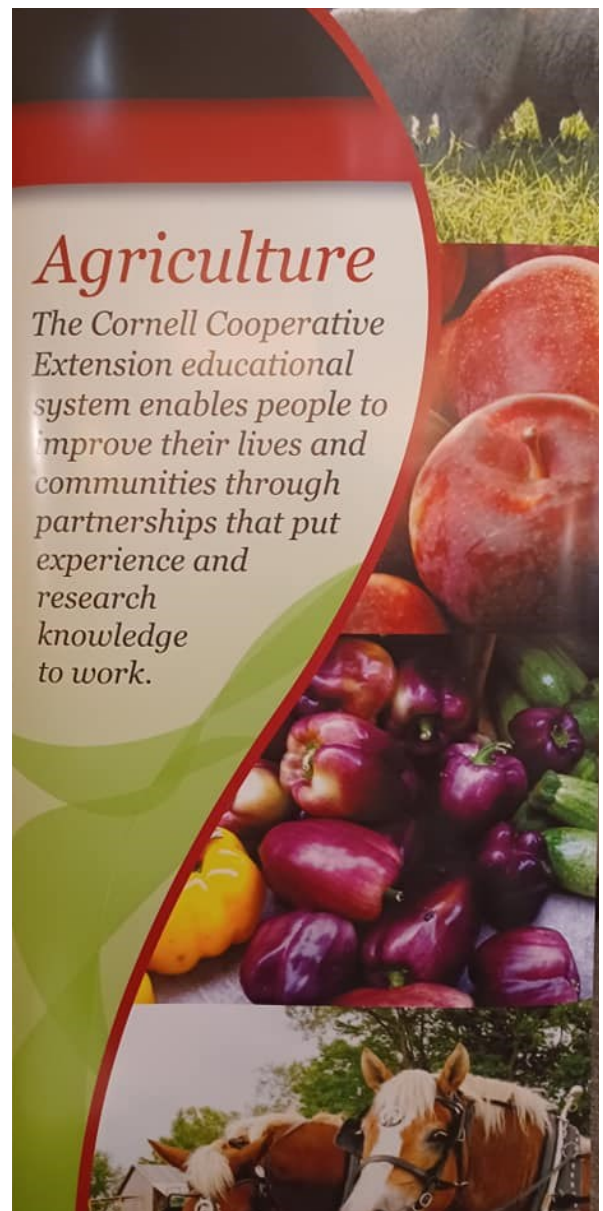
Volume 3 Issue 23

## CORNELL COOPERATIVE EXTENSION & NEW YORK FARM BUREAU FIRST JOINT ANNUAL DINNER

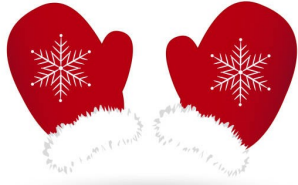
Cornell Cooperative Extension (CCE) of Saratoga County, and New York Farm Bureau – Saratoga County held their first ever Joint Annual Dinner on Thursday, October 20, 2022 at the Hideaway Restaurant, Saratoga Springs. The evening's events consisted of Business Meeting, and elections, as well as speakers and special recognitions. Peter Bardunias of the Capital Region Chamber emceed the affair, while Jerry Crouth, Host of Saratoga's Star Radio 50's & 60's Show and past recipient of CCE Saratoga's Friend of Extension Award delivered invocation. Keynote speaker was Julie Suarez, Associate Dean, Office of Land-Grant Affairs, CornellCALs (College of Agriculture and Life Sciences). Jennifer Flinton, and Dustin Lewis also spoke on behalf of The Saratoga County Fair-Agricultural Society, and Saratoga County Soil & Water Conservation District, respectively. Approximately 85 people gathered to celebrate the accomplishments of both CCE Saratoga and Farm Bureau in helping to improve the lives of the people in Saratoga County and surrounding areas. A big thank you to the following businesses for their donations of door prizes: Bowman Orchard's, Brookside Nursery, Dehn's Flowers, Riverview Orchards, and Smith's Orchard & Bake Shop.



Photos by Peter Bardunias



# 4-H Holiday Mitten Tree



Saratoga County 4-H is excited to announce the return of their 4-H Mitten Tree this holiday season. We will be partnering with Saratoga Springs Public Library, and Ballston Spa Public Library to fill our Holiday Mitten Tree. Don't let the name throw you...we are seeking

donations of new socks, hats, mittens, gloves, and scarves, as well as lightly used coats. Our trees will be set up at the Saratoga Springs Public Library, 49 Henry Street, Saratoga Springs, and Ballston Spa Public Library, 21 Milton Ave, Ballston Spa. The goal of this project is to provide cold weather gear to children and families in our community who need them.

As we all know, a winter in Upstate New York can be pretty brutal without the proper outerwear. We would like to do just a small part to ensure that those in our community have warm clothing to get them through the harsh winter months.

Anyone who is in need of these items will be able to stop by the mentioned libraries during the holiday season to take what they need from the tree. At the end of January, leftover items will be distributed to local organizations who can get them to those who need them.

Donations may be dropped off at the Cornell Cooperative Extension Office, 50 West High Street, Ballston Spa Public Library, and Saratoga Public Library starting in mid-late November.

Questions? Please call the CCE Office or email Leland at [glb76@cornell.edu](mailto:glb76@cornell.edu).



## CHILD PASSENGER SAFETY

CCE Saratoga will be hosting their monthly FREE CAR SEAT CHECK on Thursday, November 17, from 4PM—7:30PM at the Clifton Park & Halfmoon EMS (15 Crossing Blvd, Halfmoon).

Appointments are encouraged but not necessary—to schedule your appointment call 518-885-8995.

Please plan to bring:

- Your child
- Your owner's manual for vehicle
- Your owner's manual for car seat

And have vehicle free of all 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, December 2 at NOON**.

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

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

## BOARD OF DIRECTORS MEETING

The next Board of Directors Meeting is scheduled for Thursday, December 15, 2022 at 7:00 PM.

If you are interested in attending, please contact Wendy at [wlm8@cornell.edu](mailto:wlm8@cornell.edu) or (518) 885-8995 for more information.





# CAPITAL REGION PARTNERSHIP FOR REGIONAL INVASIVE SPECIES MANAGEMENT

## YEAR-END PARTNERS MEETING

Tuesday, December 13th • 1:00-3:30 pm

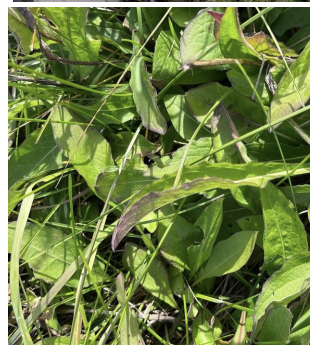
In-Person: The Crossings of Colonie  
580 Albany Shaker Rd, Loudonville, NY 12211



We are re-invigorating our partnership base and want to hear from you. One of the goals of the meeting is to provide a networking opportunity to foster collaborations between organizations throughout the region. The program will be a two-part meeting. The first segment will focus on what partners are doing in invasive species and conservation management through round table discussions. Participants will share successes and challenges that their organizations are experiencing. Topics are open to prevention, early detection, control management, restoration, outreach, and research. In the second, we will hear from our partners under contract and their outstanding projects. In addition, we will discuss our draft five-year strategic plan. Please send an email to [kbw44@cornell.edu](mailto:kbw44@cornell.edu) if you plan on attending.

## CAPITAL REGION PRISM COLLABORATES WITH the Grassland Bird Trust

Last month, the Capital Region PRISM collaborated with the Grassland Bird Trust to conduct post-treatment monitoring following a chemical treatment of brown knapweed, which reduces favorable nesting habitat for birds. The intent of the project is to restore native grassland to provide more suitable habitat for many endangered and rare birds that inhabit the grasslands.





# Beef Quality Assurance Training

Beef Quality Assurance is a nationwide certification program to help ensure a safe, wholesome, and quality beef product for consumers.

Topics covered include herd health management, nutrition, behavior and handling.

Join us for a BQA Training in Washington County

Producers attending the classroom training will become Level 1 certified.

Producers attending the chuteside training and providing a VCPR will become Level 2 certified.

Saturday, November 12th, 10 AM-1 PM

Cambridge Valley Livestock Market Inc. 2147 State Route 22, Cambridge, NY

Cost: \$10

Light Refreshments included

Food truck available on-site for purchasing lunch

Please register by November 9th at <https://bit.ly/3sqngu0>

Call/email Rachel Moody at (518) 649-0267 or [ram72@cornell.edu](mailto:ram72@cornell.edu) to RSVP

Use the QR Code below to sign-up also



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

Cornell Cooperative Extension

## Two scholarships available for dairy promoters from ADA North East region Applications open for \$500 Leo Briggs Memorial, \$1,000 Dawn Houppert Memorial scholarships

American Dairy Association North East is offering two scholarships for college students who have completed one year of post-secondary education and are interested in agriculture, dairy product marketing, dairy manufacturing, agricultural communications, journalism or dairy product nutrition. Applications are due by December 31.

Applicants for the \$500 Leo Briggs Memorial—American Dairy Association North East Scholarship must have exhibited leadership in dairy promotion, and applicants for the \$1,000 Dawn Houppert Memorial—American Dairy Association North East Scholarship must be a current or former dairy ambassador or dairy princess from New York.

All applicants must be from one of the six states in the ADA North East region—New York, Pennsylvania, Maryland, Delaware, New Jersey and northern Virginia.

“These scholarships are an investment in the future of the dairy industry,” said ADA North East CEO John Chrisman. “We encourage current and former dairy promoters from within the region with an interest in the dairy or agriculture industries to apply.”



Completed applications must be submitted online and must include essay responses and a current college transcript.

The applications are available on [AmericanDairy.com](http://AmericanDairy.com) under “[For Farmers/Scholarships and Grants](#).” Completed applications must be submitted online by December 31.

For more information about the Leo Briggs Memorial and Dawn Houppert Memorial scholarships, contact Beth Meyer at [bmeyer@milk4u.org](mailto:bmeyer@milk4u.org).



# FARMLAND ACCESS WORKSHOP



## Regenerative Agriculture

December 6th, 6:30 PM at CCE Saratoga County Office  
50 West High Street, Ballston Spa, NY 12020

*Presenter: Zach Spangler*

Regenerative agriculture involves a variety of specific practices all tied together by a set of guiding principles. Following these principles can create many benefits for farms and their communities, including, improved soil health, increased biodiversity, resilience to extreme weather events, decreased water run-off and soil erosion, strengthened local food systems, potential for carbon sequestration and reduced emissions. This workshop will explore the principles and practices of regenerative agriculture, describe the benefits on farms and for society, and discuss to get started with regenerative agriculture.

**All workshops are offered for FREE!**

Funded by New York State Department of Agriculture and Markets

### TO REGISTER:

Contact Nicolina Foti  
at [nvf5@cornell.edu](mailto:nvf5@cornell.edu)  
or call (518) 885-8995

### Additional Workshops

will be held January 10th  
& February 7th. (Times to TBA)



saratoga  
PLAN

Preserving Land and Nature



**Agriculture  
and Markets**

**Cornell Cooperative Extension  
Saratoga County**

# The Impending Equine Health Care Crisis

The supply of equine veterinarians is diminishing rapidly. How can horse owners help?

Driving this exodus are the personal demands and lower starting salaries of equine practice. In 2022, the mean reported starting salary for small animal practitioners was \$110,000, plus a four-day work week and no emergency duty. A new equine practitioner reportedly makes a third to a half less, for a longer work week with on-call hours. Many new graduates carry more than \$200,000 in student loan debt, making a job with low pay often unthinkable, no matter how much they desire to become a horse doctor.

Emergency coverage is another incredibly challenging aspect of equine practice. Unlike in small animal medicine, few emergency clinics exist. It is each equine veterinarian's responsibility to ensure emergency care for clients. For many practitioners, their job is 24/7. This takes its toll on the veterinarian's mental and physical health and their families. Many choose to leave the job for a healthier lifestyle.

The solution is complex and will require a collaborative effort unprecedented in equine circles. The American Association of Equine Practitioners is working within the profession to transform compensation, emergency coverage, and practice culture.

## WHAT CAN YOU DO AS A HORSE OWNER?

1. Honor your veterinarian's personal time by only contacting them after normal business hours for true emergencies, not as a matter of convenience.
2. Be respectful to the veterinarian on call—who might not be your regular vet—treating your horse in case of emergency. This is standard practice in human medicine.
3. Use the same veterinary clinic for emergencies as you do for routine work. Due to the veterinarian shortage, many clinics now won't see nonclients on emergency because they only have enough staff to serve existing clients.
4. Welcome and encourage young veterinarians who are seeing cases at your veterinarian's practice. Your vet has no doubt worked hard to recruit them, and a supportive environment is incredibly important for early career growth and professional longevity.



Many veterinary practices currently have too few practitioners to serve their clients. | Courtesy Dr. Ann Lynch

5. Haul your horse to centrally located practice or consider group calls whenever possible to make farm visits more efficient. This might even help keep costs lower.
6. Have your horse in from field and ready to be seen before your veterinarian arrives. And to help keep everyone safe, train your horse to have good ground manners.
7. Pay promptly for services, which is critical to sustainability of your equine veterinarian's small business.
8. Acknowledge how much you value the partnership with your veterinarian. A smile and a thank you go a long way. If your vet is late because they were held at an emergency, be mindful of how hard they are working and how difficult it would be to replace them if they left their position.

Asking for help from our clients is not a comfortable position for me and many horse doctors, but we know you play a huge role in the much-needed transformation of equine practice. We can't do it without you.. Let's work together for the horse.

Posted by Emma Read, DVM, MVSc, Dipl. ACVS, *the HORSE*

## Tack Sale a Success

Saratoga County 4-H, and the Classic County Horse Association hosted a tack sale at the 4-H Training Center on Sunday, October 23. Over 35 vendors that were at the event sold new and used tack. Admission was free and open to the public, door prizes were raffled throughout the day, and food concession was available. There were also bins of free tack available to sort through.



# Seasonal Awareness Helps Prevent Deer-Car Collisions

Fall is peak deer activity season; therefore, it is necessary to be more vigilant while driving. In New York State deer and moose become more active during this time, and are more likely to be crossing roadways. The months of October through December is breeding season for deer, which means they are more visible. According to the University at Albany's Institute for Traffic iSafety Management and Research, 41 percent of the crashes last year between deer and vehicles happened during this three-month span. Motorist should also be on alert for moose on roadways in the Adirondacks and surrounding areas this time of year.

Two main reasons why drivers may see more deer along roads in the fall:

- **Mating Season**—Depending on location, mating season for deer occurs between October and late December. Male deer go into “rut” and begin actively searching for mates during this time of year. Because of this behavior there is an increase in deer movement, which brings the animals into the roadways.
- **Time Changes**—As we “fall back” from daylight savings time, rush hour for most commuters tends to fall during the same hours in which white-tailed deer are most active—dawn and dusk.

Following are some tips and information to help avoid potential collisions:

- **Deer are Unpredictable**—Deer are wild animals and, therefore, can be unpredictable. A deer standing on the side of a road may run into or across the road rather than away from it when spooked by a vehicle.
- **One Deer Usually Means More**—Always take caution and reduce speed when a deer crosses the road in front of you. Deer frequently travel in groups, so most likely others will follow.
- **Time of Day**—As previously mentioned, deer are most active at dawn and dusk, and are usually seen along roads during the early morning and late evening—the same times most people are commuting to and from work.
- **Time of Year**—While deer-car collisions can occur at any time of year, the fall breeding season is a peak time for such accidents. During the fall breeding season, deer movement increases which often brings them in contact with roadways that cross their natural habitats. The shoulders of roads generally provide beneficial food



plants both during extremely dry times of the year and after a long, hard winter. Deer are attracted to these plants in late-winter, early spring and late summer. Drivers should be especially cautious of deer during these time periods.

- **Minimize Damage**—If a collision is unavoidable, drivers are advised to slow down as much as possible to minimize damage—although our first instinct is to swerve to avoid the deer, try to resist the urge since this may cause further damage, forcing other drivers off the road or causing a collision with another vehicle.

If an animal is hit, DEC advises motorists to keep away from the animal. A frightened, wounded deer could use its powerful legs and sharp hooves to cause harm.

Following are some other tips if you should hit or encounter an animal:

- Move your vehicle to a safe place. If able to, pull over to the side of the road, and turn on your hazard lights. If leaving the vehicle, stay off the road and out of the way of any oncoming vehicles. If a collision occurs at dusk or dawn, please remember traffic visibility could be reduced.
- Call the police. Alert authorities if the animal is blocking traffic and creating a threat for other drivers. If the collision results in injury, death, or more than \$1,000 in property damage, you must [fill out an official crash report](#) and send it to DMV.
- Never assume your vehicle is safe to drive after hitting an animal. Check your vehicle for leaking fluid, loose parts, tire damage, broken lights, a hood that won't latch and other safety hazards. Call for a tow truck, if your vehicle appears unsafe in any way.

Sources: Georgia Department of Natural Resources, and NYS DEC



# Asian Lady Beetles: Friend or Foe?

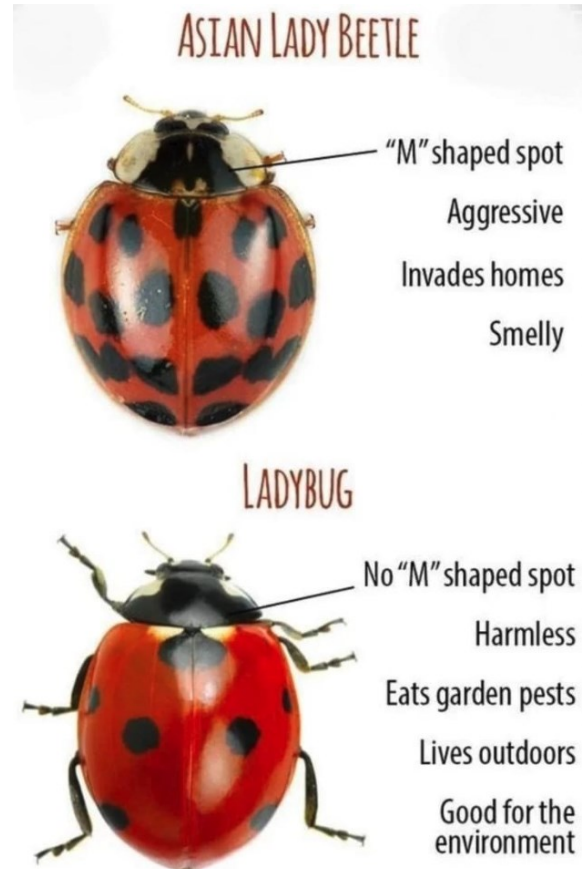
By Brad Hardison, N.C. Cooperative Extension, Sampson County Center

Ladybugs are among the most visible and best-known beneficial predatory insect found in the home landscape and garden. Their oval shape, polka dots, and vibrant red, black, and orange colors distinguish them from most other insects. They feed on insect pests such as aphids, mites, small insects, and insect eggs that damage plants. Many crops such as vegetables, grains, legumes, and strawberries benefit from the presence of ladybugs. They are considered one of the gardeners' best friends.

This is not so true regarding the multicolored Asian lady beetle that mimics our native ladybug. The multicolored Asian lady beetle are very similar in size, shape, and color to the ladybug. These imitators attack plant pests which reduce the food supply for our native ladybugs. When food sources run low, Asian lady beetles will attack plants and ripening fruits.

Asian lady beetles have an "M" shaped spot on their heads. When disturbed, they are aggressive and sometimes bite. If they don't bite, they release yellow-tinted body fluid containing stinky and poisonous chemicals that can stain walls, carpets, floors, and irritate the skin. They try to overwinter indoors. Our native lady bugs have no "M" shape on their heads and are harmless. They live outdoors and overwinter garden and landscape debris, not in our homes.

Asian lady beetles have become a nuisance. They cluster around buildings and homes in large numbers during the fall in search of a protected site to overwinter. Many find their way into homes through cracks, windows, vents, and door thresholds. To keep multicolored lady beetles out of your home you should check the outside of your home for spaces and cracks that may allow insects easy entry. Fill those voids with expanding foam, elastomeric latex, silicone, or caulk. Make sure to check areas where cable TV wires, phone lines, pipes, outdoor faucets, and dryer vents enter the structure. Check and repair window and door screens. Check the roof vents, chimney, bathroom, and kitchen exhaust fans for cracks. If they do find their way into your home, the best method to get rid of them is with a vacuum. Vacuum them into a container, empty them into a bag and freeze them before discarding them outside.



---

## MULTICOLORED ASIAN LADY BEETLE, \**Harmonia axyridis* (Pallas), Coccinellidae, COLEOPTERA

The multicolored Asian lady beetle is a native of Asia. It was released by the US Department of Agriculture in the Southeast and in Washington state, but could not be found for several years. Later, it was reportedly reintroduced accidentally from a freighter in the port of New Orleans. The beetles were first reported in North Carolina in 1992.

Multicolored Asian lady beetles are about  $\frac{1}{4}$  inch long. Females are slightly larger than males and specimens from higher elevations are larger than those from the Piedmont and Coastal Plains. These lady beetles vary greatly in appearance. Some have yellowish or orange forewings. Some have beige forewings and some are bright reddish orange.

There are usually ten black spots on each forewing, but some have fewer spots or faded spots and some have no spots at all. Specimens from the mountains tend to be heavily spotted whereas specimens from lower elevations tend to have either ten spots or no spots. However all gradations can be found at any location.

By Michael Waldvogel, Stephen Bambara, James Baker, and David Orr, NC State



# Freezing Pumpkin Pie to Beat the Holiday Rush

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



Love it or hate it, there is no dessert that screams “Thanksgiving” louder than pumpkin pie! Whether you’re making your pumpkin pie in advance or dealing with leftover pie, pumpkin pie can be successfully frozen

to beat the holiday rush or saved for future use.

Due to its high-fat crust and creamy filling, pumpkin pie of all kinds—homemade, store bought, whole or slices—freeze well and can be frozen ready-to-bake or baked. The same is true of sweet potato pie. The secret to success with freezing, pumpkin pie is careful wrapping, quick freezing, and thawing in the refrigerator,

The pumpkin pie custard (filling) can be frozen in the pie crust or alone. For a quick ‘how to’ on a homemade ready-to-bake pumpkin pie, see [Freezing a Pumpkin Pie](#). It is also possible to freeze just the filling; to do so, prepare the recipe and freeze the custard in an air-tight container or zip-top freezer storage bag. When ready to use the filling, thaw in the refrigerator. Once the custard is thawed, pour into a pie shell and bake per the recipe directions. Make-ahead fillings due well for about five days in the freezer.

Baked pies or slices should be cooled completely before wrapping and placing in the freezer. Heat creates steam so if steam gets trapped beneath the wrapping, the result is a soggy pie. If you’re baking a pumpkin pie to freeze whole, use a disposable aluminum pie pan. Aluminum pans are thin and allow the pie to freeze quickly preventing ice crystal formation on the surface of the pie. Tightly wrap the pie or pieces in plastic and aluminum foil to prevent freezer burn and odor absorption from other

items in the freezer. For best results, the pie should not be frozen longer than a month. Pumpkin pie that stays in the freezer longer than a month does not go bad or cause concern for food borne illness, but its taste and texture may start to degrade.

When ready to use, remove the pie from the freezer, strip the wrapping, and let it thaw in the refrigerator for at least 12 hours. Thawing at room temperature causes condensation on the pie resulting in a soggy pie crust. Once thawed, the pie is ready to pop into the oven. It may take a bit longer for the pie to bake if the custard mixture is still quite cold.

A pumpkin pie is done when it reaches 175°F in the center. Short of a temperature probe, insert a small knife or skewer into the center and if it comes out clean, the pie is done. Downside is that the insertion point leaves a spot in the beautiful custard top. Another option is to gently nudge the outer edges which should be firm yet the center will be soft and slightly jiggly.

Once out of the oven, set the pie on a cooling rack and allow it to cool completely before slicing. Custard pies continue to cook as they cool. Because pumpkin pie is a custard made with milk and eggs, it should be refrigerated within two hours of cooling where it can be stored for 3 to 4 days. Fortunately, pumpkin pie is delicious served cold, right out of the fridge. If the pie has any blemishes, remember that whipped cream makes everything better!

Note: Commercially produced pumpkin pies often have shelf-stable preservatives, so read the instructions for how long it will stay good at room temperature and in the refrigerator—but do refrigerate a store-bought pumpkin pie after it has been cut.

Whether you’re in baking mode, using pumpkins from the patch, or on a bake-and-freeze-now-eat-later mission for Thanksgiving, freezing pumpkin pie is an option to consider.

## PUMPKIN PIE RECIPE

### Ingredients

- 1- 9 inch pie crust
- 2 cups pumpkin puree
- 2 large eggs
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 1/8 teaspoon nutmeg
- ¼ teaspoon salt
- ¾ cup brown sugar
- 1 cup half-and-half

### Directions

Preheat oven to 425 degrees. Place pumpkin in a large bowl. Add eggs and whisk together. In a small bowl combine the spices and salt with brown sugar. Add to pumpkin and egg mixture and stir until evenly distributed. Stir in half-and-half. Pour into pie shell. Bake at 425 degrees for 15 minutes, reduce heat to 350 degrees and continue baking for 40-50 minutes or until a knife inserted in the center comes out clean. Makes 8 servings.

*Nutrition per serving: 260 calories, 6 g fat, 200mg sodium, 37g carbohydrate, 4g protein, 180% DV vitamin A.*



# Thinking Outside The Box When Preparing Thanksgiving Dinner

Liz Meimann, AnswerLine, Iowa State University Extension and Outreach

Every family has their own holiday traditions. The typical Thanksgiving meal of turkey, mashed potatoes, green bean casserole, and cranberry sauce is not standard at every celebration. Some families choose to pass on turkey and serve ham or roast beef instead. Usually, there are number of side dishes that accompany the entree. One common theme seems to be that there is often not enough oven or stove-top space to cook everything at the same time. This is when we need to start thinking outside the box.

Over the last few years, it seems that the number of new kitchen appliances on the market has exploded. We can adapt our cooking methods to include newer appliances as well as older appliances. Slow cookers and toaster ovens are still useful. Multi-cookers and Instant pots also solve problems. The following are different ways to cook your Thanksgiving dinner if oven space is an issue.

## Electric Roasters

These appliances have been available for many years; they are very useful when you are preparing a large and varied meal.



The roaster will function in the same way an oven does, so you can either cook in the insert pan or place a smaller pan inside the roaster. Be sure to add some water into the bottom of the electric roaster underneath the insert pan for the roaster to function well.

Electric roasters can be used to cook turkey and any other type of meat. They function much like an oven but typically will not brown; if you want browned, crispy turkey skin you may need to put it in the oven or under the broiler for a bit after it is cooked.

You can bake potatoes inside the electric roaster or reheat a pan of make-ahead mashed potatoes. If you need a place to cook the green bean casserole or a pan of scalloped corn, the electric roaster can cook it evenly and fairly quickly. You can also cook dressing inside the roaster and there are even desserts that you can cook in it. Or, consider warming your rolls in the roaster.

Adding an electric roaster to your kitchen for the holiday, even a borrowed one, can make cooking Thanksgiving dinner a bit less stressful.

## Slow Cookers

Slow cookers or crock pots have been in our kitchens since the early 1970s. Around the same time, microwave ovens began to be sold commercially. This appliance, too, can be an enormous help when you are preparing so many different foods.



If you plan on a soup course for dinner, the slow cooker is a great

appliance to cook it in. You can prep the ingredients the night before and start the cooker early in the morning, by dinner time, the soup will be ready.

No space in the oven for the traditional green bean casserole? Consider using the slow cooker for the green beans. This recipe will be ready to eat in three hours; get it started when you are getting the turkey in the oven.

### Dressing can also be made in a slow cooker:

- Never mix wet and dry ingredients until you are ready to cook the dressing.
- Precook vegetables, such as onions or celery.
- Always use pasteurized eggs or Egg Beater type products for eggs.
- Fill the cooker with the correct amount of food – never less than 1/2 or more than 2/3 full.
- Stir once or twice during the cook time, if desired or the dressing may get crusty on the side.
- Cook the dressing or stuffing on high for 45 to 60 minutes and then reduce heat to low and cook 4- hours.
- Check the final temperature with an accurate food thermometer. The end temperature should be 165 degrees.

You can also use the Slow Cooker to hold a dish at a safe temperature for serving. If you won't have enough room on the stove top to make mashed potatoes or sweet potatoes while the rest of the meal is cooking, make the potatoes ahead of time and use the Slow Cooker to keep it warm. Simply preheat the Slow Cooker by turning it on high after you have filled it with water. When you get the potatoes ready, dump out the water and fill with potatoes. At that point, you can turn the cooker to the low or keep warm setting.

## Microwave

The microwave can be used to cook most any part of the Thanksgiving meal. We often use it to heat up the green bean casserole and then when it is hot, we add the onion rings and put it in the oven to brown after the Turkey has been removed.



Reheating foods that were prepared in advance is another great use of the microwave. You can quickly reheat dishes that others brought to share, or those that you prepared the day before. The speed and convenience of the microwave will stretch your cooking space considerably

*Continued on next page.*



## Instant Pot

A newer appliance with lots of possibilities for quickly helping with Thanksgiving preparations. While the Instant Pot was invented in 2010, it was not widely available until a few years ago. Some consumers try to use it for nearly everything they cook, but many use it only occasionally. If you are an occasional user, we have some suggestions for you that will help with Thanksgiving dinner.



There are recipes available for cooking **stuffing** in the Instant Pot. Typically, you will prepare stuffing in a smaller pan (spring-form or small bundt) inside the pot. Using a sling made of foil will help you remove it after cooking is complete.

If ham is on your menu, the instant pot can do a great job of cooking it, especially if your ham is a spiral sliced ham. The moisture inside of the Instant Pot will keep the **ham** moist and juicy. You can also cook **pork tenderloin**, **beef**, or **turkey breast** in the pot, too.

Desserts are also possible in the instant pot. Pumpkin **Bread pudding** would definitely be a flavor in keeping with the holiday.

No matter what is on your menu this year, consider all the appliances that you have in your kitchen to see how you can best prepare Thanksgiving dinner. Enjoy!

---

## Thawing the Turkey

Liz Meimann, AnswerLine, Iowa State University Extension and Outreach

Do plan on getting a frozen turkey for Thanksgiving? If so, soon you will be thinking about thawing your turkey. There are three different ways to thaw a turkey, four if you count cooking it from the frozen state.

The first method is thawing the turkey in the refrigerator, this is perhaps the easiest method. It is best to put the turkey on the lowest shelf of the refrigerator in a pan or cookie sheet. This will prevent drippings from the thawing bird contaminating other foods, especially ready-to-eat foods like fruits and vegetables. Expect the turkey to thaw at a rate of 5 pounds for every 24 hours. Plan to have the turkey thawed for no more than 2 days before cooking. If you find your turkey thawing much faster than expected, you can refreeze overnight then continue thawing. We never advise just setting the bird on a countertop for thawing.



### Refrigerator Thawing Times:

- 4 to 12 pounds—1 to 3 days
- 12 to 16 pounds—3 to 4 days
- 16 to 20 pounds—4 to 5 days
- 20 to 24 pounds—5 to 6 days

If you suddenly realize you were supposed to begin thawing the turkey several days ago and find yourself running out of time to thaw it, use the cold water thawing method. For this method, you will need to allow 30 minutes per pound of turkey. Be sure the turkey is in a leak-proof plastic bag; this keeps the turkey from absorbing water. Place the turkey in a sink full of cold water. Change the water every half hour—the water will get very cold—until the turkey is thawed.



### Cold Water Thawing Times:

- 4 to 12 pounds—2 to 6 hours
- 12 to 16 pounds—6 to 8 hours
- 16 to 20 pounds—8 to 10 hours
- 20 to 24 pounds—10 to 12 hours

Not enough time for the cold water method? Try defrosting in your microwave. Follow the directions that came with your microwave. Plan to cook it immediately, as the turkey may have developed hot spots while defrosting.

# Homesteading & Self-Sufficiency



## HIPA is still a present threat to backyard poultry producers

As we move into the heart of the fall migration season, cases of Highly Pathogenic Avian Influenza (HPAI) are on the rise. The cooler, wetter weather and decreasing sunlight are resulting in an ideal environment for the virus to stick around. We urge poultry owners to continue to take precautions to keep their birds safe.

So far in 2022, there have been 568 confirmed cases of HPAI in domestic birds in 43 states. All states in the Northeast, including New York, have been affected. In the past month, outbreaks in the neighboring states of Connecticut, New Jersey, Pennsylvania, and Rhode Island have been detected. While the last case in New York was identified on April 6th, the virus is still circulating in our wild bird populations, with 164 positives in wild birds identified to date. Within the past month, wild bird cases have been identified in Albany, Chemung, Clinton, Cortland, Dutchess, Madison, Nassau, Orange, Sullivan, Tompkins, Westchester, Wyoming, and Yates counties. Between positive domestic flocks in neighboring states and wild bird positives, our state's poultry are still under threat.

This disease is not showing a preference for flock types; both commercial and backyard flocks have been affected. Commercial flocks have made up 43% of those affected, with the remaining 57% of affected flocks are classified as backyard. In wild birds, waterfowl and raptors have been most impacted, as well as water-associated birds such as pelicans, storks, gulls, terns, dunlins, and turnstones. Game birds including pheasants and turkeys and perching birds including grackles, juncos, crows, and ravens can also catch the virus.

Because of how quickly and aggressively HPAI spreads in birds, it's important that we take measures to protect them. These include:

- Creating a barrier between wild birds and domestic birds by keeping domestic birds inside, in a run with a solid roof, and/or out of areas that wild birds frequent.
- Limiting the number of people who have direct access to your poultry.
- Wearing footwear designated to be only work in poultry pens.

We urge producers to keep an eye out for suddenly high rates of death in your flock and be prepared to report any suspicious whole flock illness. Reports can be sent to New York State Department of Agriculture and Markets at 518-457-3502 or the USDA (United States Department of Agriculture), 866-536-7593.

If you are a flock owner or community member in Saratoga County with questions, please reach out to your Cornell Cooperative Extension at 518-885-8995.

## Herb B.'s Monthly Advice for NOVEMBER



I heard my wife talking to my daughter on the phone, telling her to put a red light in the chicken coop to hide a hurt chicken and stop others from pecking, (the chickens are layers). I chimed in to say "spray a bulb with red paint if you don't have a red bulb. It got me to thinking of all the "make do" things we have done on the homestead. As a matter of fact, it was a dinner time game to hand the kids a "something" and each of us would have to utilize that item as we passed it around the table to each other. A pencil could be a flute or a pool cue. A newspaper could be a fan or a baseball bat. Family games made up or purchased might have been first devised to entertain during the dark winter months. Solitaire is ok, but it is nice to interact with others. Each time that item was passed to another at the dinner table we got to share another's point of view. In my opinion, a skill we need to enforce as devices take us into our own worlds.

November is the month of turkey. I can still remember smelling that bird cooking away as we came in for a drink from raking leaves. Feed your turkey oat leaves planted as a cover crop in August. Cut them, (the leafy tops) each day and be rewarded by the best gravy you have ever had.

Even if October was warm, by now the sweatshirts and warm jackets of winter are hanging in the closet. Over the years, I have found a combo of a light jacket with one or two sweatshirts seems to keep you warm, no matter what the temperature. The jacket breaks the wind, and the sweatshirts keep in your body heat. Not high tech, but it works.

Hunting is a tradition that seems to move around Thanksgiving. Every year, several of us get together to hunt a deer. We always put the youngest of the group at the best location; they are usually looking for their first harvest, and we try not to disappoint. Many a year, it is cold that morning. Once again, check Army Surplus for "micky boots". These have an air pocket built in and I can attest they keep my feet warm as can be in -40°F weather.

This year, I am trying to make as many gifts as I can for the holidays. It has been some time, but I can still swing a hammer and we still have a pile of coal. The hardest part is coming up with a gift idea.

This is a month to reflect and give thanks for bounty, health, and family. Winter will be offering us quiet nights by the fire, a good book and hearty meals. Not a bad thing to look forward to.

-Herb





# FIELD TO FORK

*Butcher your own Local Meat*  
**Greenwich, NEW YORK**

**Date: TBD Time: Evening**

Come and enjoy a FREE pop-up educational event this fall where you'll learn how to process an entire deer start-to-finish from someone who has commercial butchering experience and processed hundreds of wild game animals! Pre-register to be notified once a deer (or two) has been procured. Demonstration date and location will be provided with short notice and only scheduled 3-7 days out from harvest. Space is limited, and attendance will be admitted first-come, first-serve. Instruction will be geared towards new hunters; however, time-saving tips and butchering know-how will be provided for veteran hunters as well.

The following groups understand what it takes to become a new hunter. While the task may seem daunting, learning to hunt and becoming confident in your abilities are easy and obtainable to anyone.

Whether you want to acquire natural foods, gain a better connection to nature, or increase your self-reliance, we have programs and resources that are proven to create hunters through both in-person and at-home learning.

***For more information or to pre-register, contact Nicolina Foti at [nvf5@cornell.edu](mailto:nvf5@cornell.edu) with your name, phone and email address.***



Cornell Cooperative Extension  
Saratoga County



## PRESEVING YOUR FALL HARVEST

Hunting season is upon us and it's an exciting time of the year. If you're lucky enough to have notched your tag already, congratulations! It's always a great feeling to have the freezer full of lean meat for the year to come. But if your freezer is already full, no worries, there are other ways to preserve your meat to enjoy year-round. Pressure canning your harvest is a great option if you want a shelf-stable product that doesn't require power to keep it safe. If in the case of an emergency, you can also pressure can your meat once thawed to preserve for later use.

### BENEFITS

Pressure canning preserves your meat so that it doesn't require freezer space, or power once canned. Pressure canning meat produces a tender product that can be conveniently added to stews, soups, casseroles, and more! There is no defrosting necessary with canned meats, which can make meal prep faster! You can naturally choose your serving portion whether pint or quart for what your family will need, or what the recipe uses. You can control what goes into your food, as you are preparing it! And finally, it's very rewarding to have a full pantry and knowledge of how to safely preserve your food.

### DRAWBACKS

Pressure canning meat does require long processing times, in order to kill harmful bacteria, so it does require proper planning and time management to ensure you're not cutting any corners.

### OTHER OPTIONS

If your freezer is full, and you're not interested in pressure canning your harvest, the ~~Wyoming Hunger Initiative~~ [Feeding New York State Venison Donation Program](#) offers the opportunity to donate your game meat to local food pantries in need. This is a great program to provide food to families in need, so no food goes to waste.

### PRESSURE CANNING TIPS

If you have a dial gauge pressure canner, be sure to get it checked for accuracy annually at your local ~~University of Wyoming Extension office~~ Cornell Cooperative Extension office at no charge. The flavor and texture of home-canned meat are dependent upon the quality of the starting product, so be particular as you're selecting and trimming your harvest. When preparing meat, cut across the grain, making uniform 1-in-thick-slices, then cut with the grain into jar-size pieces. Trim away gristle, bruised spots, and fat. Excess fat from fattier cuts may cause the meat to develop a strong flavor and can cause seal failure. If you have a strong-flavored game you can soak the meat in a salt-water brine for 1 hour before canning, but don't let it stand for longer. To make a salt-water brine add 1 tbsp. salt for every 4 cups of water and stir until dissolved. If you do brine the meat, do not add salt to each jar during preparation.

*Written by University Extension—Cent\$ible Nutrition Program Educator Shelley Balls, MDA, RD, LD*

### Pressure Canned Wild Game

Course: Main Course

Author: Ball Complete Book of Home Preserving

#### INGREDIENTS

- Boneless, lean good-quality wild game meat
- Salt optional
- Hot broth

#### INSTRUCTIONS

1. Preheat the oven to 400°F.
2. Prepare pressure canner, jars, and lids.
3. Cut meat into ½ - 1-inch-thick strips just long enough to fit in jars. In a large roasting pan, spread meat strips out in a single layer. Sear in preheated oven just until browned but still rare inside (cooking time will vary depending on the type of meat and the size of strips.)
4. Pack hot meat into hot jars to within a generous 1 -inch of the top of the jar. If using salt, add ½ tsp. to each pint jar or 1 tsp. to each quart jar. Ladle hot broth into the jar to cover the meat, leaving 1-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot broth. Wipe the rim with a paper towel moistened with vinegar. Center lid on jar. Screw band down until resistance is met, then increase to fingertip tight.
5. Place jars in the pressure canner. Adjust water level, lock lid, and bring to a boil over medium-high heat. Vent steam for 10 minutes, then close vent. Continue heating to achieve 14 pounds of pressure for a dial gauge and 15 pounds of pressure for a weighted gauge. Process pint jars for 75 minutes and quart jars for 90 minutes.
6. Turn off the heat. Let pressure return to zero naturally. Wait 2 minutes longer, then open vent. Remove canner lid. Wait 10 minutes, then remove jars and place on a towel, cool for 12 hours, check seals, and store.

### FEEDING NEW YORK STATE VENISON DONATION PROGRAM

You can help feed your hungry neighbors throughout New York by taking four simple steps.

1. Donate any legally harvested deer by dropping it off at a [participating processor](#).
2. We suggest you call one of the participating processors before dropping off your deer to ensure they can accept your deer.
3. Please handle the carcass as you would for your own family.
4. When dropping your deer off at a processor, please complete the log sheet indicating your desire to donate the deer. The donated deer will be processed and the venison will be distributed to food pantries and food banks to help feed hungry New Yorkers.



**NEW**

## SARATOGA COUNTY 4-H HORSE Participation Contest *begins December 1st*



New this year! All Saratoga County 4-H Horse members, ages 8-18 years old, are eligible to earn points for participating in horse-related 4-H activities. Different activities, earn different points.

### PARTICIPATION POINTS

**1 Point for Attendance:** Each time a 4-H Horse member attends Horse Bowl Practice, a Horse Club Meeting, Hippology, or a County-wide Horse Program, they will receive one point. Event leaders will be asked to submit an attendance sheet after meetings and activities. **IMPORTANT:** Those arriving late or leaving early will not receive an attendance point.

**2 Points for General Participation:** When a 4-H Horse member participates in a general activity including Horse Shows, 4-H Tack Sales, Fundraisers (for any Saratoga County 4-H Fundraiser), or any CCE Equine event they will receive 2 points. Participation includes competing or volunteering. You must participated for the entire event, or at least 4 hours for longer events.

**3 Points for Regional Contest:** For each regional event, a 4-H Horse member participates in, they will receive 3 points. Participation includes competing or volunteering at the event. 4-H Educator Brianna Hughes will take attendance or assign an adult volunteer to do so. You must participate for the entire event, or at least 4 hours for longer events.

**Points Vary for Horse Communications:** Different than the other categories, you must participate in the Horse Communication category to be eligible for the final prize. Volunteering at the event will not count towards points. At the County level participants will receive 5 points, at the Regional level participants receive 15 points, and at the State level 4-H Horse members will receive 50 points!

**40 Points for State Contest:** Each individual who participates in any State contest will receive 40 points. Participation includes competing and volunteering at the event. You must participate for the entire event, or at least 4 hours of longer events.

### RULES:

- Participants must be members of Saratoga County 4-H
- Participants **MUST** be involved in the 4-H Horse Program., including one of the following: be in a Horse Club, participated in a Horse Contest, or have a Project Horse.
- Participants must get a point in each of the categories (Attendance, Regional Contest, General Participation, and 4-H Horse Communications) to qualify for the grand prize.



### PRIZES

- Top two scoring youths in the following age groups:
  - Ages 8-13; Two (2) riding lessons donated by a local trainer.\*
  - Ages 14-18; Two (2) riding lessons donated by a local trainer."

### OR

- Participate in a FREE Day Trip to Equine Affair with 4-H Educators, includes tickets, transportation, meals , and more.

*\*A list of trainers will be provided for youth/parents to choose from.*

For questions or more information on the Saratoga County 4-H Horse Participation Contest, contact Brianna Hughes at bh548@cornell.edu or (518) 885-8995.

# WEBSITE & SOCIAL MEDIA

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



CCE Saratoga



4-H



CCE Equine



Agriculture  
Economic  
Development



Capital Region  
PRISM

## WHO WE ARE

### Board of Directors

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

### CCE Staff Members

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

### Agriculture Program Committee

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

### 4-H/FCS Program Committee

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

### Eastern NY Commercial Horticulture

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

### Central NY Dairy, Livestock and Field Crops

Erik Smith	Ashley McFarland
David Balbian	Nicole Tommell

### GC-SBN Leads

Mike Ryan	Erik Yager
Jim McNaughton	

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

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

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