



Cornell Cooperative Extension | Saratoga County

NEWSLETTER

January 09, 2023

Volume 4 Issue 1

Farmland Access Workshops

FARMLAND CONSERVATION

January 10, 2023 | 12:30 PM—1:30 PM
HYBRID on Zoom and at Saratoga PLAN
(112 Spring Street, Saratoga Springs)

Presenters: Saratoga PLAN—Rob Davies, Executive Director & Tori Roberts, Conservation Manager

This workshop will focus on the farmland conservation process, specifically agricultural conservation easements, providing a brief overview of the importance of farmland conservation and why landowners chose to conserve their land. The presentation will provide an overview of the process from initial inquiry and finding funding opportunities to stewardship of the conservation easement in perpetuity.

FARMLAND SUCCESSION PLANNING

January 24, 2023 | 12:30 PM—1:30 PM
HYBRID on Zoom and at Cornell Cooperative Extension of
Saratoga County (50 West High Street, Ballston Spa)

Presenter: Megan Harris-Pero, Esq.

What will happen to your land if something happens to you? This workshop will offer an overview of estate planning and succession planning tips for farmland owners. Megan Harris-Pero, part of Harris-Pero & Botelho, PLLC law firm, will touch on issues relating to business transfer, retirement, distribution of land and other assets to the next generation, and farmland conservation.

Lunch included! Food funded by Harris-Pero & Botelho, PLLC and CCE Saratoga.



FARMLAND LEASING

February 7, 2023 | 12:30 PM—1:30 PM on Zoom

Presenters: David Wood of Eildon Tweed Farm & Nicole Tommel of Cornell Cooperative Extension

Farmland leasing has become increasingly popular as landowners seek to keep their land in production but do not wish to actively farm. Additionally, farmers seeking to expand their production without upfront costs of purchasing land can utilize farmland leasing. This one-hour Lunch and Learn will give helpful tips from technical staff and farmers on how to develop a successful lease agreement, determine current land rental rates, identify abilities to capture land tax savings through the leasing process, and other helpful tips.

All workshops are offered for FREE!

Funded by State of New York and American Farmland Trust

To register: Contact Nicolina Foti at nvf5@cornell.edu or call (518) 885-8995



AGRICULTURAL LITERACY WEEK—MARCH 20-24

Volunteers Wanted

In celebration of New York agriculture, Saratoga County 4-H partners with New York Agriculture in the Classroom to provide Agricultural Literacy Week to Schools in Saratoga County. Teachers that are interested have the opportunity to work with 4-H Educators and or volunteers to have a story read to their students and participate in an activity. Last year, we were able to donate 40 books to classrooms, reaching just under 800 students.

We are looking for volunteers for the 2023 Agricultural Literacy Week. If interested in becoming a 4-H Volunteer and joining us in local classrooms, please email Rylie at rjl287@cornell.edu.

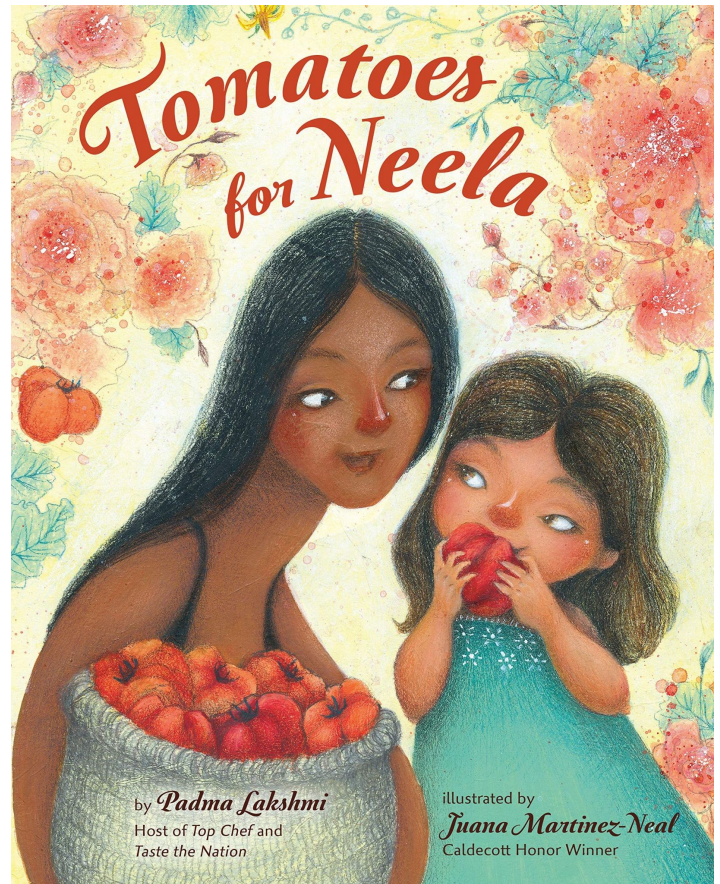
Tomatoes for Neela

Written by Padma Lakshmi

Illustrated by Juana Martinez-Neal

Neela loves cooking with her amma and writing down the recipes in her notebook. It makes her feel closer to her paati who lives far away in India. On Saturdays, Neela and Amma go to the green market and today they are buying tomatoes to make Paati's famous sauce. But first, Neela needs to learn about all the different kinds of tomatoes they can pick from. And as Neela and Amma cook together, they find a way for Paati to share in both the love and the flavors of the day.

Author Padma Lakshmi takes young readers on an intergenerational journey full of delicious flavors and fun food facts that celebrates a family's treasured recipes and illustrator Juana Martinez-Neal brings this circle of women to life with vivid detail and warmth. *Tomatoes for Neela* lovingly affirms how we can connect to other cultures and build communities through food.



CHILD PASSENGER SAFETY

CCE Saratoga offers car seat education and correct installation by our Nationally Certified Child Passenger Safety Instructor. Please call our office at 518-885-8995 x 228 to schedule an appointment.

CCE also offers several other fitting station locations with certified technicians throughout Saratoga County for your convenience. (All fitting stations require an appointment, so please call in advance to schedule.)

DIABETES SUPPORT GROUP ONLINE

CCE Saratoga hosts a monthly Online Diabetes. The informal support group meets the first Friday of each month. Join others with prediabetes or diabetes to ask questions, and share successes and challenges associated with controlling your diabetes with diet and physical activity. Lead by Diane Whitten, Nutrition Educator, Cornell Cooperative Extension of Saratoga County.

Register by visiting [Meeting Registration - Zoom](#)

BOARD OF DIRECTORS MEETING

The next Board of Directors Meeting is scheduled for Thursday, January 26, 2023 at 7:00 PM | Extension Office. If interest in attending, contact Wendy at 518-885-8995 or wlm8@cornell.edu.



Small Farms courses starting in the New Year

Learn with Cornell Small Farms, from farm business planning to production strategies



The Cornell Small Farms Program's online course season is almost halfway through, and now's the time to register for our upcoming block three courses which begin in the new year. This block of courses includes our new course on goats, plus farm business courses and production courses covering beekeeping, mushrooms, sheep and more.

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

Access to Capital

Mondays: January 9—February 13, 2023

It can be very difficult to navigate the process of getting grants or loans, especially if you did not come to farming with a background in finance. This new course will cover the various aspects of seeking funding for a farm enterprise.

Cómo Iniciar su Negocio Agrícola

Jueves: 12 de Enero hasta el 16 de Febrero del 2023

Con este nuevo curso usted podrá aprender en su propio idioma y con la Comunidad Latina sobre cómo iniciar un negocio agrícola. aprender de las experiencias de mujeres y hombres Latinos que ya tiene su negocio agrícola establecido en diferentes Estados y que aman hacer agricultura, encontrando en esta el estilo de vida que responde a sus valores, metas, habilidad y recursos.

Exploring Markets and Profits

Thursdays: January 12—February 16, 2023

Have an idea for a farm enterprise but not sure if it's feasible? This course will help you explore the potential markets and profitability of your ideas, picking up where [BF 101: Starting at Square One](#) (not a prerequisite) left off.

Goat Production

Wednesdays: January 11—February 15, 2023

This new course will guide beginning farmers through the production and marketing of goats for dairy, meat, and fiber. Goats can function as a profitable stand-alone enterprise or can be integrated into your existing farm structure to provide a variety of products and make use of marginal lands that would otherwise go unused.

Holistic Financial Planning

Tuesdays: January 10—February 14, 2023

If you've been struggling to make your farm operation profitable without driving yourself into the ground, this financial planning course is for you. You will learn how to make financial decisions toward farm and family values and goals.

Indoor Specialty Mushroom Production

Tuesdays: January 10—February 14, 2023

Mushrooms are an emerging niche crop and can easily be grown. This course trains new and experienced farmers in the background, techniques, marketing and economics of farm-scale indoor commercial production.

Introduction to Beekeeping

Tuesday: January 10—February 28, 2023

Whether you are currently keeping honey bees or are considering them for your farm, a basic knowledge of bee biology, diseases, pests, and setting up your colony are essential for success. This 8-week course will give your real-world experiences paired with academic concepts.

Season Extension with High Tunnels

Tuesdays: January 10—February 14, 2023

Adding weeks to your growing season can mean attaining a premium for having products available well before (or long after) other local growers. This course will introduce you to unheated plastic-covered "high tunnels," covering cost, management and more.

Sheep Production

Thursdays: January 12—February 16, 2023

Have sheep or thinking about getting a flock? Producers of all experience levels will find something for them in this lively, wide-ranging course. There is no one right way to raise sheep—this course covers many of these different options.

Social Media & Online Marketing

Thursdays: January 12—February 16, 2023

Are you struggling with questions like what do hashtags do, how to start selling online, are webpages still useful, and more? This new, 5-week course is designed to improve your understanding of social media, online marketing ideas, and tools that may increase sales and awareness about your business.

Vegetable Production II

Wednesdays: January 11—February 15, 2023

This course continues where [BF 120: Vegetable Production I](#) (not a prerequisite) ends, covering vegetable production from transplanting to harvest, including: in-season fertility, integrated pest management, weed control, harvesting, and marketing.

Writing a Business Plan

Mondays: January 9—February 13, 2022

Arm yourself with a business plan and you will have a guide to aid your farm decision-making and demonstrate to yourself and your family that your ideas are feasible. This course is designed to help you build your plan, including developing financial statements.

2023 Winter Greenhouse Growers School



January 18, 2023 | 8:30 AM—4:30 PM
CCE Albany County, 24 Martin Road,
Voorheesville 12186

Cost: Residents in CAAHP service area \$60 per person (Albany, Rensselaer, Schenectady, and Washington Counties). \$80 per person for residents of all other areas. Lunch is included.

Register: <https://caahp.cceext.net/civCRM/event/info?reset=1&id=167>. No walk-ins!

Deadline to register: January 16, 2023. Assistance with registration, (518) 765-3518 or email cce-caahp@cornell.edu.

Program questions, contact: Jingjing Yin, jjy578@cornell.edu or (518)429-8608.

TOPICS

- **Biostimulants—Nothing But the Facts***
Rich Yates, GGSPRO Technical Services Manager
- **PGRs for Perennial Production***
Dr. Joyce Latimar, Extension Specialist for Greenhouse Crops
- **Brief Over of NYSFI & Membership**
NYSFI Representative
- **Upgrading Energy Efficiency for Greenhouse Growers**
Dr. A.J. Both, Extension Specialist, Rutgers University
- **Updates from NYS Ag & Markets**
Margaret Kelly, Asst. Director, NYS Ag and Markets
- **Protect Your 2023 Crops against 2022 Diseases!***
Margery Daughtrey, Sr. Ext. Assoc., Cornell University
- **Spotted Lanternfly: It's Here. What Now?***
Brian Eshenaur, Sr. Ext. Assoc., NYS Integrated Pest Mgmt.
- **What to Watch for in 2023: Landscape & Nursery Pests We Can Expect To See in the Coming Growing Season***
Brian Eshenaur, Sr. Ext. Assoc., NYS Integrated Pest Mgmt.
- **What's New in Biocontrol and IPM for Greenhouses***
Dr. Betsy Lamb, Sr. Ext. Assoc., Ornamentals IPM, NYS IPM

* credits available

NYSDEC pesticide credits available for Categories 1A, 3A, 3C, 24 & 25. If applying for credits, bring your pesticide license card and I.D.

LUNCH AND LEARN

What is Precision Agriculture?

Tuesday, January 24, 2023 | 12:15 PM—1:30 PM

Online

Register at: https://reg.cce.cornell.edu/PrecisionAgriculture_241

This **FREE** Lunch 'n Learn will detail the premise of precision agriculture, including the standard and emerging technologies, the urgency for increased adoption rates, and the many positive implications this movement can have on the operational, socio-economic, and environmental levels.



Operations Managers Conference

January 31—February 1

DoubleTree by Hilton, 6301 State Route 298, East Syracuse

Join PRO-DAIRY and the Northeast Dairy Producers Association for this conference in East Syracuse. This year's conference theme and topics focus on managing for consistency while leading through change. A complete agenda with full session descriptions and speaker biographies is available here:

<https://cals.cornell.edu/.../operations-managers-conference>

Contact Heather Darrow at hh96@cornell.edu or 607-255-4478 for more information.



SARATOGA COUNTY'S
Horsemen's
• **SOCIAL** •

THURSDAY, FEBRUARY 23
6:30 PM—9:30 PM



FIVE FIFTY
waterfront

550 Union Ave, Saratoga Springs

\$60
per person

Tickets include a cocktail hour, dinner, dessert, basket raffle, and
silent auction (hosted by TRF)
Cash Bar is available.

To register contact:

CCE Office of Saratoga County
(518) 885-8995
eah29@cornell.edu

2023



PRESENTED BY



Spotted Lanternflies and Beekeeping

By Robyn Underwood, Lopez-Uribe Lab

The Spotted Lanternfly (SLF), *Lycorma delicatula*, is an introduced plant hopper from China that is rapidly expanding its range in the United States. Since arriving in Berks County, Pennsylvania in 2014, lanternflies have spread to and become established in 13 states (CT, DE, IN, MA, MD, MI, NC, NJ, NY, OH, PA, RI, and VA.) This invasive insect is a significant economic threat, as it feeds on and damages grapevines and stresses trees. In addition, lanternflies are a major nuisance to humans, especially in the late summer and early fall when the adults aggregate and are very noticeable. Adult lanternflies, found in abundance on the trunks of trees, such as maples and tree-of-heaven, excrete large quantities of sticky, sweet honeydew as they feed on plant sap August-October. The honeydew covers the trunk of the tree and vegetation nearby, attracts sugar-loving insects, including honey bees, and promotes the growth of black sooty mold.

To reduce the spread of these insects, a few things are important to know for beekeepers. Lanternfly eggs can be laid on hive boxes, lids, bottom boards, stands, pallets, etc. In addition, adult lanternflies often jump into vehicles. Beekeepers should check equipment, vehicles, trailers, etc. for lanternflies and their egg masses prior to moving the equipment. Inspection of hive equipment and removal of any life stages of SLF prior to movement is critical to avoid spreading it to new areas.

In addition, once lanternflies become established in an area, beekeepers begin to notice an unusual late season honey collecting in their hives. The honeydew is a sugary liquid that accumulates where there are aggregations of lanternfly adults. Honey bees readily collect this honeydew and process it as honey. The taste of the honey depends on several factors including the plant the lanternflies are feeding on and the abundance of honeydew versus floral nectar in the processed honey.

Answers to beekeeper's frequently asked questions.

1Q. Is honey made from spotted lanternfly honeydew safe for consumption?

1A. Yes, the honeydew honey is safe for consumption by both bees and humans. Preliminary results of laboratory testing show that the levels of pesticides from lanternfly treatment efforts found in honeydew honey are exceedingly small and well below any level of concern. In addition, beekeepers in areas where lanternflies have been established for several years see that honey bees overwinter very well on this type of stored food.

2Q. How can I recognize spotted lanternfly honeydew honey?

2A. Honey made from spotted lanternfly honeydew has a distinct smoky odor. The color is dark brown, but not nearly as dark or black as buckwheat honey. The honeydew honey is not as sweet as other honeys and it has a lingering aftertaste.



3Q. Can I sell lanternfly honeydew honey?

3A. Yes! This honey is marketable. Bakeries readily purchase this honey for use. In unofficial taste tests, half or more of the people that try this honey think it's great. Similar to the differing opinions about the flavor of other distinct honeys, such as buckwheat honey, opinions vary. In addition, clever marketing can make this a popular novelty.

4Q. I don't like the taste of honeydew honey and I don't want to sell it. What can I do?

4A. To avoid extracting this honey, remove the honey you collected in spring and summer by the end of July. Honeydew honey begins to be collected by bees as lanternflies emerge as adults, usually in August. Do not place supers on colonies for fall honey collection. Instead, allow the bees to provision their hives with honeydew honey as winter feed. By spring, the bees will have turned that honey into new bees.

[Link to article—Spotted Lanternflies and Beekeeping – López-Uribe Lab \(lopezuribelab.com\)](https://lopezuribelab.com)

How to Grow and Care for Elephant Ears (Colocasia)

INTRODUCTION TO ELEPHANT EARS

As their name implies, elephant ears are prized for their large stature and huge leaves, making them impressive additions to container gardens and in-ground plantings. Available in a range of foliage colors from brilliant chartreuse to deep purple, their dramatic accent plants and create a dynamic backdrop for perennials, annuals, and bulbs.

ABOUT ELEPHANT EARS

If you're looking to add "wow" to your garden, look no further than elephant ears! Although this common name can refer to several different plants, it's most often used for plants in the *Colocasia* genus (most often *Colocasia esculenta*). Also known as taro, this plant produces edible corms that are a staple food in various tropical regions and is considered one of the oldest cultivated food crops.

The plant's large leaves—up to 3' long!—are held aloft on long, gracefully arching leaf stalks (petioles). Although the plants grow up to 6' tall and equally wide in warm regions, they tend to remain somewhat smaller (3-5' tall and wide) in regions with shorter growing seasons or when grown in containers.

Note: *Colocasia esculenta* is recognized as an invasive species in parts of southeastern US, California, and Hawaii, where it invades wetlands and crowds out native plants. In these regions, plant it only in containers to prevent it from spreading.

GROWING ZONES FOR ELEPHANT EARS

Elephant ears are perennial tropical plants hardy in zones 9-11, where they can be grown outdoors year-round. In zones 10-11 the plants are evergreen; in zone 9 they may die back in winter and regrow in spring. In cooler regions (zones 3-8) the bulbs can be planted in spring and grown as annuals. In fall, the tubers may be dug up and stored over the winter for replanting in spring. Container-grown plants may be brought indoors and enjoyed as houseplants for the winter.

CHOOSING A SITE TO GROW ELEPHANT EARS

Select a planting location with plenty of space for these large plants. In regions with hot, sunny summers, plant them in shade; in cooler regions part shade is best, though they'll tolerate a sunny spot. A location protected from strong winds, such as near a wall or fence, will prevent wind damage to the large leaves. The plants prefer rich, slightly acidic soil that stays consistently moist. Elephant ears also thrive in large planters or patios and decks and add a tropical vibe to poolside plantings. Planters should be 16" in diameter or larger and heavy enough to prevent toppling.

PLANTING INSTRUCTIONS FOR ELEPHANT EARS

Elephant ears are usually grown from their corms (freshly, underground stems). In tropical climates and regions with long growing

seasons, plant corms in spring after the soil has warmed and all danger of frost has passed. In cooler regions, get a jump on the growing season by planting corms indoors eight to 10 weeks before the last frost date.

Loosen soil to a depth of at least 8" and, if desired, mix in some compost and/or slow-release fertilizer. Dig a hole about 5" deep and set the corm in the hole pointy side up, positioning is so the top is about an inch below the soil surface. Cover with soil and water thoroughly. Be patient; the plants can take up to a month to sprout.

FERTILIZER FOR ELEPHANT EARS

Browned leaf margins, called leaf scorch, can result from too intense light. Move container plants to a shadier spot or provide mid-day shade to in-ground plants.

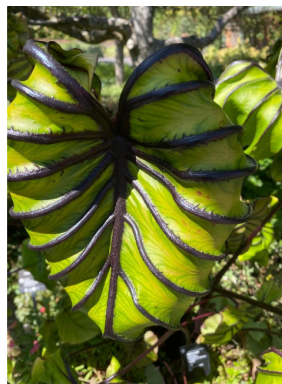
Aphids, mealybugs, and mites can cause mottled or discolored foliage. Wash the leaves to remove pests and, if needed, spray with insecticidal soap.

Fungal diseases can also cause leaf discoloration. To minimize disease problems, avoid getting foliage wet when watering.

ONGOING CARE FOR ELEPHANT PLANTS

Prune off old, dying and discolored leaves to keep plants tidy.

In cool climates (zone 3-8) you can dig up the corms before the first frost, allow them to dry at room temperature, and then store them in a dark, cool (but not freezing) location, such as a basement or garage. Replant in spring.



Colocasia 'Pharaoh's Mask'



Colocasia esculenta 'Black Magic'



Colocasia 'Black Swan'

Winter Indoor Plant Problems

University of Maryland Extension

WATERING

Despite their best intentions, many beginner gardeners have trouble with their indoor houseplants during the winter months. The number one reason for dying plants is usually overwatering.

Overwatering will lead to root rots and plant death. Depending on how much light the plants receive and how warm the room is it can be very tricky for people to judge just how much water their plants need indoors. Too many people assume that watering once a week is the right interval between waterings. Here is where accurate monitoring of the moisture around the root zone becomes critical.

Most plastic pots will dry from the top down. Clay pots will lose moisture from the sides as well as the top. Visual clues that the soil has dried out at the top include shrinking which will leave a gap around the pot perimeter. With practice, experienced gardeners can tell by the weight of the pot how much remaining water the plant has left before rewatering. Practice your skills by holding pots just after thorough watering to feel how heavy the plant is when freshly soaked. Then repeat the hand weighing process over the course of the next week to see how much lighter the pot becomes after the plant uses the water and the soil dries. Finally, on small pots check your estimates after a week by carefully releasing the plant from its pot and inspecting the root system visually. With larger plants slip a stick or ruler down beside a stem inside the pot until it reaches the bottom and then pull it out to inspect where the moisture still remains.

During the winter months when most plants have reduced growth rates try to allow most of the soil to dry out like a freshly wrung out dish towel. Not bone dry, but not too moist. If a plant has dried out completely and the soil has shrunk away from the pot sides try placing the pot in a sink or bucket of warm tap water so that the pot is halfway submerged. Allow the pot to remain for an hour or two so that the soil will slowly reabsorb moisture. With practice, you will master the correct interval between watering.

PATHOGENS

Overwatering of indoor plants will ultimately lead to root rots usually caused by fungi or fungal-like organisms. Symptoms of root rots/crown rots include yellowing, browning, and dieback of the leaves and browning or blackening of the crown and or roots, and poor growth. Root rots may also paradoxically cause wilting even when the soil is wet because the roots are so damaged that they cannot transport water to the leaves.

Pythium root rot causes stunting, yellowing and wilting of plants even when potting media moisture is adequate. Roots are brown



Overwatered Aloe

to black and soft or mushy. The outer portion of the root can be easily pulled away from the core which leaves a fine hair-like thread. Often when a plant is pulled up from the potting media most of the root system is left behind in the pot.

Phytophthora root rot causes root tips to turn dark brown and rapidly turn soft and mushy. Often plants will wilt even when adequate moisture is present in the potting media. This pathogen can also cause the lower portions of stems to turn black, brown or mushy which can lead to lower leaf yellowing and drop.

Rhizoctonia root rot occurs when temperatures are warm and conditions are moist. The fungus grows as coarse reddish-brown threads, often resembling spider webs, over the surface of infected stems and roots. The infected roots and lower portions of stems will turn brown and collapse. Under ideal conditions for infection, Rhizoctonia will infect plant foliage and cause them to become brown and matted together.

MANAGEMENT STRATEGIES

The number one strategy for avoiding root rots has to be proper watering. Other strategies include, only using clean or new pots for planting, avoid regular garden soil, utilize a sterile potting media, remove and separate infected plants from healthy plants and always carefully inspect newly purchased plant material before placing them with existing plants. Throw away severely infected plants and only take stem cuttings from healthy tissue.

Link to article [Winter Indoor Plant Problems | University of Maryland Extension \(umd.edu\)](https://extension.umd.edu/horticulture/winter-indoor-plant-problems)

How to Care for a Waxed Amaryllis Bulb

Aaron Steil, Consumer Horticulture Extension Specialist , Iowa State University Extension and Outreach

Did you get a waxed amaryllis bulb for the holidays and unsure of how to care for it? If so, read the information below to find out how to take care of it.

Amaryllis bulbs coated in colorful and decorative wax are available in many catalogs, stores, and garden centers. Waxed amaryllis bulbs are easy to care for and grow as they require no water or soil. Simply place the bulb in bright, indirect light. Flower stalks emerge in 4 to 6 weeks (sometimes less) utilizing the stored carbohydrates in the large bulb. Rotate the bulb every few days to keep the stalk growing straight. Often two, sometimes three or four, flower stalks will grow producing blooms for up to three weeks. Remove each flower stalk as the last bloom on it fades.

Avoid purchasing waxed bulbs that have started to bloom or have spent flower stalks. These bulbs may not bloom in your home or will have a greatly reduced length of bloom.

Waxed bulbs are intended to be grown as single-use bulbs. When flowering is done, discard the bulb. Remove the wax before composting as some waxes, as well as the glitter that is frequently embedded in the wax, may not readily break down in your compost pile.



Environmentally-friendly New Year's Resolution Ideas

New York State Department of Environmental Conservation

Looking for environmentally-friendly New Year resolution ideas? Let NYS DEC's Top Ten Attainable and Sustainable Resolutions inspire you!

1. **SMART SHOPPING:** Use reusable shopping bags and combine trips to conserve fuel.
2. **HOME IMPROVEMENT PROJECTS:** Don't buy more paint than you need, and recycle what is left over after the project. Find tips here <https://on.ny.gov/3WFPMpF>.
3. **LUNCHTIME PACKING:** Stash your reusable utensils, cups, and dishes in a washable, insulated lunch bag.
4. **ELECTRONIC CLUTTER:** If you have old cell phones or other electronic devices laying around, recycle them. Learn how here <https://on.ny.gov/3i1qVNY>.
5. **TIRE TIPS:** Be sure to use the proper tire size for your vehicle, and keep an eye on your tire pressure. Find more tire care tips here <https://on.ny.gov/3VFA2I3>.
6. **SPRING CLEANING:** Donate your gently-used goods to local charities. (Pro tip: check to make sure they'll accept your item first.)
7. **CLEANING PRODUCTS:** Look for certified eco-friendly brands (Green Seal, UL EcoLogo, Safer Choice, etc.) and avoid products with added fragrances.

8. **WATER WISE:** Turn off the tap when brushing your teeth or hand washing dishes and try to run full laundry or dishwasher loads when possible.
9. **PROFESSIONAL GARMENT CLEANING:** Avoid cleaners that use PERC. Instead, try to find places that use professional wet cleaning, CO2 cleaning, or a DEC-approved alternative solvent.
10. **HOME LAUNDRY:** Find a cold-water detergent and use cold water for your laundry, which will extend the life of your clothes and save energy.

Cheers to a safe and sustainable New Year!



Melting Ice Safely

University of Maryland Extension

Each winter, people apply tons of ice-melting material to sidewalks, driveways, and steps, often without regard to proper application procedures or to what the deicing substance contains. Careless use of deicing products can damage both the home and environment:

- Overuse of some devices can accelerate the freeze-and-thaw cycles that damage concrete, taking years off the life of a sidewalk or driveway.
- Some deicers corrode metal, causing damage to cars, and aluminum siding.
- Chemicals in many deicers can damage plants and shrubs near where the deicer is used if it is applied in large quantities.

To prevent damage to your home and the environment, choose a deicer carefully. Refer to Table.1 below for many of the ice-melting products currently found on the market, along with information concerning their effectiveness and safety.

How deicing affects sources of water

The runoff carrying a deicing product from one small sidewalk may not cause much harm, but the combination of deicers used on all sidewalks, roads, and parking lots in the region helps create harmful levels of salts and nutrients that enter storm sewers and eventually empty into sources of water, such as, lakes, rivers, ponds and streams. You can reduce pollution of local water sources, including wells and springs, by selecting the proper materials and methods of removing ice and snow.

Table 1. Ice-Melting Products

Product	Minimum Working Temperature (°F)	Speed	Damages Concrete and Metal?	Harms Plants
Magnesium Chloride	-13	Very Fast	No	Moderately
Calcium Chloride	-22	Fast	Yes*	Yes
Sodium Chloride (salt)	18	Moderate	Yes*	Yes
Potassium Chloride	25	Slow	Ok on old concrete	Moderately

**Sodium and calcium chloride are particularly damaging to newly poured concrete. Also, these chemicals should not be applied to brick or stone surfaces. (Table adapted with permission from work of John Buckreis, Merrifield Gardens, Annandale, VA.*

Any of the ice removers listed in the table can be used with minimal damage to steel, concrete, and plants if applied correctly.

- Ice melting products are most effective when spread thinly and evenly over the pavement prior to ice formation. It is much easier to prevent ice than to try to melt a thick layer of ice.
- Follow the manufacturer's directions when applying a deicer. If possible, use even less than is recommended, but make sure the surface is covered thinly and evenly.
- To melt thick ice in very cold weather, add a small amount of water to the deicer to help initiate melting. To further aid melting and provide sure footing, mix the deicer with wet sand and/or ashes.
- Buy deicers early in the season to ensure that you have an ample supply. Store the deicer and sand in separate heavy plastic garbage cans to keep them dry. If the sand becomes moist, mix a small amount of deicer with the sand to prevent freezing, or store the sand in a heated area.

Salt damage to plants

Plant damage caused by deicers can often be treated. Salt damage symptoms include:

- Poor or stunted growth in the spring (commonly occurs with grass next to walks, driveways, and streets)
- Dieback on evergreens; and
- Marginal leaf browning or leaf scorch on deciduous trees and shrubs.

Most salt problems can be treated by soaking the affected area with 1-inch applications of water three to four times in the spring. [Gypsum](#) may be added to the soil to reduce high sodium levels caused by excessive amounts of rock salt. Soil replacement may be an option for small planting beds. If you want to confirm suspected salt damage, have your soil analyzed. Contact (518) 885-8995.

What's Under Your Kitchen Sink?

Marlene Geiger, AnswerLine, Iowa State University Outreach and Extension

Is your 'stash it' place the cabinet under your kitchen sink? If you're like most people, it ends up being the place that this-that-and-the-other gets stuffed for lack of a better location or simply to get it out of sight. When this happens, it's hard to keep this area tidy and ready for the unexpected leak.

The new year is a good time to clean out under your sink and declutter. Here are a few tips from various organizing experts on what to put back and what to find a new home for—a saga of **Store This, Not That**.

NOT THAT—What Not to Store Under the Kitchen Sink

Unused, old, broken or no-longer suitable cleaners, sponges, scrub brushes and other castoffs that have accumulated behind closed doors should be discarded. If they might have a life in another capacity, place them with the anticipated activity. (Keep worn nylon scrubbers and brushes around to wash the mud from garden produce, particularly pumpkins and squash,. These can be moved to the garage and stored in a container.)

- **Overstock, Refills, or Extra Supplies.** Quantity or bought-ahead, unopened products should go to another storage area. Several years ago, I established a shelf in the basement for this purpose. Here, I store paper towels, dishwasher tablets, boxes of trash bags, and other items. To remind myself of what I have on hand, I leave myself sticky notes. For example, I only have space for a small container of dishwashing tablets under the sink. On the lid of the container, I have a sticky note that says, "more tabs downstairs." As the container empties, I refill from the stash in the basement until the quantity is exhausted; at which time, I pull the sticky note and the place the need on the shopping list.
- **Towels, Rags, Paper Towels, Paper Bags.** All of these items absorb water and odors. While absorbing water in the event of a leak may be a good thing, it will ruin them. These items are also prone to odor absorption from other stored items or the waste basket combined with heat and humidity coming from the sink and/or dishwasher. If the only storage space available for these items is under the sink, they should be stored in closed containers.
- **Metal Items.** With one exception*, tools, pots and pans, metal cookware, or anything else that is prone to rusting does not belong. This also includes small appliances and light bulbs. (* Exception will be discussed in **Save This**.)
- **Produce, Food Items, Pet Food/Treats.** Produce and dry foods may mold under the sink.
- **Harsh Chemical, Flammable Products, Insecticides.** Bleach, insecticides, solvents, thinners, paints, polishes, and household cleaners have no place under the kitchen sink. These items need to be stored in the basement, garage, or utility



area and away from small children. Occasionally, the containers of these items spring a leak or emit fumes—all of which we do not want in our living area and especially not in our kitchen. Further, often a dishwasher sits next to the sink cabinet; heat or an electrical spark and flammable fumes could cause a sudden explosion or fire.

STORE THIS—What to Store Under the Kitchen Sink

Before putting anything back in the cabinet, consider an absorbent mat for the bottom of the cabinet to absorb a bit of water from a dripping sponge or leaking from a pipe or a stored product. These mats protect the cabinetry and prevent the formation of mold. One may also want to consider purchasing clear plastic containers for organizing or protecting items or even installing tiered under-sink organizers to make use of the available vertical space or pull-out racks to keep items from getting lost in the back of the cabinet and bring them forward for easy access. Home improvement and container stores have any number of these items designed to work around the pipes and garbage disposal. The inside of the cabinet doors are an ideal place to mount a towel rack or racks made for storing everything from trash bags to paper towels and sponges.

- **Cleaning Products.** Keep the essentials such as vinegar, dish soap, dishwasher products, cleansers, scrubbers, sponges, brushes, kitchen gloves, and cleansing agents—all of the items needed daily to maintain a clean and healthy kitchen. (If young children are in the home, the doors to the cabinet should be secured with child-proof locks to prevent accidental poisoning from any of these products. A pull-out rack or lazy susan is a great way to corral these items and make them easy to access.
- **Small Fire Extinguisher.** One should always have a serviceable fire extinguisher in the kitchen in the event of a grease fire. Under the sink within quick and easy reach is one of the best locations for it. Before storing, the viability date should be checked and replaced if out of date. Consider mounting the extinguisher to a side wall of the cabinet.

Continued on next page

What's Under Your Kitchen Sink? - continued from previous page.

- **Garbage Disposal Tool.** The one and only tool that should be stored under the sink is the garbage disposal tool used for unjamming the garbage disposal. Inevitably this tool gets lost. Some disposals come with a pocket for storing the tool on the side of the disposal. If not, consider placing the tool in the tool in a Ziplock bag and thumb tacking the bag to a cabinet wall making it easy to see and locate when a jam occurs.
- **Others.** Depending on space, items such as a vase or two, trash bags, dish towels in plastic containers, small dust pan and brush, and bags for recycling (contained in some manner) may find a home under the sink.

By reclaiming and organizing our under sink space, we make our home safer and more efficient with the added benefit of having just what we need under our sink!

January is National Soup Month, Celebrate It!!

Written By Tammy Kelly, Updated by Jennifer Stroud, NC Cooperative Extension

What's better on a cold winter day than a warm bowl of soup? Soup can be nutritious, easy to prepare, and inexpensive. It can be great hot or cold, prepared with minimal cleanup, only needs one pot, and the combination of ingredients is unlimited. Soup is a great dish for a variety of palettes and can be tailored to be spicy, savory or sweet. National South Month is a good time to think about how soup can fit into a healthy eating plan.

During this month and beyond, experiment with different recipes and ingredient substitutions for healthier soups. Find ways to vary your veggies with warm soups in the colder months, and focus on fruits with chilled soups in the warmer months.

Here are some healthy 'weight watching, metabolism boosting' soup recipes.

CREAM OF CHICKEN & WILD RICE SOUP



- 1 Tbsp extra-virgin olive oil
- 2 cups sliced mushrooms (about 4 ounces)
- ¾ cup chopped celery
- ¾ cup chopped carrots
- ¼ cup chopped shallots
- ¼ cup all-purpose flour
- ¼ cup tsp salt
- ¼ tsp freshly ground pepper
- 4 cups reduced-sodium chicken broth
- 1 cup quick-cooking or instant wild rice,
- 3 cups shredded cooked chicken, or turkey
- ½ cup reduced-fat sour cream
- 2 Tbsp chopped fresh parsley

Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring for 2 minutes more.

Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5-7 minutes. Stir in chicken (or turkey), sour cream and parsley and cook until heated through, about 2 minutes more. Serves 4.

LEMON CHICKEN ORZO SOUP

- 2 Tbsp olive oil, divided
- 1 pound boneless chicken, cut into 1-inch chunks
- Kosher salt and freshly ground black pepper
- 3 cloves garlic, minced
- 1 onion, diced
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- ½ tsp dried thyme
- 5 cups chicken stock
- 2 bay leaves
- ¾ cup uncooked orzo pasta
- 1 sprig rosemary
- Juice of 1 lemon



Heat 1 Tbsp olive oil in a large stockpot or Dutch oven over medium heat. Season chicken with salt and pepper, to taste. Add chicken to the stockpot and cook until golden, about 2-3 minutes; set aside.

Add remaining 1 Tbsp oil to the stockpot. Stir in garlic, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme until fragrant, about 1 minute.

Whisk in chicken stock, bay leaves and 1 cup water; bring to a boil. Stir in orzo, rosemary and chicken; reduce heat and simmer until orzo is tender, about 10-12 minutes. Stir in lemon juice and parsley; season with salt and pepper to taste. Serve immediately. Serves 6.

For more soup recipes can be found at [January Is National Soup Month, Celebrate It!! | North Carolina Cooperative Extension \(ncsu.edu\)](http://JanuaryIsNationalSoupMonth.CelebrateIt!!|NorthCarolinaCooperativeExtension(ncsu.edu))

Upcoming Online Trainings via Zoom

January 23, 2023 | 9:00 AM—10:00 AM
CCE Albany

Eat Healthy Your Way: Enjoy Healthy Food that Taste Great—Is your goal to eat healthier this year? Join Albany County SNAP-Ed and learn how to eat healthy your way! We will share the basics of reducing fat, sodium, and sugar as a part of a healthy diet, while customizing it to your preferences. You can enjoy the foods you already eat with a few simple twists.

Zoom Link: <https://cornell.zoom.us/j/93416474078?pwd=aHNsZElYWV9XNmowQ05ibEx3VGlyUT09>. For more information email Brenna Kavakos at bk375@cornell.edu.

January 26, 2023 | 2:00 PM—3:00 PM
CCE Albany

Take Steps to Move More: Family Time Active & Fun—Do you want your family to be more active? Join SNAP-Ed for this session which will help busy parents, caregivers, and their families be more physically active. Our Community Nutrition Educator will discuss why being physically active is important and ways to overcome the challenges to being active every day.

Zoom Link: <https://cornell.zoom.us/j/94393637131?pwd=cGtrZG02UlpHbVI5ejZpb3VlZ09sZz09>. For more information email Crystal Davis at CJD236@cornell.edu.

January 26, 2023 | 6:00 PM—7:30 PM
CCE Columbia—Greene

Introduction to Climate Science and Resilience Planning—This presentation will introduce important climate change topics—including causes, effects, and potential solutions—with a focus on the intersection of agricultural and ecological systems. We will begin with an overview of climate science. We will then delve into some of the impacts of climate change that we may be seeing in our gardens and communities. Participants will be invited to start thinking about how to implement climate solutions in their home environment through a guided resilience planning activity.

Register at <https://www.eventbrite.com/e/introduction-to-climate-science-and-resilience-planning-tickets-483782324957?aff=regional>.

Herb B.'s Monthly Advice for JANUARY



With a new year brings early planning on the homestead. I just finished ordering our chickens (Cornish cross), two groups of 150, which will be set in a brooder starting in May. The second batch of 150 arrives in June. We generally have them in the brooder for 3 weeks and then put them in “chicken tractors” (10x12) for 7 more weeks. Each tractor holds 50 birds. We move them ahead every day.

Each house has two 5-gallon waters. The feeder that seems to work best is a 6” plastic pipe, cut in half, suspended off the hog panel roof and attached to one side of the tractor. Perhaps later this year, I can take a picture, you know, one worth a thousand word.

January also brings our beef, harvested in December. Our homestead is not set up with a frost-free water system and large animals would be a challenge. If you are starting from scratch, this is a good feature to plan for. Make sure to bury waterlines at least 5’ and use foam to protect lines under roadways. The adage, driving frost down seems to have merit.

Seed orders should be done and sent in. Waiting will at times shut you out of the best varieties. Speaking of which, there is a 1988 AAS variety, “Super Chili” , that is a year favorite. The red 3” peppers are about 40,000—50,000 Scoville, they make every chili better. Not too hot for even the folks that don’t like heat will enjoy the flavor and zip. Two to three plants are all you need for anything you can think of for a family of 4. As a matter of fact they will also provide a real treat for a few friends too. They produce so many peppers on fairly small plants that I am not sure why they are not mandated for every garden. By the way, my wife will pass me the peppers if they turn up in her dish. They are very good to eat and I have never thought “why did I do that after putting them in my mouth.” Before cooking if you eat one raw, that thought may enter your mind.

There used to be a January thaw; a week or just a few days of warmer temps to let us know all is not lost. So walk your woods, take note of trees of harvest. Look at roofs, check if they are ready for March winds, and read some good books. January is the month to think and plan. Make the most of it.—Herb

2023 Veterinary Science Project

Saratoga County 4-H is pleased to announce the 2023 Veterinary Science Project which is scheduled to begin on Tuesday, February 21, 2023. The 6-week annual program will be held on Tuesdays at 6:00 PM, and is open to 4-H youth members, 12 years of age and older, who are interested in learning about small and large animal medicine.

Participants will have the opportunity to engage with local veterinary professionals through varying capacities. The project will include lecture and roundtable presentations, hands-on workshops, and visits to area vet clinics and farms. Nutrition, reproduction, animal husbandry, and handling are the topics to be covered. The coursework is designed as an introduction to the field with the intent to further foster curiosity. Youths who find a true passion for the subject will be able to explore additional programming in the Fall's Advanced Vet Science Project.

The 2023 Saratoga County 4-H Veterinary Science Project is \$15 for 4-H Members. Non-members will be charged \$20; this fee includes a membership enrollment. Registration is limited to 12 youths and must be received by February 13th. For more information on registration and enrollment, please contact Rylie Lear McLenithan, 4-H Livestock Educator, (518) 885-8995 or rjl287@cornell.edu.

Details are also available by visiting ccesaratoga.org or following Saratoga County 4-H (@saratogacounty4h) and Cornell Cooperative Extension Saratoga County (@ccesaratoga) on social media



6 WEEKS
FEBRUARY 21,28
MARCH 7,14,21,28
\$15 PER YOUTH
AGES 12 & UP



**EMAIL [RJL287@CORNELL.EDU](mailto:rjl287@cornell.edu) OR
CALL (518)885-8995 TO REGISTER**

**HANDS-ON OPPORTUNITIES WITH LOCAL
VETERINARIANS & ON FARM EXPERIENCE**

New Saratoga County 4-H Horse Club



CONTACT INFORMATION:

Samatha Briggs
518-698-1814

shermans@nycap.rr.com

Pre-teens and Teens Welcome!No horse needed to join!

CLUB GOALS

- Club Equine Projects
- Line Dancing
- Public Presentations Preparation
- Community Service (ex. Helping local horse rescues and shelters)
- Club trips (ex. Equine Affaire, University of Vermont, SUNY Morrisville)
- Horse Bowl & Hippology preparation
- Overnight equine events at Saratoga County 4-H facilities with movie night & games
- Club horseback trail rides
- Equine facility
- Volunteer to help at horse shows
- Local horse barn visits and education opportunities
- Woodworking horse projects
- Equine related education clinics
- Open at all ideas, as it's a new club! Together we can do so much!

CCE Saratoga's Leland Bunting speaks about 4-H on Look TV

Saratoga County 4-H Educator Leland Bunting was featured on Look Media Resource discussing the values of the 4-H program. <https://lookmediaresource.org/look-this-week-1-3-23.../>

If you are interesting in volunteering for 4-H or would like your child(ren) to get involved, contact Leland at glb76@cornell.edu or call the 4-H Office at (518) 885-8995.



Join Look TV as we sit down with Leland Bunting, 4-H Resource Educator – Cornell Cooperative Extension.

WEBSITE & SOCIAL MEDIA

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



CCE Saratoga



4-H



CCE Equine



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