

Horsemen's Social a Sold-Out Success!

The annual Horsemen's Social presented by CCE Equine on Thursday, February 23rd at 550 Waterfront in Saratoga Springs was a sold-out event with 170 horse owners, equine business owners and horse enthusiasts from across the area. This networking event is offered to encourage horsemen of all disciplines to come together and discuss the state of the industry and foster relationships within the equine community.

Guests enjoyed cocktail hour, dinner, speakers and dessert while bidding at the silent auction to support the Thoroughbred Retirement Foundation and/or took their chances at the basket raffle to support the Saratoga County 4-H Training Center which netted \$700 in donations. The evening also raised \$3,000 for the CCE Equine Program.

Along with networking, participants enjoyed the following speakers: Najja Thompson, Executive Director of the New York Thoroughbred Breeders who presented the 'We are NY Horse Racing Coalition' Effort, and Will Alempijevic, Executive Director of the New York Thoroughbred Horseman's Association discussed 'Getting into owning your own race horse'. Unfortunately, Deputy Commissioner of Agriculture and Markets Elizabeth Wolters was unable to attend due to unforeseen circumstances. She was scheduled to speak on the current direction of Ag and Markets for the NYS Equine Industry.

MUCH THANKS TO OUR MANY SPONSORS:

ALLIANCE 180 — MOLLY ALGER, INC HORSEMANSHIP — DOVER SADDLERY — THE CHESHIRE HORSE — SALEM FARM SUPPLY — IMPRESSIONS OF SARATOGA — BEMER GROUP — TRIPLE CROWN — BLOOMFIELD FARM — AGWAY True Value — THE EQUINE CLINIC OF SARATOGA, HOSPITAL & AMBULATORY — Arnold's Feed & Grain Service INC.



For more information on the CCE Equine Program, please contact Brianna Hughes at 518-885-8995 or bh548@cornell.edu.



St. Patrick's Day and Agriculture

Karyn Moyer -AgHires

If you're a part of the agriculture industry, you know that agriculture is a part of almost every aspect of our lives. Everything from the food we eat and the clothes on our back to the paper you write on to the table where you may be sitting. Holidays are no different. If you plan to celebrate St. Patrick's Day on March 17th, either with a special meal or with a green beer in your hand, agriculture had an impact.

Check out some of the Ag Facts related to Saint Patrick's Day:

- **13 million** pints of Guinness, the unofficial beer of the holiday, will be consumed during St. Patrick's Day.
- Over **165 million tons** of barley, the main ingredient in Guinness and other beers (most likely green on March 17th), is produced annually worldwide. About **60,000 acres** of hops, ingredient in other beers, is harvested each year.
- **34% of Americans** plan to make a special dinner for the holiday.
- **Corned Beef and Cabbage** was an American innovation. Ham and cabbage was eaten in Ireland, but corned beef was a cheaper substitute for impoverished immigrants.
- The U.S. sees a **25% increase** in cabbage shipments the week of St. Patrick's Day.
- Each year, over **26 billion** pounds of beef and **2 billion** pounds of cabbage are produced in the United States.
- **60 pounds** of green vegetable dye will be added to the Chicago River for their annual St. Patrick's Day Celebration.
- **\$5.87 billion** will be spent during the holiday.

Other Interesting Facts

- An argument in a pub inspired The Guinness Book of World Records. In 1951, a discussion about the fastest game bird in the U.K. prompted the idea for a "reference book about the superlatives debated in pubs. The first Guinness Book of World Records was published in 1955.
- The Shamrock, a three-leaf clover, was considered a sacred plant that symbolized the arrival of spring. By the 17th century, the clover was a symbol emerging Irish Nationalism.
- America held the first St. Patrick's Day Parade in 1601 in a Spanish colony in what is now St. Augustine, Florida. In 1773, parades were held in Boston and New York by homesick Irish soldiers serving in the English military.

March 21-27, 2023 National Agriculture Week

National Agriculture Week is celebrated annually in March on dates announced by the Agriculture Council of America. This year the holiday begins on March 21 and ends on the 27th. The week celebrates and recognizes the agricultural industry and the role it plays in stabilizing the economy. The holiday expresses thanks to the industry as a whole for being a source of abundant food, fiber, and renewable products. It also provides millions with stable jobs and careers. It also emphasizes the efforts made by those involved in agriculture for providing us with necessities that most of us take for granted. *(From nationaltoday.com)*



CHILD PASSENGER SAFETY

CCE Saratoga offers car seat education and correct installation by our Nationally Certified Child Passenger Safety Instructor. Please Cindy at cjd53@cornell.edu 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 Support Group. 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 TBD . If interested in attending, contact Wendy at 518-885-8995 or wlm8@cornell.edu.



NYS CAPITAL REGION Equine Industry Focus Groups

Join CCE Equine for in-person only discussions in three different areas in the equine industry:

- Horse Racing
- Business Owners
- Horse Owners/Horse Enthusiasts.



Focus groups are intended to allow the community to discuss and identify needs of the industry. This is the beginning of assessing a future direction of CCE Equine.

Includes light refreshments, a round table discussion lead by a moderator, and a chance to articulate our concerns together.

ALL ARE WELCOME!

Contact Brianna Hughes at 518-885-8995 or bh548@cornell.edu

Registration link: https://cornell.ca1.qualtrics.com/jfe/form/SV_bkJkubpAgw7HvQa?Q_CHL=qr

FOCUS GROUP	TARGETED AUDIENCE	OBJECTIVE	DATE/TIME
Racing Industry— Thoroughbred/Standardbred	Training, owners, breeders, fans of horse racing, any other industry stakeholder	Discuss the current perceived struggles of the racing industry and create a list of three industry priorities for future industry evaluation	Tuesday March 7, 2023 4:00 PM—6:00 PM
Equine Related— Business Owners	Farm owners, farriers, veterinarians, hay farmers/dealers, breeders, trainers, feed suppliers, transporters, etc.	Discuss the current perceived struggles of equine-related business owners and create a list of three primary industry priorities for future industry evaluation	Thursday March 9, 2023 4:00 PM—6:00 PM
Companion Horse Owners/ Horse Enthusiasts	Horse hobbyist, performance riders, backyard horse owners, boarders, and any other individual	Discuss the current perceived struggles of companion horse owners and hobbyist and create a list of three primary industry priority for future evaluation	Thursday March 9, 2023 6:30 PM—8:30 PM
LOCATION : 50 West High Street, Ballston Spa, NY 12020			

SARATOGA COUNTY SOIL & WATER CONSERVATION DISTRICT

2023 Annual Tree & Shrub Program

The Saratoga County Soil and Water Conservation District’s Annual Tree & Shrub Sale is now open for orders.

Online ordering is available. Order deadline is March 24th, 2023. Pickup is on April 21st, 2023



Fundamentals of Ventilation in Barns FOR SMALL RUMINANTS AND OTHER LIVESTOCK



March 22, 2023 | 7:00 PM

Via Zoom

Featuring Guest Speaker Tim Terry,
Farm Strategic Planning Specialist from
Pro Dairy

Ventilation in barns is essential for the well-being of livestock, particularly small ruminants. This free webinar shares how to plan for and update ventilation systems in barns, particularly old dairy barns, to work for you!

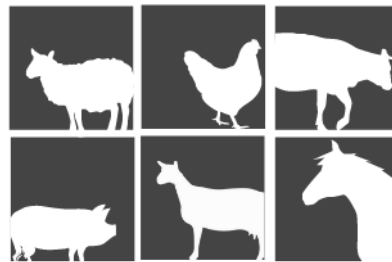
- What is Effective Ventilation and What is Not
- Natural Ventilation: Pros and Cons
- Mechanical Ventilation Systems Explained
- Positive Pressure Tube Ventilation Systems
 - Lower Cost and Effectiveness
- Tunnel and Cross Ventilation Systems Explained and Proper Application Situations



Registration Link: https://bit.ly/Barn_Ventilation

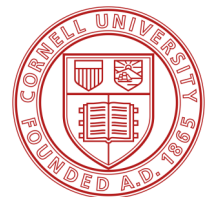
Presentation to be recorded for future viewing

Questions? Contact Rachel Moody at ram72@cornell.edu
or (518) 272-4210



**Livestock Program
Work Team**

Cornell Cooperative Extension



Tools for Farm Succession Planning

Join CCE trained educators for a **FREE virtual series** focused on leveling up your toolbox when it comes to building a strong management team, assessing your business for the future, and tax management considerations when it comes to succession planning.

Whether you are currently working on a succession plan, currently implementing one, or don't want to use the word (because who plans for the future, right?) this online series is for you!

Each week on **Wednesday evenings from 6:30 PM—8 PM**, a set of trained CCE educators will explore a specific topic and present resources, options and scenarios to help you better apply the concepts to your own farm and situation. The presentations will be recorded and provided to all registrants, along with handouts for each session. It is **FREE** to join each week. Each registrant will receive the Zoom link to join the session, as well as a reminder email the morning of the session. [Register here.](#)



Cornell Cooperative Extension

Central New York Dairy, Livestock and Field Crops

Session 1: Building a Strong Management Team
Wednesday, March 8, 2023

Session 2: Assessing Your Business
Wednesday, March 15, 2023

Session 3: Tax Management in Succession Planning
Wednesday, March 22, 2023



BROWNBAG VIRTUAL BUSINESS PLANNING SERIES

Create or Update Your Business Plan

FREE THURSDAYS, MARCH 16—APRIL 20 | NOON-1PM
VIA ZOOM

- *Session 1:* All Things Legal
- *Session 2:* The Three Financial Statements & How to Make Decisions
- *Session 3:* Setting Up Systems for Keeping Records
- *Session 4:* Telling Your Story Through Social Media
- *Session 5:* Human Resources On Your Farm— Yes, your family is considered farm labor!
- *Session 6:* Financing Your Farm Dream

Registration Link: [Meeting Registration - Zoom](#)

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

Cornell Cooperative Extension
Broome County

Hands-on Calving & Dystocia Workshop PRACTICE ON A DYSTOCIA MODEL

Friday, March 24 | 10:30 AM—2:30 PM
CCE Madison County, 100 Eaton St., Morrisville, NY
Cost: \$75/per person

Knowing the stages of labor and recognizing when a cow needs assistance are important skills. This workshop will educate you on those skills and will include a hands-on experience with a life size model of a cow ready to calve along with her calf. You will be able to practice a variety of dystocia situations.

The program runs from 10:30 am—2:30 pm with an opportunity to stay longer and get more practice with the Dystocia Model. Registration is limited to the first 8 English speaking and the first 8 Spanish speaking attendees. Go to <https://cnydfc.cce.cornell.edu/event.php?id=2053> to register.



NEW YORK STATE
MAPLE
WEEKEND
2023

LEARN • EXPERIENCE • TASTE



MARCH 18-19 & 25-26 • 10 AM-4 PM

 [MAPLEWEEKEND.COM](https://www.facebook.com/MapleWeekend)

SNAP–Ed Workshops



Making Healthy Eating Part of Your Lifestyle

March 6, 2023
10 AM—11 AM
Via Zoom

Join Albany County SNAP-Ed as they discuss healthy eating patterns and how to incorporate them into your daily routine! You will learn strategies for making small shifts in your eating patterns over time. Shifting to healthier choices doesn't mean you have to change your whole eating pattern—it's just small changes to the way you're already eating, making them easy to stick with over time.

Zoom Link: <https://cornell.zoom.us/j/93130389667?pwd=M1pOc2YvRndMd2RQUg9YL1gzQTZlQT09> .

For more information contact Siobhan A'Hearn at email: Sma37@cornell.edu .

Quick & Healthy Meal

March 15, 2023
8:30 AM—9:30 AM

No matter your cooking level, this SNAP-Ed workshop will give you the tools needed to make quick and easy meals at home so that you can control what goes into them. You will also learn some tips to help you make the best decisions when eating out.

Zoom Link: <https://cornell.zoom.us/j/91948932127?pwd=Q3YzbFARVFI4RWpWNFJzYUNLdHJldz09> .

For more information contact Crystal Davis at email: CJD236@cornell.edu .

Eat Healthy Your Way

March 21, 2023
4 PM—5 PM

Learn how to eat healthy your way with SNAP-Ed. This interactive workshop teaches the basics of reducing fat, sodium, and sugar as part of a healthy diet, while customizing what you eat to your preferences. Small changes make a big difference!

Zoom Link: <https://cornell.zoom.us/j/99484707505?pwd=Ny82NGxoMUVOZGxlVmc5S1pHMDA1QT09> .

For more information contact, Jillian Ludwig at email: JL279@cornell.edu .

Eat Healthy Your Way

March 30, 2023
9:00 AM—9:30 AM

Learn how to eat healthy your way with SNAP-Ed. In this interactive workshop you will learn the basics of reducing fat, sodium, and sugar as part of a healthy diet while customizing what you eat to your preferences. Small changes make a big difference!

Zoom Link: <https://cornell.zoom.us/j/99587537872?pwd=VzVIMWcvVGFPK2JvQy8rOWpYMUhYdz09> .

For more information, contact Brenna Kavakos at email: bk375@cornell.edu

Dining with Diabetes

March 9, 16, 23 & 30, 2023
1 PM—2 PM
Cornell Cooperative Extension Saratoga County
50 West High Street, Ballston Spa
Fee: \$20 (financial assistance available upon request)

A program for people with diabetes or prediabetes and their family members is being offered by CCE of Saratoga. Participants will learn how to fit carbohydrates into a healthy menu, effectively use food labels, plan menus, and adopt other healthy habits to help manage diabetes through healthy eating.

For program details, email Diane at dwhitten@cornell.edu. To register, call 518-885-8995.

Shamrocks: More than a Bit O'Luck

MU Integrated Pest Management



Do you need a bit of green to boost your good fortune? If so, lucky shamrock plants (*Oxalis regnellii*) with their three triangular leaflets and delicate white flowers might just do the trick. Lucky shamrocks are perennials grown from small bulbs that are sold as houseplants for St. Patrick's Day. These

plants thrive in indirect sunlight indoors with daytime temperatures from 70 to 75°F and evening temperatures between 50 to 65°F. Each night the plant's leaflets fold up but reopen in sunlight the following day.

During the summer, plants can be kept indoors or they can tolerate outdoor conditions in partial shade. In late summer, leaves turn brown and drop when the plant enters a rest period. During this time, shamrocks do not require watering. After one to three months, when new green shoots emerge, resume watering and soon the plants will begin flowering once again. If you prefer colored foliage, the purple-leaf shamrock (*Oxalis triangularis*) is also available and has pale pink flowers. Another alternative is the Good-Luck plant (*Oxalis deppei*), which is sold as a four-leaf clover. With all these shamrock plants, take care to avoid overwatering and watch for mites that do not kill the plant, but cause discolored foliage. Also, these plants do not tolerate low temperatures and must be kept indoors during winter.

While these shamrocks are the more showy members of the wood sorrel family, there is also the yellow wood sorrel (*Oxalis stricta*) that grows as a common weed in lawns and disturbed areas. It has three heart-shaped leaflets that grow from rhizomes from May through October. This sorrel produces delicate yellow flowers and three-quarters inch-long capsules tapered at the tip that burst open to disburse its seeds. Historically, yellow wood sorrel was used for medicinal purposes and can be consumed in small portions. These plants contain oxalic acid that gives them a slightly tangy taste.

The official Irish shamrock is not in the wood sorrel family, but is a clover. Some believe the true Irish shamrock is the yellow-flowered clover (*Trifolium dubium*). According to one legend, St. Patrick used a shamrock to symbolize the Christian doctrine of the Holy Trinity to his congregation. Today St. Patrick's Day celebrates the

anniversary of his death and the shamrock represents the season of rebirth known as spring. An additional Irish tradition is to include shamrocks in the bride's bouquet and in the groom's boutonniere for good luck.

White clover is also considered a true trifoliate "shamrock". Many an hour has been spent searching for a lucky four-leaf clover, which is a naturally-occurring mutation. However, you have to be truly lucky to find one growing in a lawn as it is estimated that only one four-leaf clover occurs for every 10,000 three leaf clovers. Even rarer is the occasional mutation resulting in a five-leaf clover. A more recent lore, the first, second, third, fourth, and the rare fifth leaflet of a clover represent faith, hope, love, luck, and money, respectively. To increase the odds of growing four-leaf clovers, breeders at the University of Florida began selecting and crossing plants in the late 1980's and eventually released the Legendary Good Luck white clover where 50% of the plants grown from seed have four leaflets with a bit of dark red pigmentation near the center of the leaf.

The four-leaf clover has also become an emblem for 4-H, which is the largest youth development and mentoring program in the United States. Their precursor organizations were boys' and girls' clubs, which had a three-leaf clover as their first emblem in 1907. Each leaflet of the clover had an H, representing head, heart, and hands. Four years later, a fourth leaflet was added to their emblem to symbolize health. In 1924, these clubs became known as 4-H, which is part of our Cooperative Extension Service and the U. S. Department of Agriculture.



Shamrocks have much to offer as an ornamental plant with fun folklore and traditions. Whether you are Irish, a devoted 4-H member, or just someone in need of a bit o'luck, a shamrock might be the plant for you this spring.

May the Luck of the Irish be with You!

Celebrating St. Patrick's Day

— Written By Tammy Kelly and last updated by Jennifer Stroud, NC Cooperative Extension Lenoir County Center

St. Patrick's Day is a holiday known for parades, shamrocks and all things Irish. From leprechauns to the color green, thousands of Irish Americans gather with their loved ones on St. Patrick's Day to share a "traditional" meal of corned beef and cabbage. Some even celebrate with Shepherd's pie. Try celebrating with traditional foods made a new way for a tasty variety!

Many Americans prefer corned beef in a Reuben. A traditional Reuben is a savory snack of rye bread, corned beef, sauerkraut, Swiss cheese, and Russian or Thousand Island dressing.

Hot Reuben Dip

- ½ pound diced corned beef (purchased at a deli counter—ask for thick sliced for more flavor)
- 1 package (8 ounces) cream cheese, softened
- 1 cup shredded Swiss cheese
- 1 cup sauerkraut, drained well
- ½ cup sour cream
- 1 tablespoon ketchup

*If you prefer you may substitute sour cream and ketchup with your favorite Thousand Island Dressing

- 1 tablespoon spicy brown mustard
- Cocktail Rye Bread

In a medium bowl, combine corned beef, cream cheese, Swiss cheese, sauerkraut, sour cream, ketchup and mustard. Spoon into a greased, 1-quart baking dish.

Bake at 350° F for 30 minutes, until hot and bubbly. Serve warm with toasted rye bread.

Low-Fat Shepherd's Pie

- 1 tbsp canola oil
- 1 medium onion, finely chopped
- 2 large carrots, chopped
- 1 pound extra-lean ground beef
- 2 tbsp Worcestershire sauce
- 2 tbsp no-salt-added tomato paste
- 2 tsp dried mixed herbs
- 1 cup frozen peas

For the Topping:

- 2 pounds Yukon Gold potatoes, peeled and cut into 1½-inch pieces
- ½ cup fat-free milk
- 1 tbsp light butter

In a large pot, heat canola oil on medium-low heat. Sauté onions and carrots until softened. Turn up heat to medium-high and add beef; cook until no longer pink. Add Worcestershire sauce, tomato paste, herbs and broth. Reduce heat and simmer uncovered for 15 minutes. Add peas, then simmer 5 more minutes.

**If sauce seems too watery for your liking, combine 1 tsp of cornstarch into 1/8 cup of water and stir into beef mixture.

While sauce is simmering, bring a large pot of water to boil. Add potatoes, reduce heat to simmer and cook until tender, about 15-20 minutes. Drain water. Add milk and light butter. Mash with a potato masher until smooth. Season if you like.

Pour sauce into an 11-inch by 7-inch baking dish and allow to cool slightly. Top with potato. Optional: sprinkle with 1/3 cup reduced-fat cheese.

Bake in a preheated 400 degree oven for 20-25 minutes.



Easy Crock Pot Corned Beef and Cabbage

- 3 pounds corned beef brisket with spice packet
- 2 carrots, cut into 2-inch pieces
- 2 medium onions, chopped
- 1 small head green cabbage, cored, roughly chopped
- 2 cups apple juice
- 1 cup water

Put the carrots and onions on the bottom of slow cooker, and put the corned beef on top. Arrange the chopped cabbage around the beef. Add the apple juice and 1 cup of water along with the contents around the beef. Add the apple juice and 1 cup of water along with contents of the spice packet. Cook on low 6 to 8 hours until the beef is tender. Serve warm.





Uncovering Winter Secrets: The Ideal Trail Camera Placement for Winter

Winter can be a challenging time for camera photos, but with the correct trail camera placement, you can still capture great images of your local wildlife. In this [video](#), Jeff Sturgis shows you where to place your trail camera during winter to get the best photos and knowledge of your local deer herd. From food sources to bedding areas, we'll share tips and tricks to help you get the most out of your trail camera this winter. Whether you're a seasoned hunter or a wildlife enthusiast, you won't want to miss this informative guide on trail camera placement.



Freezing Eggs

By Laura Crowley, UCCE Master Food Preserver of El Dorado County, Iowa State Extension and Outreach

Have you been tempted by those 24-packs of organic eggs at local grocery stores or the like but have hesitated, fearing your ability to use them all before they go bad? Don't hesitate! If you can score a great deal on fresh eggs (or better yet, get them from a friend with an excess of eggs from their home flock), don't pass it up. Use what you need, and then freeze what you can't use in the short term.

Yes, you can freeze eggs! Here's how!

Break each egg into a bowl, and then gently with a fork or whisk mix the yoke and white together, taking care not to whip the egg - you don't want to incorporate air. If you'd like, you can strain the eggs through a sieve for a more uniform consistency, but I don't bother. Once you have all of your eggs blended, pour them into a freezer safe container. If using a jar, allow ½ inch headspace between the top of the eggs and the bottom of the lid to allow for expansion.

I use something a little easier than jars: a jumbo sized ice cube tray. Each well holds 2 eggs, a good portion size for baking or for

measuring out for making frittatas, quiches, and such. The tray is made from flexible silicone, so once the eggs are frozen they can be easily popped right out. You can also use regular sized ice cube trays; each well will hold one egg. Making individual portions is very convenient: not having to defrost an entire jar and measure out eggs by the spoonful.



Once the eggs are frozen, remove them from the tray and put the egg cubes into a vacuum seal bag or a ziplock bag (from which as much air as possible has been removed) and then put the bag into the freezer for storage. You can then remove however many cubes you need for baking and cooking. Easy peasy!

To help prevent graininess of the yolks, you can add 1½ tbsp of sugar OR 1½ tbsp of corn syrup OR ½ tsp of salt per cup of whole eggs. The yolks and whites can also be frozen separately; simply follow the same process (egg whites alone do not need added sugar or salt).



2023 Capital District 4-H/HOSTA Tractor Safety Program

Saratoga County 4-H would like to welcome all area youth, who are 14 years and older, to participate in the 2023 Capital District 4-H/HOSTA Tractor Safety Program. This program is a great opportunity for youth who currently work on farms or around machinery, those who will be seeking employment on a farm, or anyone who would just like to learn more about farm and machinery safety. Participants will gain hands-on experience with a variety of equipment including tractors and implements, skid steers, ATVs and chainsaws. They will also visit a variety of agribusinesses, and receive HOSTA certification upon successful completion of the program.

The orientation for this year's event will be via Zoom on March 30th at 6:30.

Cost is \$20 per participant. For more information please call the CCE Office at 518.885.8995 or email Leland at glb76@cornell.edu.



To sign-up, please visit:

https://reg.cce.cornell.edu/20234HTractorSafety-2-2_241



Sharpening Tools

By National Gardening Association Editors

Even top-of-the-line tools need regular cleaning and sharpening to perform their best. Sharp pruning tools make cleaner cuts, allowing plants to heal faster, and sharp digging tools save you time and energy. Sharpening can be done once or more during the season, depending on how often you use your tools. Regular cleaning throughout the gardening season also does wonders for your tools, and caring for tool handles can be a yearly project.

TOOLS and MATERIALS

- Garden tools
- Wire brush
- Fine steel wool
- Medium-grit sandpaper
- Safety glasses
- Whetstone
- Mill bastard file and/or whetstone
- Light machine oil
- Boiled linseed oil
- Rags
- Stiff-bristled brush
- Liquid or spray plastic coating

CLEAN. Dirt and sap left on garden tools contribute to the spread of soil-borne diseases and weeds; they also attract and hold moisture, leading to the spread of rust. If your tools have moving parts, such as with pruners, shears, and loppers, disassemble them first. Clean accumulated rust and dirt off all metal surfaces with a wire brush. Remove stubborn rust from small tools with fine steel wool. Use medium-grit sandpaper to remove rust on larger tools such as shovels, spades, and hoes.

SHARPEN PRUNERS. Once your tools are clean, they're ready to be sharpened. When sharpening, try to maintain the original factory bevel or angle. For pruners, use a whetstone because it produces a very sharp cutting edge. Depending on the type of whetstone, apply a few drops of oil or water to the stone. With



the beveled side of the blade against the stone, rub the sharp edge of the blade toward the stone in a curved motion, as if you were trying to shave off a thin slice from the stone.

ADD FINAL TOUCHES. Lubricate all clean, sharpened metal blades and the heads of shovels, hoes, and rakes with a light machine oil or a synthetic oil. Once a year, take the time to recondition your tool handles. Clean wooden handles with a stiff-bristled brush, smooth nicks and splinters with medium-grit sandpaper, and coat handles coating with a craft knife and replace it with a liquid or spray plastic coating. Once the handles are in good shape, reassemble the tools.

TIPS: Sharpen only the beveled side of a blade, though you should remove burrs on the flat side. Always file in strokes away from your body, and don't drag a mill bastard file backward over the blade on the return stroke.



Backyard Chicken Training Class Webinar

UF/IFAS Extension Orange County

Keeping chickens and producing your own eggs in suburban and urban settings has become a popular hobby. Hens in a coop can be a fun and practical addition to your home garden. Learn to get started and be successful!

Wednesday, March 15, 2023 | 10:00 AM—12:00 PM

Cost: \$5.00 per person

Important information for joining the webinar will be sent to the email provided at registration.

Some of the topics that will be covered are: Basic Guide for the Backyard Chicken Flock, Care of Baby Chicks, Common Poultry Diseases, Factors Affecting Egg Production in Backyard Chicken Flocks, Vaccination of Small Poultry Flocks, Nutrition Timeline, and much more!

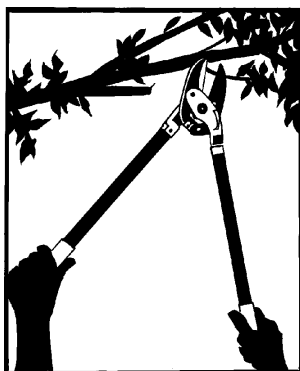


For more information and to register, click [here](#).



Know when, how to prune trees

Monica Weiss, Master Gardener Ulster County CCE for the Poughkeepsie Journal—2015



One common question I'm asked on the Master Gardener Volunteer Helpline is, "When is a good time to prune my trees?"

The simple answer is that pruning your trees is not so much about when, as it is about why. You can prune your trees whenever you want and they will probably survive. However, there are times during the year better suited for pruning, depending upon what you hope to accomplish.

At the very least, late fall and winter (when the leaves and fruits are no longer obscuring the scaffold and branches), is a good time to examine your trees to see how they're faring and to determine if they need pruning or remedial care. Just as you have a plan for your ornamental or vegetable garden, you should have a plan for your trees.

If you are pruning to nurture a young or newly planted tree, address these needs when the tree is young. It is much easier to "redirect" or contain growth in a young tree than it is to try and correct a wayward limb or divided leader in an older tree. If the tree you've planted isn't quite what you expected, it may actually be easier to move a young tree to a new location and replace it with something that better fits your needs. On a young tree, look closely for unusual growth, wounds or bore holes. Are there branches intertwined, rubbing against one another or blocking outward or upward growth? Branches growing closely, one on top of another, will block lower branches from sunlight and rain once they leaf out. Are there branches growing straight up from horizontal limbs (water shoots) or out of the base of the tree at ground level (suckers)? Small water shoots and suckers are weak and prone to disease, often an indication that the tree is experiencing some form of distress. These shoots and suckers consume resources needed by lateral, healthy branches and should, ultimately, be removed.

If, like many of us, you have inherited mature tree left to grow as nature intended, and your only concern is for their happy, healthy future, then your fall/winter plan would be to examine them for damage or disease. Caring for a mature tree may require pruning, both winter and summer, over several years, to find a balance between the overall health of the tree and its appearance. Again, examine the bark for patches of unusual growth, lesions or galls that may indicate insect or bacterial damage, and look for broken or scarred branches or branches crossed and/or rubbing against one another. Mature hardwoods may develop hollows from an old wound or from wildlife, which is not necessarily an indication that the leader or branch needs to be removed. The living part of the tree, the rings beneath the bark which supply the tree with water, minerals and nutrients, can sustain a large mature tree, even with some loss of core wood.

WINTER PRUNING

When considering pruning healthy branches, it's helpful to know that what you cut away in the winter will return in the spring. When you prune a tree, the tree will push back, looking to balance to its roots. Fall pruning is not recommended for this reason. If the tree starts to push new shoots out in the fall, they are susceptible to frost damage and die back. Cuts on a tree in fall are also opportunities for fungus to enter the tree. While winter pruning may remove many of the flowering/fruit buds for the coming season, it also stimulates more stem bud growth. Less resources (water, sunlight, nutrients) used for flowering diverts more energy to new growth shoots. When the sap flows again in the spring, the growth buds grow more vigorously. So, while you may have less flowering and fruits in the spring, a young tree, in particular, may thrive and develop a stronger scaffolding or branch structure.

Whereas a young tree may thrive from a winter cut, pruning a more mature tree in winter may result not just in fewer flowers in the spring, but depending upon where and how the cuts are made, multiple water shoots (the Medusa effect) and other growth anomalies.

SUMMER PRUNING

If you have to prune, summertime pruning would be my suggestion. It's not as easy to get in there among the birds, bees, shoots and leaves, but it's a better time to control the direction and growth of the branches. Enjoy the spring flowering before setting to work. You wouldn't think that summer pruning would slow the growth of a tree, but when you prune away smaller limbs and water shoots, you are also removing leaves and sap which, in turn, will slow the rate of growth. By removing these limbs and shoots, the sap that once supplied them will be redirected to feed flowering buds lower on the branch. This will help promote flowering and fruiting on your tree. Summer pruning controls the shape and direction of growth, rather than the amount of growth. It also opens the canopy and allows more light and air to circulate through the tree—strengthening the wood and stimulating better flower/fruit production. Some trees actually flourish with more than one pruning in a summer.

YEAR-ROUND

Pruning large dead, diseased or broken limbs is best left to a professional tree-pruning service or arborist. Late winter is a good time to prune damaged and diseased branches because it is not only easier to see the tree structure unencumbered by leaves, but the tree is also in a dormant state and not prone to be more difficult in winter, however. Contact your local county Cornell Cooperative Extension for a list of licensed arborists that may be able to assist you further. If you think there is a possibility of injury or accident to you, the public, or power lines and utilities, contact a professional, regardless of the season.



Creating a Planting Calendar

By Suzanne DeJohn, The National Gardening Association Learning Library

Although it can be tempting to try to get a jump on the gardening season during an early warm spell, it's best to be patient and wait until the weather is right to plant. Spring weather in many parts of the country can be erratic, with unseasonably mild weather followed by a severe cold snap. To help you avoid the temptation of planting too early, make a calendar with planting times for various crops.

1. The first step is to determine is your region's average last spring frost date. You can check with a gardening neighbor or call your Cornell Extension office. (*Estimated last frost for Saratoga County, NY is May 20.*) Since the actual last frost can occur days or weeks before or after the average, always be prepared to protect tender plants for a few weeks after this date has passed.
2. Next, open your calendar and mark the average last frost date. You'll be counting backwards from that date for cool-season crops that can be set out before the last frost date, and counting forward for heat-loving crops.



March		April		May	
Friday	Saturday	Friday	Saturday	Friday	Saturday
5	6	2	3 start cucumbers indoors	1 sow beans lettuce & squash transplant tomatoes	
12	13	9	10	7	8 transplant cukes
19	20 start tomatoes indoors	16	17 sow peas sow lettuce	14	15 sow lettuce
26	27	23	24	21	22
		30 last frost day!		28	29 sow lettuce

Sample planting calendar

3. Make a list of what you'll be planting. Consult seed packets or other resources to determine whether crops should be sown directly in the garden, or started indoors (or purchases as transplants). Determine the cold-tolerance of the crops too. Broccoli, for example, tolerates cool weather and can take a light frost. Tomatoes, on the other hand, need warmth.
4. Begin making notes on your calendar. Mark dates for indoor seed-starting, dates for sowing in the garden, and dates for transplanting seedlings into the garden.

The following cool-season crops can be planted a few weeks before the average last frost date: broccoli, cabbage, cauliflower, kale, lettuce and spinach.

For the following warm-season plants, wait until after the last frost date to sow seeds in the garden or set plants outdoors: cucumbers, melons, peppers, squash and tomatoes.



Canine Training Classes

MONDAY EVENINGS, MAY—JUNE 2023 (No class 5/29)

8-WEEK COURSE

4-H TRAINING CENTER, 556 MIDDLELINE ROAD, BALLSTON SPA

Obedience Levels

*If your dog has not taken obedience classes before, please start at the beginner level.

- **BEGINNER**—Heal, sit, down, stay, recall, sit for examination; all on leash. Class options: 6:30 PM or 7:30 PM
- **GROOMING & HANDLING**—How to present yourself and your dog in the show ring. (youth only)
- **NOVICE**—Off-leash work; no titled dogs

Agility & Rally

- **BEGINNER AGILITY**—Dogs will practice working on various agility apparatus. (youth only)
- **ADVANCED AGILITY**—Must have completed Beginner Agility. Must be comfortable with equipment and able to be off-leash.
- **BEGINNER RALLY**—Communication between dog and handler to complete designated coursework.

Payment

(For all 8 weeks)

ADULTS—\$80
4-H YOUTH—\$20
Non 4-H YOUTH—\$25
YOUTH AGILITY—\$20

Saratoga County 4-H is pleased to announce their Annual Canine Training Course will begin on Monday May 1st. The 8-week program is designed with the dog owner in mind and applicable for both youths and adults. Held Monday evenings, classes will cover everything from basic sit/stay to advanced tricks. This program is wildly popular and fills quickly. Registration is only accepted in the Saratoga County 4-H office with payment required (no phone registrations). This is a first come, first served registering process with the deadline for submission being April 10th.

Participants may choose from whichever class level suits themselves and their pets best. The Beginner Obedience class is a great introduction for handlers with canines who have never taken an obedience class. This class will cover the basics during the on-leash curriculum. The Novice Level Obedience class will pick up where the Beginner class ends, expanding with off-leash skills. There is also a youths only opportunity to take the Grooming and Handling course intended to guide youths interested in showing. Agility and Rally classes are being taught on varying levels. The Beginner Agility class is a youths only option but adults may choose to join the Advanced Agility or Beginner Rally classes. These classes will challenge the canines on equipment and apparatus.

Interested parties should register as early as possible in the Saratoga County 4-H Office, 50 West High Street, Ballston Spa, NY. They will need to provide current vaccinations for distemper and rabies by attaching a copy of records with registration. Dogs must be 4 months or older to be considered, but all breeds are welcome. The course runs for 8 weeks (no class 5/29) and 6 weeks of participation are required to pass. Cost of the program is \$80 for adults, \$20 for 4-H Youth, \$25 for Non 4-H Youth, and \$20 for Youth interested in the Agility classes. Once all registration information is received the class details will be mailed.

For questions regarding the upcoming Canine Training Classes, please contact Rylie Lear-McLenithan via email rjl287@cornell.edu or 518-885-8995.

[Click Here for fillable Registration form. Completed Registration Form Must be Received physically in the Saratoga County 4-H Office by April 10th with payment. NO PHONE AND NO EMAIL REGISTRATION ACCEPTED.](#)



Rabies Clinics



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

2023 DATES: March 28, May 23, June 27, August 22, and September 5

TIMES: (Times are strictly enforced)

Cats 5:30 pm—6:30 pm; **Ferrets** 5:30 pm—6:30 pm (must be in a cage or carrier), and **Dogs** 6:30 pm—7:30 pm (must be on leash)

All vaccination certificates are written for one year. If a previous signed certificate is produced, a 3-year certificate will be written.

GENERAL RABIES INFORMATION:

Rabies can be carried by any wild mammal (raccoon, skunk, fox, coyote, or bat). There are also precautionary measures taken if you are bitten by a domestic animal (dog, cat or ferret). If this happens you should first obtain the owner's name, address and phone number. Then contact the Saratoga County Public Health Department at 518-584-7460.

Keeping pets safe during cold weather

AMERICAN VETERINARY MEDICAL ASSOCIATION

You're probably already aware of the risks posed by warm weather and leaving pets in hot cars. But do you know that cold weather also poses serious threats to animals' health? (*Although this winter has been pretty mild with only five below averages last month, winter is not over.*)

Know the limits: Just like people, pets' cold tolerance can vary from pet to pet based on their coat, body fat stores, activity level, and health. Be aware of your pet's tolerance for cold weather, and adjust accordingly. You will probably need to shorten your dog's walks in very cold weather to protect you both from weather-associated health risks. Arthritic and elderly pets may have more difficulty walking on snow and ice and may be more prone to slipping and falling. Long-haired or thick-coated dogs tend to be more cold-tolerant, but are still at risk in cold weather. Short-haired pets feel the cold faster because they have less protection, and short-legged pets may become cold faster because their bellies and bodies are more likely to come into contact with snow-covered ground. Pets with diabetes, heart disease, kidney disease, or hormonal imbalances (such as Cushing's disease) may have a harder time regulating their body temperature, and may be more susceptible to problems from temperature extremes. The same goes for very young and very old pets. If you need help determining your pet's temperature limits, consult your veterinarian.

Provide choices: Just like you, pets prefer comfortable sleeping places and may change their location based on their need for more or less warmth. Give them some safe options to allow them to vary their sleeping place to adjust to their needs.

Stay inside. Cats and dogs should be kept inside during cold weather. It's a common belief that dogs and cats are more resistant than people to cold weather because of their fur, but it's untrue. Like people, cats and dogs are susceptible to frostbite and hypothermia and generally should be kept inside.

Longer-haired and thick-coated dog breeds, such as huskies and other dogs bred for colder climates, are more tolerant of cold weather; but no pet should be left outside for long periods in below-freezing weather.

Make some noise: A warm vehicle engine can be an appealing heat source for outdoor and feral cats, but it can be deadly. Check underneath your car, bang on the hood, and honk the horn before starting the engine to encourage feline hitchhikers to abandon their roost under the hood.

Check the paws: Check your dog's paws frequently for signs of cold-weather injury or damage, such as cracked or bleeding paw pads. During a walk, a sudden lameness may be due to an injury or may be due to ice accumulation between his/her toes. You may be able to reduce the chance of iceball accumulation by clipping the hair between your dog's toes.

Wipe down: During walks, your dog's feet, legs and belly may pick up de-icing products, antifreeze, or other chemicals that could be toxic. When you get back inside, wipe down (or wash) your pet's feet, legs and belly to remove these chemicals and reduce the risk that your dog will be poisoned after (s)he licks them off of his/her feet or fur. Consider using pet-safe de-icers on your property to protect your pets and the others in your neighborhood.

Prevent poisoning: Clean up any antifreeze spills quickly, and keep the containers away from pets, as even small amounts of antifreeze can be deadly. Also keep your pet away from de-icers or areas where de-icers have been used, as these can make your pet sick if swallowed.

Click [here for complete article](#)

4-H Youth Were Productive During Winter Break



The 4-H Program is all about youth learning by doing. That's just what our Saratoga County youth did on school break. Youth spent part of a day with adult volunteers making wooden tack boxes. The event was hosted by the Riding Dream 4-H Club. The youth learned woodworking skills and were able to customize their own tack box with paint, stains, and/or wood burners.

The 4-H For Us 4-H Club stayed busy sewing pajamas. Others participated in the 4-H Project Day and learned about robotics. We are grateful for our volunteers that make these moments possible.

JOIN 4-H NOW!

It's never too late to get yourself or your child involved in 4-H. Getting involved with 4-H is easy and costs are kept to a minimum. Unlike other youth organizations, 4-H doesn't require a uniform and there are no national fees. Children select their 4-H education project so they can choose one that works well within a family's budget. 4-H programs and clubs typically meet once per week or once per month, although some may choose to meet more or less frequently. 4-H programs are available for children ages 8-18.

You may think 4-H is only for youth with animals, but it's so much more! You can do activities like shooting sports, food science, healthy living, robotics, fashion, and photography, to name a few. 4-H clubs follow a planned program and offer multiple learning opportunities for youth that are self-directed. Clubs can meet in a variety of locations and typically meet in the evenings and on weekends.

[4-H Member Enrollment Form](#)

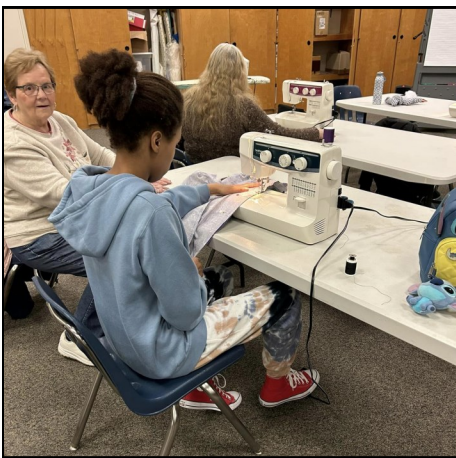


WHY VOLUNTEER WITH 4-H?

At the core of New York 4-H, and critical to the success of its youth, are the thousands of volunteers who give their time and talents to grow 4-H'ers. These volunteers serve in a number of capacities: some choose to help at camp, teach a workshop or lead a club, while others chaperone an event, lend their professional skills or help at the fair. As they provide hands-on guidance and real-world experience, these volunteers also offer young people another crucially important element—a healthy adult role model who helps to grow their confidence and ignite their dreams for the future.

[Volunteer Application](#)

For more information about enrolling or volunteering, contact Leland at glb76@cornell.edu or 518-885-8995.



4-H For Us Club sewed pajamas during winter break (Left) while others participated in 4-H Project Day: Discover Robotics! (Middle and Right)

WEBSITE & SOCIAL MEDIA

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



CCE Saratoga



4-H



CCE Equine



Agriculture
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