

*September 18, 2023**Volume 4 Issue 19*

September is Monarch Time in 4-H School Outreach!

It's Monarch time again! The butterflies returned in July from their migration from Mexico. It takes several generations to reach us, but the milkweed in many areas had caterpillars enjoying the hot humid summer. This fall there are many Saratoga County classrooms that will begin their school year with the study of the Monarch Butterfly's life cycle.

Twenty years ago, 4-H School Outreach bought lab raised caterpillars for distribution to the schools. The mortality rate of these caterpillars was very high, and a decision was made to begin collecting them from the wild for a healthier population and a more successful classroom experience. This was before the steady decline of Monarch numbers due to the use of pesticides, lack of empty land full of milkweed plants, and deforestation of their overwintering site in the Oyamel Forest in Mexico.

This year, the Milkweed Tiger Moth Caterpillars (aka. Tussock Moths) have had a population explosion around the area and the milkweed that hasn't been mowed is being completely defoliated by these fuzzy little black and orange guys. Tiger Moths are native insects that usually are not an issue. They share the milkweed patches with the Monarchs. This year their numbers have exploded and milkweed is scarce. While Monarchs lay their eggs one at a time on different leaves of the milkweed plants, the Milkweed Tiger Moth caterpillars lay 100's of eggs on each leaf. As they hatch, they eat up every bit of milkweed leaf on the plant except the stem down the middle of each leaf. This leaves nothing for the Monarchs.

Through much research and trial, we have secured enough healthy larva from multiple butterfly breeders to supply the 60 classrooms from 17 different Saratoga County Schools with the larva that they need. These schools registered to receive Monarch larva and receive a 1-hour program with 4-H School Outreach Educator, Julie Curren. The students participate in a discussion of the life cycle and migration of this amazing insect. The butterflies are tagged and released for migration. This



Milkweed Tiger Moth Caterpillars (aka. Tussock Moths)



Monarch butterfly and caterpillar (inset).

Citizen Science opportunity allows children to participate in the scientific process and researchers to gain information about the amazing migration!

For more information about 4-H School Outreach Programs for your classroom visit our website <https://ccesaratoga.org/4-h-youth-development/4-h-school-outreach>

New 4-H Educational Facility

RIBBON CUTTING CEREMONY

Saturday, September 23, 2023 | 10 AM

Cornell Cooperative Extension of Saratoga County will be holding a ribbon cutting ceremony on **Saturday, September 23, 2023 at 10am at the NEW 4-H Educational Facility at the 4-H Training Center, 556 Middleline Road in Ballston Spa, NY.**

The 3,650 sq./ft. facility encompasses three state-of-the-art classrooms and will increase opportunities for the Saratoga County 4-H program as well as other youth organizations.

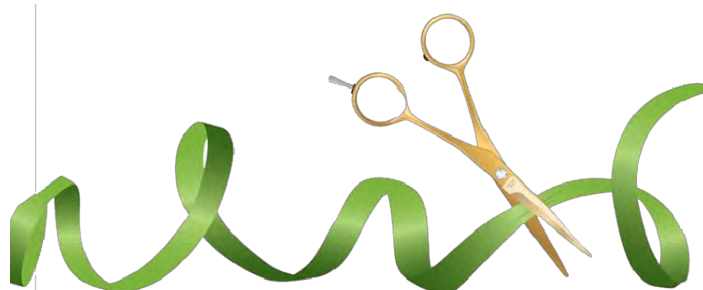
Our major donors as well as several public officials who have been instrumental in bringing this project to fruition will be in attendance as well as local media. The ribbon cutting will be followed by cake and coffee to celebrate the occasion.

This project has been on the table for over 8 years. "The Program Committee and I saw a need for increased classroom space. We had outgrown the meeting space that we currently have, which is utilized by our 4-H clubs, as well as many other organizations from across the county", said Greg Stevens, 4-H Program Leader. The program looked at many options and landed on expansion via a totally new educational center. The CCE/Saratoga County Board of Directors gave their approval for the project, and the committee quickly got to work and began the design.

Led by financial support from Stewarts and the Dake Family Foundation, Curtis Lumber, the Golub Foundation, the Alfred Z. Solomon Charitable Trust, and so many others, If you are interested in supporting Saratoga County 4-H by donating to the "Lead the Legacy" campaign, please go to **Cornell Cooperative Extension | LEAD THE LEGACY**

Include your company in a naming opportunity at this new state of the art facility.

For more information about the 4-H program or our campaign, please call 518-885-8995 or contact Greg Stevens at grs9@cornell.edu. The 4-H Youth Development Program is the youth education component of Cornell Cooperative Extension.



4-H is America's largest youth development organization—empowering nearly six million young people with the skills to lead for a lifetime. 4-H is delivered by Cooperative Extension—a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. For more than 100 years, 4-H has welcomed young people of all beliefs and backgrounds, giving kids a voice to express who they are and how they make their lives and communities better.

Interested in getting involved? Contact Leland at glb76@cornell.edu.

CAR SEAT CHECK

Thursday, September 21
New Country Toyota of Clifton Park
202 NY-146, Mechanicville

4:00 PM—8:00 PM
By Appointment Only



CCE offers car seat education and correct installation by our Nationally Certified Child Passenger Safety Instructor. Please call our office at 518-885-8995 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)

BOARD OF DIRECTORS MEETING

The next Board of Directors Meeting is scheduled for September 28, 2023 at 7 p.m. at the Extension Office. If interested in attending, please contact Wendy at 518-885-8995 or wlm8@cornell.edu.



Join Us for the 2023 NYS Invasive Species Expo

SEPTEMBER 24-26 AT SARATOGA SPA STATE PARK IN SARATOGA SPRINGS



A unique conference focusing on invasive species and will combine classic presentations and creative use of outdoor space to appeal to a wide range of attendees. The Expo will be an immersive, hands-on experience featuring: Unique presentations, Interactive demonstrations, Hands-on workshops, Small-group discussions, and Field trips along with outdoor activities.

The Expo will be hosted within the unique, historic architecture of beautiful Saratoga Spa State Park and *will be open to the public with no cost for general attendance*. Sessions will be centered around the overall theme: *Reflect, Adapt, Evolve*. Participants will have the opportunity to reflect on what's been accomplished so far in the field of invasive species management, learn about the innovative ways we can adapt in unprecedented times, and discuss how we can evolve to confront challenges moving into the future.

Sunday 9/24: *Community Conservation Day at the Farmers' Market (10am-4pm)* Join us next to the Spa City Farmers' Market to learn how you can make a positive impact in protecting our region's biodiversity. An immersive, hands-on experience featuring presentations, demonstrations, and workshops designed to be fun for the whole family!

Monday 9/25: *Invasive Species Expo at the Roosevelt Campus (9am-5pm)* A full day of content for invasive species professionals with traditional presentations in the Spa Little Theatre, along with engaging workshops, field demos, a food truck lunch, and professional poster session.

Tuesday 9/26: *Invasive Species Expo at the Roosevelt Campus (9am-12pm)*

Close out these fun few days with a half-day of professional presentations, workshops, demos, and outdoor activities. See you in 2025!

Registration is Now Open The Expo is being organized through the Conference App Whova. Attendees will be asked to create a profile to sign up for workshops, field trips and other events. To register please [click here](#).

Role of the PRISM

The Capital Region Partnership for Regional Invasive Species Management (PRISM), is hosted by the Cornell Cooperative Extension of Saratoga County. The PRISM is financially supported through the New York State Department of Environment Conservation via the Environmental Protection Fund. We are a not for profit quasi-government agency that is built on partnerships made up of representatives from state and local agencies, not for profit organizations, and community scientists. The Capital Region PRISM provides services in eleven counties in the New York State Capital Region: Albany, Columbia, Montgomery, Rensselaer, Saratoga, Schenectady, Washington, and parts of Fulton, Greene, Herkimer, and Warren.

Our functions include, but are not limited to:

- Coordination of partner efforts
- Recruiting and training citizen volunteers
- Delivering education and outreach programming
- Establishing early detection and monitoring networks
- Implementation of response, control, and restoration efforts
- Provide funding for invasive species work



What are Invasive Species?

Invasive species are any non-native species (plant, animal, microbe, etc.) that have the ability to cause harm to the environment, economy, and/or human health.

Pathways of Introduction

- International Shipping
- Vehicles-Cars, Boats, Trains, etc.
- Clothing and Shoes
- Pet and Wild Animals
- Waterways and Storm Events

Agritourism Monthly Workshops



Are you thinking of starting an agritourism business or are you currently operating one? Join our monthly lunch-hour, workshop virtual series and learn how to grow your agritourism business!

September 18: Agritourism Farm Stay: Camping, Glamping and BnB

Speaker: TBA

Topics include: TBA

Pre-registration Required: [Register for the Zoom Webinar here!](#)

Price: Free

Event Details

Date

September 18, 2023
October 16, 2023
November 20, 2023
December 18, 2023

Time

Noon—1pm

Location

Zoom

Host

Cornell Cooperative Extension
Agritourism Program Work Team

The upcoming sessions will focus on specific topic to help aspiring agritourism entrepreneurs grow their knowledge and profit through this exciting on-farm business.

October 16: Hosting One Day Agritourism

November 20: Hosting Agritourism Air BnB Experience

December 18: U-Pick Agritourism Operation-In's and Out's

All workshops will be recorded and links shared. After registering, you will receive a confirmation email containing information about joining the meeting.

Sponsor: Cornell Cooperative Extension Agritourism Program Work Team

Disaster Event Milk Loss Survey

NYS Agriculture and Markets

The purpose of this survey is to gather additional information on the economic impact the emergency events in 2020, 2021, and 2022 had on the dairy community.

The NYS Department of Agriculture and Markets is gathering information in connection to natural disasters or events that caused statewide milk dumping. Please complete the [survey](#) if your location/company dumped milk as a result of a natural disaster/event.



New York State Department of Environmental Conservation Round 3 of DEC's Regenerate NY Program

Are you a landowner in New York State with five or more acres of forestland? If so, you may be eligible to apply for Round 3 of DEC's Regenerate NY program! Regenerate NY is a cost-share grant

program that helps promote forest growth and resilience on privately owned land. Applicants will work with a forester to develop a management plan using practices that promote forest regeneration including:

- Afforestation (establishing a new forest in a previously open area)
- Reforestation
- Restoring forests through treatments that boost productivity
- Controlling competing vegetation, such as invasive plants
- Creating deer exclosures

Interested in learning more? Visit the Regenerate NY webpage at <https://www.dec.ny.gov/lands/119950.html>



Integrated Parasite Management for Goats & Sheep Workshop

Internal parasites are one of the largest health issues that affect sheep and goats across the country. Many producers are unaware how important it is to understand parasites in their flocks. In this workshop, producers will learn the basics of parasite control as well as how to develop integrated parasite management programs for their farms that include evasive grazing and selective deworming and/or alternative treatments. We will also go over the current status of several alternative methods of parasite control.

As part of this workshop you will receive hands-on training on how to use the FAMACHA© Anemia Guide (good only for the barber pole worm) and five point checks to determine the need for treatment and how to do fecal egg identification and analysis.

You are encouraged to bring a refrigerated fecal sample of 8 to 10 fecal pellets in a baggie from one sheep or goat at your farm to the workshop. In the interest of biosecurity please wear clean clothes and shoes to the workshop and plan to change them prior to doing your own farm chores.

Event Details

Date: September 26, 2023

Time: 10am - 2pm

Location
CCE Schoharie County
173 S Grand St
Cobleskill, NY 12043

Cost
Registration : \$40.00
(addl attendee \$40.00 ea.)

Host
Central New York Dairy and Field
Crops

Ashley McFarland
315-604-2156
[email Ashley McFarland](mailto:ashley.mcfarland@centralnydairy.com)

Game of Logging

ATTENTION LOGGERS , FOREST OWNERS AND OTHER FOREST-RELATED PROFESSIONALS

Cornell Cooperative Extension of Warren County is proud to announce the following workshops:

- The Game of Logging Level 1—Wednesday, September 20
- The Game of Logging Level 2—Thursday, September 21
- The Game of Logging Storm Damage Response—Friday, September 22

Please note that each level beyond level 1 requires the subsequent levels to be taken first.

In the past, we have subsidized the training to reduce costs. Unfortunately, we are not able to do that currently. The cost for each workshop is \$160.00 per person per course. Payment must be made by September 13 in order to remain registered for the course.

Participants must bring all safety gear including chaps, helmets, eye and ear protection, and boots (preferably with safety toe). Participants must also bring a gas-powered saw, fuel and oil to run it.

Classes meet at 7:30 am to sign in and then begin at 8:00 am sharp. Expect the classes to run until 5:30 pm. The location for



these classes will be held on the property of Barb Galusha, in Johnsbury, NY. We do need a minimum of 6 people per course to be able to run the workshops. In the event that we have to cancel due to low registration, a full refund will be issued. Any participants canceling after September 13 will be refunded all but \$60 of the cost.

For more information or to register, please contact Dan Carusone by email at djc69@cornell.edu or by phone at (518) 623-3291.

Annie's Project New York Minority & Women-Owned Food Business Survey

As we all know, supporting and empowering minority and women-owned businesses is crucial for fostering diversity and growth within institutional markets.

College of Agriculture and Life Sciences at Cornell and Harvest NY recently launched a survey aimed at understanding the landscape of both certified and non-certified minority and women-owned food businesses. The insights we gather will help us identify barriers and develop strategies to create more inclusive and equitable opportunities.

We would appreciate it if you forwarded this survey to the stakeholders you collaborate with, such as producers, processors, distributors, and other relevant food businesses. Their perspectives are invaluable, and their participation will greatly enhance the comprehensiveness of our research. The survey will be open until September 30th.

The link to the survey is included below.

https://cornell.ca1.qualtrics.com/jfe/form/SV_20nc1IBl8ZUeEbc





You're Invited!



EQUINE
EDUCATIONAL EVENT

OCTOBER 3RD 6:30 PM

Malta Farm & Garden
2712 US 9, Malta, NY 12020

FEATURED SPEAKERS

Dr. Anna Pesta Dunaway
Purina Animal Nutrition

"Equine Nutrition Myths & Misconceptions"

Nicolina Foti
Cornell Cooperative Extension
Saratoga County
"A Horse Owners Winter Check List"



REFRESHMENTS, DOOR PRIZES, COUPONS, SAMPLES & MORE!

Please RSVP by September 27 by scanning the QR code
or calling Malta Farm & Garden



(518) 348-6374



www.maltafarmandgarden.com



www.facebook.com/maltafarmgarden



2712 US 9
Malta, NY 12020

September is the Final Month to Document Equine Economic Impact
It is critical that all involved with horses in New York act now to participate and show their commitment to horses in New York.

***Have you completed the
Equine Economic Impact survey?
If not, don't delay... take it today!***

Your response ensures that we document the economic
impact of our industry.

Every response matters!



Horse Owners
& Leasers

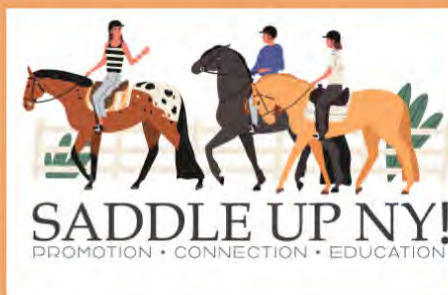


Industry
Suppliers



*Visit Horsecouncil.org or
use the provided QR
codes to take the survey!
Survey is open through Sept 29.*

New York is part of this
study and we need all
NYS horse owners (or
leasers) and industry
suppliers (businesses)
to participate!






MORNING AgClips
AMERICA'S #1 AG NEWS SOURCE

DOES AN APPLE A DAY REALLY KEEP THE DOCTOR AWAY?

We've all heard that an apple a day keeps the doctor away, but how true is that? Apples are not high in vitamin A, nor are they beneficial for vision like carrots. They are not a great source of vitamin C and therefore don't fight off colds as oranges do. However, apples contain various bioactive substances – natural chemicals that occur in small amounts in foods and that have biological effects in the body.

www.morningagclips.com 

[Read article by Janet Colson, Professor of Nutrition and Food Science, Middle Tennessee State University, The Conversation](#)

Apple Picking Season

Mid-September through mid-October is the best time to plan for an apple picking trip in Saratoga County. Below are some Saratoga County businesses that offer pick-your-own apples or for purchase.

[Bowman Orchards, LLC](#) | 147 Sugarhill Rd., Rexford

[Saratoga Apple, Inc.](#), 1174 Rt. 9, Schuylerville

[Riverview Orchards](#), 660 Riverview Rd, Rexford

[Devoe's Rainbow Orchards](#), 1569 Route 9, Halfmoon

[J.L. Knight & Son Family Farm, LLC](#), 319 Goode Str, Burnt Hills



New York Apple Varieties

Sweet



Evercrisp®

Sweet, juicy and firm. This is a great apple for snacking and salads.



Macoun

Extra-sweet and aromatic. Very juicy. Tender, snow-white flesh. Great all-purpose apple.



Golden Delicious

Sweet and juicy. Great for eating, salads and baking.



RubyFrost®

Perfect balance of sweet and tart. Deep red with a heavy crunch and ideal crisp texture.



Ginger Gold

Sweet, yet mildly tart. Crisp cream-colored flesh. For fresh eating and salads.



Cortland

Tangy taste. Best for snacking, salads and baking.



McIntosh

Juicy, tangy and aromatic. An all-time favorite for fresh eating and baking.



Fuji

Sweet, taste-tempting flavor and a firm but juicy texture make this a delicious eating apple.



Honeycrisp

Honey-sweet with juicy crispness. Best for fresh eating and salads.



Gala

Sweet and juicy with a snappy, crisp texture. Superb dessert and fresh eating apple.



SnapDragon®

Extra sweet, with hints of vanilla and spice. Two-napkin juicy. Crispy texture.



Red Delicious

Juicy with a sweet taste. Great for snacking, salads and baking.



Zestar!®

Crisp and delicious blend of sweet and mild tart. Excellent for snacking and applesauce.



Empire

Famous sweet and tangy flavor. Best for fresh eating and salads.



Granny Smith

Uncompromising crispness with enjoyable tart taste! Great for salads, pies and baking.



Tart

Resources from CCE ENYCHP!

Over the years, new ways have been developed to connect with the [CCE ENYCHP](#) team. There is a [Youtube page](#) where you can check out such videos as Table Grape Production, Pest Updates, and the [20 Minute Ag Manager—in 4 Minutes Series](#).

There is a [Facebook page](#), as well as an [Instagram page](#). These pages are kept updated with current projects, events, and other interesting articles and deadlines.

There are also text alerts available. Fruit and vegetable farmers in 17 Eastern NY counties can now receive real time alerts on high risk disease and pest outbreaks texted directly to your cell phone. The Eastern NY Commercial Horticulture program, which is supported by local Cornell Cooperative Extension associations, will now offer text alerts when enrolled in our program.

The text alerts will be reserved for important crop alerts that could impact management decisions immediately. For instance, if there were an outbreak of Late Blight in the area, this would be transmitted to vegetable growers.

Farmers can choose the crop for which they wish to receive updates. Additionally, they can request that Ag Business Alerts be sent to them. These alerts might include due dates for crop insurance deadlines, market opportunities, etc.

If you have questions, please contact enychp@cornell.edu.



Cornell Cooperative Extension Eastern NY Commercial Horticulture Program

A partnership between Cornell University and the CCE Association in these seventeen counties: Albany, Clinton, Columbia, Dutchess, Essex, Fulton, Greene, Orange, Montgomery, Putnam, Rensselaer, Saratoga, Schenectady, Schoharie, Ulster, Warren & Washington.



Saratoga County Soil & Water Conservation District Tire Recycling Program

TUESDAY, OCTOBER 3 | 4:00 PM—5:30 PM

BEHIND MALTA TOWN COURT, 2538 State Highway 9, Malta

This Program is open to ALL Saratoga County Residents.

Registration & Proof of Residency is REQUIRED, please register by FRIDAY, September 29.

- Photo ID with Saratoga County address will be required at drop off
- Maximum of 10 tires per vehicle
- Tires (with or without rims) MUST be:
 - Whole
 - **CLEAN**
 - Passenger Car/Passenger Truck tires ONLY:
 - * Passenger Car/Truck Tires must be less than 20"
 - * **NO** bobcat, agricultural, loader, OTR, crawler tracks, aircraft, over-size truck (385, 425) tires, no tubes or calcium, etc.
- Payment is due at time of collection (we will not accept payment prior to drop off). Fees are as follows:
 - Tires (with or without rims) - **\$5.00 each**
- Payment must be made in **CASH**; Exact change is very helpful



Registration & Proof of Residency is REQUIRED, please register by FRIDAY, September 29.

Register online @ https://docs.google.com/forms/d/e/1FAIpQLSc5odhW0TbCD_qs5YQ0Qktigv0NxraIJ1PsYZ9qA_NgTmvpsA/viewform

OR use QR Code. If the link is not working for you, please **call** 518-885-6900 to register.

The National Gardening Association Learning Library

Late Season Color in the Flower Garden

By [Patt Kasa](#), *Published for the Pacific Northwest*

To keep your flower garden a constantly changing palette of color, plan ahead for blooms in all seasons. For continuous color, try to give spring-, summer-, and fall-blooming plants each about one-third of the total space, which will provide colorful beds from spring until the first hard frost. There are a number of lovely choices for late season color that will keep your garden looking good as the weather cools and the days shorten.

For maximum visual impact, plant in drifts. A flowing mass of yarrow, for example, provides a wash of eye-catching yellow, while a single plant or two can look lost or weedy. Scattered drifts can make a garden look spotty; try placing three or four perennials that flower at the same time in neighboring drifts to create small garden vignettes and guide the eye to the next drift of color.

Favorite Autumn Flowers

A late-season garden is incomplete without fall-blooming anemones (these include cultivars and subspecies of *Anemone x hybrida*, *A. hupehensis*, *A. vitifolia*, and *A. tomentosa*). These wonderful, 2- to 3-foot-tall plants seem to explode into bloom in the fall with single or double flowers in shades of rose, pink, salmon, or white. Held aloft on fragile-looking stems, the flowers and shiny buds add a certain gracefulness at this time of year. Anemones grow best in rich, organic soil in part afternoon shade. 'Honorine Jobert' is the best white anemone, and 'September Charm', with its silvery pink flowers, is a late-season knockout.

Fall-blooming asters are such popular perennials that new cultivars are constantly being introduced. It's easy to see why. Asters produce huge numbers of 2-inch-wide, daisy-like flowers in colors from pink to purple to white on plants that range in size from low-growing edging plants to towering beauties for the back of the border. Asters thrive in average garden soil in full sun.

By the way, many asters are no longer asters, at least from a botanical standpoint. Those pesky taxonomists have been at work changing names again, and now, botanically speaking, the genus *Aster* is correct only for Old World species. So tall New England asters have become *Symphyotrichum novae-angliae* and New York asters, also called Michaelmas daisies, are *S. novi-belgii*. Other new genus names you might



see include *Eurybia* and *Oclemena*. Plant catalogs and references may be updated or use the older, more familiar names.

Lower-growing asters are easy because they don't require pinching or staking the way most of the tall asters do. The New England aster 'Purple Dome' is a great choice. It grows 18 inches tall and wide, with dramatic, deep violet-purple flowers. Combine it with yarrow and dwarf fountain grass (*Pennisetum alopecuroides* 'Hameln') for a beautiful late-fall picture.

Toad-lilies (*Tricyrtis hirta*) fall into the "interesting and unusual" category. Toad-lilies have arching, 2- to 3-foot stems and are just ordinary-looking, nondescript plants until, in September, rows of orchid-like white flowers open where the pointed leaves are attached to the stems. If you look closely, you'll see that the blooms are speckled with dark purple. Toad-lilies thrive in part shade and moist soil.

Colorful Foliage Fools the Eye

Fall-flowering perennials are just part of the secret to having attractive beds and borders. You can fool the eye into seeing a colorful garden even when little is in bloom if you include plants with colorful foliage such as *Heuchera* 'Palace Purple', which has red-purple, maple-like leaves; variegated Solomon's seal (*Polygonatum odoratum* 'Variegatum'), with leaves that turn a marvelous shade of gold with creamy white edges; silver-leaved plants, such as *Artemisia* 'Powis Castle', and *Bergenia cordifolia*, with bronze-purple autumn foliage.

Shop and plant now if you want your perennial beds to look spectacular this fall. If you wait until the end of the summer when the beds look bedraggled, you'll probably end up dashing out to the nursery in a desperate search for color. Most nurseries stock very little variety at the end of the season, and you may find only main-stay chrysanthemums. How ordinary!

How to Grow and Care for Shasta Daisies

Introduction

Shasta daisies, with their white petals surrounding yellow centers, are similar to the familiar meadow daisy, but have larger and more abundant blooms.

About shasta daisies

Shasta daisies bloom over a long period, from early summer until fall, forming tidy clumps from 2 to 3 feet tall and up to 2 feet across. The bright flowers contrast nicely with the glossy, dark green foliage, livening up any garden bed. The flowers are also suitable for cutting.

Special features of shasta daisies

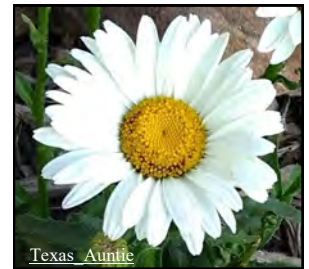
- Easy care/low maintenance
- Good for cut flowers
- Attracts butterflies

Choosing a site to grow shasta daisies

Select a site with full sun and well-drained soil.

Planting Instructions

Plant in spring, spacing plants 1 to 2 feet apart, depending on the variety. Prepare the garden bed by using a garden fork or tiller to loosen the soil to a depth of 12 to 15 inches, then mix a 2-to 4-inch layer of compost. Dig a hole twice the diameter of the pot the plant is in. Carefully remove the plant from its container and place it in the hole so the top of the root ball is level with the soil surface. Carefully fill in around the root ball and firm the soil gently. Water thoroughly.



Ongoing Care

Apply a thin layer of compost each spring,, followed by a 2-inch layer of mulch to retain moisture and control weeds. Water plants during the summer if rainfall is less than 1 inch per week. Stake tall varieties to keep them upright. After the first killing frost, cut stems back to an inch or two above soil line. Divide plants every 3 to 4 years as new growth begins in the spring, lifting plants and dividing them into clumps.

Pruning a Hedge

Prune shrubs in a formal hedge to resemble a dense, smooth wall. Vigorous, rapidly growing shrubs need more frequent shearing than shrubs that grow more slowly. Dense hedges start with the right pruning techniques at planting time and regular maintenance each year thereafter.



Tools and Materials

- Hedge shears, either manual or electric
- Hand pruners
- Tarp
- Lawn rake

Determine your hedge's habit. When you cut the end off a branch, dormant buds below the pruning cut sprout into new twigs. But not all shrubs have dormant buds, and these shrubs won't grow new twigs if pruned too severely. For this reason, it's best to prune evergreens only into the soft, current year's new growth. Many deciduous shrubs—those that shed their leaves in autumn—can tolerate pruning into old wood from previous growing seasons.

Assemble your tools. Use manual hedge shears for small hedges and electric shears for large jobs. If your shears do not have a pruning notch near the base of the blade, you may need hand pruners to cut twigs larger than 1/4 inch in diameter. Use a tarp to collect trimmings or a rake to clean up afterward.

Prune at planting time. When you plant a new hedge, prune vigorous shrubs, such as privet, by reducing the length of the branches and shrub height by one-fourth to one-third. Do not prune the tops of slower and denser-growing evergreens and conifers, such as arborvitae, until they reach their desirable height.

Establish shape. All branches need adequate sunlight for strong growth. As the hedge grows, prune the sides so the bottom is slightly wider than the top to prevent the upper limbs from shading the lower ones. In snowy climates, give hedges rounded or sloped tops to help them shed snow easily.

Prune to maintain shape and fullness. The timing and frequency of pruning depends on the species of shrub and your climate. Prune the new growth of evergreens in late spring and mid- to late summer and avoiding cutting into old wood. Prune deciduous hedges while dormant in late winter and again in summer.

Tips

Yew (*Taxus* species) can tolerate more severe pruning than most evergreens. You can rejuvenate or reduce the size of yew hedges by shearing twigs back into old wood.

Do not allow vigorous shrubs to grow to their final size before pruning them. To form a dense hedge, prune them as they grow. Although it may take years longer to achieve the desired height, the result is more satisfactory.

The Three Rs at Home

Parents can help their school-age children succeed with the three R's in school by developing the three R's at home.

Establish good ROUTINES.

Children perform best in an organized and predictable environment. Two routines are critical to school success: the morning routine and the homework routine. Children should wake up the same time every day and have enough time to complete all their morning tasks. These tasks include showering or washing, getting dressed, eating breakfast, brushing teeth and making beds (or other simple chores). For best results, follow the same routine every morning.

To make the morning routine go more smoothly, help children prepare the night before by choosing clothes, packing school bags and making lunch. Set up a "launching pad" where children's school bags, coats, hats, shoes, etc., can be placed, ready to go the next morning.

Don't let children skimp on or skip breakfast. Research has shown that children who eat a nutritious breakfast are more alert in school and have more energy for schoolwork. Homework should be completed sometime after school, but before dinner. As the evening wears on, children become tired, inattentive and less efficient. Some children may want to play, relax or eat a snack after school, but should start their homework at least an hour before dinnertime.

Set up a space where children can work on school assignments without distractions and interruptions. Make sure they have all the resources they will need: paper, pencils, dictionary, calculator, etc.

Students should tackle the most difficult assignments first. It's OK to do some easy assignments in order to get jump started, or to get them out of the way, but students usually spend too much time on easy work and not enough on challenging projects.

Build RESPONSIBILITY.

Homework is the child's responsibility. In fact, school is children's work, their job. They must do well to succeed in life. Make children responsible for their homework. Don't let them become dependent on you to get organized, interpret assignments or solve problems. And don't do their homework for them. Instead, teach them study and time management skills, and encourage them to make their own decisions.

Parents should check homework every night for neatness, completeness and accuracy. If homework doesn't meet your

Establish good *Routines.*

Build *responsibility*

Show **RESPECT** for education.

expectations, chances are it doesn't meet the teacher's expectations either. If it isn't neat, tell your child to do it over. If it contains errors, tell her something is wrong and let her find the mistake and correct it.

Praise your child for his efforts, but avoid rewarding them for doing homework. School achievement is its own reward. On the other hand, when your child has accomplished something special or mastered a very difficult task, you may want to recognize her achievements with some treat.

Show RESPECT for education.

Let your children hear you speak positively about education. Let them know you believe that education is important. Get to know your child's teacher and support him or her. Don't let your children hear you bad-mouthing teachers, administrators, the school board or anything else related to education. If you have a legitimate gripe, take it to the source.

Show interest in your child's school activities. Ask them about school every day and listen attentively when they want to talk about their experiences.

Try to get involved in some way. Ask your child's teacher how you can help. Join and become active in the PTA. If possible, serve as a volunteer for classroom or school activities.

Source: Tim Jahn, Human Development Specialist, Cornell Cooperative Extension of Suffolk County. Parent Pages was developed by Cornell Cooperative Extension of Suffolk County. HD 76

HOMESTEADING



2023 Food Preservation Classes

Presented by Diane Whitten, CCE Saratoga Nutrition Educator and Cornell Certified Master Food Preserver

Cornell Cooperative Extension, 50 West High Street, Ballston Spa

Cost: \$15 per class

Register by calling 518-885-8995

Class size limited to 20. Pre-register by calling 518-885-8995

Tuesday, September 19 | 6:00 pm-8:30 pm

Fermenting Vegetables for Health

Learn the health benefits of probiotic bacteria in fermented foods and how easy it is to ferment foods at home. We'll discuss the dry salt method as we make kim chi and the brining method as we ferment mixed vegetables. This class will cover equipment, tips and techniques for successful fermentation. Participants will take home a quart jar to finish fermenting.



Fermenting Vegetables: Let Nature Do the Work

Wednesday, September 20 | 3 PM—6 PM

Saratoga Farmers Market, High Rock Park, Saratoga Springs

Learn how easy and fun it is to ferment food at home, including dill pickles, sauerkraut and kimchi. On **Wednesday, September 20, 3-6 PM**, Diane Whitten, Cornell Cooperative Extension Nutrition Educator and Certified Master Food Preserver, will have information on equipment, tips, and techniques for successful fermentation. Diane will host 15-30 minute presentations at 3:00 PM, 4:00 PM, and 5:00 PM to discuss fermenting vegetables and the health benefits of probiotic bacteria in fermented foods. This workshop series is **FREE** and open to the public at the Saratoga Farmers Market.

SEPT 20 3-6 pm

Fermenting Vegetables: Let Nature Do the Work

WITH DIANE WHITTEN

Drop in at the CCE Food & Nutrition information table from 3-6 pm, with 15-30 minute presentations at 3:00, 4:00, and 5:00 pm

SARATOGA FARMERS' MARKET
HIGH ROCK PARK,



How to Grow and Care for Sweet Potatoes

Introduction

Sweet potatoes (*Ipomoea batatas*) are a long-season, tropical vegetable, so it's no surprise that they're grown mostly in southern states. However, it's also possible for northern gardeners to grow these tasty, highly nutritious vegetables. Most sweet potato varieties require at least 4 frost-free months to grow big potatoes. Plants yield best if night temperatures average 72 degrees F.

However, sweet potatoes are not just for the dinner table! There are also ornamental varieties. These ornamental varieties do produce tubers, but these tubers do not taste good and are mostly starch. Instead, use these ornamental varieties as groundcovers or container plants.

Sweet potatoes belong to the morning glory family (and are not closely related to true potatoes), and if you see their flowers, you can definitely see the resemblance. All sweet potatoes, whether ornamental or edible, are tender plants that thrive in hot weather, can't take frost, and refuse to grow in cool soil. Thus, they should be planted as early as possible to get the most out of them.

Propagation

Since sweet potatoes rarely set seed, they are instead grown vegetatively. The ornamental varieties are usually grown from cuttings, and the edible varieties from "slips," or sprouts, which are available at nurseries in southern states or by mail. If you are growing your own slips or cuttings, begin sprouting them about 8 weeks before planting.

To start slips, suspend a sweet potato in water with toothpicks. The sweet potato will begin to grow roots and shoots. Change the water regularly to avoid the risk of the sweet potato rotting. Plant when the weather has warmed up and the slip is a few weeks old.

For cuttings, take a stem from a parent plant. Leave only a few leaves at the top, and set the cutting in water, changing the water regularly. It will grow roots and leaves. When the weather has warmed up and the cutting is a few weeks old, plant the cutting in the soil.

Choosing a site to grow sweet potatoes

For both the ornamental and edible varieties, select a site with full sun and well-drained soil. Prepare the garden bed by using a garden fork or tiller to loosen the soil to a depth of 12 to 15 inches, then mix in a 2- to 4-inch layer of compost.

Planting Instructions

For edible varieties, unless the soil is very sandy, raise the planting bed 6 to 8 inches to make a ridge 1 foot or so wide. After danger of frost is past and the weather is warm (nights above 55 degrees F), set slips 12 to 18 inches apart along ridges or in rows that are 36 to 48 inches apart. Set the slips in the soil to the depth of the first leaves with several nodes (joints) underground. Firm the soil and

make a shallow depression around the plant. Water beds generously for a few days.

For ornamental varieties, make a hole that can accommodate the root ball. In order to let the plant adjust to its new environment and recover from transplant shock, water it thoroughly and don't let it dry out. The leaves may appear droopy for the first few days after planting, but it will eventually recover.

Ongoing Care

For edible varieties, control weeds by hoeing or mulch the area 4 to 5 weeks after planting. Provide deep watering in hot dry periods to increase yields. If planning to store part of the crop, don't give the plants any extra water late in the season. Contact your local County Extension office for controls of common sweet potato pests such as flea beetles. If you live in a cool climate, protect sweet potato vines from late-season frost. If vines suffer frost damage, they can transfer rot to the roots below ground.

For ornamental types, fertilize monthly to encourage growth. Keep the soil moist and trim back if needed. Sweet potatoes are very tenacious plants but are also easily manageable. Use them to spruce up neglected areas of the garden. These plants grow quickly and often outcompete weeds without any additional help.

How to harvest sweet potatoes

Sweet potato plants will keep growing as long as the weather stays warm. The vines don't die and signal harvest time the way white potato plants do. If you garden in a hot climate that has a long growing season, you just have to keep checking the hills and harvest the roots at the best cooking stage.

It's best to dig sweet potatoes on a dry, overcast day, or at least shade the unearthed roots from direct sun.

Let the potatoes dry on the ground for a couple of hours. Don't wash the potatoes after the harvest, either. Sort any badly cut or bruised potatoes to eat first.

Sweet potato flowering and seeds

Sweet potatoes mostly focus on vegetative growth and do not flower often. Some varieties do flower more than normal (for example, the ornamental varieties 'Sidekick Black Heart' and 'Blackie'), but in general, sweet potatoes cannot be forced to flower and will only flower if they feel like it.

Sweet potato seeds are even rarer and are mostly ever only used in breeding programs. If sweet potatoes are grown from seed, they will not come true to their parent. Sweet potatoes will not set seed unless the plant is cross-pollinated.

Sweet potato seeds are the only inedible part of the plant. They are highly toxic and contain LSA (a compound similar to LSD). All other parts of the plant are edible, including the stem, tubers, and leaves.



I looked out the kitchen window and saw a blue jay under the bird feeder.

It is now officially fall. Sometimes in the early spring you might see a Jay but for the most part, they must be eating something else, that is until fall.

I also noticed the spiders are making their webs horizontal instead of vertical. Or maybe the morning dew just shows the webs more... hard to say.

Crickets, which are always numerous, appear as large insects. I am sure they were around all summer; I would only see a few tiny ones, but not in the numbers I see now.

A few nights ago, as I was giving water and feed to the turkeys, the light was golden. That is the only way I could describe it. It felt like I was bathed in it. That is yet another calling card of fall.

Our beans are up and racing to give us a meal or two before the frost (even with protection) gets them. I noticed a huge number of flowers on the eggplant. I think they all know that they had better get to work.

Before the rain, yes it rained again... I tilled where the onions, shallots and garlic were growing. Oats or field rye will take their place, protecting the soil from winter's fury.

The rye will stay green all winter; I use it where transplants will go next spring to build as much organic matter as I can. The oats will winter kill and happily join the warm late spring soil and add a dose of carbon and water holding ability.

Planning ahead on the Homestead is not work for me. It is funny that I don't like puzzles, maybe because I know what they will look like. I do like to do puzzles where the outcome is never the same. Enjoy the cool mornings and tranquil evenings. Soon the wind will blow leaves on the ground. The soil will freeze and the season will be over. The smell of woodsmoke is not far off, check your woodpile and make any adjustments. The weather guys are saying this winter will be a doozy. Then again, they have to say something and if you think about it, if they say great winter and if they are wrong we will complain. If they say bad winter and they are wrong, well who remembers what they said.

Herb



Blue Jay is a sign of fall.



NYS DEPARTMENT OF ENVIRONMENTAL CONSERVATION

HuntFishNY—the official NYSDEC mobile app

HuntFishNY is the official NYSDEC mobile app that provides convenient info such as sporting license info, harvest reporting, and more.

Some HuntFishNY features include:

- Access to your sporting licenses, privileges, and permits
- Quick and easy harvest reporting
- Current hunting, trapping, and freshwater fishing regulations
- Sunrise/sunset info and season date summaries
- Fishing info, including the new Tackle Box feature
- DEC contact info

—PLEASE NOTE—

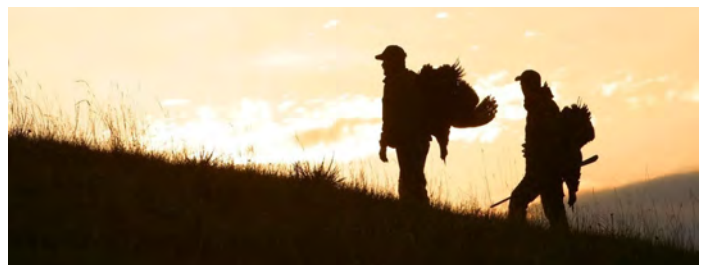
A recent change in app developer ownership created an issue for iOS users, causing the app to crash upon launch. iOS users who had previously installed HuntFishNY on their phones will need to update the app to the most recent version, which was released on

August 21, 2023. the app should have updated on its own for users who have automatic updates turned on; however, users who have automatic updates turned off will need to go into the App Store and manually update the app.

For technical issues—including trouble logging into the app—please call the DECALS Call Center at 1-866-933-2257 or email DEC staff at FW.information@dec.ny.gov.

For more info about HuntFishNY, please visit

<https://on.ny.gov/huntfishny>.



Horse Tack Sale

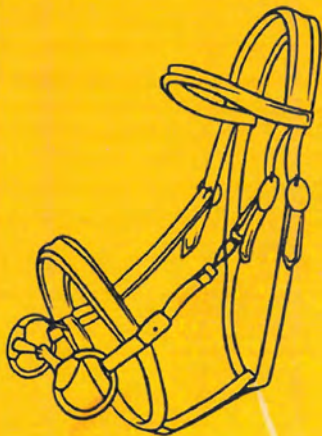
Hosted by
Classic Country Horse Assoc.
& Saratoga County 4-H



10am -2pm

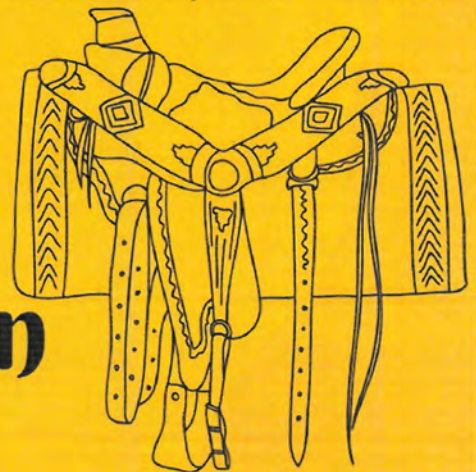
Sunday, October 1, 2023

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



Free Admission

Food Concession



No Pets Please

Saratoga County 4-H Fall Fun Show & Gymkhana

October 28th, 9am — 4-H Training Center, 556 Middle Line Rd, Ballston Spa

All Classes (except Jumping) will have a W/T, JR, SR, &
Adult Division.

Jumping (English Tack required)

1. Fun Jumping Class
Youth (4-H only)
2. Fun Jumping Class (cross rails)
W/T (4-H only)
3. Jump Off (How High can YOU Jump!)
All ages (horseless)

***Games (English or Western Tack) ***

4. Trick or Treat Race
5. Don't Spill the Potion
6. Spear and Ring Race
7. Speed Pumpkins
8. Scrambled Egg Race
9. Dizzy Broom Race

Gymkhana (Western Tack required)

10. Cloverleaf Barrel Pattern
11. Hair Pin Race
12. Bleeding Heart Barrels
13. Butterfly Poles
14. Pole bending
15. Key Hole



Costumes are encouraged!

This will be a fun Halloween
Themed Day!



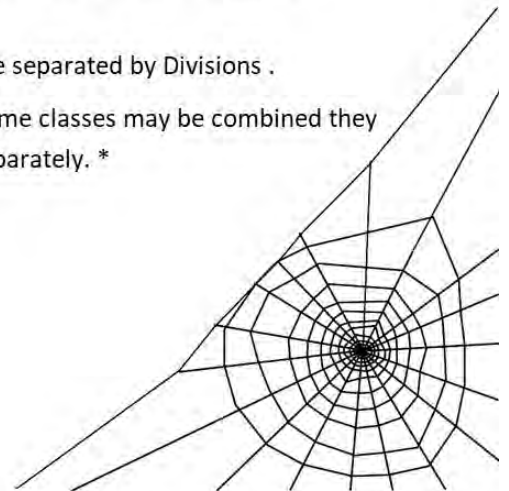
Divisions

- Walk/Trot (rider of any age who has never cantered at a show before)
- Junior (w/t/c rider ages 13 and under)
- Senior (w/t/c rider ages 14-18)
- Adult (w/t/c rider age 19 and over)
- 4-H'ers must be evaluated (have proof of evaluation)

Rules & Regulations

- Casual Riding Attire *but* **all** riders must wear a **Helmet** and **Appropriate Footwear**.
- NYS 4-H Horse Show rules will be used as guidelines.
- Classes will be separated by Divisions .

*While some classes may be combined they will be pinned separately. *





High Point Divisions

Games : W/T JR SR Adult (Class #'s 4, 5, 6, 7, 8, 9)

Gymkhana : W/T JR SR Adult (Class #'s 10, 11, 12, 13, 14, 15)

All Youth : will be pinned 1st — 3rd

Adults : will receive 1st place Prize



Rider Name _____

Horse Name _____

Rider Division : W/T JR. SR. Adult

If Youth: Age _____ 4-H Member of what County (if a member) : _____

(4-H evaluation proof required for 4-H youth)

Circle classes entered : 1 2 3 4 5 6 7 8 9 10
 11 12 13 14 15 (If you do a flat rate please still circle all your classes)

Mailing Address : _____

Email : _____

Phone Number: _____

Registration opens at 8 am. Fun show runs from
9am to the conclusion of the show.

4-H Youth flat rate \$20 for the Day ! _____

Non- 4-H Youth flat rate \$25 for the Day! _____

Pre Register by October 23rd

Mail registration forms to

Nicolina Foti, 50 West High St

Ballston Spa NY 12020

Or email them to nvf5@cornell.edu

Adult flat rate \$30 for the Day ! _____

Or \$3 per class #of classes _____ X \$3

Total _____



—For office use Day of Event—

Paid - Cash _____ Check _____

Coggins _____ Rabies _____ 4-H Helmet check _____ Liability Paperwork _____

With Questions or concerns call the CCE office 518-885-8995 or email nvf5@cornell.edu .

Rider / Guardian Signature _____ Date _____

WEBSITE & SOCIAL MEDIA

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



CCE Saratoga



4-H



CCE Equine



Agriculture
Economic
Development



Capital Region
PRISM

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