



October 2, 2023

Volume 4 Issue 20

Ribbon Cutting Ceremony Honors CCE Executive Director

The new state of the art facility, on the 4-H Training Center grounds, officially opened on Saturday, September 23 with a ribbon cutting ceremony that drew community members, volunteers, CCE staff and several elected officials. Capital Region Chamber of Commerce's Senior Vice President Pete Bardunias officiated the ceremony, while Cornell Cooperative Extension of Saratoga County's Board of Director President Jim Pettis, Jr. spoke of the great need for the building. Others that spoke at the ceremony were elected officials Senator James Tedisco, Assemblywoman Mary Beth Walsh, Outreach Manager Manik Elahi representing Congressman Paul Tonko, along with Milton Deputy Supervisor Barb Kerr. Other elected officials in attendance were Greenfield Supervisor and Supervisor Rep. to the CCE Board Kevin Veitch, Wilton Supervisor John Lant, and Saratoga Springs Mayor Ron Kim. The Ribbon Cutting was followed by cake and coffee to celebrate the occasion.

During the ribbon cutting ceremony, 4-H Issue Leader and the main driver behind the project, Greg Stevens unveiled the building's signage. The new Community STEM and Agricultural Educational Center is now known as the William M. Schwerd Center in honor of Cornell Cooperative Extension of Saratoga County's current Executive Director for his many decades of work at Cornell Cooperative Extension.

The 3,650 square-foot 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. This building enables more programs and more opportunities for local youth to experience programs such as agriculture to shooting sports to robotics, and everything in between.

This project was led by financial support from Stewart's and the Dake Family Foundation, Assemblywoman Mary Beth Walsh, Curtis Lumber, the Golub Foundation, the Alfred Z. Solomon Charitable Trust as well as many others. Many thanks to all that helped bring this project to fruition. , 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.



Retirement Announcement: Diane Whitten, Nutrition Resource Educator

24+ Years of Working for Extension and Serving the Community of Saratoga County



Above: Diane at the Saratoga Farmers' Market teaching best practices for freezing produce.

After 24 years of working with CCE Saratoga County, October 6 will be my last day of work. This was a hard decision, but the opportunity to spend more time with my family guided my decision to retire. I'm especially looking forward to seeing more of my daughter's two-year-old daughter and her son we're expecting the first week of December.

I consider myself very fortunate to have had a career with CCE of Saratoga County where I've had the support of my supervisor, director, and the program committee to offer a variety of programs that address the needs of our community. Only in Extension can one work on so many different programs spanning from diabetes education to farmers' market programming, plus education in so many ways including in-person, online, through radio, newspapers, magazines, and social media. No two days are ever the same when you work for Cornell Cooperative Extension.

In recent years, I've expanded my offering of food preservation classes as the interest in a self-reliant lifestyle led to more people gardening and canning their produce. Since 2015, CCE Saratoga has been the home-base of the CCE Master Food Preserver program which is a train-the-trainer model. With that 3-day workshop we've trained dozens of CCE staff around the state to be able to confidently teach home food preservation in their counties, plus hundreds of community members to preserve safely. It's been said, "Once an Extension employee, always an Extension employee", so true to that saying as I will continue to work for CCE Saratoga as a "casual" employee to teach the 3-Day Master Food Preserver workshops around the state.

In my retirement I plan to spend more time being physically active to keep healthy, volunteer with my church, travel with my sister and read books for fun, and of course babysit my grandchildren. I also hope to get into beekeeping with my son-in-law and granddaughter who at the age of two considers herself a beekeeper.



Eliza Jane gets her first beekeeper experience with her dad, John Rath.

One more time, I'd like to thank Jeanie Winters, retired Human Ecology Program Leader, for hiring me to work for Cornell Cooperative Extension of Saratoga County in July (just before The Saratoga County Fair) in 1999. It's been an enriching career; it's hard to leave.

CAR SEAT CHECK

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)

2023 ANNUAL DINNER

BUSINESS MEETING & ELECTIONS

Please Join Us as We Celebrate Our Accomplishments in Helping to Improve the Lives of the People in Saratoga County and Surrounding Areas.

The 2023 Annual Meeting will feature a Joint Annual Meeting with the Saratoga County Farm Bureau, Saratoga County Agricultural Society, and special guests from Saratoga County Soil and Water Conservation Department. These are the four leaders serving Saratoga's #1 Industry—Agriculture.

Thursday, October 26, 2023 | 6 PM
Saratoga-Wilton Elks Lodge 161
1 Elks Lane, Saratoga Springs

Please register by October 20th
WLM8@Cornell.edu



COST: \$25 per person



CNY DAIRY LIVESTOCK FIELD CROPS

Farm Disaster Preparation Online Certificate Training

The Farm Disaster Preparation program will help farm owners plan for and manage possible disasters. This program focuses on practical pre-disaster education and preparedness regarding farm equipment safety on the road, fire or structure collapse, storm and wind damage, criminal activity, farm chemical risks, and biosecurity. Farms that complete the training will receive a certificate to provide to their insurer and may be eligible for a credit or discount toward the farm's annual insurance premium. The value of the credit or discount will vary according to individual policies and policyholder circumstances but can be up to a 10 percent discount.

The Farm Disaster Preparation Certificate is directed to all sizes of farms and all types of products. Dairy and livestock farms are

especially encouraged to participate in the program due to their additional concerns regarding animal agriculture. The person representing a farm should be the insurance policyholder; other key farm personnel are welcome.

The certificate program will be held on **Tuesday, October 17, and Thursday, October 19, 2023**, from **6:00-9:00 PM via Zoom**. You must attend both sessions to receive the certificate. Space is limited, and pre-registration is requested by October 13. There is a \$35 fee per farm for this program. For more information about the training contact Lynn Bliven at 585-268-7644 ext. 18 or email lao3@cornell.edu. To pre-register: https://reg.cce.cornell.edu/FarmDisPrepCertTrn2023_202.

CNY DAIRY LIVESTOCK FIELD CROPS

Transición al Supervisor

October 18—November 21, 2023 | \$275 per person

Transición al Supervisor (Transitioning to Supervisor) helps to develop leaders and focuses on skills to improve communication and manage conflict. Learn how to recognize our inherent biases and how to build better working relationships. Gain insight into your leadership style and learn how to effectively lead diverse and multicultural teams.

This course is offered online using the web-based platform, Moodle, and will be taught in Spanish. Materials release on October 18 and live weekly Zoom discussions will be held on Tuesdays from October 24 through November 21 from 1:00 to 2:00 PM ET. Participation in the live sessions is highly encouraged and provides a valued opportunity for peer-to-peer learn-



ing and networking. To get the most out of the course, students should plan to spend a minimum of two hours each week on combined course activities.

For more information and registration [click here](#).

CENTRAL NY DAIRY, LIVESTOCK AND FIELD CROPS

Veterinarian Talk: Goat Husbandry and Health

October 15 | 11am—1pm
East Homer/Albright Grange
2648 Highway 13, Cortland NY 13045

FREE—but must pre-register due to limited seating

Veterinarian Dr. Kathy Baxendell DVM will discuss goat husbandry and health topics.

Hosted by the CNY Dairy Goat Society

Contact Kim Harris at KHB15@yahoo.com or (315) 560-7633 to register.





These are farmers.



So are these.



And they are too.



They ride in these.



And these.



And both of these.



They drive slow here.



But also here.



Photo Credit: FCS Financial

National Farm Safety and Health Week has recently passed, but the poster is still worth sharing and the message is important .

When traveling our local roads this fall and all year round, please slow down when you see farm machinery. They will be slow moving and our farmers will be in them! Please be patient, and drive safely.

Fall Checklist for Preparing Your Horse Property for Winter

POSTED BY ALAYNW BLICKLE

Now is the time to plan ahead for the winter months. Whether winter in your region means snow or just rain, winter in North America usually brings some type of hassle for horses owners. Tackle the hassle by making your horse property as chore-efficient as possible.

Here is a checklist of fall horse property chores to go through during the next few month in order to better prepare yourself and your horses for the upcoming winter months.

Buy your winter supply of hay.

Be sure to look for green, leafy, fresh-smelling hay without mold, weeds, dust or discoloration. Most recent nutritional recommendations are that a horse should receive 2% of its body weight in hay (or forage) per day. For the “average” 1,000-pound horse with moderate exercise, that will be about 20 pounds of hay per day or about 600 pounds of hay per month. Since hay is usually sold in bulk by the ton (2,000 pounds), one ton of hay will last about three and 1/3 months per average-sized horse. So, do the math to determine how many tons of hay you’ll need for the winter. If you don’t have the room for storing that volume of hay, perhaps a horse neighbor might. Two (or more) of you could go in on the purchase of the hay and reduce the cost for all. Another point to consider is that a couple of extra pounds of hay and reduce the cost of all. Another point to consider is that a couple of extra pounds of hay fed on extremely cold nights is the best heat source you can provide for your horse. Body heat generated by eating and digesting the hay will help keep your horse warm. One final suggestion; avoid over or under feeding your horse by always weighing hay (and grain!) feeding by eye or scoop is not accurate and wastes feed—and money.

Purchase bedding for the wet months.

Pelleted beddings are readily available and are a cost-effective alternative that are highly absorbent and compost well. Pelleted beddings come bagged and with the addition of a cover you may be able to store them outside in a very small area. Horse health benefits include that they are very low in dust, a concern if either you or your horse have respiratory issues.

Bring in footing material for paddocks, confinement areas and other high-traffic areas.

Now is the time to think about the hogfuel (chipped wood), gravel (1/2 to 5/8 inch crushed rock) or sand (coarse washed) needed for footing in sacrifice areas, paddocks, walkways, and in front of gates. These materials are more available now before demand is high. Plus, it is much easier for delivery trucks to back into paddocks and drive through pastures now rather than once these areas have become slick or muddy.

Begin a manure management program.

If you don’t already pick up manure on a regular basis, NOW is the time to start doing so. A horse creates 50 pounds of manure



Now is the time to clean as well as make needed repairs or additions to your roof runoff system. | Photo: Alayne Blicke

per day. When mixed with rainwater over the winter months, this quickly turns into 50 pounds of mud per day. Picking up manure on a regular basis it will greatly decrease that amount of mud on your farm over the winter months. All manure should be picked up at least every three days in stalls, paddocks, confinement areas and high-traffic areas.

Tarp your manure piles.

This will help keep the nutrients you are trying to save in the compost and not allow them to get washed out into the surface waters where they can cause a potential problem. Be sure to store manure as far away as possible from streams, ditches or wetlands to avoid potential environmental problems.

Spread compost.

[Early fall is a great time to spread compost.](#) Compost is a rich soil enhancement. It adds micro and macronutrients and replenishes beneficial bacteria that improve the health of soil and plants. Spread compost in pastures in early fall no more than 1/2 inch thick and no more than three to four inches per season in the same place.

Check gutters and downspouts.

Now is the time to clean and make needed repairs or additions to your roof runoff system. Think “keep clean rainwater clean” by diverting rainwater away from your paddocks to areas where it won’t get contaminated. Good places to divert to include areas on your property such as a grassy swales, dry wells, rain barrels, stock watering tanks, well-vegetated woods, or an unused portion of your pasture. Doing this will GREATLY benefit you by reducing the amount of mud your horse spends the winter standing in and making daily chores easier for you.

[Continue reading article](#)

Think Pumpkin Pie When Buying Decorations!

By Diane Whitten, Nutrition Educator for CCE Saratoga County



When you're buying pumpkins for fall decorations, buy a few small pie pumpkins so you can get dual use out of them. The pie pumpkin variety is sweeter than large Jack-O-Lantern pumpkins making them a great choice for your Thanksgiving pie. You can keep them outdoors, but if the temperature is going to be below freezing,

cover them overnight with a light blanket or sheet; don't use a plastic tarp which can cause more harm than good.

To make pumpkin puree first cut the pumpkin in half and scrape out the seeds. Baked pumpkin seeds make a great snack, so save them. If you don't mind cutting the skin off the pumpkin, chunks of pumpkin will steam or boil in about 15 minutes. Otherwise, place the pumpkin halves flesh side down on a baking tray, add about ½ cup water, cover with foil and bake at 350 degrees for about an hour or until the flesh is tender. Allow pumpkin to cool then scrape flesh from skin. Puree pumpkin in a food processor or put through a ricer or food mill. Place in a strainer lined with cheese cloth and allow excess liquid to drain off for an hour. Use the pumpkin puree in your homemade pumpkin pie. If you have extra pumpkin puree, freeze it. There are no safe canning directions for pumpkin puree or pumpkin butter, only cubed pumpkin. Like all winter squash, pumpkin is an excellent source of vitamin A. One slice of pumpkin pie provides 180% of the daily value for vitamin A.

Pumpkin Pie

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

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

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

As Halloween Nears, Help Children Face Fears

CCE Tompkins County



As Halloween approaches, parents should be aware that some Halloween costumes or decorations that seem just slightly scary or even cute to adults, may create real fears in young children. This is especially true of 3 to 5 year-olds. Many childhood fears appear and then disappear as your child progresses. At ages 3 to 5, however, some common fears are darkness, masks, ghosts, and monsters—all Halloween favorites.

Whether or not you allow your preschooler to trick or treat (with adult supervision, of course), your child will likely encounter ghouls, goblins, witches, and monsters, if not at the front door then in decorations and advertising. A monster or witch that is obviously just a kid in a costume to you can seem all too real to your child. Don't just ignore or dismiss these fears, but take positive steps to deal with them.

- Acknowledge that fear is real, even if the cause of fear is not. But don't take it so seriously that you reinforce the fear. If the case of the fear is imaginary, think up an imaginary

solution. If your child is afraid a monster will come to the door trick-or-treating, be a pretend monster tamer when you answer the door.

- Assure your child that you are there to protect him or her from any real dangers.
- Talk to your child about Halloween and costumes. If your child is unfamiliar with masks, wear one to show your child that it is just a fake face.
- Scary is not funny to a little kid. So don't set up frightening situations as a form of play.
- Never use fear as a means of control. Don't tell a child that if he doesn't go to sleep the monster under the bed will come and get him.
- Since bedtime and being alone can be frightening for a child, develop a comforting, nurturing bedtime routine. Help your child ease out of the excitement of the day and into a restful sleep by reading to her or sharing a thought.

How to Pick the Perfect Pumpkin

Pumpkins and other fall items make autumn one of the most fun seasons for decorating. The centerpiece of autumn décor is the popular pumpkin. Picking the right pumpkin in many ways is a personal preference as beauty is in the eye of the beholder. Round, squatty, oblong, with or without scratches—they all have their own character.

How to pick a pumpkin: What to look for

When choosing a pumpkin, look closely at the flesh of the orb. Avoid any pumpkins that have cracks or splits. Gently squeeze or press your fingers into the fruit. Pay close attention to the blossom end, or bottom, and around the stem. A fresh pumpkin should be solid to the touch. Avoid ones that have soft spots or sunken areas, as decay has already set in.

Selecting good quality produce will ensure that your autumn display will be long lasting. High quality pumpkins have a firm, hard rind and are generally rich orange in color. Color is not always the best indicator of maturity, as pumpkins now come in varying shades from bright orange to light orange to almost white,

Test for the maturity of a pumpkin by gently pressing your fingernail into the rind. A mature pumpkin will resist scratching. If the surface is easily penetrated, the pumpkin was picked too early and will end up rotting. Immature pumpkins do not have a long life once picked. Also check for firm, bright green stems as this indicates freshness. A dry, shriveled stem usually means the pumpkin has been picked and stored for a long period of time thus reducing its ability to remain fresh throughout the entire fall decorating season.

Carry your pumpkin in your arms, not by the stem

Holding or carrying a pumpkin should be done with care. Avoid the temptation to carry the pumpkin by the stem. The stem is not a built-in handle. Once the stem breaks off, pumpkin decay is not far behind. The stem's connection to the pumpkin is not strong enough to support the weight of the fruit. Although more awkward, grasp your hands or arms around the orange globe and carry it from the bottom.

Match the pumpkin to its purpose

Pick the right pumpkin for the job. Of course perfect can mean a lot of things. Sometimes we are drawn to flat, tall, or squatty—just about any shape to get us into the fall festive mood. But if you plan on carving a jack-o-lantern, select a large, uniform shaped pumpkin as this will maximize your creativity. If pumpkin pie or a squash dish is the fruit's destiny, then choose small, heavy fruits (sometimes marketed as pie pumpkins or winter squash because they contain more pulp than the large varieties.



How to make your pumpkin last longer

Pumpkins store best under cooler conditions. Either in the home or outdoors, they will keep for several months. Hard freezes late in the season will damage outdoor pumpkins causing them to turn to mush. Some recommend wiping the fruit off with a solution of bleach water to reduce rot and decay. This is normally not necessary but can be done.

Picking pumpkins is a great family activity and a fun way to celebrate the season.

Buy Pumpkins from Local Farms

The following are some local farms that offer pumpkins, please note this is not a complete list.

Visit their websites before heading out!

[Ellms Family Farm](#)

448 Charlton Road
Ballston Spa
(518) 884-8168

[Sunnyside Gardens](#)

345 Church Street
Saratoga Springs
(518) 584-1034

[Hayner Farm](#)

148 Route 236
Halfmoon
(518) 953-7752

[Schuyler Farms](#)

1124 Rte 29
Schuylerville
(518) 695-5308

[Bowman Orchards](#)

147 Sugar Hill Rd.
Rexford
(518) 371-204

[The Day Dream FARMER](#)

895 Route 9
Wilton
(802) 681-5595

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. Please visit websites before heading out.

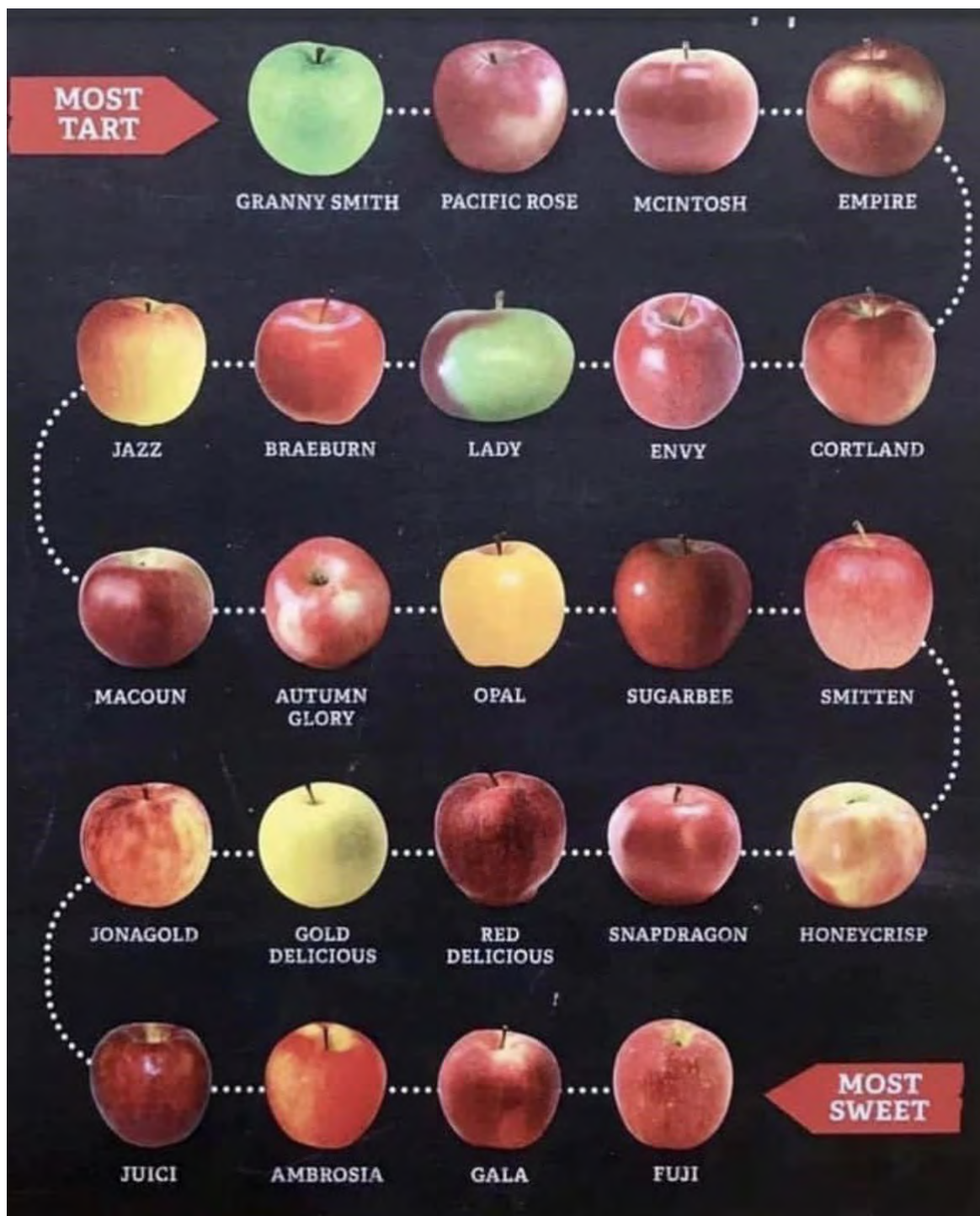
[Bowman Orchards, LLC](#) | 147 Sugarhill Rd., Rexford

[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



Mice: Damage Management

The coming of every fall often also brings with it something else: mice! Two species of mice that are common seasonal visitors to homes in which they can gain access are the deer mouse and the white-footed mouse. These mice make their way into homes in search of winter shelter after having spent the spring and summer outdoors raising young and foraging. They aptly named house mouse on the other hand, will live year-round in your house without the seasonal migration. Requiring enough space to fit their head through, about $\frac{1}{4}$ inch or larger, both outdoor species will bring in nesting material or create their own inside, chewing apart paper, insulation, foam and any other material deemed suitable for a cozy nest. These mice also begin stashing food, such as corn kernels and bird seed, which they survive on for portion of the winter.

Exclusion is the preferred method of avoiding the seasonal visits of deer mice and white-footed mice. Look for gaps in siding where the siding meets the foundation or where pipes and other utilities enter. Cracks in foundations and loose-fitting doors without proper weather stripping are other obvious places where mice can get in. And, because mice are good climbers, don't forget to check for poorly-fitted windows and disrepair around the roof, including attic vents. Mice can easily travel within walls, and without a way into the living quarters, you may never notice them. Repairs to exterior openings are necessary to avoid costly damage to wiring and other fixtures of your house. Rodent-proofing can be as simple as adding or replacing weather stripping on doors and windows, which will reduce your heating costs, to filling cracks and holes with an expanding foam sealant. Because mice are chewers, it is recommended to tightly pack steel wool into the gaps first, and then apply the foam. Metal flashing will also create a chew-resistant barrier over openings. Other kinds of repairs may be necessary, depending on the location.

Trapping is necessary to remove mice already inside. Several varieties of traps are available, including the snap trap and the box trap. The snap trap, such as the Victor® EasySet, is a kill trap and can be baited with peanut butter or moistened rolled oats. Mice travel along the edges of and behind objects, taking advantage of the protection and cover this provides. Set traps against walls, along likely travel routes, and behind objects where you have seen or suspect mice. Their droppings provide a clue to where they have been. You can improve your chances of catching mice by setting multiple traps in different locations. Consider setting two together with the bait sides opposite each other. The box trap is a live trap, which includes the Victor® Live Catch and the Victor® Tin Cat Repeating Mouse Trap. The latter is ideal if you have more than one mouse in the house. This trap has two chambers, one where the mouse enters and one where the mouse goes when it is caught. The trap is designed to automatically reset itself so that multiple mice can be caught at once. The trap works without bait and relies on the natural curiosity of mice. Again, these traps should also be set against walls and



Photo Credit: White-footed mouse, D. Gordon Robertson



Mice only require about $\frac{1}{4}$ inch or larger to fit their heads through.

along likely travel routes. Mice can be released outside, but complete repairs so these same mice do not return.

Keep in mind this additional information. First, properly store grains and other seeds in rodent-proof metal containers and avoid leaving food out overnight. We do not recommend poisons as an initial solution unless all other methods have been unsuccessful. Use of poisons can be a risk to pets and children and often means mice die in inaccessible places, which can cause odor problems. Also, glue traps, while effective at catching mice, are also not recommended, as this is generally messier and subjects the mice to a slow death due to starvation and injury. Finally, ultrasonic devices labeled as rodent repellants do not live up to company claims and independent research has not shown they are effective at rodent control.

Reference to brand names should not be taken as an endorsement but rather is used to illustrate available methods.

Timing Spring Bulb

By National Gardening Association Editors

While it may seem strange, spring-flowering bulbs need to be planted in fall in order to bloom come show time. The bulbs need a certain amount of time to get established before winter's freezing weather sets in, and they need enough time exposed to cool soil temperatures to be properly chilled. But fall doesn't occur at the same time on the calendar in San Antonio, Texas, as it does in Minneapolis, Minnesota. So how do you know whether to plant in September or November?

Tools and Materials

- Shovel
- Mulch (hay, straw, or shredded leaves)
- USDA Climate Hardiness Zone map

USDA hardiness zone map. The simplest solution is to use the USDA Climate Hardiness Zone Map as your planting guide. This map breaks the country into 11 growing zones based on average annual winter minimum temperatures. First use the map to find which hardiness zone you live in. Then follow the table below to know when to plant spring-flowering bulbs in your zone.

Hardiness Zone Average Annual Winter Minimum Temperature
When to Plant.

Zone 1: below -50°F; Early September
Zone 2: -50 to -40°F; Early September
Zone 3: -40°F to -30°F September to early October
Zone 4: -30°F to -20°F Late September to early October
Zone 5: -20°F to -10°F Late September to early October
Zone 6: -10 to 0°F Mid-October
Zone 7: 0 to 10°F Early November
Zone 8: 10 to 20°F Early November
Zone 9*: 20 to 30°F Early December
Zone 10*: 30 to 40°F Mid-December
Zone 11*: Above 40°F Late December

*Additional chilling may be needed to grow spring-flowering bulbs in these regions.

Saratoga County is Zones 4 and 5.

Tulips (*Tulipa*) uploaded by [Marilyn](#)

Special planting considerations. In coldest area (USDA Climate Hardiness Zones 1 through 4), bulbs grow and perform best if planted early enough (September) to get established before the ground freezes. Mulch the bed a month after planting with a 3-to 4-inch layer of hay, straw, or shredded leaves. This will allow the soil to stay warm enough for the bulb roots to get established and will protect tender bulbs from freezing injury during winter, especially if the snow cover is sparse.



Bulbs in warm areas. In warmest-winter area (zone 7 through 11), select bulb varieties that are best adapted to warm winters, such as wild tulips that are native to southern Europe. Most large-flowered tulips, hyacinths, and crocus will need supplemental chilling. To chill the bulbs before planting, place them in the refrigerator crisper for 8 to 18 weeks (but keep bulbs away from fruits or vegetables; they give off ethylene gas, which can cause the bud inside a bulb to abort), then plant. Since the ground rarely freezes deeply, if at all, in these areas, bulbs can be planted into December or even early January.

Tips

Even within a given climate zone, fall temperatures can vary widely from year to year. A good rule of thumb is to plant spring-flowering bulbs when the soil temperature 6 inches below the surface is below 60°F.

Bulbs that were not planted in fall at the proper time can be forced indoors this winter (see how-to project on forcing paper whites) or, if the ground still isn't frozen, planted in the garden. Depending on the severity of the winter, bulbs planted out late in the season may not flower the following spring.



Five Ways to Attract Birds This Fall

By David Mizejewski

Attracting and watching wild birds right in your own yard or garden are great activities year-round, but as migratory birds pass through on their way south and winter-resident species work to fatten up for the winter, autumn is a great time to think about how to support these feathered friends.

Here are five tips from the National Wildlife Federation and Wildlife Unlimited, our Certified Wildlife Habitat Champion, to create a fantastic habitat for your neighborhood birds this fall.

PLANT NATIVE SHRUBS



Cedar waxwings feeding on native winter-berry holly berries. Photo: Laura O'Toole

You can instantly improve the attractiveness of your yard to birds in the fall by planting native shrubs. Shrubs offer two things that birds need as the

weather turns colder or wetter: a food source and a place where they can find cover from the elements.

Choose native shrubs that offer berries to provide food for migratory birds as well as resident birds that stick around year-round. Include some evergreens in your garden to provide even more value when the weather turns cold or windy and for when precipitation (whether it's snow or rain) is heavy.

Fall is one of the best times to plant shrubs. Use our [Native Plan Finder](#) to make a list of shrubs to your area.

ADD A HEATED BIRDBATH



A heated bird bath ensures birds will have access to water even in freezing temperatures. Photo: Susan Jensen/Flickr.

Wild birds need water year-round and it's easy to provide with a simple birdbath. Birdbaths should be wide and shallow, no more than three inches deep. Birds will use the bath to get a drink and also to keep their feathers clean and good shape.

When the temperatures drop below the freezing point water can be difficult to come by. Birds will consume snow to stay hydrated if all the liquid water is frozen, but if there's no snow on the ground staying hydrated in winter can be a struggle.

You can solve that by installing a heated birdbath, or by adding a heater to your existing bath. Heated birdbaths don't make the water hot, they just keep it above the freezing point so that it stays liquid for the birds to use.

PUT UP A ROOSTING BOX



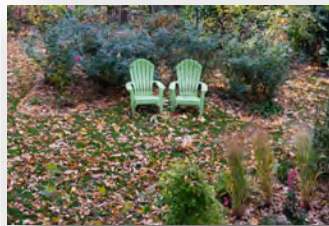
Roosting boxes offer birds a place to find cover from the elements. Photo: Jenni

A roosting box is a special kind of birdhouse that—unlike a nesting box—birds don't use as a place to raise their young. Instead, birds use roosting boxes as places to find cover when the weather turns bad.

This different function means roosting boxes have a different design than nesting boxes. The entry hole is at the bottom rather than the top, which helps trap heat and keep the box warmer than outside temperatures (since heat rises). Roosting boxes also have perches inside to allow more birds to fill in the interior space. The more birds that pile in, the more their collective body heat helps them stay warm.

Mount the roosting box on a pole or in a tree and look in the evenings or the early morning for birds coming and going from this supplemental shelter.

LEAVE THE LEAVES



Keep some fallen leaves on your property as a natural mulch. Many birds forage in the leaf litter or rely on the insects that emerge from it in spring. Photo: [nkbimages](#)

In the fall, deciduous trees and shrubs drop their leaves. In nature, these leaves protect the root zone of the plants from extreme temperatures and exposure, help retain soil moisture, suppress weeds, and nutrients back into the soil as they decompose. Fallen leaves are Mother's Nature's natural mulch and fertilizer.

Yet many of us spend our fall weekends raking or blowing all the leaves away. Not only is this wasteful, leaving the fallen leaves in the autumn provides a food source for birds. That's because many insects and other invertebrates overwinter in the leaf litter. Nonmigratory birds forage in the leaf litter searching for insects and spiders after it's too cold for those invertebrates to be active.

Many butterflies and moths overwinter in the leaves as either caterpillars or pupae. In spring they emerge as adults, mate, lay eggs and produce new caterpillars. Those spring caterpillars are the primary food source for baby birds. If you remove all of your leaves this fall, you wipe out a major food pantry for the birds next year.

Here are [more tips](#) on how to leave the leaves for birds and other wildlife.

Continued on next page

PUT UP THE FEEDER



Bird feeders can supplement the natural foods provided by native plants. Here a blue jay enjoys a treat. Photo: Brad Mears

Wild birds rely first on natural foods they find in the landscape, so plant lots of native plants that provide seeds and berries and the insects that birds rely on as a food source.

But there's nothing wrong with adding a few feeders to supplement those natural foods. There are many different kind of bird

feeders. They come in different shape and sizes and some are meant for certain kinds of foods, so you'll have a lot of options.

A good feeder should be easy to clean—regular washing is

necessary to prevent spreading disease and seed spoilage—and made of durable materials such as metal, hard plastic or wood to minimize weathering or damage by squirrels.

Black oil sunflower seed is a favorite of any bird species that will visit a feeder and a great choice. You can also offer special seed blends that target different kinds of birds. Some feeders are designed to offer nuts, suet or peanut butter-based cakes, which are high calorie foods that can give local birds a boost in cooler months.

No matter what kind of feeder you choose, fall is a great time to add one to your yard or garden.

HOMESTEADING



THE UNIVERSITY OF MAINE COOPERATIVE EXTENSION

Let's Preserve: Green Tomatoes

By Kathy Savoie, UMaine Extension educator



At the end of the growing season most home gardeners have loads of ripe and green tomatoes. They can be picked and managed so you have tomatoes and tomato-based products for the months to come. Following is tips on how to preserve green tomatoes.

Ripening Green Tomatoes

Select mature tomatoes that are green to slightly pink. They will ripen indoors in time if handled properly. First, remove the stem and dip each tomato in a solution made of household bleach mixed with water (add 1 tsp. bleach to 1 quart water). Dry each tomato off. This process will kill bacteria on the tomatoes which would cause them to spoil before they can ripen.

Sort according to ripeness. Spread newspapers in a carton. Place a layer of tomatoes in the box. Cover with another layer of newspapers. Close the box and keep at a temperature between 55°F and 70°F. At 65°F to 70°F, the tomatoes will ripen in about 2 weeks. At 55°F to 60°F, they will ripen in about 3 to 4 weeks. Be sure to check the tomatoes weekly for ripeness and to remove any that have spoiled.

Hot Dog Relish

- 2 quarts green tomatoes, chopped or ground
 - ½ cup pickling or canning salt
 - 2 quarts cucumbers, chopped or ground
 - 2 Tablespoons mixed pickling spices
 - 1 quart onions, chopped
 - ½ teaspoon cayenne (red) pepper
 - 3 sweet red peppers, chopped (2¼ cups)
 - 1½ cups cider vinegar (5% acidity)
 - 3 carrots, peeled and ground
 - 3 cups sugar
1. Chop or grind vegetables; place in a large bowl. Sprinkle with salt and allow to stand overnight in refrigerator or for 6 to 8 hours. Rinse and drain thoroughly.
 2. Tie spices in a spice bag. Place vinegar and sugar in a large kettle and add the spice bag. Bring to a boil and then add vegetables. Simmer 15 to 20 minutes or until vegetables are partially cooked.
 3. Pack hot mixture into clean, hot pint canning jars. Cover vegetables with vinegar solution, leaving ½-inch headspace. Wipe jar rim. Apply dome lid and screwband and adjust band to fingertip-tight.
 4. Process jars in boiling water bath canner for 10 minutes.

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Let's Preserve: Green Tomatoes

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Dilled Green Tomato Pickles

- 1 gallon small firm green tomatoes
 - Dill (1 head/jar or 1 tsp dill seed/jar)
 - 3 to 4 stalks celery
 - 1 quart distilled vinegar (5% acidity)
 - 5 to 6 green sweet pepper
 - 2 quarts water
 - Garlic (1 or 2 cloves/jar)
 - 1 cup pickling or canning salt
1. Pack cleaned green tomatoes into clean, hot jars. To each quart, add a stalk of celery and 1 green pepper, seeded and cut into quarter. Add 1 head of dill and 1 or 2 cloves garlic.
 2. Combine vinegar, water and salt. Bring to a boil and pour over the vegetables, leaving ½-inch headspace. Wipe jar rim. Apply dome lid and screwband to fingertip tight.
 3. Process jars in boiling water bath canner for 15 minutes. Allow to stand 4 to 6 weeks before using in order to develop flavor. Note: This amount of liquid fill approximately 6 quart jars.

Green Tomato Mincemeat

- 4 quarts green tomatoes, cored and chopped
 - ½ cup cider vinegar (5% acidity)
 - 2 quarts tart apples, pared and chopped
 - 1 cup bottled lemon juice
 - 1 orange, grated, peeled and chopped
 - 2 tablespoons cinnamon
 - 2 pounds cinnamon
 - 2 pounds seedless raisins
 - 1 teaspoon nutmeg
 - 4 cups brown sugar, packed
 - 1 teaspoon ground cloves
 - ½ teaspoon ground ginger
1. Chop tomatoes and apples. Grate orange pee; chop flesh of orange.
 2. Mix all ingredients together and heat to boiling. Simmer until mixture thickens somewhat, about 35-40 minutes.
 3. Pour boiling hot mixture into clean, hot pint or quart canning jars, leaving ½-inch headspace. Wipe jar rim. Apply dome lid and screwband and adjust band to fingertip-tight.
 4. Process jars in a boiling water canner for 15 minutes.

Green Tomato Salsa

- 5 cups chopped green tomatoes or tomatillos
 - 6 cloves garlic, finely chopped
 - 1½ cups seeded, chopped long green chilies
 - 1 Tablespoon ground cumin
 - ½ cup seeded, chopped jalapeno peppers
 - 1-3 Tablespoons oregano leaves
 - 4 cups chopped onions
 - 1 Tablespoons salt
 - 1 cup bottled lemon or lime juice
 - 1 teaspoon black pepper
1. Combine all ingredients in a large saucepan. Stir frequently over high heat until mixture begins to boil, then reduce heat and simmer for 20 minutes, stirring occasionally.
 2. Ladle hot into pint jars, leaving ½-inch headspace. Wipe jar rim. Apply dome lid and screwband and adjust band to fingertip-tight.
 3. Process jars in a boiling water canner for 15 minutes. Yield: 5 pints.

Canned Slices

Wash, core and slice green tomatoes. Pack loosely in pint or quart canning jars. To insure safe acidity, add 2 tablespoons of bottled lemon juice or ½ teaspoon of citric acid per quart of tomatoes. For pints, use 1 tablespoon of bottled lemon juice or ¼ teaspoon citric acid. Cover with boiling water to ½-inch of top of jars. Add ¼ teaspoon of pickling or canning salt to each jar if you wish. Process pints 40 minutes and quarts 45 minutes in boiling water bath. To use, drain slices and prepare according to a recipe for green tomatoes as a vegetable, main dish, or dessert.

Freezing Green Tomatoes

Wash and core tomatoes without peeling. Cut in slices or cubes and spread in a single layer on a cookie sheet and package frozen pieces in containers or plastic freezer bags. Use in almost any recipe for vegetables, main dishes, salads or desserts. Frozen slices may be dipped in flour and fried in hot oil without thawing. Salt and pepper to taste.

Dried Green Tomatoes

Peel and core green tomatoes and chop in cubes ½-inch or less in size. Dry in food dehydrator at 140°F. When perfectly dry, store in glass jars or freeze. Soak one hour in an equal amount of water before using in any recipe called for chopped green tomatoes.



Homegrown Potatoes



Potatoes are a popular crop to grow in home vegetable gardens. However, there's a lot to know about growing and harvesting potatoes properly. Here are some tips on growing, harvesting and addressing common problems sometimes seen on potatoes.

When should I harvest potatoes?

Potatoes can be harvested when the tubers are small and immature, known as new potatoes, or when the crop is fully mature. New potatoes are dug when the plants are still green and the tubers are greater than 1 inch in diameter. New potatoes should be used immediately, as they do not store well.

Potatoes grown for storage should be harvested after the vines have died and the crop is mature. To check crop maturity, dig up one or two hills after the plants have died. If the skins on the tubers are thin and rub off easily, the crop is not fully mature. Allow the crop to mature for several more days before harvesting the potatoes. When harvesting potatoes, it is best to avoid bruising, skinning or cutting the tubers. Damaged potatoes should be used as soon as possible.

Before storing the potatoes, cure the tubers at a temperature of 50-60 degrees Fahrenheit and high relative humidity, about 85-90%, for two weeks. The curing process allows minor cuts and bruises to heal and the skin to thicken. Once cured, store potatoes at a temperature of 40 F and relative humidity of 90-95%.

How can I control Colorado potato beetles?

The Colorado potato beetle is difficult to control. The first line of defense is hand-picking. Remove beetles, eggs and small larvae by hand from infested plants as soon as they are noticed. Removing overwintering beetles that appear on young plants in spring is especially important. Hand-picking can be effective for a few insects on a few plants in smaller gardens but is impractical for larger gardens.

Row covers can be used to exclude adult beetles from plants in spring and prevent egg-laying. This method is only effective if you are growing potatoes in an area where adults are not overwintering and will not emerge from the soil underneath the row cover.

Control with insecticides is possible but difficult, as Colorado potato beetles have developed resistance to many of the commonly available insecticides. When using insecticides, consider timing, coverage and insecticide choice. Timing is critical. Small larvae are much easier to control. Only use insecticides labeled for use on Colorado potato beetle in the home garden and apply according to label directions. Spray early and spray often. Apart from synthetic pesticides, organic pesticides, such as spinosad and neem, can be used but are only effective on very young larvae.

Why are my potatoes knobby?

Fluctuations in soil moisture levels during tuber development may cause knobby potatoes. Watering regularly, about once a week, during dry periods will help prevent this problem.

Why are my potatoes covered in rough, corky patches?

Rough, corky patches on the surface of potato tubers are due to potato scab. Potato scab is caused by the bacterium *Streptomyces scabies*. Though unsightly, scabby potato tubers are still edible. Simply peel the potatoes before use.

Potato scab is most common in alkaline soils (soil pH above 7). However, altering the soil pH is difficult and not practical for most home gardeners. The incidence of potato scab can be reduced by planting certified, disease-free potatoes in spring. Choose cultivars that possess good resistance to potato scab. Also, rotate the placement of potatoes in the garden. If possible, plant potatoes in the same garden area only once every three or four years.

Why are some of my potato tubers green?

The potato tubers were likely exposed to light in the garden or storage. The skin on tubers exposed to light turns green due to the formation of chlorophyll. The chlorophyll itself is not a problem. However, higher levels of glycoalkaloids also develop in the green tissue. Green tubers have a bitter taste when eaten. They may also cause an upset stomach and more serious health problems.

Tubers with small green areas can be safely eaten if the green portions are cut off and discarded. It would be best to discard potatoes that are largely green.

When growing potatoes in the garden, hill soil around the base of the potato plants to prevent the tubers from being exposed to light. After harvesting, store potatoes in a dark location.

What are the small, round, green objects resembling miniature tomatoes on my potato plants?

The small, round, green objects are the true fruit of the potato plant. Potatoes bloom in late spring, but most flowers dry up, drop from the plant and don't develop into fruit. The fruit that do develop are relatively small and inconspicuous and often go unnoticed by most gardeners.

Potato fruits are not the result of cross-pollination of tomatoes with potatoes. Tomatoes and potatoes belong to the Solanaceae or Nightshade Family. Because they are in the same family, the flowers on tomatoes and potatoes are similar. The shape of the fruit is also similar (albeit smaller).

Potato fruits are of no real value. The small fruit should not be eaten as they contain a poisonous alkaloid (solanine). The fruit are not useful for planting purposes as potatoes don't reproduce true from seed.



This morning my wife sadly said, "The hummingbirds are long gone". They are always fun to watch and will be missed.

Taking stock, potatoes are in the root cellar. It was a good year for winter squash. Butternut yield was above any expectation I had. I didn't even mind a deer eating a huge one near the edge of the plot.

I think my wife is happy we are ending tomatoes; and the bean plantings in August is paying off big time.

Our high tunnel continues to give us juicy red tomatoes and eggplant. Beans and beets are also on the menu. Being new to us, we are still learning how to best use this new space. What I can tell you is the vegetables seem cleaner at harvest and the wind (on outside plants) seems to do more to take a toll on plants than I had ever thought.

October is a time to do the "walk around" and decide if you want to look at your Homestead for the winter once things freeze in. If not, get things in order. Put tools up on a pallet and cover. Clean off hand tools and maybe a coat or two of varnish on the wood handle. I drilled a hole on the top of each wooden handle to put a few drops of linseed oil. I don't know if it helps the

life of the handle, but they seem to last longer. Or maybe I am just not as strong as I used to be.

I zip around with the mower to mulch the sugar maple leaves. But, when they all fall at once (which sometimes happens) I rake them over to the garden and till them in. The worms always send a thank you card...

Mice are not your friend. They make a mess of any situation. Traps work but only get them 1 at a time. I now use a 5 gallon pail (with a few inches of water and a drop or two of soap) and a walk the plank set up. They drown and I move this set up to outbuildings and it really lowers the population. Don't wait for later or they will be looking at you on ice instead of water.

Halloween and the pumpkins that are a byproduct is a great opportunity for "fun feed" for your layers (or turkeys). They store well and can be an added food for those critters into December.

Enjoy the few warm days that will show up. Take a walk in the woods, look at the game trails in the muddy areas. They could come in handy when a certain season arrives in November.

Herb



NYS DEC

Are You Ready for Hunting Season?



Purchasing a License

Hunting, trapping, and fishing licenses can be purchased at over 1,200 agent locations throughout New York State, over the phone, via the DEC call center at 1-866-933-2257/M-F,

8AM-5PM, Sat. (AM-5PM (extended hours Aug 1-Nov 30), M-F 7AM-7PM, Sat. 9AM - 5PM), and online through DEC's Automated Licensing System (DECALS) at www.dec.ny.gov/permits/6101.html.

You can also locate a license issuing vendor from the DECALS website. All major credit cards are accepted online and over the phone.

Mandatory Hunter Education

A hunter education course is required for persons who cannot provide proof that they have ever possessed a hunting license. You must be at least 11 years of age to take this class. The general course is an in-person or online course offered by DEC and is a minimum of seven hours in length. Once the course is complete, the individual must have the DEC hunter education certificate added to their DEC licensing profile. This can be done anywhere licenses are sold or by calling 1-866-933-2257. DEC honors hunter education certificates and sporting licenses from all other states and countries that meet IHEA-USA requirements.

For more information visit: [2023-2024 New York Hunting & Trapping Guide Features \(ny.gov\)](http://2023-2024%20New%20York%20Hunting%20&%20Trapping%20Guide%20Features%20(ny.gov))

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!



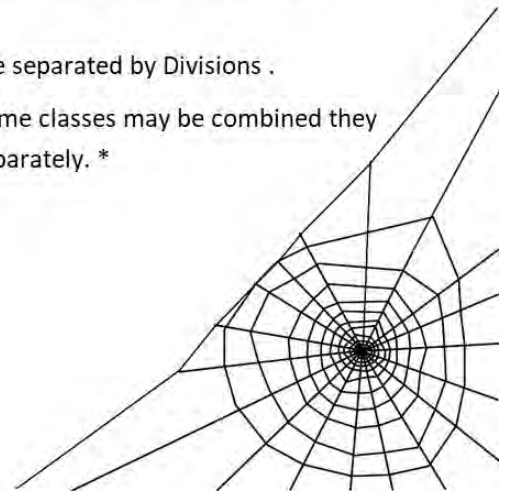
Divisions

- 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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