

July 24, 2023

Volume 4 Issue 15

An Experience of a Lifetime!



At the end of June, three of our 4-H Shooting Sports members (Rachel Wilbur – Archery, Paige Cook – Archery, and Amber Cook – Shotgun) traveled to Grand Island, Nebraska to compete in the 2023 National 4-H Shooting Championships. These young women are the first group from Saratoga County to ever compete at the State level; Saratoga County 4-H was beyond excited to hear they advanced to Nationals. The following are their experiences in their own words:



Nationals wasn't what I was expecting, but I can say it was better than I ever thought it would be. The people there were so nice and encouraging which made it feel like it wasn't a competition and we were just there

having fun, and the people in charge were incredible with organizing and keeping things in line. It was an amazing experience and introduced a different level of competition. I am so happy I was given the opportunity to represent NYS after qualifying this past fall and I am beyond grateful for the amount of endless support from my county, leaders, teammates, friends and family. – **Rachel Wilbur**



Above L to R: Rachel Wilbur, Amber Cook, and Paige Cook

work, the dedication, the hard days and the countless dead ends that I seemed to be hitting, all of it was worth it. The best week I could've asked for. – **Paige Cook**



Going to Nationals was such an amazing opportunity and experience. After months of fundraising and practicing, finally getting to Nebraska was so exciting! The events I competed in were pretty intense, but I had so much fun, learned a lot, and I am so grateful for the experience. As much as I loved the competing aspect itself, the best part of going to Nationals for me was getting to meet and spend time with so many other Shooting Sports

kids. It was so surreal to be surrounded by over 700 other 4-H youth from 42 states who shared the same passion that I have for Shooting Sports. Nationals was filled with amazing competition and the start of so many friendships, and I hope that other New York State Shooting Sports kids continue to attend - it's worth every bit of fundraising and work that goes into getting ready for it. – **Amber Cook**



This June I went to the shooting sports nationals, where I was able to experience the best 4-H trip I've ever been on. I competed in archery and almost doubled all of my scores from the State Championship. I met so many amazing people and got to do so many things that were completely out of my comfort zone, for example, swing dancing and going down water slides. I also became friends with so many people that I

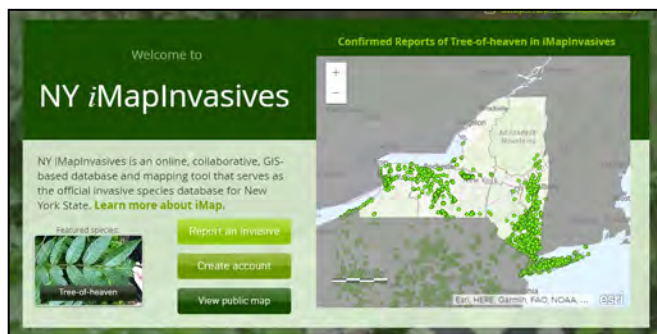
would've never guessed I would like. Meeting people, seeing new things, connecting with my teammates and feeling closer with my family, truly made it all worth it. Getting to Nationals, the

Elm Zigzag Sawfly: A new exotic pest in New York

Keep your eyes peeled for the dizzying signs of the elm zigzag sawfly, a new exotic pest in New York!

The elm zigzag sawfly (*Aproceros leucopoda*) is an insect that only eats elm leaves and can cause severe defoliation (leaf loss) that threatens tree health. They get their name from the easily recognizable “zigzag” feeding pattern larvae create as they chew through leaves. However, when most of the trees leaves have been eaten, the zigzag pattern may not always be as clear because larvae will eat all the leaf tissue down to the vein.

If you see the zigzag pattern, or suspicious defoliation of elm trees, please report it on <https://www.nyimainvasives.org/>, or email photos to foresthealth@dec.ny.gov.



Above: “Zigzag” feeding pattern of insect’s larvae
Left: Larvae and destruction on leaf



Above: Elm Zigzag Sawfly
Photo credit: Peter Smith

Melvin D. Wrisley Memorial Scholarship



Applications will be received from **now until September 15, 2023** for the Melvin D. Wrisley Scholarship Award. Selection will be made by a committee appointed by the President of Cornell Cooperative

Extension of Saratoga County Board of Directors.

Criteria will include a demonstrated interest in agriculture, satisfactory completion of at least one year of an accredited New

York State College, character, leadership, and service.

Preference may be given to applicants from Saratoga County and those with special interest in farming and pursuing an agricultural degree.

To receive an application, email Wendy McConkey at wlm8@cornell.edu or call (518) 885-8995.

CAR SEAT SAFETY

Nationally, 80% of all car seats are installed incorrectly! Get a FREE Car Seat Check by Nationally Certified Instructors and Technicians.

To have your car seat(s) checked, contact Cindy for an appointment at cjd53@cornell.edu.



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.



Beef Quality Assurance Training



Beef Quality Assurance is a national program that provides science based management practices that enhance carcass quality and safety and improve animal care. BQA works to return more profits to producers and to ensure consumer confidence in the beef supply. The BQA program is funded by the

national Beef Checkoff and is producer based, voluntary and locally led. In NYS it is coordinated through a combined effort of the New York Beef Council, Cornell University and the New York Beef Producer's Association.

The trainings include a classroom as well as hands on chute side training. At the end of the training producers will receive Level 1 BQA certification. Producers who establish a Veterinary Client Patient Relationship (VCPR) with their local vet will then receive Level II Certification. Certification is valid for 3 years.

Topics covered include cattle nutrition, handling and vaccine protocols.

Event Details

Date: August 7, 2023

Time: 5 PM—7 PM

Location

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

Cost

Registration: \$15.00
(addl attendee \$15.00 ea.)

Host

Central New York Dairy and Field Crops

Ashley McFarland
315-604-2156

[email Ashley McFarland](mailto:ashley.mcfarland@centralnydc.org)

Cornell High-cannabinoid Hemp (*Cannabis sativa*) Field Day

The Cornell Field Day will incorporate multiple workshop-style talks on several topics including biochemistry, genetics and breeding, pest management, and high-cannabinoid production. It will also involve discussion panels on the current legal and education environment in NYS. This hands-on field day will have interactive workshops offering DEC credits on soil, disease, and pest management. Digital ag applications and updates on the USDA germplasm repository will also be included.

Some of the workshops will demonstrate pest management and disease identification including management options will be used to educate growers. Cornell's researchers, students, and Extension educators along with CCE staff will instruct participants and facilitate peer-based learning.

Event Details

Date: Thursday, August 10, 2023

Time: 5 PM—7 PM

Location

Cornell AgriTech
630 W. North Street
Geneva, NY 14456

Cost

Registration: \$30.00 (lunch is included)
[Pre-registration is required.](#)

Interested in Larger-Herd, Low-Overhead Dairy Grazing?

Here are some options to learn more about the larger-herd, low-overhead dairy grazing system:

- Read the report describing this system and its financial performance
- Join the monthly discussion group on this subject.
- Participate in a multi-day farm tour, scheduled for September 2023
- For those seriously considering this system, request initial technical and financial planning services (cost covered by the Northeast Dairy Business Innovation Center).

For information on any of the above options, please contact Jon Winsten at winsten.vt@gmail.com

The Benefits of Grazing Horses at Night

Grazing horses at night can help keep them at a healthy weight and reduce their sugar intake.



Grazing your horses at night can be a tool to beat the heat, bugs, and weight gain.

Night turnout is a much-welcomed relief from the pestering flies and grueling heat of hot summer days. It's also a great way to have horses on grass for extended periods while reducing the risk of them becoming overweight.

"Night grazing is a tool for managing horses on pasture to keep horses from becoming overweight," said Katy Watts, plant biologist, former agricultural research, and owner of Safergrass.org, a business focused on managing sugars in grasses. "The natural cycle of pasture plant is such that when the sun goes down the plants stop photosynthesizing and producing sugar. As the night progresses, (the plants) use the sugars (they produced during the day) to grow."

A metabolically normal horse—one not [insulin resistant](#), Cushingoid (has [pituitary pars intermedia dysfunction, or PPID](#)), or [laminitic](#)—that can handle eight hours of pasture during the day but is starting to gain too much weight will benefit from nighttime turnout.

I am a firm believer that there are a lot of good things in pasture that you just can't get in hay," said Watts. "And I have always been an advocate of allowing horses as much access to pasture as possible as long as they don't get fat. It's not healthy to be fat."

These guidelines are for North American summers where sugars in the plant's diurnal (daily) cycle are lowest at 3 a.m. and start rising again after sunrise. At extreme latitudes, as would be the case in places like Scotland or Alaska, the diurnal rhythm is compressed, and long daylight hours means plants are producing sugars well into the night.

Another low-sugar alternative to night grazing is turning horses out on pasture in the early morning, around 6 a.m., and bringing them in around 10 a.m. when plant production of sugar becomes high again. "This is especially useful if you are a morning person," said Watts. "It all depends on when people go to work and their sleep cycle. If you are an early riser, it might work better getting up early and just putting them out for a few hours and then again (putting them out) in the evening."

Once overnight temperatures drop below 40 degrees, be wary of night grazing. "When we get a hard frost that (summer growing) cycle is over, and sugar levels will remain high through the night," said Watts. The end of summer signals a hard stop to night grazing for most horse, especially for those with metabolic conditions such as PPID or laminitis.

Because PPID horses often have insulin regulation issues, reducing sugar in these individuals' diets is usually beneficial. Along with your veterinarian's advice, limited early morning grazing might be the safest choice for them. It could be a way to allow

them a long turnout time without compromising their safety and to keep them needing a drylot.

Just be observant and flex," Watts said. "Are your horses getting fatter or thinner?" Adjust your grazing schedule accordingly.

Tips for Grazing Horses at Night

If you have horses that might benefit from night grazing, check out these do's and don'ts:

Dos:

- Secure perimeter fencing, and be sure all gates are latched properly.
- Have a plenty of fresh water available for horses in their grazing area. Studies with other livestock show animals graze more and are less likely to test fencing when they have both food and water.
- If [mosquitoes](#) or nighttime insects are a problem, use fly repellent before putting horses out.
- Implement a [rotational grazing](#) program to avoid overgrazing. The greatest amount of sugar in short grass plants is in the bottom 3 inches, or the seedhead in tall grass. For more help designing a rotational grazing system for your property, contact your local conservation district, extension office, or the Natural Resources Conservation Service.
- Treat each horse as an individual. Just like with people, one horse's dietary needs might not be the same as another's.
- Learn what your horse's healthy weight should be. Seek help from a veterinarian, equine nutritionist, forage agronomist, and/or professional experienced in this area, especially if you have an at-risk individual metabolically (PPID, laminitis-prone, etc.). Make any changes in diet gradually to give the horse's gut time to adjust.

Don'ts:

- Don't overgraze pastures. The greatest amount of sugar in a grass plant is concentrated in the bottom 3 inches or the seedheads. Overgrazing kills grass and encourages weeds that might be higher in sugar than the grass.
- Don't graze during cool weather (40 degrees or lower), especially if there is frost. Pasture plants store carbohydrates at very high levels during these times, making them extremely high in sugars and dangerous to graze.
- Don't be fooled by the late summer brown grass—brown, yellow, or dried grasses can be very high in sugars. Pastures are healthiest for horses (lowest in sugars) during the active growing season when plants are green and not stressed. Therefore, graze horses during the active growing seasons (spring and summer) and limit grazing of dried-out pastures.

Maintaining a Perennial Garden

By National Gardening Association Editors

Perennial gardens require less maintenance than lawns, but they do need regular care to look their best and stay healthy. The following tasks are arranged in order of frequency from weekly to annually.

Tools and Materials

- Scissors or hand pruners
- Trowel
- Water source, soaker hose or sprinkler
- Hoe with small, sharp blade
- Half-moon edger or garden spade
- Lawn rake
- Steel rake
- Perennial plant fertilizer
- Organic mulch

Remove spent flowers. Using scissors or hand pruners, snip off flower stems just above a leaf or bud when they finish blooming to prevent them from forming seeds. Pick off damaged leaves.

Inspect for pests and problems. Look for leaves with holes or ragged edges; sticky, discolored or spotted leaves; chewed or abnormally growing flowers or buds; or damaged stems. If you discover a problem, take samples of the damaged plant to a garden center with experienced staff or contact cooperative extension service Master Gardeners in your area for identification and advice.

Water. Dig into the top 2 to 3 inches of soil with a trowel. If the soil is dry, water until the soil is moist to a depth of 6 to 8 inches. Soaker hoses and drip irrigation pipes apply water more efficiently than overhead sprinklers. Avoid wetting plant leaves late in the day to prevent the spread of some plant diseases.

Pull Weeds. Remove weeds as you see them on your daily or weekly inspection. Use a hoe with a small, sharp blade to slice them off just under the soil surface, or pull them by hand.

Edge the beds. Keep the edges between your garden and lawn well defined and tidy with a half-moon edger or garden spade. Facing the garden, push the tool blade straight down into the edge of the turf about 3 to 4 inches. Pull the handle toward you to remove a wedge of soil. Repeat around the perimeter of the garden. Compost the turf scraps.

Fertilize and mulch. Early in the spring, fertilize with a granular, slow-release fertilizer formulated for perennial gardens. Follow package recommendations for the correct amount to apply. Replace or renew organic mulch, such as shredded bark or leaves.



Daylilies (*Hemerocallis*)
Uploaded by [Newyorkrita](#)

Seasonal clean-up. In cold-winter climates, protect tender plants after the ground freezes with a 4 to 6 -inch layer of loose mulch. Cut back perennials to within 8 to 10 inches of the ground after the tops die back or leave them uncut for protection against the cold. In spring, cut back all dead stems to the ground and rake out the debris.

Tips

Keep asters and chrysanthemums more compact by pinching a couple of inches off their growing tips when they reach 12 inches tall in spring and again in mid-summer.

If weeds get away from you, concentrate first on weeds with flowers or seeds, and then tackle one square foot at a time.

RESOURCES

[Perennials](#), a 3-page pdf from CCE of Suffolk County, includes information on soil preparation, propagation, recommendations on east-dare perennials, and recommended publications.

Cornell Horticulture offers an illustrated list of their top 15 perennial-and-bulb combinations on their website at:

<http://www.hort.cornell.edu/combos/FeaturedCombos/Best15Combos/>

[Dividing Perennials](#) is a 5-page handout from CCE Chemung that covers how and why to divide some common perennials.

Water for Wildlife: Bird Baths

Adding a bird bath to your yard is the easiest way to provide drinking and bathing water for birds.

Although backyard feeders are a popular way to attract birds, providing a source of water is equally important for creating a wildlife friendly yard. By adding a bird bath, you provide necessary water not only for birds but for many other species as well.

BIRD BATHS

Adding a bird bath to your yard is the easiest way to provide drinking and bathing water for birds. A bird bath does not need to be elaborate or expensive, and it can be made with materials found around the house. Bird baths require only a small amount of care and maintenance, and they will attract not only birds but other animals as well.

TYPES

In general, birds that typically feed at bird feeders, such as the black-capped chickadee, house finch, and tufted titmouse, are most likely to use a bird bath located aboveground. Adding another bird bath on the ground may also attract less common backyard birds species, since this type of bath more closely mimics a natural stream or pond. Ground-level baths also provide water for many other animal species, such as chipmunks and squirrels. Having both types allows you to provide water for the greatest variety of wildlife species.

Bird baths come in a variety of sizes and materials, and they can be found at most garden, home, and pet stores. They range from about twenty dollars for a simple hanging terra-cotta or pedestal concrete bath to several hundred dollars for a cast iron or aluminum bath. You can make an inexpensive bird bath from materials found around the house, such as the inverted lid of a garbage can or a large terra-cotta plant saucer. Either place these directly on the ground or attach them to a rope or chain and hang from a tree branch.

Whether you buy or make a bird bath, keep in mind what is most attractive to a bird. Birds do not like slippery surfaces, and baths made out of materials such as glazed pottery or smooth plastics are not as attractive as those with a rough surface, like concrete or terra-cotta. If you already have a bird bath, or are making one, provide a nonstick surface by adding a few small rocks or even bathtub stickers. In addition, birds will only use a bath with shallow water, no more than two to three inches of water at the deepest.

Another way to attract birds to your yard is to add a dripping or misting water feature. A dripper adds water slowly to a bird bath from above, creating the sound of water dropping into the bath. You can purchase one from many of the same places that sell bird baths, but you can also make a simple version with a plastic soda bottle or milk jug. Simply fill the bottle with water and puncture a small hole through the bottom. Then attach the bottle above the

bath water and allow it to drip in (it will need to be refilled daily).

A mister is another popular water feature. You can place it anywhere in your yard by attaching it to a garden hose. Many birds, especially hummingbirds, enjoy flying through the fine mist that is created. Mistifiers are also commonly sold where bird baths are found.

LOCATION

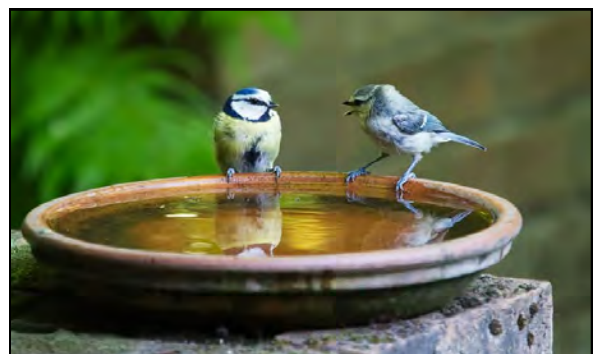
Birds like to have a safe place to drink and bathe, so it is best to place your bird bath near shrubs or some low tree branches to allow them to escape quickly if aerial predators are nearby. In addition, a shady location will keep your bath from overheating in the summer and keep algae levels low. When you have a ground level bath, however, it is important to be aware of any cats that may be able to sneak up and attack the birds using your bath. If this is a potential problem in your yard, place your ground bath someplace where the birds can see a cat or other predator approaching, typically 10-15 feet from the nearest hiding spot. Finally, do not place your bird bath underneath bird feeders, since food and droppings will dirty the bath.

CARE AND MAINTENANCE

Ideally, the water in your bird bath should be changed every day to prevent dirt and debris from accumulating. Changing the water daily in the summer also prevents mosquito larvae from hatching in your bird bath, which is a concern where the West Nile virus may be present. You should also scrub your bath with a brush, mild soap, and water every week to remove algae.

WINTER

The winter months can be especially difficult for birds and other animals, since water can be scarce. Maintaining your bird bath throughout the winter will ensure a constant supply of fresh water. A variety of heated bird baths will keep the water in your bath above freezing during the winter; there are also submersible heaters that you can place directly into the bath water. Both types require a nearby electrical outlet. Solar heaters are also available for bird baths. These work well under sunny conditions but not when it is cloudy or overcast.



Eggs: Healthy for Your Budget and Your Family

By Diane Whitten, Nutrition Educator, Cornell Cooperative Extension Saratoga County



The increased cost of food has strained family budgets, but eggs are still very affordable. They are also an excellent source of protein and other essential nutrients. Currently, eggs are less than 20 cents each, or 60 cents a meal (3 oz serving of protein). This is less than a third of the cost for a 3 oz steak. According to the USDA MyPlate.gov, a person requiring about 2200 calories a day needs approximately 55 grams of protein daily. Each egg supplies 6 grams of protein, so 3 eggs supply almost a third of the recommended daily intake of protein.

Let's Talk About the Yolk

Back in the 1980's when we learned that high blood cholesterol increased the risk of heart disease it was assumed that dietary intake of cholesterol was related to high blood cholesterol. However, since then research has shown little or no effect between dietary cholesterol and heart health. A diet high in saturated fat is related to high blood cholesterol. So now, even the American Heart Association states, *"Eating an egg a day as a part of a healthy diet for healthy individuals is a reasonable thing to do."* An egg yolk contains 4.5 grams of fat, most of which is unsaturated. This fat aids in the absorption of vitamin D in eggs, a nutrient that is important for bone and brain health, as well as a healthy immune system.

Other essential nutrients in the yolk include almost half the protein of an egg, plus vitamins and minerals, including choline, a nutrient import to brain development in children and brain function in adults. The yolk also provides the antioxidants lutein and zeaxanthin which promote eye health and reduce the risk of age-related macular degeneration.

Save Time Too

Eggs make a quick meal, especially scrambled or poached with toast and a fruit salad for breakfast, or an egg and veggie quesadilla for lunch or dinner served with black beans and rice. Egg dishes can often be made ahead of time, such as the Asparagus Stratta recipe below, so you can make it on Sunday and serve it during the week.

Support Local Farms

Since Saratoga Springs, "The Little City in the Country", is in farm country, we have access to the freshest possible eggs from local farms. A little-known fact is that the eggs you buy from Stewart's Shops come from Thomas' Poultry Farm in Schuylerville. Of course, you can also find local eggs at farmers' markets in our area, Hannaford and other grocery stores. Read the egg carton to see where the eggs come from.

Raising a healthy family on a tight budget is hard these days. Eggs can be part of your family meal plan that will help you stick to your food budget.

ASPARAGUS STRATTA

This recipe can be made with a variety of vegetables depending on what you have on hand. If you don't have asparagus, substitute it with what you do have available.



Ingredients:

- 12 (3/4") slices day old French bread (from long, thin loaf)
- 1 fresh bunch or 1 package (10 oz.) frozen asparagus cuts cooked and drained
- 2 cups skim milk
- 6 whole eggs
- 3 tbsp. lemon juice
- 1/4 cup onion, chopped
- 1 clove garlic, minced

Directions:

1. Arrange 6 bread slices on bottom of lightly greased 9X12 inch baking dish.
2. Evenly spoon asparagus over bread.
3. Top with remaining bread slices.
4. In a medium bowl, beat together remaining ingredients.
5. Pour over bread.
6. Cover and refrigerate for several hours or overnight.
7. Uncover and bake in a pre-heated 350 oven.
8. Bake until golden brown and puffed and a knife inserted in the center comes out clean- approximately 40 minutes.
9. Sprinkle with pepper if desired.

Serves 8

BASIC HARD-COOKED (not boiled) EGGS

I used to call these Hard-boiled eggs, and indeed did boil them for 20 minutes. The American Egg Board recommends the following recipe for Hard-Cooked eggs. Although the eggs are brought to a boil, the pan is immediately removed from the heat so that the eggs cook gently in the hot water. This produces tender, not rubbery, eggs and minimizes cracking.

1. Place eggs in saucepan large enough to hold them in a single layer. Add cold water to cover eggs by 1-inch. Heat over high heat just to boiling. Remove from burner. Cover pan.
2. Let eggs stand in hot water about 15 minutes for large eggs, 12 minutes for medium eggs, 18 minutes for extra large eggs.
3. Drain immediately and serve warm, or cool completely under cold running water to make it easier to get the shell off, then refrigerate.

Nutrition information: 71 calories, 5 grams total fat, 2 grams saturated fat, 211 mg cholesterol, 70 mg sodium, 6 grams protein

Hard-cooked eggs are easiest to peel right after cooling.

Store hard-cooked eggs in the shell for up to one week. Once peeled, eggs should be eaten within two days.

Put sliced hard-cooked eggs in a salad, or chop and mix with lite mayonnaise and pepper for an egg salad sandwich, or make Deviled Eggs, a great snack for both adults and kids.

Source: IncredibleEgg.org/recipes

DEVILED EGGS

Ingredients

- 12 large eggs—hard cooked
- 1/3 cup plain fat-free yogurt
- 3 tablespoons low-fat mayonnaise
- 1 tablespoon Dijon mustard
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons chopped green onions (optional)

After peeling off shells, slice eggs in half lengthwise, and remove yolks. Combine yogurt and the next 3 ingredients in a medium bowl. Add yolk; beat with a mixer at high speed until smooth. Spoon about 1 tablespoon yolk mixture into each egg white half. Cover and chill 1 hour. Sprinkle with paprika and black pepper. Garnish with green onions, if desired.

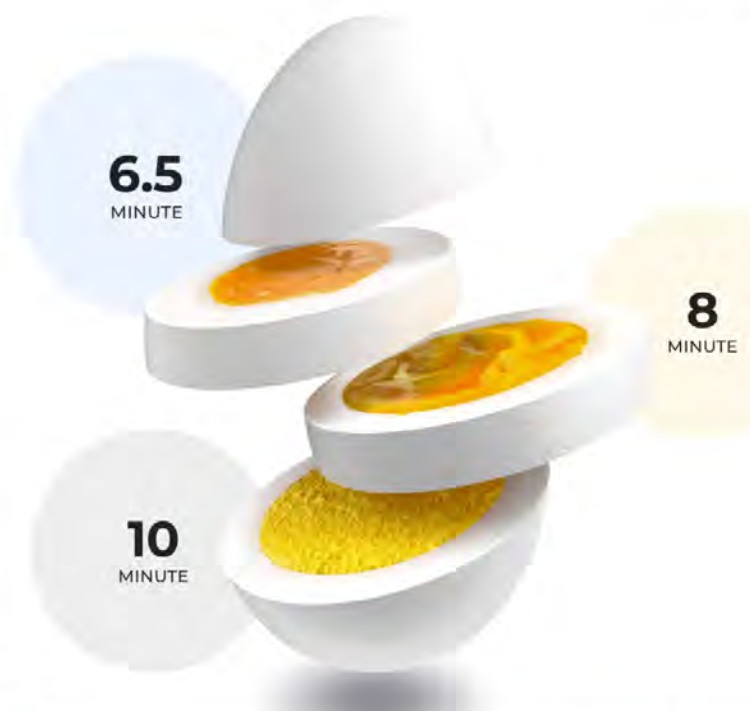


Nutritional Information: Calories: 38 (50% from fat), Total Fat: 2.1g, Sat. fat: 0.6g, Protein: 3.1g, Carb.: 1.3g, Fiber: 0.0g, Cholesterol: 80mg, Sodium: 82mg

For more creative recipes go to www.incredibleegg.org.

How long should you boil an egg?

Different cook times create a whole new experience.



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

Wednesday, August 16 | 6:00 pm-9:00 pm

Canning Tomatoes & Salsa

Learn how to can whole and diced tomatoes, plus make salsa. This class will cover the basics in a boiling water bath or steam canner, including equipment needed. Includes hands-on activity.

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.



Freezing Fruits & Vegetables: Hacks to Ensure Quality

Wednesday, July 26, 2023 | 3:00 PM—6:00 PM

Freezing is one of the easiest and least time-consuming methods of food preservation. Most food retain their natural color, flavor, and texture better than when other methods of food preservation are used. On **Wednesday, July 26 from 3-6 PM**, Diane Whitten, Cornell Cooperative Extension Nutrition educator and Certified Food Preserver, will share information on freezing fruits and vegetables and hacks to ensure quality, with 15-30 minute presentation at **3:00, 4:00, and 5:00 PM** at the **Saratoga Farmers' market on High Rock Avenue in Saratoga Springs**.

For more information, contact Diane Whitten at DWhitten@cornell.edu





JULY 26
3 - 6 pm

FREEZING FRUITS & VEGETABLES: HACKS TO ENSURE QUALITY

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,
SARATOGA SPRINGS



How to Grow and Care for Peaches

Introduction

Few treats come close to the season's first bite into a freshly harvested peach, juicy and warm from the midsummer sun.

About peaches

As with most fruit trees, the trick is to start out with the peach variety that suits your climate. Peaches will grow in USDA zones 4 to 8; they do especially well in zones 6 and 7. Standard-size trees will bear fruits at 3 years of age, dwarfs at 1 to 2 years. Most varieties are self-fertile, so it is not necessary to plant more than one tree. Choose varieties that are right for your area and resistant to disease. A standard-size peach tree will stand 15 feet at maturity if kept pruned, 25 feet if left unpruned. Dwarf trees reach 6 feet in height.

Choosing a site to grow peaches

Choose a site with well-drained, sandy soil. Avoid low-lying areas where frost settles.

Planting Instructions

Plant peaches in the spring, choosing large, vigorous 1 year-old trees. Set bare-root trees atop a small mound of soil in the center of the planting hole, and spread the roots down and away without unduly bending them. Identify original planting depth by finding

color change from dark to light as you move down the trunk towards the roots. If the tree is grafted, position the inside of the curve of the graft union away from the afternoon sun.

Ongoing Care

Prune trees to an open center shape. Thin fruits to 6 to 8 inches apart 4 to 6 weeks after bloom. Peaches are susceptible to a number of different disease and insect pests, depending on region.



Photo credit: tveguy3

Contact your Cooperative Extension office for information on managing pests in your area. Prune trees properly, thin fruit, and harvest fruit when ripe to minimize disease problems.

How to harvest peaches

Pick peaches when fully ripe. There should be no green on the fruit, and fruit should come off the branch with a slight twist. Store peaches in a cool place.



Midsummer Garden Tasks

- **Watch Watering.** If you were inspired to plant new trees and shrub in your yard, be sure to give them an inch of water every week. Mother Nature often cooperates with rain, but keep an eye on the moisture levels as the summer heats up.
- **Use Plenty of Mulch.** Be sure to add mulch to your planting. If you can bring a mulch circle out from a tree trunk to at least its drip line, the tree will grow stronger. Note: Mulch should not be piled against the trunk because it can cause disease. Spread mulch about 3 to 4 inches deep and pull it back a few inches from the trunk.
- **Remove Nursery Tags.** Another frequent observation is fluttering tags left on trees and shrubs. These tags are made of materials that don't decompose easily, and if left on can eventually choke off the movement of water and sugars through a branch or trunk. If you want to remember the name of the plant, take off the tag and any strings and stick it in a garden journal or on the refrigerator where it will always be accessible.
- **Finish Pruning.** Now that it's midsummer, finish all of your pruning. There's still time to snip junipers and yews, to prune limbs off larger trees, and to shape flowering shrubs. Every time you make a pruning cut, it stimulates new growth. New growth produced after about the middle of July may not have enough time to harden off or toughen up enough to withstand winter and may die back.
- **Stop Fertilizing.** The middle of July is also the time to stop fertilizing woody plants and perennial flowers for the same reason. You should still continue fertilizing annuals and vegetables, though, since they need the extra boost and die for winter anyway.
- **Discard Diseased Plants.** If you have any diseased plants in the vegetable or annual garden, be sure to pull them and discard them away from the garden—send them off to the city compost site or put them in your own working compost pile. Diseased tissue will be rendered harmless by hot composting, and won't be around to let spores fly back to your healthy plants.
- **Enjoy!** Sit back and enjoy!



Fall 5-Week Shooting Sports Course

Meets Every Tuesday Evening
September 12—October 10

Youth will learn the basics of Air Pistol, Archery, Muzzleloader, Rifle and Shotgun with a focus on Safety, Ethics, and Personal Responsibility.

Open to Youth 12 Years-Old and Older

Sign Up at:

http://reg.cce.cornell.edu/SC4HShootingSportsFall2023_241
or Contact Leland at glb76@cornell.edu for more information.

NEW YORK STATE 4-H SHOOTING SPORTS IS AN ACTION PACKED NATURAL RESOURCES PROGRAM FOR YOUTH & ADULTS

New York State 4-H Shooting Sports is part of the 4-H Natural Resources Program. Human growth and development is the primary goal of our programming. With an emphasis on maximum safety and the most responsible use of firearms and archery equipment, youth participants have the opportunity to gain both vocational training aspects and garner life-long recreational skills.

MEET THE BREEDS

September 9th, 2023
11:00-2:00PM



556 Middleline Rd. Ballston Spa, NY 12020



- FREE
- OPEN TO THE PUBLIC
- (518)885-8995



MEET THE BREEDS will give dog lovers the unique opportunity to meet with a variety of different dog breeds. Attendees will have the opportunity to learn about each breed's country of origin, historical purpose/function, traits, and attributes as a family pet, all while learning about responsible dog ownership and which breeds may be right for your family.

WEBSITE & SOCIAL MEDIA

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



CCE Saratoga



4-H



CCE Equine



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