



Cornell Cooperative Extension | Saratoga County

# NEWSLETTER

July 14, 2025

Volume 6 Issue 15

## 2025 Horse Farm Tour

On Saturday August 16<sup>th</sup>, Saratoga County Cornell Cooperative Extension is partnering with horse farms in Saratoga County for the **Annual Horse Farm Tour**. This is a **FREE** opportunity for the public to visit and learn about the horse industry in the county. The farms are located across Saratoga County from Schuylerville to Galway. The participating farms include Mill Creek Farm, McMahon of Saratoga Thoroughbreds, Saratoga Glen Farm, Therapeutic Horses of Saratoga, Alliance 180, Cross Timbers Ranch, and DeLuca Equine. All farms will be open from 12-4pm.

**Mill Creek Farm** is located in Stillwater and is a family-owned full-service Thoroughbred breeding farm. They specialize in individual care, boarding, breeding, and raising horses.

1019 County Route 70, Stillwater, NY 12170

**McMahon of Saratoga Thoroughbreds** breeds and raises race-horses and has been doing so for over 50 years.

180 Fitch Rd, Saratoga Springs, NY 12866

**Saratoga Glen Farm** located in Schuylerville is a full-service boarding farm that offers boarding for foaling and barren mares, yearlings, weanlings, lay-ups, and stallions. They also are a full-service consigner to major horse sales throughout the country.

100 Duell Rd, Schuylerville, NY 12871

**Therapeutic Horses of Saratoga** is a nonprofit organization that provides Equine-Assisted Psychotherapy and other healing programs for individuals dealing with mental health challenges.

683 NY-29, Saratoga Springs, NY 12866

**Alliance 180** is an equine therapy program focused on veterans, first responders, and frontline healthcare workers in Galway, New York.

5846 Jockey St, Galway, NY 12074

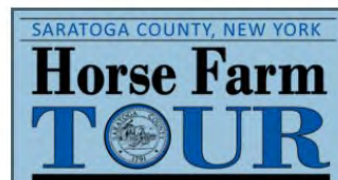
**Cross Timbers Ranch** located in Middle Grove is a western centered boarding and open lesson facility. There are both an indoor and outdoor arena, as well as private trails with all natural hills and creeks.

122 Barney Rd, Middle Grove, NY 12850

**DeLuca Equine** is the boutique training, teaching, and sales operation of Liz DeLuca. The farm is designed to be a center for horsemanship and psychology-based training.

1262 W Galway Rd, Hagaman, NY 12086

Make sure to visit some of our local horse farms on August 16<sup>th</sup> for the Saratoga County Horse Farm Tour. For any questions about the event contact Nicolina Foti at [nvf5@cornell.edu](mailto:nvf5@cornell.edu) or call the CCE office at (518)885-8995. See [Horse Farm Tour brochure](#).



August 16<sup>th</sup>, 12pm-4pm



CCE  
EQUINE





## Equine Digestive Tract Presentation

A **free** Equine Digestive Tract Presentation will take place July 30, 2025 from 6:00 pm—7:00 pm at the Cornell Cooperative Extension Albany County office, 24 Martin Rd., Voorheesville, NY 12186.

Join Mackenzie Chauncey, Kent Nutrition Group, as she demonstrates her “Gut Bucket” equine digestive system. During this presentation, you will learn about the nutrient requirements of your horse, and Mackenzie will answer your questions regarding equine feeds. This is a free event, registration with Amanda at [ajt247@cornell.edu](mailto:ajt247@cornell.edu) | 518-765-3519 is required by July 28th.



CCE Agritourism Program Work Team

## New York State Agritourism Conference

The first-ever New York State Agritourism Conference, hosted by the CCE Agritourism Program Work Team, is designed to support farms in growing successful visitor experiences. This statewide gathering will feature expert-led sessions, peer networking, and practical tools to help farms expand direct sales, education, hospitality, and entertainment offerings.

While geared towards NYS farms looking to start or expand their agritourism operation, the conference is open to educators, public officials, and tourism industry professionals who want to learn more about supporting agritourism in NYS.

### DATE:

November 10 & 11, 2025

### LOCATION:

Saratoga Springs City Center  
522 Broadway Entrance, Saratoga Springs, NY 12866

Our partners at [Discover Saratoga](#) have put together a helpful guide to Saratoga Springs, including parking, dining options, and more. View the guide [here](#).

### [VIEW CONFERENCE SCHEDULE](#)

**REGISTRATION** is OPEN for the 2025 NYS Agritourism Conference. Registration closes November 5, 2025.

### HOTEL INFORMATION

A room block for conference attendees has been reserved at the Saratoga Hilton.

The room block link will be valid until early October. The hotel is a quick two-minute walk to the Saratoga Springs City Center.

Booking Link: <https://passkey.com/go/agritourismroomblock>

## CAR SEAT CHECK

With 8 out of 10 car seats installed incorrectly; plan on coming to see us. We will have Nationally Certified Technicians and instructors to educate you on the correct installation of your car seat and how to fit your child correctly in the seat!

**Thursday, June 19 | 4 pm—8 pm**  
**New Country Toyota of Clifton Park**  
202 NY-146, Mechanicville

Appointments Required—Please call our office at 518-885-8995 to schedule an appointment.

## BOARD OF DIRECTORS MEETING

The next Board of Directors Meeting is scheduled for **September 17 at 7pm** at the Extension Office. If you are interested in attending or have questions, please contact Wendy at [wlm8@cornell.edu](mailto:wlm8@cornell.edu).

### CCE Saratoga's Board of Directors

John Mancini - *President*  
Liz Newsom - *Vice President*  
Mark Preissler - *Secretary*  
Jim Pettis, Jr. — *Treasurer*  
Tom Venditti  
Alex Guilmette  
Nancy Wade Leary  
Kevin Veitch — *Board of Supervisors Representative*  
Danielle Hautaniemi - *Cornell Representative*





## Get Your Tickets for the Best Chicken BBQ in NY State!



Get ready to put some “cluck” in your step and join us for the Annual 4-H Leaders Association Chicken BBQ on Thursday, July 24th, from 4-7 PM at the Saratoga County Fair’s Snack Bar! This year, we’re bringing the sizzle with the world famous Cornell BBQ chicken that’s sure to make your taste buds dance!

Whether you choose to pick up your feast at the **4-H Training Center** at 556 Middleline Road, Ballston Spa on July 24 from 4 to 7, or enjoy the lively atmosphere at the **Saratoga County Fair** on Thursday July 24<sup>th</sup> from 4 to 7, we promise a finger-lickin’ good time!

For just \$17, you’ll get a mouthwatering dinner featuring ½ BBQ Chicken, a perfectly baked potato, coleslaw, a dinner roll, Smith’s pie slice, and a refreshing non-alcoholic drink.

Don’t wing it—call the 4-H Office at **518.885.8995** to pre-order your meal today! Or, go to [www.sc4h.org](http://www.sc4h.org). Remember, supporting the 4-H Leaders Association means you’re investing in our local youth and agriculture, so let’s come together and celebrate community spirit! Bring your appetite and your friends, because this is one BBQ you won’t want to miss!

**SARATOGA COUNTY 4-H**

**24 JULY**  **4-7 PM**

**CHICKEN**  
 **BBQ** 

**\$17**

**4-H LEADERS ASSOCIATION**

**4-H TRAINING CENTER**  
**CARRY-OUT ONLY**

**PRE-ORDER REQUIRED** [SC4H.ORG/LEADERSBBQ](http://SC4H.ORG/LEADERSBBQ) **PRE-ORDER REQUIRED**  
518.885.8995

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**4-H LEADERS ASSOCIATION**

**SARATOGA COUNTY FAIRGROUNDS**  
**EAT-IN OR CARRY OUT**

 [SC4H.ORG/LEADERSBBQ](http://SC4H.ORG/LEADERSBBQ)   
518.885.8995



# Come see CCE Saratoga in Action at the Saratoga County Fair!

Date	Time	Event	Presenter	Location
ALL Week	10am-10pm	4-H Shooting Sports Booth - Archery, Air Rifle, & Laser		Kingsbury Way/ Cow Path
ALL Week	10am-10pm	Drive a Robot		4-H Center
All Week	10 am-10pm	Chuck Wagon Dave, Living History, Blacksmith Display		Conservation Village
Tues., July 22	11 am	Juicing - Culinary Demo	Gianna Pincheon	Townley Building
Tues., July 22	12 pm	101 Pasture Management with Horses	Nicolina Foti	Townley Building
Tues., July 22	1 pm	4-H Goat Show		Small Animal Show Ring
Tues., July 22	1 pm	Youth Activity - Buried Treasure	Marcia Martin	Townley Building
Tues., July 22	2 pm	Home Composting	Jennifer Koval	Townley Building
Tues., July 22	2 pm	Chia Jams (5 flavors)	Gianna Pincheon	Townley Building
Tues., July 22	6 pm	4-H Swine Show		
Tues., July 22	7 pm	4-H Pet Care		Small Animal Show Ring
Wed., July 23	10 am	4-H Dairy Cattle Show		Stewarts Dairy Show Ring
Wed., July 23	11 am	Juicing - Culinary Demo	Gianna Pincheon	Townley Building
Wed., July 23	2 pm	How to Take & Submit Hay Samples	Nicolina Foti	Townley Building
Wed., July 23	2pm-3pm	Making Jam (Canning)	Gianna Pincheon	Townley Building
Wed., July 23	3 pm	4-H Sheep Show		Small Animal Show Ring
Wed., July 23	3 pm	Stamping Wild Flower Seed Packets & Pollinator Story Time Youth/Adult Activity	Jennifer Koval	Townley Building
Thurs., July 24	10 am	4-H Western Horse Show		Adirondack Trust Company Horse Show Ring
Thurs., July 24	11 am	Chia Jams (5 flavors)		Townley Building
Thurs., July 24	11:30 am	Farm to Table	Caitlyn VanDeusen	Townley Building
Thurs., July 24	1 pm	4-H Alpaca Show		Small Animal Show Ring
Thurs., July 24	1 pm	Seed Sprout Necklace - Youth Activity		Townley Building
Thurs., July 24	4 pm	4-H Beef Show		Stewarts Dairy Show Ring
Thurs., July 24	4 pm-7 pm	4-H Chicken BBQ		4-H Teen Council Snack Bar
Fri., July 25	10 am	4-H English Horse Show		Adirondack Trust Company Horse Show Ring
Fri., July 25	11 am	Dehydrating Fruits/Veggies (Fruit Leather) - Culinary Demo		Townley Building
Fri., July 25	12:30 pm	Youth Activity—Seed Starting	MG Volunteer	Townley Building
Fri., July 25	1:30 pm	All About Herbs (Get a Free Book)	Jessica Luse	Townley Building
Fri., July 25	2 pm-3 pm	Juicing—Culinary Demo		Townley Building
Fri., July 25	4 pm-6 pm	Taste of Saratoga County—(Stop by to sample local culinary delights)		Townley Building
Sat., July 26	9 am	4-H Rabbit Show		Small Animal Show Ring
Sat., July 26	11 am	Chia Jams (5 flavors) - Culinary Demo		Townley Building
Sat., July 26	1 pm	Farm Animal Nutrition Trail Mix (Nut Free)—Youth Activity (first 15 people get to make & take Trail Mix)	Caitlyn VanDeusen	Townley Building
Sat., July 26	2 pm	4-H Poultry Show		Small Animal Show Ring
Sat., July 26	2 pm	Flower Arranging—(First 15 people get to take an arrangement)	Jessica Luse	Townley Building
Sat., July 26	4 pm	4-H Sheep & Goat Obstacle Course		Small Animal Show Ring
Sat., July 26	4 pm—6 pm	Taste of Saratoga County -(Stop by to sample local culinary delights)		Townley Building
Sat., July 26	6:30 pm	4-H Fashion Revue		4-H Center
Sat., July 26	7 pm	4-H Young Farmers Olympics		Stewarts Dairy Show Ring
Sun., July 27	9 am—12 pm	4-H Master Showman		
Sun., July 27	12 pm	Seed Sprout Necklace—Youth Activity	Madison Blodgett	Townley Building
Sun., July 27	1 pm	4-H Dog Show		Stewarts Dairy Show Ring
Sun., July 27	1 pm	Seed Starting—Youth Activity	MG Volunteer	Townley Building



# Buying animals for meat processing

Having a variety of meat cuts on hand whenever you want them is a great convenience. And buying meat in bulk can help you save money over time if you and your family regularly eat meat.

Many people will go in on a larger quantity of meat with family and friends to lower and spread the cost. Buying a whole animal and dividing it by two or more people is an economical way to go. But remember, there are only so many steaks, chops and roasts to go around. So make sure you know what you're getting.

There are several things to think about before you commit to buying a quarter, half, or whole animal for your freezer.

## Finding a local farmer

You can work directly with a local butcher and, often, with a local farmer to find an animal ready for processing.

1. Wm. H Buckley Farm  
946 NY-50, Ballston Lake, NY 12019  
(518) 280-3562 | <https://buckleyfarm.com/>  
Chickens and turkeys, may also do cows
2. Smiths Orchard  
4561 Jockey St., Ballston Spa, NY 12020  
(518) 882-6598 | <https://www.smithpies.com/>  
Sell smaller cuts, but need to call ahead to order a whole or half cow
3. John Vincek Farm  
89 Smith Bridge Rd., Saratoga Springs, NY 12866  
(518) 226-9028 | <https://vincekfarm.com/>  
Turkeys
4. South Farms Longhorn  
1449 Peaceable St., Ballston Spa, NY 12020  
(518) 528-5013 | (518) 505-3118
5. Anderson Acres  
52 Western Ave, Charlton, NY 12010  
(518) 882-6050  
Sells whole and half cows but need to order in advance
6. Arnolds Produce  
1319 Sacandaga Rd., West Charlton NY 12010  
(518) 705-4625 | [arnolds.produce2017@gmail.com](mailto:arnolds.produce2017@gmail.com)
7. Kilcoyne Farms  
348 New Swamp Rd., Hudson Falls, NY  
(315) 261-8434 | [cody@kilcoynefarms.com](mailto:cody@kilcoynefarms.com)  
<http://www.kilcoynefarms.com/>
8. Aisling Farm  
(518) 948-3583  
[aislingfarmsny@gmail.com](mailto:aislingfarmsny@gmail.com)  
Whole/half chicken, duck, goat

The following charts can help you make sense of the bulk meat buying process.

## Buying a quarter of beef

A typical quarter of beef from a cow with a live weight of 1300 pounds should provide you with about 142 pounds of meat.

### Typical cuts from ¼ cow

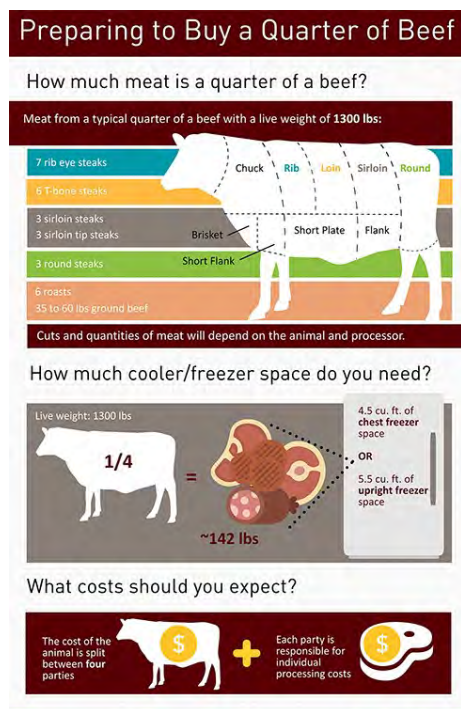
- 7 ribeye steaks
- 6 T-bone steaks
- 3 sirloin steaks
- 3 sirloin tip steaks
- 3 round steaks
- 6 roasts
- 35 to 60 pounds of ground beef

### Freezer space

You'll need at least 4.5 cubic feet of space in a chest freezer or 5.5 cubic feet of space in an upright freezer for 142 pounds of beef.

### Cost

For a quarter of beef, the cost of the whole animal is divided by 4. Each buyer is responsible for their share of the cost of processing.



Article continued on next page



## Buying whole chickens

A typical broiler chicken with a live weight of 6 pounds should give you 4.5 to 5 pound of meat.

### Typical cuts from a whole chicken

- Neck; roast or use for stock
- 2 wings; white meat
- 2 breasts; white meat
- 2 thighs; dark meat
- 2 legs; dark meat
- 2 feet; roast or use for stock
- Giblets: heart, gizzard and liver often included with whole birds

### Freezer space

- 2 whole chickens averaging 4.5 to 5 pounds of meat per carcass need 1 cubic foot of space in an average-size home freezer.
- 30 whole chickens at the same above weight can fill about 15 cubic feet of freezer space.

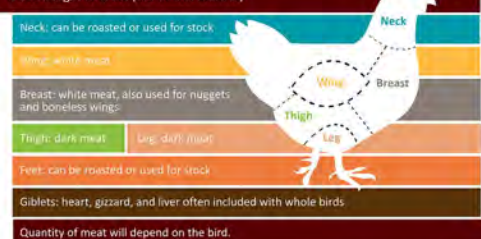
### Cost

The cost of the whole chicken plus the cost of processing. Processing costs may be included in the price of birds sold custom or retail.

## Preparing to Buy Whole Chickens

### What are the common cuts of meat?

Meat of a typical broiler chicken with a live weight of 6 lbs (4.5 to 5 lb carcass)



### How much cooler/freezer space do you need?

1 cu. ft. can fit about 2 birds averaging 4.5 to 5 lbs per carcass

These estimates will vary with carcass size and shape



### What costs should you expect?



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## Buying a whole goat

A typical market lamb with a live weight of 80 pounds should give you 33 to 38 pounds of meat.

### Typical cuts from a whole goat

- 6 to 7 pounds neck and shoulder
- 6 to 7 pounds foreleg
- 7 to 8 pounds rack and loin
- 4 pounds of ribs
- 10 to 12 pounds hindleg

### Freezer space

33 to 38 pounds of bone-in meat or 20 to 22 pounds of boneless meat needs 2 cubic feet of space in an average-size home freezer.

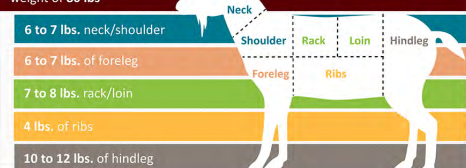
### Cost

The cost of the whole animal plus the cost of processing.

## Preparing to Buy a Whole Goat

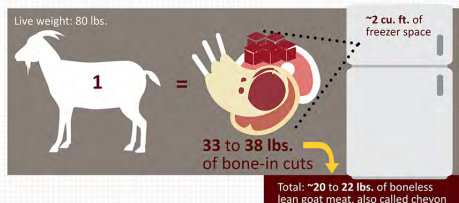
### How much meat is a whole goat?

Bone-in meat from a typical market goat with a live weight of 80 lbs



Goat cuts are commonly merchandised as bone-in primals or cubed (bone-in) goat. Different cut style or additional fabrication will vary quantity and meat cuts. Additionally, quantities of meat will depend on the animal.

### How much cooler/freezer space do you need?



### What costs should you expect?



Adapted by Travis Hoffman from McMillin and Pinkerton, 2008; Dugas and McMillin, 2019.

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# How to Grow and Care for Coneflowers



## Introduction

Coneflower is a native North American perennial sporting daisy-like flowers with raised centers. The flower, plant, and root of some types are used in herbal remedies.

## About coneflowers

Widely renowned as a medicinal plant, coneflowers are a long-flowering perennial for borders, wildflower meadows, and prairie gardens. Blooming midsummer to fall, the plants are relatively drought-tolerant and rarely bothered by pests. The flowers are a magnet for butterflies, and the seeds in the dried flower heads attract songbirds. Flower colors include rose, purple, pink, and white, plus a new orange variety. Plants grow 2 to 4 feet tall, depending on variety.

## Special features of coneflowers

1. Easy care/low maintenance
2. Multiplies readily
3. Good for cut flowers
4. Attracts butterflies
5. Deer resistant
6. Tolerates dry soil

## Choosing a Site to Grow Coneflowers

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

## Planting Instructions for Coneflowers

Plant in spring, spacing plants 1 to 3 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 in 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.

Plant coneflower in a sunny location that has well-drained, fertile soil. Most can thrive on available-rainfall once established, and plenty of sun and heat won't bother them. The long-blooming, colorful flowers are at home in sunny borders, herb gardens, cottage gardens, prairie gardens, or wild gardens.

Propagate by seed, or dig and divide the main rootstalk in spring or fall. Root division is an alternative for all species, but it is most successful with *E. purpurea*. The best time to divide roots is in early autumn or spring. Cut through the crown of the coneflower clump with a sharp spade. Separate two to three young roots and shoots from the main plant every 4 to 5 years.

Grow coneflower plants from seed following a dormancy-breaking period. Seeds germinate best between 70° and 75°F and, for *E. purpurea*, after dry prechilling (1 to 3 months at 40°F). Sow seeds indoors 6 to 8 weeks before the last frost date in your area; or sow on the surface of a sandy soil mix in an open cold frame in early spring. (See individual species descriptions for exceptions.) Seeds normally germinate within 10 to 20 days. Transplant seedlings outside after all danger of frost has passed. Coneflower self-sows readily but not aggressively.

In short-season regions, coneflowers may need more than one growing season to produce flowers unless seeds are started early indoors.

In northern areas (zones 3, 4, and 5), plants need to develop roots fast. Pinch off flower buds that develop the first year from seed. The plant will divert its energy into root development. In mild-winter areas, coneflower may grow and flower the first year from seeds sown in the garden.

## Ongoing Care for Coneflowers

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. Deadhead spent flowers to extend flower period, but leave late-season flowers on the plants to mature; the seedheads will attract birds. Divide plants every 3 to 4 years as new growth begins in the spring, lifting plants and dividing them into clumps.

To extend the flowering period of mature plants, cut off faded flower heads. However, toward season's end, you may want to leave some to dry out on the stems. They make attractive forms in winter, and their seeds attract many birds, especially finches.

## Pests and Problems for Coneflowers

Depending upon where you live, you may need to protect young plants from rabbits and groundhogs that find new shoots appetizing. The only other pests are leaf spot fungus and Japanese beetles, but neither is likely to kill the plant, so I recommend no treatment other than picking off the beetles. Caterpillars are known to defoliate coneflower plants. If you prefer the plants to the potential butterflies, use Bt (*Bacillus thuringiensis*) to control caterpillar infestation. Daily caterpillar picking is the butterfly-friendly alternative.

## Medical Properties and Use for Echinacea (Coneflower)

Native Americans considered coneflower an important medical plant. They applied crushed root pieces directly to venomous bites and stings, and they chewed on dried root to treat a variety of ailments. Modern herbalists agree that coneflower root is one of the best herbal remedies available to prevent, and reduce the severity of, cold and flu.

Both roots and aboveground parts of *E. angustifolia* and *E. purpurea* are the sources of most of the modern echinacea remedies, but the dried roots are used in homemade preparation. Powdered roots and tinctures are sold in health-food stores and some supermarkets.

Allow seed-started plants to grow for 3 to 4 years before harvesting roots; divided plants need two years. Dig them in the autumn after flowering is finished, and cut washed and dried roots that are thicker than 1/2-inch into sections to speed drying. Allow the roots to dry in a warm but shaded place. Replant the crown with smaller roots to continue your supply.

Prepare roots in either of these ways: Grind dried root pieces into a powder. Mix 4 tablespoons of powdered root per quart of water; cover and simmer over low heat for 20 minutes, then strain. Drink the solution hot or cool, 1 to 2 cups per day. The tea cannot be stored because it becomes unstable, which is why most herbalists prepare it in an alcohol tincture.



# The Top Recommended Varieties of Coneflowers

## Purple Coneflower (*Echinacea purpurea*)

*Echinacea purpurea* is native to eastern North America. It is a perennial that is pollinated by butterflies and bees. Grows best in full sun to partial shade. The Purple Coneflower is one of my favorite perennial garden plants. They spread each year and produce many seeds to sow and share. The coneflowers are butterfly magnets and I think every garden should have purple coneflowers!



## Coneflower (*Echinacea* 'Cheyenne Spirit')

I have been very impressed with Cheyenne Spirit. I've been growing both the red and the yellow since 2012, and they are without a doubt, the most vigorous *Echinacea* plants I own. Cheyenne Spirit is the first to leaf out and the first to bloom. In my garden, the red is a shorter plant than the yellow, but both are great. These plants have lots of blooms with wonderful vibrant color that can be seen from a distance. They bloom a long time too. This variety is really noteworthy in all its characteristics. Highly recommended!



## Coneflower (*Echinacea purpurea* PowWow® Wild Berry)

Winner of 2010 AAS flower award. Comes back true from seed.



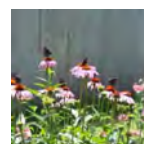
## Coneflower (*Echinacea purpurea* 'White Swan')

I have been growing 'White Swan' for 3 years from seeds I harvest from my own plants & they have come true from seed every time!



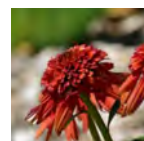
## Purple Coneflower (*Echinacea purpurea* 'Magnus')

Magnus is one of my favorite coneflowers. I have been growing it, since 1998 when it won the Plant Perennial of the Year award. Always beautiful and reliable year after year. I think if I could have just one coneflower variety to grow, that this would be it. Butterflies love landing on the cones and with the purple *Liatris* that is growing with Magnus, it is a colorful butterfly banquet in my garden.



## Coneflower (*Echinacea* 'Hot Papaya')

Have had these in my garden for 4 years. Originally purchased from Santa Rosa Gardens, have divided and transplanted in the fall with complete success. Well over 32 inches, leggy and prone to breaking in our July windstorms. Also a particular favorite of the Japanese Beetles who eat the petals (sigh). I removed these last fall to make way for Daylilies, but I will miss them. Glorious, glowing blooms, tough and vigorous plant. Also a unique fragrance, exotic and spicy. If you want to try the hybrids, this is one that won't disappoint.



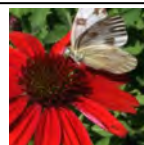
## Coneflower (*Echinacea purpurea* PowWow® White)

These are nice, compact plants that have excellent basal branching. They are also very hardy and reliable.



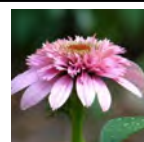
## Coneflower (*Echinacea* Sombrero® Salsa Red)

This plant has a nice fragrance similar to roses.



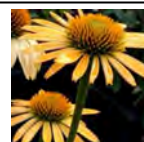
## Coneflower (*Echinacea* 'Pink Double Delight')

Pink Double Delight is a beautiful little ech. Shorter than many others, it stands up much better than my taller echs, which get knocked over in storms. This little beauty has never needed staking in the two years that I have had it in my zone 6 yard. (Many of my taller echs do require plant supports.)



## Coneflower (*Echinacea* Big Sky™ Harvest Moon)

Also known as Big Sky Harvest Moon.





# Beat the heat this summer with sorbet

By Jenna Smith

Nothing beats a cold treat in the summer heat. While ice cream is a popular choice, we cannot forget about sorbet. This frozen cup of deliciousness is packed with the taste of fresh fruit. Sorbet is made from the simplest ingredients: fruit and/or fruit juice and sugar. That's it! It differs from sherbet as sherbet includes dairy, like milk or cream. Making your own sorbet, starts with good quality fruit. While most any fruit can be used, those with pectin and fiber, such as berries or stone fruits, will yield a creamier texture than fruits like melons and citrus, which don't have a lot of body to them and therefore produce a more thin and icy texture.

Once you determine the proper ratio of fruit to sugar, making your own sorbet at home is simple. The sugar is responsible for the structure of the sorbet: not enough sugar and your sorbet will be icy, too much sugar and your sorbet may not only taste too sweet, but it may never freeze. That's because the higher concentration of sugar, the lower the freezing point. Generally, for every two pounds (or 4 cups) of fruit, use 1 cup of sugar. Of course, being a dietitian, I cannot just ignore the fact that too many added sugars in our daily diet can lead to health problems and weight gain. Like all sweets, sorbet should be enjoyed in moderation (a proper serving size is ½ cup). If you prefer to decrease the sugar in your sorbet, you may consider using honey, as honey tastes sweeter than sugar, allowing you to use less. You may also use sugar substitute or even no sugar at all, and simply blend the fruit with a little bit of water or juice but recognize that the sorbet will not be as creamy.



## Mango Sorbet

- 2 (10 oz. bags) frozen mango
- ¼ cup honey
- 1-2 Tablespoons lime juice

Place mango, honey and 1 tablespoon lemon juice in a blender or food processor and blend until smooth. Scrape down the sides with a spatula and blend again for at least 1 minute until creamy. If too thick, add one more tablespoon lemon juice. Enjoy immediately. Freeze leftovers in a sealed container. Before serving, remove from freezer and allow to thaw for 10-15 minutes.

*Yield: 8 servings (1/2 cup each)*

**Nutrition Facts** (per serving): 80 calories, 0 grams fat, 0 milligrams sodium, 21 grams carbohydrate, 1 gram fiber, 0 grams protein

THE UNIVERSITY OF MAINE

## Cinnamon Yogurt Dip



Elevate your snack game with our protein-packed Cinnamon Yogurt Dip, perfect for fueling your day. Blending creamy Greek yogurt with wholesome ingredients like nut butter, cinnamon, and honey or maple syrup, this dip offers a satisfying boost of protein to keep you energized and satisfied.

### Ingredients

- 1 cup nonfat plain yogurt (regular, Greek, or non-dairy)
- 1 teaspoon cinnamon
- ½ teaspoon vanilla extract
- 1 tablespoon maple syrup or honey
- 2 tablespoons nut butter or nut butter substitute (optional)

### Instructions

1. Add all ingredients to a bowl and mix together.
2. Serve with fruit, graham crackers, or pretzels

### Storage

1. Refrigerate any leftovers as soon as possible or within 2 hours for safety.
2. Use leftovers within 4 days.

### Notes

- The American Academy of Pediatrics (AAP) recommends that you do not give honey to a baby younger than 12 months.
- To reduce the amount of sugar you can decrease the amount of maple syrup or honey.
- To make this recipe vegan, use a non-dairy and maple syrup.



# Making Better Beverage Choices

At every age, what you drink can be as important as what you eat. When deciding what to drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start simple with these tips today:

## Drink water

Drink water instead of sugar-sweetened beverages. Regular soda, energy or sports drinks, and other sweetened drinks usually contain a lot of added sugar.

## Encourage kid-friendly drinks

Make water, low-fat or fat-free dairy milk, or unsweetened seltzer the go-to options for your kids. Serve 100% juice only on occasion.

## Compare food labels

Use the [Nutrition Facts label](#) when shopping for beverages. Check and compare calories, amounts of added sugars, and servings per container.

## Cut coffee calories

Skip the whipped cream and chocolate or caramel drizzle. Go with low-fat milk and a sprinkle of cinnamon or nutmeg for a lower calorie coffee.

## Carry a bottle and go

Carry a clean, reusable water bottle in your bag to fill up throughout the day. Tap water is usually easy to find.

## Jazz up your drink

Perk up your plain water or seltzer water with lemon, lime, or orange slices. Maybe even try some fresh mint leaves or a few fresh or frozen berries.

**The benefits of healthy eating add up over time, bite by bite.**

EAT SMART IDAHO—UNIVERSITY OF IDAHO EXTENSION

# Homemade Raspberry Lemonade

## EQUIPMENT

- 1 Blender or Food Processor
- 1 Juicer
- 1 Fine mesh sieve
- 1 Spoon or ladle
- 1 Small bowl
- 1 Pitcher

## INGREDIENTS

- 1 cup fresh strawberries
- 1 cup lemon juice (about 4-6 lemons depending on size)
- $\frac{3}{4}$  cup honey
- 2-3 cups cold water
- Ice cubes
- Fresh mint leaves (optional), for garnish
- Sliced lemon (optional), for garnish

## INSTRUCTIONS

1. Rinse lemons and raspberries and prep the working space.
2. Juice the lemons (use sieve to strain any pulp or seeds).
3. In a large pitcher, combine 1 cup of lemon juice with 2-3 cups of water, and honey.



Nutrition Facts	
Homemade Raspberry Lemonade	
Amount per 1 Serving	
<b>Calories</b>	<b>222</b>
	% Daily Value*
Fat 0.3g	0%
Saturated Fat 0.03g	0%
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 0.02g	
Sodium 9mg	0%
Carbohydrates 60g	20%
Fiber 2g	8%
Sugar 55g	61%
Protein 1g	2%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 141mg	4%
* Percent Daily Values are based on a 2000 calorie diet.	

4. In a blender or food processor, puree the fresh raspberries until smooth.
5. Strain raspberry puree through the sieve to remove seeds. Use a spoon or a ladle to press the puree through more efficiency. Collect in a small bowl.
6. Add pureed raspberry juice to the pitcher and stir until evenly distributed, place a lid on the pitcher.
7. Chill in the refrigerator. When cooled, add ice cubes, garnish with mint leaves or a lemon slice (optional), and enjoy!



## What's Bugging You?

*Not all things that buzz, crawl or slither are pests. Figuring out WHAT is bugging you is the first step.*

### Making a mosquito bucket trap | Feeding Friendly Insect: Pick plants

Friday, August 1 | 12:00 pm - 1230 pm

Do mosquito bucket traps work? This presentation will review results of a 2024 NYSIPM project to provide guidance on using this technique for backyard mosquito management. Stick around for part two of Feeding Friend Insects, covering plant selection.

[Register Here!](#)

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### Upcoming Sessions

#### September 5: Top 5 rodent exclusion tips | Feeding Friendly Insects: Get ready to plant

Excluding rodents from your home can feel like a big job. Here are 5 actions to prioritize this fall. And, it's almost time for fall planting! Learn how to make final preparations to plant wildflowers that feed friendly insects.

#### About our "What's Bugging You?" series

Each month at New York State Integrated Pest Management's "What's Bugging You? First Friday" events, experts share practical information and answer questions on using integrated pest management (IPM) to avoid pest problems and promote a healthy environment where you live, work, learn and play. We end with an IPM Minute, and cover a specific action you can take in the next few days to help you avoid pest problems.



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# SARATOGA COUNTY ANIMAL RABIES CLINIC

**DOGS, CATS, AND FERRETS WELCOME.**



### Times:

- **Cats** | 5:30 - 6:30 PM  
(Must be in a carrier)
- **Ferrets** | 5:30 - 6:30 PM  
(Must be in a cage or carrier)
- **Dogs** | 6:30—7:30 PM  
(Must be on a leash)

*Times are strictly enforced for the safety of all animals.*



**JULY 15, 2025  
SEPTEMBER 23, 2025**

**Location:**  
4-H Training Center  
556 Middleline Road, Ballston Spa

FOR QUESTIONS CALL  
**(518) 885-4113**





# Homesteading



MICHIGAN STATE UNIVERSITY EXTENSION

## Preserving the Harvest

Join Michigan State University Extension's FREE online classes to learn the latest methods and research for preserving fresh fruits and vegetables at home. Let us help you fill your pantry and freezer by preserving food safely at home.

Register by visiting: <https://events.anr.msu.edu/Preserving2025/>

To join by phone, call in advance to register at 877-643-9882.

**Every Thursday | 1 pm - 2 pm & 6 pm - 7 pm EDT**

**July 17 - Green Beans and Pressure Canning:** Green beans are one of the first vegetable crops that are ready to preserve in the summer. Let's look at a safe way to preserve them using a pressure canner.

**July 24 - Pickled a Peck of Peppers:** Peppers can add a lot of flavor to almost any dish. They are great to use fresh but what can we do to preserve them? Let's explore the many different ways to use and preserve all those peppers.

**July 31 - Brrrr Blanching and Freezing Produce:** Learn how to freeze your garden fresh produce by blanching and freezing. We'll discuss what is blanching, what to blanch and freezing tips for the best quality.



## Preserving the Harvest

Online via Zoom

Thursdays, July 10-Nov. 13  
1pm - 2 pm & 6 pm - 7 pm



CAPITAL AREA AGRICULTURE AND HORTICULTURE PROGRAM

## Hydration During Hot Weather

By Rachel Moody, Commercial Livestock Educator

During the high heat and humidity, we make sure animals have enough water and shade, maybe even fans. Something else we need to consider is electrolytes. There are various products out there for different types of livestock.

Hot weather is a common cause of dehydration and electrolyte loss. In fact, beef cattle water requirements can double in hot temperatures (90 F) compared to cool temperatures (40 F). Consider offering an electrolyte supplement to help them stay ahead of dehydration and be sure to provide support quickly if you start to notice signs of dehydration. (1)

Especially during the summer heat, your livestock can be easily stressed and more prone to illness. Supportive therapies, such as electrolytes and fluid therapy, can assist with keeping animals healthy. Electrolytes can be crucial for maintaining the health and well-being of livestock, especially those with weakened immune systems or dehydration.

Electrolytes can be used for hydration during hot weather or high

physical activity. If transporting long distances, offering electrolytes can help support livestock health. With supportive minerals, such as calcium, potassium, magnesium and sodium, electrolytes can allow for maximum muscle function and proper muscle contraction and relaxation, including the heart. It also maintains nerve function and proper blood pH. A balanced electrolyte level can also support the immune system, helping animals fend off diseases and recover from illnesses. (2)

Heat stress during extreme weather and/or times of transportation can lead to dehydration, which can be fatal if left untreated.

Electrolyte imbalances can lead to muscle weakness, cramping, and heart problems—all stemming from deficiencies in sodium, potassium, and magnesium. When unmonitored, these situations can lead to serious health issues. However, electrolyte supplements can help replenish lost fluids and electrolytes.

[Continue reading article](#) for Signs of Dehydration and Common Types of Electrolytes.





# Why your fruit tree has ‘on’ and ‘off’ years— and what you can do about it

By Anthony Simerlink, Power County Extension Educator

Have you ever noticed that your backyard apple or pear tree produces a large quantity of fruit one year, but a disappointingly small crop the next? This common occurrence is known as alternate bearing or biennial bearing. It is a natural tendency in many fruit trees, where a season of heavy fruit production (an On-Year) is followed by a season of extremely light or even no yield (an Off-Year), and vice versa.

This can be frustrating if you are hoping for a consistent supply of fresh fruit. Beyond the inconsistent yield, a heavy On-Year can actually damage the tree, breaking limbs from the weight of the fruit itself, and often results in smaller, lower-quality fruit. Understanding why your tree does this can help you manage it for better, more reliable harvests.

## What causes this fluctuating fruit production?

### Environmental factors

Adverse weather conditions can trigger this alternate bearing cycle. For example, a late frost during the crucial flowering period or unusually high temperatures during the fruit set can damage or kill the developing flowers and young fruits. Extended periods of cool, rainy, or hot, dry weather during bloom can reduce pollinator activity, leading to poor pollination and a light crop. If your tree loses its flowers early in the season from these conditions, it will likely end up being an Off-Year. On the other hand, if conditions are ideal an excessive amount of fruit can lead to an On-Year that sets the next season up for an Off-Year.

Fruit trees naturally drop fruit throughout the spring and early summer. This first drop occurs shortly after the petals fall, when the fruit is about the size of a pea. This can be caused by poor pollination, or because bad weather limited pollinator activity. The second drop, often called June drop, happens in early June when fruit is about ½ to 1 inch in diameter. This is a natural thinning process, where the tree sheds excess fruits due to competition for limited resources such as water and nutrients.

### Biological factors

The leading theory behind alternate bearing is energy management. The flower buds that will produce next year’s crops begin forming while this year’s fruit is still developing. If there is a heavy crop this season, most of its energy (sugars) is diverted to maturing that fruit, leaving little available energy for creating new flower buds for the following spring.

Once the alternating bearing starts, it can become a self-perpetuating cycle due to hormonal changes within the tree. A heavy crop can suppress the growth of new vegetative shoots during the summer and fall, and these shoots are where the next year’s flowers form.



Some fruit trees varieties are simply more prone to alternate bearing than others due to their genetic makeup. For instance, apple cultivars like ‘Elstar’ are highly susceptible, while ‘Braeburn’ apples tend to bear more regularly. If you are planting a new fruit tree, research the bearing habits of different cultivars and the rootstock (if available) to help you select a more consistent producer.

### What can you do?

Understanding the causes of alternate bearing is the first step. The most effective strategy to manage alternate bearing and promote consistent, high-quality fruit production is thinning. Although your tree naturally thins some fruit June drop, additional hand thinning is often necessary.

Hand thinning involves manually removing excess fruit from the branches and offers several benefits:

- Allows the remaining fruit to grow larger and develop better quality
- Reduces the energy demand on the tree, allowing it to put more resources into developing flower buds for the next year’s crop
- Minimizes limb breakage caused by overloaded branches. For apples, hand thinning should ideally be done within about six weeks of full bloom, but if that time has already passed now, thinning now is still better than not thinning at all. Try to leave the largest, healthiest apple in each cluster and space remaining fruit about 8 to 10 inches apart along the branch. Pears, plums and apricots also benefit from hand thinning, but these fruits can be spaced about 6 to 8 inches apart.

By actively managing your fruit trees through thinning and being aware of the environmental and biological factors at play, you can encourage more consistent production and enjoy a better harvest year after year.



# The SARATOGA COUNTY FAIR



July 22 - 27, 2025

[SaratogaCountyFair.org](http://SaratogaCountyFair.org)



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



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