

August 11, 2025

Volume 6 Issue 17

Saratoga County 4-H Youth Shine at the Saratoga County Fair

The 2025 Saratoga County Fair served as a lively showcase for 4-H youth of Saratoga County, highlighting their achievements across agriculture, STEM, arts, and life skills. From animal shows to robotics driving and snack bar operations, the fair reflects a culmination of year-long learning and personal growth. Cornell Cooperative Extension of Saratoga County continues to support these experiences through an expanding Training Center, diverse programming, and a focus on youth empowerment and community engagement.

Saratoga County 4-H serves youth ages 5-18 years across the region through hands-on, project-based learning at developing confidence, caring, and being contributing members of their community.

Programs range from traditional agriculture, cooking, sewing, and livestock, to veterinary science, and cutting-edge STEM offerings like robotics and coding. Saratoga County has the largest [4-H robotics program](#) in New York which is housed at the unique 4-H Training Center located on 44 acres that consists of classrooms, indoor and outdoor arenas, ponds and nature trails .

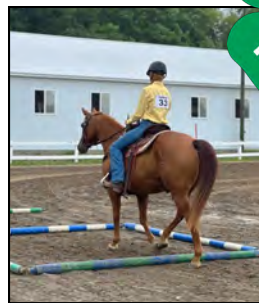
Why 4-H Matters?

- **Skill building:** From caring for livestock to mastering STEM tools, youth gain experience across diverse project area.
- **Personal growth:** Participants develop leadership, responsibility, confidence, and community engagement skills.

Interested in becoming a leader or having your child join the Saratoga County 4-H family? Contact Leland at (518) 885-8995 or glb76@cornell.edu.



Congratulations to Jamie Pettis, a past 4-Her and true friend of 4-H and Extension, for being recognized by the Fair as the Saratoga County Ag Promoter of the Year.



4-Hers with Assemblywoman Mary Beth Walsh



2025 Horse Farm Tour

Free and Open to the Public

Saturday, August 16

Saddle up, horse lovers! Mark your calendars for Saturday, August 16th, because the Annual Horse Farm Tour is galloping your way, courtesy of the Saratoga County Cornell Cooperative Extension! This is your golden opportunity to trop through some of the finest horse farms in the county—absolutely FREE! From the charming pastures of Schuylerville to the scenic trails of Galway, we're rounding up a fabulous lineup of farms, including the majestic Mill Creek Farm, the prestigious McMahon of Saratoga Thoroughbreds, and the heartwarming Therapeutic Horses of Saratoga, just to name a few. All participating farms will open their gates from 12 PM to 4 PM, inviting you to canter through and discover the rich tapestry of our local horse industry. Don't miss out on this hoof-tastic event-giddy up and get ready for a day filled with learning, laughter, and a whole lot of horseplay!

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 racehorses and has been doing so for over 50 years. 180 Fitch Road, 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 county. 100 Duell Road, Schuylerville, NY 12871

Therapeutic Horses of Saratoga is a nonprofit organization that



August 16th, 12pm-4pm

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, Hagan, NY 12086

For any questions about the event contact Nicolina Foti at nvf5@cornell.edu or call the CCE office at (518) 885-8995.

Click [HERE](#) to view the full brochure

CAR SEAT CHECK

CCE Saratoga is hosting their next **FREE** car seat fitting station!

Thursday, September 11 | 4 pm—8 pm
New Country Toyota of New Clifton Park

Call Cindy at (518) 885-8995 to schedule your appointment

Please bring the following to your scheduled appointment:

- Your child(ren)
- Car seat owner's manual
- Vehicle owner's manual

We ask that your car is free of all debris so car seat technicians can get inside your vehicle.

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.

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*



Become a Cornell Climate Steward!

Are you interested in helping your community become more resilient to the impacts of a changing environment? Join the Cornell Climate Stewards program!

Communities across NY are experiencing warming temperatures, rising sea levels, and extreme weather events, but often have limited capacity to take action. The **Cornell Climate Stewards** program trains and empowers volunteers to support their communities with this work.

Participants learn about the science and best practices for addressing the issues affecting their communities and complete a local volunteer stewardship project. Previous projects have included organizing a public education event, creating pollinator gardens, and supporting a local resilience taskforce – there are many options to choose from!

Modeled after other popular Extension volunteer programs, e.g. Master Gardeners, participants receive training and support from educators at their local Cornell Cooperative Extension office. Join over 100 stewards and educators in over 25 counties today!

Apply by 9/3, Classes begin September 10th!



Scan to learn more about
Cornell Climate Stewards



**Cornell
Cooperative
Extension**

Cornell Cooperative Extension of Saratoga County is currently recruiting volunteers. Please reach out to Jennifer Koval, Sustainable Agriculture Specialist, at jh157@cornell.edu or 518.885.8995. Visit <https://climatestewards.cornell.edu/>

CAAHP

Applications open for Dairy Runway fall cohort: Cornell's FREE entrepreneurship program for dairy innovators

The Dairy Runway Program welcomes food entrepreneurs and dairy innovators with early-stage ideas for value-added dairy products to participate in a FREE Cornell University-hosted entrepreneurship course focused on initial product concept, customer discovery, and prototyping.

Up to six teams will be selected for the cohort and participate in a multi-week virtual course that combines synchronous classes, self-directed online learning, and individualized business coaching. Throughout the course, industry experts and food entrepreneurs will present on product branding, consumer trends, and the challenges of bringing novel products to market.

Participants who successfully complete the course will advance to the program's kitchen incubator stage to work one-on-one with Cornell Entrepreneurs-in-Residence and to test their product's formulation with food technicians and dairy specialists. This cohort is for food innovators located anywhere in the Northeast developing products using cow, goat, or sheep milk products in the 11-state region.

Applications are now open and will be accepted until 5 PM on Monday, September 8, 2025.

[MORE INFORMATION](#)



Cultivating Profitability Farmers Market Benchmarks

Farmers and producers in New York can now access a highly valuable set of benchmarks and profitability strategies at no cost by visiting:

<https://www.nyfarmersmarket.com/benchmark-assessment-supp>.



2025 FARMERS MARKET BENCHMARK ASSESSMENT

The data has been released as the culmination of the multi-year project: *Cultivating Profitability: Farmers Market Benchmarks*. The project is spearheaded by Cornell Cooperative Extension Broome County (CCE Broome) and the Farmers Market Federation of NY (FMFNY) and is the second iteration of profitability benchmarks set in 2016 by these same organizations. The goal of the project is to provide farmers and producers with benchmarks and informed best practices for pricing, sales, labor, marketing, and other factors that determine profitability at farmers markets.

Any questions regarding this project can be directed to Laura Biasillo, Cornell Cooperative Extension Broome County, lw257@cornell.edu.

This is material is based upon work supported by USDA/NIFA under Award Number 2023-70027-40447.

NEW YORK STATE AGRITOURISM CONFERENCE

November 10-11,
2025

CONFERENCE HIGHLIGHTS

- Two days of information
- Over 18 speakers across two different tracks
- Interactive, hands-on sessions
- Evening networking session on Day One

LOCATION

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

Only \$100 for both days!



Register at:

<https://bit.ly/nysagritourismconf>

Presented by the Cornell Cooperative Extension Agritourism Program Work Team



Guidelines for Successful Tree Planting



Planting a tree is a long-term investment. Besides adding beauty to your landscape, a tree helps the environment by taking up carbon dioxide, the greenhouse gas that is such a big driver in climate change. It can provide shade to relax in on a hot summer day, as well as reduce the energy costs of cooling your home, or act as a wind-break to help cut winter fuel bills. And it can provide food and habitat for the creatures big and small that share your landscape. You'll reap the biggest

dividends if you take the time to get your young tree off to the best start by planting and caring for it correctly. Consider a well-grown tree a gift not only to yourself but to the generations to come who will enjoy it spreading branches.

Start by Finding the Trunk Flare

Tree roots need water, but they also need oxygen. The root system of a tree that is planted too deep will slowly suffocate. Too deep planting can also encourage the formation of circling roots will girdle or choke and kill the tree as it grows. So it's very important to plant your new tree at the correct depth. The best way to do this is to make sure you find the trunk flare on your tree before you put it in the ground.

What do we mean by trunk flare? Start by looking at a tree that has grown naturally in the landscape. You'll see that the base of the trunk gradually widens or flares out as it enters the ground. If you pull back some of the soil at the base of the tree, you'll see the tops of the main order roots spreading out at this point. You want to plant your own tree so that the base of the trunk flare (also known as the root collar) is right at the surface of the soil (or slightly above in heavy soil). The flare of the trunk on a sapling is not as noticeable as it is on a mature tree, but if you look closely, you'll see it -- that is, if it's not buried.

And there's the problem. With both trees grown in containers and those sold with balled and burlapped (B & B) root balls, the trunk flare frequently gets buried in the course of digging or repotting. When the root balls of B & B trees are dug up, quite a bit of soil often gets thrown up around the base of the trunk before the ball gets wrapped in burlap. And when container-grown trees are repotted, they may end up with their trunk flares below soil level.

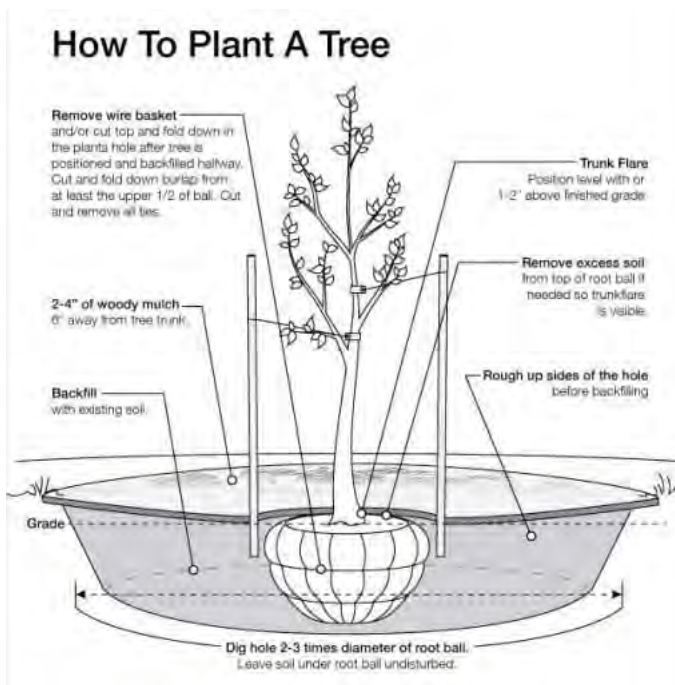
So forget the old advice to simply measure the height of the root ball to figure out how deep to dig the planting hole. If the trunk flare isn't visible, find it by carefully pulling away the soil around the base of the trunk until you see the trunk flare.

Then dig the planting hole only as deep as the distance from the trunk flare to the bottom of the root ball. Why only this deep? Why not loosen the soil at the bottom of the hole before you set the tree in? Because you want to be sure the tree doesn't sink down after planting. You need to set the root ball on undisturbed soil so that the ground below the ball won't settle after you set it in the ground, causing the tree to end up planted too deep.

But first, before you begin digging your planting hole, check for underground utilities by calling Dig Safe at 811. Also check for overhead obstacles such as electrical and phone lines. Remember -- your tree will grow!

Make a Broad Planting Hole

As for the width of the hole, make it broad, at least two to three times the width of the root ball; as much as five times the width in compacted soil. Slope the sides of the planting hole outwards at a shallow angle (think of making a saucer, not a pit) and rough them up with the edge of your spade. This is especially important in clay soils where digging can leave the sides of the hole slicked over and hard for plant roots to penetrate.



Set the Tree in the Hole

With container-grown trees, slide the root ball out of its pot or cut it away if necessary. Loosen and spread out the roots on the outside of the rootball before setting it in the planting hole. With a B & B root ball, trim away the burlap and remove any

Article continued on next page

TREE PLANTING -continued from previous page

twine. If the ball is in a wire basket, cut and fold back the wire from at least the top half of the ball; ideally you'd like to remove all the wire. This may be easier to do once the ball is in the hole. Basically, you're trying to remove as much non-plant material as possible without causing the root ball to all apart. If you notice any roots that are kinked or encircling the root ball, trim these away.

Check that the trunk is positioned so that it will emerge even with or slightly above the soil level when the planting hole is filled. Laying a long-handled tool like a garden rake across the span of the hole will help you figure where the soil level will be when the hole is filled in.

Be sure not to hold the tree by its trunk as you move it into the planting hole. And be careful not to drop the ball into the hole, as this can break off roots within the ball. If the root ball is heavy (and soil does weigh a lot), try using a tarp under the ball to drag it carefully into the hole, using a plank of wood as a slide if needed.

Once the tree is in the hole, walk around and look at it from all directions and adjust it so that the trunk is straight, if necessary. It's almost impossible to reposition a tree after you've filled the hole with soil !

Backfill with Native Soil

Now it's time to backfill the planting hole with soil. Your first impulse may be to add lots of fertilizer and organic matter to the soil you put back in the hole. But stop! Your tree will do best if you use only the native soil to refill the hole. Why not improve this backfill soil? Because doing so will encourage roots to stay within the pocket of hospitable improved soil rather than crossing the boundary into the native soil to become established, which will ultimately interfere with the long-term health of the tree. And if you are planting in heavy soil and you fill the planting hole with lighter, more porous amended soil, the roots can drown as the hole fills up with water during rainy weather, just like a bathtub, with the water held in by the heavier soil outside the hole. So stick with the policy of what came out of the planting hole is all that goes back in.

Start by filling the hole about halfway with native soil, breaking up any large clumps with your shovel while taking care not to damage any tree roots. Then add 5-10 gallons of water to the hole and let it drain through, settling the soil to remove any air pockets. Add the remaining backfill, using the leftover soil to create a low berm around the edge of the planting hole to contain water. Firm the soil in the hole with your hands, not your feet, or you can compact the soil and restrict the growth of the roots. Then add another 5-10 gallons of water.

Stake Only if Necessary

Staking is something else that most gardeners think is a must. But in many cases this is a task you can skip. Only stake your newly planted tree if necessary. Most trees with trunks smaller than two inches in diameter don't need staking unless their root ball is crumbling; they are planted on a slope, are sited in a very windy location, or have a badly bowed trunk. The natural movement of an unstaked tree helps it to develop a sturdier trunk and a more robust root system.

If you do stake your tree, erect two stakes on opposite sides of the trunk. Attach flexible ties such as 3-inch wide nylon webbing straps on the lower half of the trunk and secure the ties to the stakes with heavy gauge wire. Stake loosely enough to allow some trunk movement; this is important for normal root and trunk development. Be sure to remove the stakes and ties as soon as the tree is established, usually after the first season of growth. Also remove any tags or trunk guards on the top of the tree at planting time. If you leave these on long-term, they may eventually girdle the tree as it grows, harming or even killing the tree.

Mulch Mindfully

Finally, spread mulch such as wood chips or shredded bark 2-4 inches deep over the root zone of the newly planted tree to help conserve soil moisture and keep weeds down. But don't make a mulch "volcano." Piling mulch up against the trunk can lead to rot and disease. Instead, leave about 6 inches of bare soil between the trunk and the mulch.

Give Follow-Up Care

Keep your young tree well-watered during its first season in the ground, but don't overwater. The frequency of watering needed will depend on soil type, temperature, and rainfall, so check the soil moisture in both the rootball and the backfill a couple times a week. A houseplant moisture meter is a handy tool for this task. When you do water, add enough water to soak the entire depth of the rootball; don't just wet the top few inches of soil with a light sprinkling. Then let the top 3 inches of soil dry out before re-watering.

Plant Shrubs Properly Too!

These same basic techniques apply when you are planting shrubs as well. Multi-stemmed shrubs won't have a distinct trunk flare like a tree trunk does. But you'll want to place a shrub so that its crown (where the stems and roots come together) is right at the soil surface or slightly above it, with the root ball resting on undisturbed soil, and follow the same guidelines for width of the planting hole, backfilling, and mulching.



Monarchs and Milkweed

Milkweed and monarch butterflies have an intrinsic connection. Learn the benefits of growing milkweed and about several varieties that you might grow in your garden.

The 2020 count of overwintering monarch butterflies shows a decline from the previous year. If you are concerned about the plight of the monarch, avoid using pesticides on your lawn and garden, and consider planting milkweed species native to the area where you live.

What's so special about milkweed? Milkweed is the sole host plant of the monarch butterfly. Monarchs lay eggs specifically on milkweed, the eggs hatch into caterpillars and the caterpillars eat the foliage. The leaves contain cardiac glycosides, compounds that affect heart function, making them toxic to most species of birds and mammals. By ingesting the leaves, monarch larvae become toxic and predators avoid them.

Milkweed comes from the genus *Asclepias*, which is derived from the name Asklepios, the Greek god of medicine and healing. American Indians and settlers used the roots of this plant for treating respiratory illnesses and other ailments. *Asclepias* consists of 130 species. Of these, 11 varieties are native or naturalized in Pennsylvania. The three most common species in our region are common milkweed (*Asclepias syriaca*), butterflyweed (*Asclepias tuberosa*), and swamp milkweed (*Asclepias incarnata*).

Common Milkweed (*Asclepias syriaca*)

Common milkweed is the most well-known species of milkweed native to North America. It thrives in full sun to partial shade in average to well-drained soils, and is commonly found in pastures, field edges and along roadsides. Spreading by underground rhizomes, makes this plant a good choice for erosion control. Its height can range anywhere from four to six feet. It has a short bloom period, from June to August, when it bears large clusters of fragrant pink flowers in spherical umbels atop the plant. The ovate leaves are approximately six inches long and are borne on a single stalk. The undersides of the leaves are covered with short woolly hairs.

Butterflyweed (*Asclepias tuberosa*)

Butterflyweed favors full sun in dry to medium soil. It is a hardy, drought-tolerant species reaching one to three feet in height with a spread of one to two feet. The bloom period ranges from late summer to fall. The vibrant orange to slightly yellow flowers are an easy way to identify this milkweed. Unlike the majority of milkweeds, the sap of this species is not milky. It blends well in a perennial garden because of its clump-forming habit and height.



Swamp Milkweed (*Asclepias incarnata*)

As the common name suggests, swamp milkweed grows best in wet soil with full sun or partial shade. It can reach a height of four to five feet and should be spaced two to three feet apart. The narrow, smooth leaves are, lance-shaped and 3 to 6 inches long. Swamp milkweed has a long summer bloom period and flowers can range from mauve-pink to purple. Five tiny delicate petals are crowned with five nectar cups that are crucial in its intricate pollination. This species of milkweed is a great choice for wetland mitigation.

Propagation

Many species of milkweed are quite easy to grow from seed. Head outside in the autumn, or even in the early winter, and sprinkle the seeds around the garden. Burying the seeds can reduce germination rates since milkweed seeds need light to germinate. Just drop the seeds in the garden and press them down with your hand. Once you've sprinkled the seeds over the soil there's nothing else to do but wait. In spring, they'll germinate and begin to grow. Once the seedlings are a few inches tall, you can transplant them to different areas of the garden. Be sure the new plants stay well-watered until they're established. Milkweeds are hardy plants that will survive with very little care.

AIR FRYERS

The air fryer is a popular countertop appliance that is easy to operate and even easier to clean. Air fryers circulate hot air around food, cooking it quickly and evenly. This method is a healthy alternative to conventional frying because you use little or no oil in the cooking process. Food comes out crispy on the outside while moist and tender on the inside.

AIR FRYER BASICS

Air fryers sit on the countertop and plug into an outlet, much like a slow cooker. They consist of an electric heating element, a fan, and a basket to hold food. The top half of the unit holds the heating element and fan. The bottom half has a pull-out basket that holds food. When the unit is on, hot air circulates, cooking food quickly and evenly.

Some units have digital control panels while others have large dials or knobs. Some units may be multifunctional, combining several appliances in one unit. These units look like toaster ovens, and air frying is just one of their functions. Multifunction units offer rotisserie cooking, dehydrating, and toasting in addition to air frying. All units come with an operator's manual that includes recommended cooking times and temperatures. Many units will come with recipes. Many brands have cookbooks for sale, as well.

PREPARING TO AIR FRY

Find the right place in your kitchen to operate the air fryer. Always operate the air fryer on a level, heat resistant surface. Do not place it on a stovetop, gas grill, or propane tank. If your countertop isn't heat resistant, use a heat-resistant mat. Allow at least 5 inches of space around the unit. This includes the back, sides, and top. Do not operate the unit against a wall and do not sit anything on top of the unit. Be sure to use the proper power source, and do not use an extension cord.

Use the proper breading technique. You cannot cook foods with wet batter in the air fryer. The batter will fall off the food and burn in the bottom of the basket. Coat the food with flour first, then an egg wash and follow with breadcrumbs. Press the breadcrumbs onto the food so they stick and don't blow around during the cooking process.

Use the right accessories. You can use air fryers to bake and roast food too. You can use any baking dish that is oven-safe in the air fryer as long as it fits in the basket and doesn't touch the heating element. Keep in mind that most air fryer baskets are small, and you will need to buy specially sized baking dishes and cake pans separately. There are also disposable air fryer liners available for purchase to aid in clean up.

OPERATING YOUR AIR FRYER

Preheat the unit before adding food. Follow the instructions for your specific unit. As a rule, turn the fryer to the temperature you need and set the timer for 3 to 4 minutes. When the timer goes off, the unit will be hot and ready to add food to be reheated or cooked.

Prep the food. Use cooking spray or toss food in a few teaspoons of vegetable (or olive) oil along with your choice of seasoning before placing in the basket. You only need a light coating of oil for food to come out crispy. Do not spray oil onto the basket. Frozen food and leftovers do not need any preparation.

Don't overcrowd the basket. Do not put too much food in the basket. Overfilling the basket will prevent air from circulating around the food and some pieces may not cook completely. Food that is stacked in a basket won't crisp and brown evenly and will result in longer cook times overall.

Set the temperature and time. Follow the instructions for your specific unit. Most units come with a chart of times and temperatures for cooking common foods. As a rule, the air fryer temperature should be set 25 degrees lower than you would set your oven.

Flip foods over halfway through the cooking process. For the best results, turn foods over (just like cooking in a skillet or on the grill) so they cook and brown evenly. You can flip some foods, like tater tots, by shaking the basket. You'll need to flip other foods individually using tongs.

Pull out the basket to check on doneness. Removing the basket will not interrupt the cooking process. The fan will stop but it will start up again when you put the basket back in place. The time and temperature will resume as if you had not removed the basket. Use a metal-stem food thermometer to check for doneness when cooking meats, poultry, and eggs in the air fryer. Place the thermometer in the thickest part of the food without touching any bones. Cook or reheat foods to the internal temperature listed in the chart below.

PRODUCT	MIN. INTERNAL TEMPERATURE
Steaks, chops, and roasts (beef, pork and veal)	145°F with 3-minutes rest time
Ground meats (beef, pork, lamb, veal)	160°F
Poultry (whole birds, parts, ground meat)	165°F
Eggs	160°F
Fish and shellfish	145°F
Leftovers and casseroles	165°F

Don't just dump the basket of food when cooking is complete. Even if you aren't cooking with oil, some of the foods you cook naturally contain fats and oils. Grease will collect in the bottom of the basket during the cooking process. Remove food from the basket with spoons or tongs to avoid pouring grease over your perfectly cooked food.

CARING FOR YOUR AIR FRYER

Unplug the unit after use. Allow the unit to cool before cleaning. Use a damp cloth to wipe down the outer body.

Article continued on next page.

Remove the basket and any accessories. You can wash the basket and accessories in the dishwasher or by hand with hot soapy water. Follow the cleaning instructions or your specific unit or placement in the dishwasher.

Wipe the inside. Use a soft damp cloth or nonabrasive sponge with a little dish detergent to wipe the inside of the unit. Follow up with a clean damp cloth, if necessary, to remove soap.

Dry all parts. Allow the basket and any accessories to completely dry before putting it back together and storing.

THINGS TO CONSIDER BEFORE BUYING

AIR FRYER PROS

- Easy to operate
- Easy to clean—baskets and accessories are dishwasher safe
- Versatile—you can roast, grill, bake, and some will dehydrate
- Healthier than frying in oil
- Up to 20% faster cooking time
- Uses less energy than your oven
- No “deep fried smell” in the house after cooking
- No used oil to dispose of
- Great for reheating leftovers.

AIR FRYER CONS

- Takes up counter space
- The fan can be loud
- Limited cooking capacity—not suitable for preparing large quantities of food
- Needs additional accessories for baking
- Food has different flavor and texture than deep fried food

If you are thinking about buying an air fryer, you should consider cost, enjoyment, ease of operation and features, as well as where you might store it. How much money are you willing to spend? Air fryers range from \$69 to \$200 depending on the size, features, and added functions. Most units require additional equipment for added options such as baking or dehydrating.

How much do you enjoy eating deep fried food? The flavor and texture of some foods, especially meats, are slightly different than conventional frying. If you are looking for that deep fried flavor, an air fryer may not be the best option.

How often will you use it? Will this be a primary method of cooking or will you just use the appliance for frozen novelties and reheating leftovers? Will you get your money’s worth and is it worth the counter space?

How many people do you cook for? The fryer baskets are relatively small. An air fryer with a 1.75-to-3 quart capacity is best for preparing meals for a household of one or two people. Even a large air fryer with a capacity of 5 to 6 quarts will often require food to be cooked in batches. If you cook for a household of four to six people, you will be extending your cooking time.

CONCLUSION

Air fryers are an innovative kitchen appliance that offer many benefits. They cook food by circulating hot air using little to no oil—making them a healthier cooking method than deep frying. Air fryers are relatively small and affordable when compared to other kitchen appliances. They are available in a variety of sizes and offer multiple cooking methods. Consumers should consider their lifestyle and choose an air fryer that meets their needs.

Air Fryer Recipes

UK Cooperative Extension Service

- [Crunchy Air Fryer Fish](#)
- [Cauliflower Bites](#)

NC Cooperative Extension

[Summer Cooking with your Air Fryer-Recipes](#)

- Parmesan Air Fried Shrimp
- Air Fryer Ranch and Bacon Jalapeno Poppers
- Mexican Street Corn in the Air Fryer
- Air Fryer Zucchini Chips
- Air Fried Onion Rings



We believe parents are experts on their family and their children. We also believe there is more than one way to raise great kids. Our role is to share research and information with parents to help you make informed decisions for your family.

Season 1 YouTube Playlist

- Episode 1 - All Things Parenting - [listen](#) | [watch](#)
- Episode 2 - It's Not About Being Perfect - [listen](#) | [watch](#)
- Episode 3 - Take a Break and Take a Breath - [listen](#)
- Episode 4 - Slow Down - [listen](#) | [watch](#)
- Episode 5 - Defining Parenting Styles - [listen](#) | [watch](#)
- Episode 6 - How to Manage Meltdowns - [listen](#) | [watch](#)
- Episode 7 - In the Heat of a Meltdown - [listen](#) | [watch](#)
- Episode 8 - Keys to Cooperation - [listen](#)
- Episode 9 - Practice, Not Perfect - [listen](#) | [watch](#)
- Episode 10 - Just Say No to Judgment - [listen](#) | [watch](#)
- Episode 11 - Enjoy the Joys! - [listen](#) | [watch](#)
- Episode 12 - What Have We Learned - [listen](#)

Season 2 YouTube Playlist

- Episode 1 - Being Both a Parent and a Person - [listen](#)
- Episode 2 - Getting After Stress - [listen](#) | [watch](#)
- Episode 3 - Accentuate the Positive - [listen](#) | [watch](#)
- Episode 4 - How to Find Balance - [listen](#) | [watch](#)
- Episode 5 - Define Your Philosophy - [listen](#) | [watch](#)
- Episode 6 - Embrace Your Support Network - [listen](#)

Season 3 YouTube Playlist

These episodes dive into different temperament traits and offer trustworthy and practical strategies for tailoring your parenting to each unique child.

- Episode 1 - Temperament: It's in Their Nature - [listen](#) | [watch](#)
- Episode 2 - Sensitivity: It Makes Sense - [listen](#) | [watch](#)
- Episode 3 - Intensity: (Maybe) Not So Calm and Collected - [listen](#) | [watch](#)
- Episode 4 - Persistence: Celebrate It! - [listen](#) | [watch](#)
- Episode 5 - Activity: It Takes Energy - [listen](#)
- Episode 6 - Temperament and Sleep ft. Macall Gordon - [listen](#) | [watch](#)
- Episode 7 - Adaptability: My Way or Another Way - [listen](#) | [watch](#)
- Episode 8 - Distractibility: It's in the Details - [listen](#) | [watch](#)
- Episode 9 - Approach: Caution or Curiosity - [listen](#)
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- Episode 12 - Mood: Silly or Serious? - [listen](#) | [watch](#)
- Episode 13 - Fearful Temperament: Shy or Slow-to-Warm? ft. Rob Coplan - [listen](#) | [watch](#)
- Episode 14 - Flexible Temperament: About Those "Easy" Kids - [listen](#) | [watch](#)
- Episode 15 - The Spirited Temperament ft. Mary Sheedy Kurcin-ka - [listen](#) | [watch](#)
- Episode 16 - Temperament: The Big A-Ha - [listen](#)

Additional Resources

- www.parentchildhelp.com
- www.macallgordon.com
- www.voiceseducation.org
- www.nurserona.com
- www.temperament.com
- www.preventiveoz.org

For more episodes on parenting click [here](#)



What's Bugging You?

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

SEPTEMBER 5 | 12:00 PM—12:30 PM

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.

[Register Here!](#)

NYS DEC

Look for Wild Turkeys in NY State this August!

Have you seen wild turkeys in New York State this August? Citizen scientists have already begun recording their observations of turkey from across New York State over the past week. The DEC values your contribution of data which can help biologists assess trends in turkey populations in New York.

If you observe any wild turkey in New York during August, the DEC encourages you to log those data in the annual Summer Wild Turkey Sighting Survey found here:

<https://arcg.is/1HePbv0>

Turkey Fact: Wild turkey hens will occasionally lay eggs in other hens' nests.

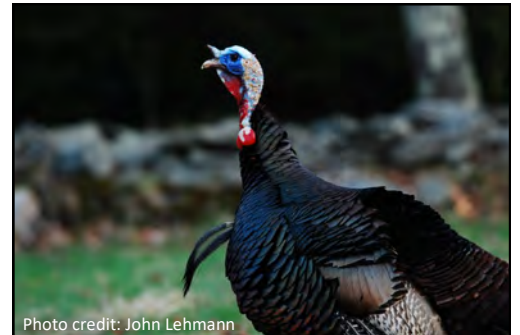


Photo credit: John Lehmann

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.



SEPTEMBER 23, 2025

Location:

4-H Training Center
556 Middleline Road, Ballston Spa

FOR QUESTIONS CALL
(518) 885-4113



Homesteading



IOWA STATE UNIVERSITY EXTENSION AND OUTREACH

Managing Weather-related Problems in the Vegetable Garden

WARM TEMPERATURES AND HEAVY RAINFALL CAN SIGNIFICANTLY AFFECT THE GROWTH AND YIELD OF HOME VEGETABLE CROPS

Not all problems in the vegetable garden are caused by insect pests or diseases. Hot temperatures and heavy or inconsistent rainfall can lead to deformed fruit and low yields. Iowa State University Extension and Outreach horticulture specialists discuss common weather-related issues in the vegetable garden and offer tips for managing them.

According to Aaron Steil, consumer horticulture extension specialist, high temperatures, particularly those above 90°F during the day or 75°F at night, can cause blossom drop in crops such as tomatoes, peppers and green beans. Flowers may fail to form or fall off before pollination, leading to reduced yields.

“Temperatures above 85°F can delay ripening in vegetables like tomatoes, peppers and eggplant, causing fruit to remain green longer. Cool-season crops like lettuce, spinach and peas often stop growing altogether,” said Steil. “While soil is typically cooler than the air temperature, if it exceeds 86°F, potato tubers stop forming. Heat also cause incomplete or poor pollination in vine crops like cucumbers and squash, resulting in misshapen produce.”

Flavor is also affected by hot weather. Cucumbers may taste bitter, and crops like melons and carrots may have reduced sweetness as sugars are used at a higher rate in the heat, Steil noted.

Managing heat stress in crops is challenging, but Steil recommends deep weekly watering when conditions are dry to reduce plant stress and promote deep, resilient roots. Adding a layer of mulch helps lower soil temperatures and reduces water lost to evaporation.

Heavy or inconsistent rainfall can also cause problems in the vegetable garden.

“Tomatoes, particularly large-fruited varieties, may crack from rapid growth, especially under high temperatures and direct sunlight,” said Steil. “Cabbage heads can split after heavy rainfall as excess



water creates internal pressure from quick uptake.”

Inconsistent rainfall can lead to blossom end rot in tomatoes, peppers and summer squash. This begins with a brown or black spot on the fruit’s blossom end (bottom) because of a calcium deficiency. “The deficiency is caused by wide fluctuations in soil moisture, which impairs calcium uptake by the roots, he said. “Secondary infections follow, causing the fruit rot.”

While rainfall cannot be controlled, consistent soil moisture can reduce these issues. During dry periods, water deeply once a week. Mulch can also help reduce evaporation from the soil surface. If fruit shows signs of blossom end rot, discard it. Damaged produce with no signs of decay is still edible, but ensure it is used or processed quickly, as it will not store well.

For related content and more information, visit:

- [Weather-Related Problems in the Vegetable Garden](#)
- [Managing the Garden in Extreme Heat](#)
- [Growing and Caring for Your Vegetable Garden](#)
- [Yard and Garden: Iowa State University Extension and Outreach](#)



How a Heatwave Affects Garden Pests

Curious about how hot weather affects garden pests? All insects are essentially cold-blooded, meaning they don't make their own heat. Instead, they rely on the environment to warm their bodies and allow them to function.

SOME LIKE IT COOL: Cabbage maggot, an early-season pest of brassica crops, prefers temperatures of 40°F to 60°F. When the top few inches of the soil reach 95°F, cabbage maggots can die. Other pests that don't like heat include **onion maggot**, **seedcorn maggot** and **cutworms** (which struggle with dry soil).

HEAT-LOVING BUGS: Some insects thrive in hot weather, with the heat allowing them to produce more offspring in less time. Two insects and one insect relative you might notice (or, more likely, notice the damage they cause) are **thrips**, **aphids** and **spider mites**.

APHIDS: Aphids feed on vegetables, garden plants, shrubs and trees. One thing aphid species have in common is a love of heat and an ability that is rare in the insect world: **they give live birth**. They also produce offspring without mating—a process rare among all animals.

APHID DAMAGE: Aphids suck juices from plants, weakening them and causing leaves to distort. They secrete a sticky substance called honeydew, which can get on the plant's leaves and fruit, and then grow mold. Aphids can transmit diseases when they feed on a virus infected plant and then move on to feed on an uninfected plant.

THRIPS: Thrips are smaller and quicker than aphids. They feed like aphids, but their mouthparts are rougher on the leaf. This results in discolored flecks or silver patches on leaves. In hot weather, they target whatever is juicy and well-watered in the landscape, like home gardens. Like aphids, they reproduce quickly.

SPIDER MITES: The two-spotted spider mite is more closely related to spiders than insects. They generally feed on the underside of leaves. Damage can appear as small brown or yellow areas on the leaf. If feeding is severe, the whole leaf can become brown and crispy. They can reproduce quickly under hot conditions (up to 90°F).

CONTROLLING THESE PESTS: You may be tempted to spray pesticides, but this is almost never a good solution in the home garden. Other insects control these pests, and many pesticides will kill the beneficial insects. One spray that can work well against these small insects is your water hose. Aphids and thrips can be knocked from leaves and killed in the process.

BENEFICIAL INSECTS: The best strategy for dealing with these pests is to increase the beneficial insects in your landscape. Beneficial insect predators include ladybugs, minute pirate bugs, syrphid fly larvae, lacewing larvae, and parasitoid wasps. People often want to order these bugs from a garden catalog but a more effective long-term strategy is to diversify the plants in your garden.



cabbage maggot



aphids



thrip



spider mite



aphids on stem





There is something about rows of corn that just brings a smile to my face. We grow bi-colored and white corn timed to be ripe around Labor Day. It seems that using that timing, the corn earworm is someplace else. In other words, we just don't have an issue with worms in the ears. I tripped

over that realization 40 years ago and each year since the timing has rung true.

Tomatoes are everywhere and taste so good. A vine ripened tomato is an experience many in cities aren't familiar with. They have come to believe the "very red" tomatoes in the supermarket are the best you can get. I feel sorry for them.

As an excavator I used to say there are stick guys (builders) and dirt guys. It is rare to meet a person who has both interests. The same goes for people that I refer to as country mice or a city mouse. While the country mice are talking about frost, fruit set or rain amounts, city mice are looking at the latest Broadway show or traffic on a highway. That is not to say there is no cross over, there is. The point is what comes to mind when you see a yard next to a home. The suburban mouse looks at a lawn with no weeds as a uniform application for that space. The city mouse may enjoy the green area as a "mini park" but the idea to plant a food garden or a flock of chickens may not be as apparent.

August is a time in the country to harvest and get ready for winter. Plants experience "Agronomic Fall" around the 15th. Annual weeds stop germinating and the evening produces dew in the morning on a regular basis. Spider webs change from vertical to horizontal. They can easily be seen by the morning dew until the sun dries them later in the day. Yellow jackets are getting testy; crickets are everywhere and full size and telling you the temperature with their chirps. The relationship between temperature and a cricket's chirp rate is known as Dolbear's law after an 1897 publication by Amos Dolbear that first widely brought attention to this phenomenon, according to the [National Oceanic and Atmospheric Administration](#). According to Dolbear's law, temperature in degrees Fahrenheit is roughly equal to the number of cricket chirps in 15 seconds plus 40. If you pay attention, nature will bring a wealth of knowledge to your observations.

Towards the end of the month there may be a few leaves that fall as a sign of things to come. Each year there is the talk of what colors will be the best, what the center stripe of the woolly caterpillar means or the height of the hornet nest in a tree. And it may seem early but look at your wood pile and ask if you think it is piled high enough.

Many years ago, late August meant that school starting was around the corner. I put it out of my mind back in the day and have not lost the habit even now.

- Herb



Julie Garden-Robinson, North Dakota State University Extension

Food Preservation: Making Pickled Products

Pickling is one of the oldest known methods of food preservation. Pickled foods add a special touch to many snacks and meals.

The many varieties of pickled and fermented foods are classified by ingredients and method of preparation. The four general classes are: brined or fermented, fresh-pack or quick-process, fruit and relishes.

Caution: The level of acidity in a pickled product is as important to its safety as it is to taste and texture.

- Do not alter vinegar, food or water proportions in a recipe or use a vinegar with unknown acidity.
- Use only recipes with tested proportions of ingredients.
- You must have a minimum, uniform level of acid throughout the mixed product to prevent the growth of botulinum bacteria.

[Read article for ingredients, equipment and recipes.](#)



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American Red Cross

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training room

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10:00 a.m. to 3:00 p.m.

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Or call 1-800-redcross.



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