

CCE

Cornell Cooperative Extension | Saratoga County

NEWSLETTER

August 25, 2025

Volume 6 Issue 18

Over 500 participate in 2025 Horse Farm Tour



August 16th was a beautiful Saturday in Saratoga County with the sun shining high in the sky. CCE Equine had the pleasure of having seven of Saratoga County's best and most beautiful horse farms open to the public for the 2025 Horse Farm Tour.

The participating farms were Mill Creek Farm, McMahon of Saratoga Thoroughbreds, Alliance 180, Saratoga Glen, Therapeutic Horses of Saratoga, DeLuca Equine, and

Cross Timbers Ranch. Sprawled out across the Saratoga landscape, people had the opportunity to visit Thoroughbred breeding farms, equine-based therapy and experience/program-based farms, as well as training and boarding facilities of all shapes, sizes, and disciplines.

These seven farms had over 500 visitors in total, traveling from as far as over 3 hours away! The Horse Farm Tour allows Saratoga County the opportunity to showcase its leading economic driver, Agriculture and even more specifically the equine sector of the Ag industry.

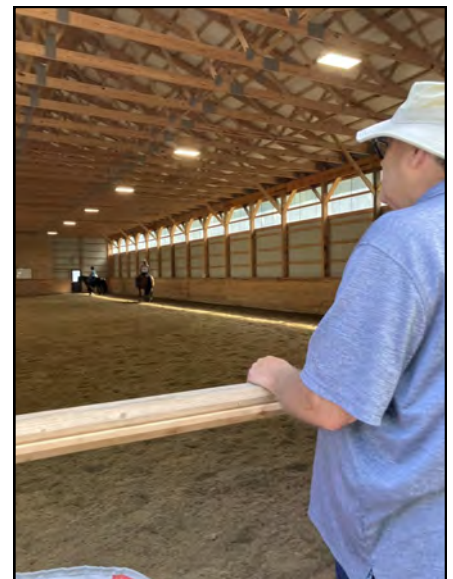
This tour is made possible by funding and support from the Saratoga County Board of Supervisors, The New York Thoroughbred Breeding and Development Fund, and coordination from CCE Equine (Cornell Cooperative Extension of Saratoga County), and of course, the overwhelming generosity of the participating farms that work hard to put their best hoof forward, making it easy to highlight one of Saratoga County's oldest and most historic sectors of Agriculture!

If you have any questions regarding this tour or anything related to equine in the Saratoga County area, please feel free to reach out to CCE Equine at the Cornell Cooperative Extension Office of Saratoga county at 518-885-8995, or email Nicolina Foti at nvf5@cornell.edu.



NYBREDS.COM
NEW YORK THOROUGHBRED BREEDING & DEVELOPMENT FUND

CCE 
EQUINE



Become a Master Gardener

Do you love gardening and want to expand your knowledge? Here is your opportunity to become a life-long learner, a volunteer, and a force in your community! Cornell Cooperative Extension of Saratoga County welcomes you to apply for 2026!

The Master Gardener Program is an integral component of our county's outreach program in educating home gardeners, youth in after-school programs, individuals with physical and/or developmental disabilities, community gardeners and consumers of horticultural products. The Master Gardener Program is designed to train volunteers to work with the public to provide researched based education and outreach. Master Gardeners are required to volunteer 50 hours their first year, then 30 hours to maintain their active status in the program.

Topics of discussion will range from ornamental and landscape plants, turf management, vegetable gardening, organic gardening to basic entomology, weeds, and diseases. Applications are due by November 21, 2025 but space is limited. The course will be two evenings a week from 5 pm—8pm from mid-January through May in 2026.

For more information or to apply, please contact our Community Horticulture & General Agriculture Manager, Jessica Luse at jmh452@cornell.edu or call our office at 518-885-8995.



Looking for a Fun and Affordable Way to Get Your Child Involved in STEM and Robotics?



Cornell Cooperative Extension of Saratoga County has the answer. Our non-competitive youth robotics programs are the perfect opportunity to spark their interest, build valuable skills, and explore STEM—all without overwhelming your family's schedule. Located in Ballston Spa at the 4-H Training Center, 556 Middleline Road.

These groups meet once per month in the evenings from September through June and the cost is \$75 per class. The class for older youth meets twice per month and the cost is \$150. Participants must be members of 4-H which is an additional fee of \$5 for the entire year.



[Click here for more information](#)

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 24 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*

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Kevin Veitch — *Board of Supervisors Representative*

Danielle Hautaniemi - *Cornell Representative*



FEEDING HORSES

THE ART AND SCIENCE OF EQUINE NUTRITION

October 18th, 2025

Speakers and Presenters From

**TRIPLE
CROWN**

Nutritionists & Experts



Therapeutic Horses of Saratoga
683 Rt 29 Saratoga Springs, NY
12866



10:00am - 2:00pm



\$20 - Includes lunch
& Equine Nutrition
Goodie Bag

Youth are FREE to attend
Registration is Required for Adult & Youth
Class Max - 24 people

Presented By:

CCE 
EQUINE



Hosted By:



Contact Us to Sign Up 



518-885-8995



rc926@cornell.edu

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/>

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



Take Precautions to Avoid Rabies by Not Handling Wild Animals

The New York State Department of Health is urging New Yorkers to take precautions to prevent rabies infections and strongly advises against handling wild animals. In consideration of that messaging, DEC reminds New Yorkers—if you care, leave it there.

Though most animals are healthy, rabies is most commonly seen in wild animals, such as raccoons, skunks, bats, and foxes. However, any mammal can be infected, including household pets. The virus is transmitted by infected animals through their saliva and can infect people and animals through a bite, or if the saliva gets into the eyes, nose, mouth, or break in the skin.

The first sign of rabies in an animal is the change in its behavior. It may become unusually aggressive or tame. The animal may lose its fear of people and natural enemies. Staggering, convulsions, choking, frothing at the mouth, and paralysis are sometimes seen. Anyone who has been exposed to rabies should wash the bite or exposure area thoroughly with soap and water and seek medical attention immediately. If a rabies exposure is not treated and a person develops clinical signs of rabies, the disease almost always results in death.

Take the following precautions to avoid the risk of rabies infection:

- Don't feed, touch, or adopt wild animals, stray dogs, or fecal cats.
- Report all animal bites or contact with wild animals to the local county health department. If possible, do not let any animal escape that has possibly exposed someone to rabies.
- Be sure household pets and livestock are up to date on their rabies vaccinations.



Two juvenile red fox kits. Photo by Bill Combs, Jr.

- Teach children not to touch any animal they do not know and to tell an adult immediately if they are bitten by any animal.
- Contact the local health department if a bat is found inside the house. They will advise on what to do with the bat.

Wildlife are not pets. Keeping wildlife in captivity without authorization from DEC is illegal and harmful to the animal. Anyone who observes wildlife that appears to be behaving abnormally should contact their closest [DEC regional wildlife office](#) or an [Environmental Conservation Police Officer](#).

Attention All Foragers!

DEC's Colonel William F. Fox Memorial Saratoga Tree Nursery needs your help collecting tree fruits and cones—and will pay you by the bushel to get out into the forest and harvest them! Help contribute to the nearly 1 million seedlings grown every year that are planted across the New York State by participating in the Nursery's fruit & cone collection program. Note that:

- The Nursery is in need of a certain number of cones and fruits from specific tree species—contact the Nursery before you start collecting.
- Fruit and cones should be collected from live or freshly cut trees, starting from when they are mature or ripe until they begin to open (for cones).
- Be sure to get permission from the landowner before you harvest.
- All fruit and cones must be received at the Nursery by Nov. 15.
- [LEARN MORE](#)

Photos: Top—white spruce cones by Paul Wray, Iowa State University, [Bugwood.org](#); Bottom—Bur oak acorn by Franklin Bonner, USFS (ret), [Bugwood.org](#)



Harmful Algal Blooms (HABs)

Harmful Algal Blooms (HABs) Background



Harmful algal blooms (HABs) in freshwater (lakes, ponds, rivers, and streams) generally consist of visible patches of cyanobacteria, also called blue-green algae. Cyanobacteria are naturally present in low numbers

in most aquatic (freshwater and/or marine) systems. Under certain conditions, including adequate nutrient (e.g., phosphorus) availability, warm temperatures, and calm winds, cyanobacteria may multiply rapidly and form blooms that are visible on the surface of the affected waterbody. Several types of cyanobacteria can produce toxins and other harmful compounds that can pose health risks to people and animals through ingestion, skin contact, or inhalation.

DEC has routinely documented the occurrence of HABs in New York State since 2012 and has produced resources to inform the public of the occurrence of HABs and strategies to avoid them. In addition, through data collection, development of lake and river surveillance programs, and research, the DEC is working to identify the primary factors triggering HAB events and facilitate decision-making to minimize the frequency, intensity, and duration of HABs as well as the effects that HABs have on both people and aquatic life which rely on clean water.

Be Prepared

Before you go in the water, check which waterbodies have blooms or have had them in the past. DEC maintains a [HABs Reporting and Notifications page](#) of waterbodies that currently have blooms. Please note that if a waterbody is not listed, it does not mean that it does not have a bloom. It may have one that was not reported. [Find out which waterbodies have had blooms in the past.](#) For additional information, please see the [DEC Program Guide \(PDF, updated in 2025\)](#) or [sign up for weekly HAB notifications through DEC Making Waves email listserv.](#)

The NYS Office of Parks and Recreation, County officials or local Department of Health has the authority to close swimming beaches. Beach operators close beaches as needed to assure public health and safety. This can happen under a number of circumstances, including when excessive algal blooms are detected. *DEC does not have the authority to close a lake in the event of a bloom, but can close beaches that are operated by DEC (limited to a small number of beaches within the Adirondack and Catskill Parks).*

Know it, Avoid it, Report it!

Because it is hard to tell a HAB from non-harmful algal blooms, it is best to avoid swimming, boating, otherwise recreating in, or drinking water with a bloom.

Know it

Most algae are harmless and are an important part of the food web. Certain types of algae can grow quickly and form blooms, which can cover all or portions of a lake. Even large blooms are not necessarily harmful. However some species of algae can produce toxins that can be harmful to people and animals. Blooms of algal species that can produce toxins are referred to as harmful algal blooms (HABs).

HABs are likely triggered by a combination of water and environmental conditions such as:

- excess nutrients (phosphorus and nitrogen);
- lots of sunlight;
- low-water or low-flow conditions;
- calm water; and
- warm temperatures.

Depending on the weather and the characteristics of the lake, HABs may be short-lived (appearing and disappearing in hours) or long-lived (persisting for several weeks or more).

Avoid it

- People, pets, and livestock should **avoid contact** with any floating mats, scums, or discolored water. Colors can include shades of green, blue-green, yellow, brown or red.
- **Never drink, prepare food, cook, or make ice with untreated surface water**, whether or not algae blooms are present. In addition to toxins, untreated surface water may contain bacteria, parasites, or viruses that could cause illness if consumed.

People not on public water supplies **should not drink surface water during an algal bloom**, even if it is treated, because in-home treatments such as boiling, disinfecting water with chlorine or ultraviolet (UV), and water filtration units do not protect people from HABs toxins.

Report it

- If you suspect that you have seen a HAB, please report the HAB to DEC. Fill out and submit a [Suspicious Algal Bloom Report Form](#).
-If possible, attach digital photos (close-up and landscape to show extent and location) of the suspected HAB in the web form.
-Email HABsInfo@dec.ny.gov if your are not able to complete the forms.

Please report any health symptoms to NYS Health Department at harmfulalgae@health.ny.gov and your [local health department](#).

Make the Most of Peach Season

Bursting with flavor, the juicy sweet peach signifies the fresh fun of summer! Great news, peach season is here! Whether you enjoy yours fresh, canned, or cooked enjoy them while you can. It is no secret a grocery store peach cannot hold a candle to a fresh in season juicy one.

According to nutrition experts, side from the taste, peaches are one of the healthiest fruits you can eat. Peaches have antioxidant benefits, in fact, some peach varieties show as much antioxidant benefits as blueberries. Antioxidants help your body combat and prevent inflammation and actually lower your risk for chronic diseases such as cancers and heart disease.

Peaches help protect your eyes, skin and immune system, like carrots they contain beta-carotene which plays an important role in skin and eye health. Beta-carotene also aids in keeping your gut healthy and boosting your immune system.

Peaches also have digestive benefits since they are a good source of fiber, one large peach has 3 grams of fiber and just under 70 calories. This aids in stabilizing blood sugar levels.

I see all the health benefits as a bonus because the real joy comes from a juice ripe peach!

BBQ Chicken Bake with Peaches

- 1 pound boneless chicken breast
 - 2-3 peaches, thinly sliced
 - ¼ cup red onion, thinly sliced
 - 1/3 cup your favorite BBQ sauce
 - Cilantro optional for garnish
1. Preheat your oven to 375°F.
 2. Add the chicken breasts to a large resealable bag. Using a meat tenderizer or rolling pin, pound out the chicken breasts in the bag until they are ½ inch thick.
 3. Add the BBQ sauce and sliced red onions and squeeze until everything is well coated. If you are prepping this recipe for the next day, store refrigerated at this point.
 4. Dump the content of the BBQ chicken bag into a sprayed 9x13 baking dish. Top with thick slices of peaches.
 5. Bake at 375° for 20-25 minutes or until the internal temperature of the chicken reaches 165°.
 6. Serve topped with cilantro and additional BBQ sauce.

*Serves 4 , (depending on BBQ sauce) each serving contains:
Calories 284, Carbohydrates 23g, Protein 37g, Fat 5g, Fiber 2g.*

Spiked Peach Chili

- 2 Tbsp olive oil
- ½ large yellow onion, diced
- 4 cloves garlic, minced
- 1 lb. lean ground beef or ground chicken
- Salt and pepper to taste
- 3 large peaches, peeled and diced
- 2 Tbsp whiskey or bourbon, optional
- 1 Tbsp cayenne pepper
- 1Tbsp chili powder
- 1 Tbsp molasses
- 1 28-oz can of kidney beans, or black beans

Toppings, optional

- Sour cream or Greek yogurt
- Fresh cilantro
- Chopped onions
- Cheddar Cheese

1. Heat olive oil in a large pot over medium heat.
2. Add onion and garlic and sauté, stirring frequently, until onion is translucent, about 3 minutes.
3. Add ground beef to pot and cook, breaking beef up with a wooden spoon, for 8–10 minutes until beef is cooked through.
4. Add peaches and cook until peaches are soft, about 4 minutes more.
5. Add whisky to the pot to deglaze and give everything a stir.
6. Add cayenne pepper, chili powder, and molasses to pot. Stir to combine.
7. Add tomatoes and stir to continue. Bring chili to a simmer, then reduce heat to low and cook, stirring occasionally, for 30 minutes or until time to eat.
8. Add beans and stir to combine.
9. Ladle chili into serving bowls and top each serving with a scoop of sour cream, cilantro, onions and cheese.

Serves 4.

For some more peach recipes, click [here](#).



EGGPLANT



Eggplant is in season and ready to shine! Whether you're picking it fresh from your garden, grabbing it at the grocery store, or finding it at the farmers' market, now's the perfect time to enjoy this versatile veggie.

Eggplant can be oblong, long, thin or round. Colors vary from white and green to pink, purple or black. Some have stripes of color. This vegetable has white flesh and a meaty texture. Eggplant is often used as a substitute for meat in dishes.

Nutrition and Health Benefits of Eggplant

Eggplants are full of vitamins, minerals and fiber. Eggplants have vitamin C to help keep our immune system strong and help our bodies heal quickly. Fiber helps with digestion, keeping us feeling full, and aid in keeping our hearts healthy.

How to Select Eggplant

Choose eggplants that have a shiny, smooth skin without any bruises or blemishes. Choose ones that seem heavy for their size and that have a green stem that is free of mold. Smaller eggplants usually have a less bitter taste than larger eggplants.

How to Store Eggplant

Eggplants are very sensitive to temperature. Make sure to store your eggplant in the refrigerator. The white flesh inside an eggplant can turn brown quickly so be sure to cut an eggplant right before you want to use it.

How to Prepare Eggplant

- Make a ratatouille with peppers and tomatoes
- Grill or bake it and serve as a side
- Add grilled eggplant to a sandwich
- Stuff with meat and grains and bake it
- Add eggplant to lasagna or a pasta sauce
- Add cut or mashed baked eggplant to a dip like Baba Ganoush
- Top a pizza with eggplant
- Cut and add to a soup
- Make a kabob with eggplant and other vegetables
- Add it to a stir-fry
- Add it to a curry

Mediterranean Roasted Eggplant with Tomato Sauce

Ingredients

- 2 medium eggplants
- Vegetable oil spray, as needed
- 1 cup low-sodium pizza or spaghetti sauce
- ½ cup low-fat plain yogurt
- 1 garlic clove, finely chopped



Directions

1. Wash hands with soap and water.
2. Preheat the oven to 350 degrees F.
3. Wash and remove the stem end, and slice the eggplants into ½-inch slices.
4. Spray a baking pan with vegetable oil spray and lay the eggplant in the pan in a single layer.
5. Spoon low-sodium pizza or spaghetti sauce on each slice.
6. Bake 30 minutes in the preheated oven.
7. Stir the yogurt and garlic together.
8. Drizzle the sauce in thin lines on each of the eggplant slices before serving. You can do this easily by putting the sauce in a plastic squirt bottle or using a spoon.
9. Serve immediately as an entrée or side dish.

Source: Adapted from *Do Yourself a Flavor* by Graham Kerr
Arizona Health Zone
[Mediterranean Roasted Eggplant with Tomato Sauce | MyPlate](#)

Other eggplant recipes to try:

- [Chicken Ratatouille](#)
Chicken is added to this traditional vegetable dish of tomatoes, zucchini, and eggplant or a hearty and satisfying meal.
- [Ratatouille](#)
Here is the perfect recipe to make when your garden or market is overflowing with peppers, eggplant, and tomatoes. Add cooked chicken or tofu to make this side dish a complete meal.
- [Grilled Vegetables](#)
Cooking out tonight? Try cooking vegetables coated in oil and garlic on the grill for a delicious side dish. If you don't have a grill, you can make these vegetables in the oven.
- [Italian Inspired Summer Squash](#)
Fresh sweet basil and cheese give summer squash a burst of flavor.
- [Veggie Quesadillas](#)
This dish, full of veggies and cheese, is made with whole wheat tortillas. Top with salsa and use whatever veggies you have on hand.

BACK TO SCHOOL

September is a crisp, exciting time for many of us. It's a time of new beginnings and is often more the start of the "new year" than January 1. It's a good time to think about how your life at home "works" for you and your family.

You can eliminate many hassles if you think through the ways you can build a "support system" at home so that your children can make the most of their school year. Here are some things to think about.

Are Everyone's Clothes Ready for School?

Every time we face a new situation, our clothes become especially important.

Putting our best foot forward is a way of doing our best to create a positive impression on others and feel good about ourselves.

Help your children choose clothes that will make them feel good about themselves.

Sturdy, easy-care, mix-and-match clothes are often smart buys. Many kids like to pick their own clothes for the day. If the clothes are mix and match, most of their choices will look great. To save money, try to buy no more clothing than is needed at one time. Then you will be able to purchase a new item now and then to add interest and spark.

Looking good and feeling good in the clothes you are wearing can help you act your best.

Can You Make It Easier to Get Good, Healthy Meals for Everyone?

- Are the children helping with meal preparation and cleanup?
- Many children qualify for free or reduced price food at school. Ask the school about how to complete the forms for these options if applicable.
- Fix a week's worth of healthy meals that are quick to fix. You may be able to use some of the ideas listed below, or modify them to suit your family's taste and budget.
- Good, healthy breakfasts that will give everyone the go-power to make it until lunch don't need a lot of work.

Some breakfast and lunch ideas:

- Oatmeal—instant or regular—with raisins or chipped apple
- Cheese melted on warm bread, muffin, or roll
- Peanut butter on toast
- Warm soup
- Smoothie with low-fat milk and fruit
- Yogurt, fruited or plain
- Warm or cold leftovers—like macaroni & cheese or pizza
- Add fruit or juice. Or a glass of milk.



Do You Have A System That Works For You?

Morning hours are pressure points for nearly everyone.

- Night baths or showers will often give bathrooms more "elasticity" in the busy morning hours.
- If people choose their clothes the night before, they can get dressed quicker in the morning.

When you reach those times in the day when you are too tired, don't feel guilty about not being the "perfect parent."

- None of us are. Tell your child about your lack of energy and your need to have some time to relax before you can get back to moving again.

Find a routine that works for you.

- Children thrive on routines. They like knowing what is expected of them. A lot of hassles are eliminated when you don't have to have daily arguments about what time to go to bed, etc.
- Set regular times for family, meals, snacks and bedtimes.

Is Everyone Getting A Good Dose of "Quality Time" Each Day?

It is not the quantity of time that you spend with your child, but the quality of time that really makes the difference.

- Family fun times are like "family glue." Happy family meals make kids feel loved and connected.
- When you eat together:
 - Have kids help choose and prepare food
 - Use this time to talk with your child. Share experiences. Accent the positive. Your child will learn key social skills, like talking and listening.
 - Enjoy each other's company. Avoid complaining and criticizing.
- Make the most of the time you spend with your children by:
 - Talking and listening with your full attention
 - Sitting or standing near each other
 - Keeping eye contact
 - Touching
- Don't miss chances to be close to your children in warm and loving ways.

Continued on next page

Being active makes everyone feel good, and our brains work better!

Help everyone find physical activity they can enjoy every day.

- Build activity into your routines with family chores and family walks.
- Think up ways to have active family fun.

Limit screen time for everyone in the family to less than 2 hours daily.

- Avoid screen time for children under 2.
- No TVs or computers in bedrooms.
- Make it “hard” to turn on the TV and easy and fun to move.

Limit children's exposure to advertising.

- Children will want what is advertised, whether it is healthy or not.

10 tricks for getting family up and out in the morning

1. Give each child his or her own alarm clock. Set the clocks for the little ones and show the older ones how to do it themselves.

2. Play loud, cheerful music about ten minutes after all the alarms should have gone off.
3. Wake up half an hour earlier than the rest of the family so that your morning can be less hectic.
4. Stagger wake-up time if there is only one bathroom.
5. Prepare quick and easy breakfasts.
6. Do whatever you can the night before—set the breakfast table, prepare lunch foods, arrange who needs rides where.
7. Make a “launching pad” near the door where family members can place their books and other items to be taken to work or school. Get everyone in the habit of checking the launching pad before leaving the house.
8. Keep all daily supplies (such as toothbrush and toothpaste, soap, washcloth and towel, mirror, comb and brush) where the children can reach them easily.
9. Have each child list what he or she has to do every morning. The list might include making the bed, packing lunch, and feeding the dog.
10. When it's time for the first person in the family to leave each morning, call a quick family huddle at the “launching pad,” have a group hug and wish everyone a good day. It's a great way to get launched each day.

Saratoga County 4-H Beginner Shooting Sports Course

**Meets Tuesday Evenings
September 9th-October 14th**

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

Open to Youth 12 Years Old and Older

Signup at:

https://reg.cce.cornell.edu/SC4HShootingSportsFall2025_241
or contact Leland at glb76@cornell.edu for more information.

Isabelle Hanehan, of Schuylerville, receives Fred Sanders Award for Dairy Cattle

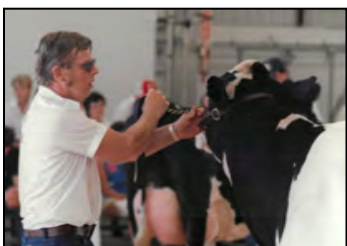


Isabelle Hanehan is our 2025 Fred Sanders Award Recipient. Isabelle achieved the highest points by participating in the Saratoga County 4-H Dairy Club, Dairy Bowl, Dairy Judging, and Public Presentation Day. She also exhibited her Dairy Cattle at the Saratoga County Fair and participated in the fitting and showmanship competition, as well as the Bred and Owned Class, which helped to push her to the top with points. Congratulations Isabelle Hanehan!

Fred Sanders grew up showing cattle at the Saratoga County Fair. His individual successes propelled him to show at several fairs and included trips to the NYS Fair where he had his share of memorable times. In a tribute to his 60 years of showing cattle and his passion to see youngsters involved in showing at the fair, a continuing “Fred Sanders Award” was established to begin with the 2012 Saratoga County Fair.

Fred had a passion for showing cattle and enjoyed watching the local 4-H’ers showing their cattle at the fair. Each year, in his honor, the winner will receive an individual plaque presented in the show ring to the Saratoga County 4-H’er.

For more information about the Fred Sanders Award, 4-H Dairy Program, and other ways to get involved with Saratoga County 4-H, please call the Saratoga County 4-H office at 518-885-8995 or email kek255@cornell.edu.



Above L to R: Kailey Kuhn, 4-H Animal Science Educator; Isabelle Hanehan, 2025 Fred Sanders Award Recipient; and Greg Stevens, 4-H Issue Leader and Assistant Director.

Left: Fred Sanders

Local Youth Win 4-H Master Showmanship Contest at the Saratoga County Fair

The 2025 Saratoga County 4-H Fair hosted its second annual Large Animal Master Showmanship Contest. This contest showcases all of the top showman from across 5 different livestock species. This year’s talented participants included: **Hannah King – Dairy Cattle, Eva Anderson – Beef Cattle, Nathaniel McDevitt – Sheep, Lillietta Mulford – Goats, Amelia Fleischmann – English Horse, and Benjamin Woosley – Western Horse.**

The ultimate winner of this year’s competition was Eva Anderson! Topping the rest of the competition in overall points and winning a customized belt buckle! Congratulations Eva!

Each of these competitors earned the title of Grand Champion or top honors in their respective species and advanced to the Master Showman contest, where they competed in showmanship classes for sheep, goat, dairy cattle, beef cattle, and horse. Contestants were required to show animals they had not worked with before and responded to species specific questions from an industry professional judge.

In preparation for this contest, participants were challenged to network with one another, learning the basics of species they may

have never handled before. This format tested a wide range of skills, including communication, adaptability, and quick learning. All skills that can be learned and grown in a 4-H environment.

For more information about the Master Showmanship Contest, 4-H Animal Science Program, and other ways to get involved with Saratoga County 4-H, please call the Saratoga County 4-H Office at 518-885-8995 or email kek255@cornell.edu.



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.

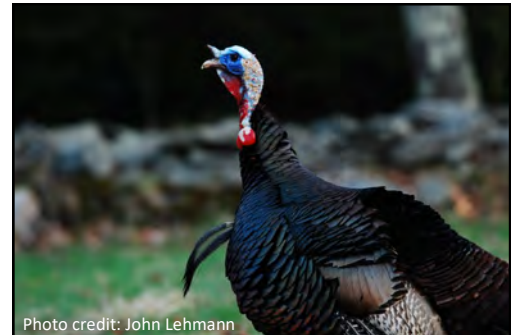


Photo credit: John Lehmann

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



NYS DEC

Tree Stand Safety for this Upcoming Hunting Season

Tree Stand “Best Practices”

- Read the manufacturer’s instructions and warnings before you use your stand.
- Check your stand (including straps and chains) every season and replace worn or missing parts.
- Do not leave your stand up all year.
- Use a full-body harness with a lifeline and stay connected from the time you leave the ground to the time you get back down.
- Be aware of suspension trauma. Be sure the harness has a foot strap to relieve harness leg pressure.
- Use a “lifeline” or safety rope that is secured at the base of the tree or stand and to the tree just above your head when sitting in the stand.
- Attach the tether from your full-body harness to the lifeline using a carabiner and prusik knot, which easily slides up and down the lifeline, keeping you connected at all times.
- Once you are safely in your stand and your tether is attached to the tree raise your equipment into your stand.
- Always use a haul line, such as a strong rope, to raise and lower your unloaded gun or cocked crossbow or bow with quiver up the stand.
- Do not tie the haul line around the trigger or trigger guard on a firearm. Raise a firearm with the muzzle pointing down.
- Let someone know where you will be hunting and when you will return. A map showing your stand location makes it easier for others to find you if you do not return on time.
- Carry emergency equipment, such as a knife, cell phone, flashlight, and whistle in your pockets at all times (not in your pack hanging in the tree).



Image created by Glen Mayhew and provided by the Tree Stand Safety Awareness Foundation

NYS DEC reminds hunters to be safe and use a full body harness with a life line when hunting from elevated stands. Inspect your harness and stand before each use. Raise your unloaded firearm with a separate haul line. Hunt Safe New York.

[WATCH TREE STAND SAFETY VIDEO](#)



Canning Tomato-Based Salsa



Most tomato-based salsas are a mixture of tomatoes, onions, peppers and spices. To home can in a boiling water bath, you must follow research-tested recipes to ensure the proportion of acidic ingredients is high enough for food safety.

Safe Canning Tips

- Choose only high-quality, disease-free, firm produce for canning. Don't use overripe or damaged tomatoes, or tomatoes from dead or frost-killed vines because they cause the home-canned product to spoil and be unsafe to eat.
- Salsa needs added acid to ensure food safety. Tomato varieties and colors can be mixed and matched for salsa but you still need added acid to make sure the product will be safe.

-Researches at North Dakota State University tested 14 varieties of tomatoes for the pH or acidity level of tomatoes and salsa made with lemon juice and salsa made without lemon juice. All tomatoes tested had a pH above 4.6. All salsa with added bottled lemon juice tested well below a pH of 4.6 needed to prevent botulism. All varieties of salsa without added lemon juice tested above 4.6 and at a risk for botulism. This [research](#) explains why an acid must be added to tomatoes when home canning them to lower the pH and prevent botulism.

- Don't reduce the amount of lemon juice or lime juice or tomatoes indicated in the recipe.
- Use dry measuring cups for tomatoes, onions, and peppers, and liquid measuring cups for bottled lemon or lime juice.
- Chop tomatoes, peppers, and onions into ¼-inch pieces.
- Don't add extra peppers, onion or garlic. You can substitute one type for another or reduce the amount of peppers, onion or garlic.
- Dry spices may be adjusted to personal taste and won't affect safety.
- Always store open jars of home-canned salsa in the refrigerator.

Only use a research-tested recipe when canning salsa

- Recipes that have not been tested for safety can result in food spoilage or a foodborne illness.
- The National Center for Home Food Preservation [Choice salsa](#) recipe lets you choose if you want more flavor from peppers or onions.
- Canning recipes for salsa are popular on food blogs and social media sites. The University of Maine [researchers](#) evaluated 56 home-canning salsa recipes from 43 blogs and found that 70% of the recipes did not include USDA food safety home canning standards.

- When searching online for recipes, search for government and university sites by typing site:.gov or site:.edu. For example "canning salsa site:.edu".
- Credible and standardized salsa recipes will instruct you to use pint jars and give processing times for only pint jars. There are no current research-tested guidelines for processing salsa in quart jars. There are no formulas for extending the processing time for a larger jar.

If you use an untested recipe or like to add your own amount of ingredients, freeze your salsa or store it up to one week in the refrigerator and eat it fresh.

Salsa Ingredients

Tomatoes

The variety of tomatoes you use in your salsa will affect the salsa quality.

- Italian plum-style or paste tomatoes, such as Roma, have firmer flesh and produce a thicker salsa.
- Slicing tomatoes produce a thinner, more watery salsa. If you use slicing tomatoes, you can thicken your salsa by adding tomato paste or draining off some of the liquid after you chop the tomatoes. Never add flour or cornstarch to salsa before canning because an unsafe product may result.
- Choose fresh, firm tomatoes at their peak ripeness. Use tomatoes free of bruises, cracks, and disease or insect damage. Tomatoes with bruises, cracks, blossom end rot, mold, insect damage, or harvested from dead or frost-killed vines, or that are soft or overripe can alter the acidity level of the entire batch and make it unsafe.
 - Diseased or bruised produce may harbor pathogens. The process time may not be sufficient to kill extra organisms in damaged or diseased produce.
- Roasting tomatoes and including some of the roasted skins adds another flavor.

Salsa can be thickened by adding tomato paste

- Never thicken salsa with flour or cornstarch before canning as this may produce an unsafe product.
- Salsas can also be thickened after opening.

Green tomatoes or tomatillos (Mexican husk tomatoes)

- These can be substituted for red tomatoes or mixed with them.
- Tomatillos don't need to be peeled or seeded.
- Dry outer husks must be removed.

Article continued on next page

Peppers

Use high-quality peppers.

- Don't increase the total amount of peppers in any recipe.
- You can substitute one type of pepper for another.
- Canned chilies can replace fresh ones.
- Peppers add color and range from mild to fiery in taste.

Hot peppers include: Jalapeno, Serrano, Cayenne, and Habanero and are usually small (1 to 3 inches long).

- When cutting or dicing hot peppers:
 - Always use disposable gloves: oils in the peppers can cause extreme irritation to the skin.
 - Don't touch your face, particularly around your eyes.

Mild peppers include bell, sweet cherry, pimiento, and sweet banana and usually are larger (4 to 10 inches long) than hot peppers.

- You may choose a mild pepper when the recipe calls for long green chilies.
- The skin of long green chilies may be tough and can be removed by heating the peppers.
- When finely chopped, peppers don't need to be skinned.

Onions

Red, yellow, white, and purple onions can be substituted for each other.



Acidic Ingredients

Adding acid is necessary to preserve salsa safely.

Because the acidity level of tomatoes varies greatly, more acid must be added to produce a safe salsa.

- Use commercially bottled lemon or lime juice or 50% acidity vinegar.
- Lemon or lime juice is more acidic and has less effect on the flavor than vinegar.
- Follow recipe directions for adding vinegar or bottled lemon or lime juice to home-canned salsa.
- Don't substitute vinegar for bottle lemon or lime juice, unless this substitution is given in the tested recipe, or an unsafe product may result.

If you are not using a tested recipe or like being creative with your salsa mixtures, store it in the refrigerator for up to a week or freeze it for up to one year.

There are usually USDA-tested salsa recipes and processes for boiling water canning. There are no tested pressure-canning processes for salsa.

Freezing will soften the salsa. Thaw in refrigerator and drain before serving.

Spices and Herbs

- Add flavor and may be altered in recipes.
- For a stronger cilantro flavor, add fresh cilantro to the salsa just before serving because the hot processing temperature may reduce the flavor.

Storing Your Canned Salsa

Store home-canned salsa in a cool, dark place. For the best quality and nutritional value, use within one year.



CCE HERKIMER

Getting Started Right in Beekeeping



Interested in the history and science of beekeeping? Considering making the commitment to starting your own apiary in the spring? This workshop introduces you to basic beekeeping and is designed for the absolute beginner with no prior knowledge. The session includes the basics of hive management, bee health, harvesting and planning your home apiary.

[Video: Watch this session on YouTube](#)

[Beekeeping slides](#)

[Video: Evicting Drones at the End of Summer](#)

[Video: How to Catch a Swarm of Bees](#)

WEBSITE & SOCIAL MEDIA

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



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