



Cornell Cooperative Extension | Saratoga County

NEWSLETTER

September 22, 2025

Volume 6 Issue 20

NYS Center of Excellence for Food and Agriculture opens new office in Saratoga County

Food entrepreneurs from across the region can tap into Cornell University's expertise to help grow their businesses through the newly established New York State Center of Excellence for Food and Agriculture (CoE) satellite office in Saratoga County.

The office, located within the Cornell Cooperative Extension (CCE) of Saratoga County, is staffed by food science and business development experts, providing producers and entrepreneurs with greater access to Cornell University resources and further supporting the CoE's mission to grow the food, beverage and agriculture industries across New York state.

Assemblywoman Carrie Woerner secured \$500,000 in state funding to launch and sustain the office while serving as chair of the Committee on Small Business. She is also a member of the Legislative Commission on Rural Resources and Committee on Agriculture, among others.

"The NYS Center of Excellence for Food and Agriculture, located at Cornell AgriTech in Geneva, New York, has long been a valued resource for food and agriculture industries. However, for entrepreneurs and food producers in the eastern part of the state, accessing it has been quite challenging. I'm pleased to have secured funding for a Center of Excellence satellite office in Saratoga County. Now, food producers and entrepreneurs in eastern New York can easily access the expertise and services Cornell University's AgriTech campus is known for. I look forward to seeing the food, beverage and agricultural small businesses nurtured by this new Center grow into successful enterprises in our area," said Assemblywoman Carrie Woerner (D-Round Lake).

"Many people dream of bringing their products to market, but don't know where to turn for assistance. Thousands of startups and established food and beverage companies have grown their operations by working with the CoE. We provide business mentoring and connections to Cornell research, innovation, technology and services; business-to-business partnerships, such as co-manufacturers; government economic development incentives; sources of capital; and supply chain assets. Assemblywoman Carrie Woerner's leadership and vision of bringing Cornell excellence to the region gives people easier access to a full array of services that can help them succeed," said CoE Executive Director Cathy Young.



Emile Punzalan Ph.D.

The CoE satellite includes laboratory space, allowing food and beverage producers to bring their products to the office for basic food safety testing and product development guidance. The lab, led by Extension Support Specialist Emile Punzalan Ph.D., expands the reach of the [Cornell Food Venture Center](#) to provide scheduled processes, product safety evaluations, onsite training, and other services critical to bringing new foods to market.



Joseph Ganley

Business Development Specialist Joseph Ganley, whose career in food and agriculture includes over a decade of working with small food producers at the New York State Department of Agriculture and Markets, is based out of the Saratoga County office and provides business mentorship and other guidance to entrepreneurs and companies, free of charge.

"The new satellite location offers easy access to expertise in food product and process development, as well as regulatory compliance, ensuring that new foods meet all technical and marketing requirements to enhance successful ventures," said Dr. Olga Padilla-Zakour, the Seneca Foods Foundation Professor and Director of the Food Venture Center at Cornell AgriTech. "This innovative approach allows regional producers to quickly assess which initiatives are better suited for further development, with appropriate resources."

"CCE Saratoga is excited to bring the Center for Excellence for Food and Agriculture to Saratoga County and the Capital Region," said CCE Saratoga Assistant Director Greg Stevens. "By partnering to provide food product development services to our local farmers and food entrepreneurs, this is just another example of how CCE brings the research-based knowledge of Cornell University to the people we serve."

The office is open for regular business hours, Monday to Friday. To learn more about working with the CoE, email coe-foodag@cornell.edu.

Job Opening - Taste NY Welcome Center Associate (Part-time)

This is a part-time 22.5 hours/week position.

Cornell Cooperative Extension (CCE) of Saratoga County's Taste NY (TNY) Adirondacks Welcome Center promotes the region's local tourism industry, rich history, food, and beverages. The Center is a partnership between CCE of Saratoga County, Cornell University, NYS Department of Agriculture and Markets (AGM), and the NYS Empire State Department Corporation.

Associate responsibilities include assisting customers with vending machines, cleaning, restocking, refilling supplies, etc. Associates also discuss NYS agriculture and local foods with customers to engage them in these areas and to provide information upon request about the food and farm products sold in the store.

To apply and for further details:

<https://cornell.wd1.myworkdayjobs.com/.../CCE-of-Saratoga...>



Apply By: All applications must be received on-line by 11:59 pm on September 29, 2025. Position dates may change based on Associations needs.

Cornell Cooperative Extension is a collaboration among Cornell University, the United States Department of Agriculture, the State of New York, and the residents of New York State. Per NYS Law, county and regional extension service associations are subordinate government agencies. This employment opportunity is with the entities listed and not with Cornell University.



CAR SEAT CHECK

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

Tuesday, October 7 | 4 pm—8 pm

New Country Toyota of Clifton Park

202 Rte 146, Mechanicville, NY 12118

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*

Tom Venditti

Alex Guilmette

Nancy Wade Leary

Kevin Veitch — *Board of Supervisors Representative*

Danielle Hautaniemi - *Cornell Representative*



By Jenn Ginley, Secretary to Town of Greenfield Supervisor

You Don't Have a Green Thumb? Let Us Help!

I love my plants and having a beautiful yard each summer. Lilacs are my absolute favorite and many years after planting three in my own yard, I finally get some beautiful vases full of flowers each year. Suddenly, however, by early July my lilac bushes looked sick with brown leaves throughout.

I thought they were history.

But alas, a trip to my TOG (Town of Greenfield) Farmers Market saved the day. What I didn't realize is that this summer with its super wet and then hot conditions, led to a major fungal disease for trees and bushes in this region. After a talk, followed by a few pictures sent through email to a Master Gardener of the Cornell Cooperative Extension of Saratoga County (CCE Saratoga), and I learned all about this and was assured there was no need to dig up and toss my lovely lilacs. They gave me some pruning tips too. It was much easier than a trip to Hewitt's and at a landscape store, you have to seek out the salesperson with the true knowledge.



Madison Blodgett, a TOG resident and Community Horticulture Educator with the Cornell Cooperative Extension-Saratoga County.

The CCE-Saratoga County has set up a stand at them market multiple times this year, but it is dependent on its Master Gardener volunteer staff. Community Horticulture Educator Madison Blodgett is a resident of Greenfield and she said the group will be an even more regular vendor at the TOG market next year. They currently attend the Saratoga, Ballston Spa, and Clifton

Park Farmers Markets and add Greenfield as a test this year, with plans to expand presence next year.

At markets, the Master Gardeners answer questions, talk with you about gardening, and will even collect your samples for pH testing. They also have kids' activities and crafts to help grow their interest in gardening. The CCE-Saratoga County is reachable any time for advice on indoor or outdoor plants, flowers, lawns, pests and more.

"Markets give us the chance to reach our communities," Blodgett said. "It's a great way to connect with the public and let everyone know we are here to help."

They recently did a container planting seminar with the Greenfield seniors. Public workshops are all listed on the agency's website.

Blodgett's family, which includes two daughters, moved to Greenfield in 2020. Her oldest daughter will begin at Greenfield Elementary School this year.



"I love how quiet and rural it is, while being close to downtown Saratoga," she said. "I love to escape into nature in the woods at home." Blodgett joined the CCE-Saratoga County in January of this year and is thrilled to be building awareness for it in her own town.

Are you a plant lover who might be interested in combining community service and your passion by becoming a Master Gardener? These are dozens of Master Gardeners in the area and the program starts in January. It requires coursework, testing and annual volunteer hours. If this sounds exciting to you, apply and you can join the team that works at the TOG Farmers Market next year. Call the CCE-Saratoga County at 518-885-8995 to inquire.

If you are questioning what is happening with your own attempts at horticulture, dive in and let the specialists help you.

What is the Cornell Cooperative Extension?

All states have a cooperative extension for agriculture advice and to link that state's land-grant university and the federal Cooperative Extension. However, New York's program is unique involving: Cornell University, the State of New York, the U.S. Department of Agriculture (USDA), and New York residents. It is a governmental agency with an education mission to provide agricultural advice and resources to farms and the communities.

If you are questioning what is happening with our own attempts at horticulture, dive in and let the specialists help you.

Reach Out

You may call the Cornell Cooperative Extension at 518-885-8995 to ask questions. Follow them on social media [here](#). To learn more about all the Master Gardeners can help with visit the Cornell Cooperative Extension's website [here](#). To find out about classes, workshops and events held by the Cornell Cooperative Extension visit [here](#).

[You Don't Have a Green Thumb? Let us Help! - Town of Greenfield](#)



Farmland Conservation Workshop

Learn how agricultural conservation easements work, why landowners choose to protect their land, and what the process involves.

Presenter: Tori Roberts
Conservation Director at Saratoga PLAN

Guest Speaker: Dustin Lewis
Saratoga County Soil and Water

Location: Saratoga County 4-H Training Center
556 Middleline Rd, Ballston Spa OR Zoom

**Thursday
Oct. 16th
7pm**

Register:



Email samh@saratogaplan.org
Call 518.587.5554 x 132
OR Scan QR code

Funded by the State of New York and the American Farmland Trust

FEEDING HORSES

THE ART AND SCIENCE OF EQUINE NUTRITION

October 18th, 2025

Speakers and Presenters From

**TROPLE
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

Fall equine care

Tips to keep horses healthy and prevent pasture-associated illness



Sun-filled days, overnight frosts, and falling leaves herald the arrival of fall and an important time for horse owners to take steps to preserve their animals' health during the seasonal transition.

While many people associate spring pastures with laminitis, fall can be just as risky, if not more so, according to [Dr. Kerry Kuhle](#), associate professor with the University of Minnesota College of Veterinary Medicine. Laminitis refers to a condition where the tissue between the hoof and the underlying coffin bone becomes inflamed and damaged. One of its common causes is horses grazing in pastures with grasses that have a high sugar content.

Now is the time to think about moving horses prone to pasture-associated laminitis off pasture. That includes those with equine metabolic syndrome, pituitary pars intermedia dysfunction, or insulin resistance.

Cool-season grasses are still making sugar via photosynthesis during the day, particularly on sunny days. They burn off these sugars overnight as they respire or fuel plant growth. When overnight temperatures fall below 40 degrees Fahrenheit, respiration stops and sugar levels accumulate. These sugars are concentrated at the base of the plant, so pastures that are shorter than 3-4 inches are even more of a danger for sugar-sensitive horses.

For horses who can still safely graze, it's a good time to be introducing hay as a transition to winter feeding.

"If you haven't already begun, keep in mind that changes in forage can cause more disruption to the population in your horse's hindgut than changes in concentrates," Kuhle says. "Slowly increasing the amount of hay offered over a 7-21 day period will help avoid episodes of colic and diarrhea caused by rapid changes in the microbial and diarrhea caused by rapid changes in the microbial populations."

Frequent forage changes are a risk factor for colic, so owners should try to secure a consistent supply (same lot, same cutting) to get through the winter.

Lastly, fall is prime time for exposure to toxic plants that blow onto pastures, such as box elder and red maple. When pastures are sparse and supplemental hay isn't available, the leaves of these trees are too tempting to pass up and horses can suffer lethal consequences.

Is your horse ready for fall? Here are checklists to help you and your equine prepare.

Horse owner should consult with a veterinarian to:

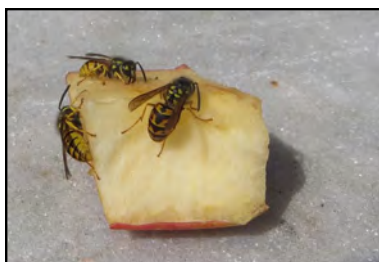
- Get the recommended fall vaccinations
- Find the best deworming procedures
- Do a dental checkup
- Evaluate your horse's body condition
- Determine any special health needs or risks to your horse

Horse owners should take steps to:

- Prevent colic by watching for changes in diet, exercise, and water consumption
- Secure hay by buying early and storing it properly
- Get organized by doing some fall cleaning in the barn
- Improve areas prone to mud
- Keep rodents from living in barns



It's Prime Time for Yellowjacket activity!



It's that time of year again the transition between warm, stuffy days and cool, breezy ones, and that makes it the prime time for yellowjacket activity.

If you're thinking you may be seeing more yellowjackets than usual, you may be

right! Anecdotally, our team saw an unusual number of yellowjacket queens this past spring.

Now is the time of year when next year's queens are produced by the colony. It's also a time when colony structure breaks down and workers lose their sense of purpose (no longer guided by their own queen's pheromones). Worker yellowjackets can be aggressive, especially around food with sweets being particularly attractive.

Keep an eye out for active nests, and try to avoid going near them. If a nest is in an area of human activity, it should be dealt with by a professional. Check out our webpage on yellowjackets and bald faced hornets for more information and tips on how to manage them safely.

CornellICALS

Yellowjackets and baldfaced hornets

The most numerous and well-known stinging insect is the yellowjacket. There are a variety of species, mostly colored yellow and black. Baldfaced hornets, despite the name, are large black and white yellowjackets that make nests with tiers of gray paper combs, wrapped inside a papery ball. Some nest in trees, others in structures, still others nest in rodent burrows and compost or leaf piles. Yellowjackets deliver painful stings and when crushed, their bodies release alarm pheromone to attract other workers. Colonies can grow to 5,000 workers or more by the end of the summer.

Biology and Behavior

Nearly all of the Vespid wasps build nests of paper they create from combining saliva with chewed wood and using the fiber (cellulose) paste to make paper walls and cells for raising each season's brood.

Nests vary in size and location, but are started by overwintering mated queens. Once the queen has raised a few workers, they take over the task of building and feeding, and the queen focuses on egg-laying. Only female wasps have stingers because a stinger is a modified ovipositor (egg-layer). Male wasps are among the last raised in a nest, and only function to mate with the new queens. Colonies begin small.

Scavengers or Predators

Some Vespids are predatory, foraging for other insects throughout the summer to provide protein for the colony. Some are scavengers for protein and may also feed on animal carcasses and pet and human food, causing problems for people. Some species use both strategies.

Yellowjacket Nest

Yellowjackets build multi-tiered nests wrapped and protected by layers of "envelope," which makes the nest rounded. Some yellowjackets prefer nest building in voids such as hollows in trees, structural walls, abandoned animal burrows or rotting tree stumps. Others prefer aerial nests in trees or under the eaves of out-of-the-way buildings. Whether built in voids, in trees or on buildings, yellowjacket nests have the characteristic envelope. They are often overlooked until their activity draws attention or the nest is disturbed. It is important to understand that wasps have a role in the environment and most stinging incidents occur during accidental or ill-advised interaction. Many 'bee-sting' incidents are actually caused by wasps. Wasps can sting repeatedly, while honey bees sting only once, leaving the stinger in the flesh. Reactions vary, so be prepared. IPM for wasps help reduce the chance of interaction, protecting both this important insect and us.

NYS IPM Program

What's Bugging You?

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

OCTOBER 3 | 12:00 PM—12:30 PM

Winterize your home orchard | Feeding Friendly Insect 4*

In this event we're focusing on fall tasks that are good IPM practices. Cleaning up your home orchard can mean fewer pests to attack your tree fruit in the spring. Fall is also the right time to plant seeds or seedlings of perennial wildflowers that feed friendly insects.

[Register Here!](#)

Get There Green!

September 21 to 28, 2025

How to Participate (Yes, it really is this simple)

Between September 21 to 28, 2025 simply walk, bike, take public transit, carpool, drive an electric vehicle, or use another form of sustainable transportation (not driving alone in a fossil fuel-powered vehicle) for the trip(s).

Reasons to Get There Green

The transportation sector is one of the highest source of New York State's greenhouse gas emission and the largest part of New Yorkers' personal carbon footprint. Therefore, it is critically important that we all work to reduce our emissions from transportation in our daily lives to improve air quality, benefit our health and the health of others, and help to achieve New York's economy-wide greenhouse gas emission reduction targets to ultimately reach a net-zero economy of the future. [Learn more about the impacts of climate change in New York.](#)

Reasons to Participate

By using a more sustainable mode of transportation for your trips during Get There Green! You'll be joining thousands of fellow New Yorkers in not only directly improving our environment, but you may also discover that sustainable transportation is a great option for your trips.

Plus, you may discover that a more sustainable mode of transportation is both relaxing and enjoyable!

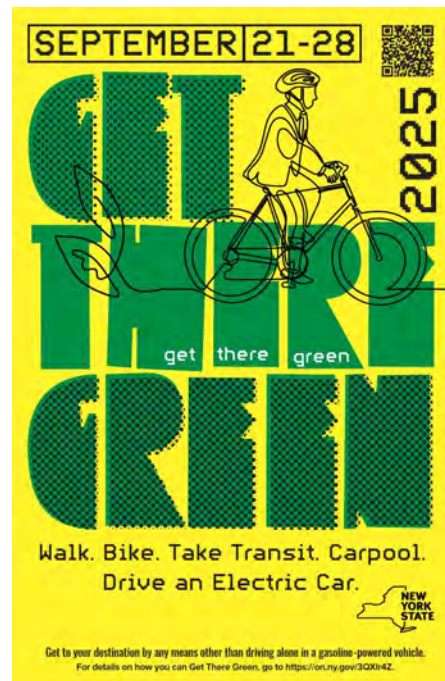
Sustainable Transportation

Get There Green! is a week to promote and celebrate more sustainable modes of transportation. During this week everyone is encouraged to join in a week of climate-action by using a more sustainable mode of transportation for as many trips as they can. These include:

- walking
- biking
- taking public transit
- carpooling
- driving an electric vehicle
- anything else that isn't driving alone in a fuel powered vehicle.

Resources

There are many [resources](#) available to help you find a more sustainable way to commute.



Until September 30th



SARATOGA COUNTY EST. 1791
Department of Aging & Youth Services

FARMERS MARKET COUPONS FOR SENIORS

Qualifications: Age 60+
Income at or below:
\$2413.00 per month, household of one
\$3261.00 per month, household of two
Each booklet value is \$25.00

**Redeem for Fresh Fruits and Vegetables
from Participating Farmers**

Pick up coupons at 152 West High Street, Ballston Spa
Monday-Friday, 9AM - 5PM.
Call 518-884-4100 for more information.



SARATOGA COUNTY 4-H 4-K WALKATHON

**\$30 for
Commemorative
T-Shirt**



**Raise Money!
Earn Prizes!**

**All Proceeds Benefit the 4-H Training Center!
Tie-Dye T-Shirts, Hotdogs, Games, Fun for All Ages!
Alumni Reunion!
Come see all that the 4-H Training Center has to
offer our community!**

**Saturday, September 27th
3:30 Registration, 4:30 Start**

**4-H Training Center
556 Middleline Rd, Ballston Spa**

Register Here



walk.sc4h.org

Chicken Potpie

Total Time Prep: 40 min. Bake: 35 min. + standing

Learning how to make chicken potpie from scratch is 100% worth it. This chicken potpie recipe features a flaky, buttery crust packed with chicken, vegetables and a creamy sauce.

Say goodbye to the freezer section forever. Once you know how easy it is to make homemade chicken potpie, you'll never go back! There are several potpie recipes to choose from (and even a [chicken potpie soup](#)), but we find ourselves returning to this classic chicken potpie recipe time and time again. It captures everything we love about this comforting meal: golden crust, creamy sauce, tender chicken, and a colorful combination of carrots, potatoes, peas and corn.

This homemade chicken potpie recipe makes two pies. That may sound like a lot of food, but making the full recipe is worth it, even if you plan on only baking one. The pies freeze beautifully and don't even need to thaw overnight when you're ready to use them. We'll include instructions on how to freeze chicken potpie and how to bake it from frozen so you can take advantage of a premade meal on a busy night.

Ingredients

- 2 cups diced peeled potatoes
- 3/4 tsp pepper
- 1-3/4 cups sliced carrots
- 3 cups chicken broth
- 1 cup butter, cubed
- 1-1/2 cups whole milk
- 2/3 cup chopped onion
- 4 cups cubed cooked chicken
- 1 cup all-purpose flour
- 1 cup frozen peas
- 1-3/4 tsp salt
- 1 cup frozen corn
- 1 tsp dried thyme
- 4 sheets refrigerated pie crust

Directions

1. Preheat oven to 425°F. Place potatoes and carrots in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook covered 8-10 minutes or until crisp-tender; drain.
2. In a large skillet, heat butter over medium-high heat. Add onion; cook and stir until tender. Stir in flour and seasonings until blended. Gradually stir in broth and milk. Bring to a boil, stirring constantly; cook and stir for 2 minute or until thickened.
3. In a large bowl, combine chicken, peas, corn and potato-carrot mixture. Stir in broth mixture.
4. Unroll a pie crust into each of the two 9-inch pie plates; trim crusts even with rims of plates. Add chicken mixture. Unroll remaining crusts; place over filling. Trim, seal and flute edges. Cut slits in tops.
5. Bake for 35-40 minutes or until crust is lightly browned. Let stand 15 minutes before cutting.

Nutrition Facts

1 piece: 475 calories, 28g fat (14 saturated fat), 74mg cholesterol, 768mg sodium, 41g carbohydrate (5 sugars, 2g fiber), 15g protein.

Tips for Homemade Chicken Potpie

How do you keep chicken potpie from getting soggy?

There are several ways to prevent a soggy pie crust. Here are our top tips:

- **Seal the crust:** Brush the crust with a beaten egg white. This will help seal the crust and prevent the liquid filling from absorbing into the dough.
- **Make sure the filling is hot:** Pour the filling into the crust while it's still hot. Then, immediately place the potpie in the oven. The heat from the filling will help set the crust.
- **Use the lower rack:** Bake the pie on a lower rack in the oven. The oven's heat concentrates at the bottom. So, placing the potpie on the lowest rack ensures the bottom of the crust will become crisp and golden brown.
- **Blind bake the crust:** If all else fails, try blind baking the pie crust before adding the filling.

How do you thicken chicken potpie filling?

We thicken our chicken potpie filling with flour. As written, this recipe should create a sufficiently thick mixture. However, you can add a bit of cornstarch or arrowroot to further thicken the filling. Stir 1 to 2 teaspoons of cornstarch into cold water and gradually whisk it into the filling. Be sure to stir the mixture well to avoid lumps. If you're planning to freeze the potpie, arrowroot is the best thickener. Cornstarch can make the filling spongy when thawed.

Should you poke holes in the bottom pie crust?

No, we don't recommend poking holes in the pie crust. Pricking the bottom of a pastry crust is helpful if you're blind-baking the crust. However, you shouldn't poke holes in the crust when filling and crust are going to be baked together.

How do you keep the edge of the pie crust from slumping?

You can reduce slumping (when the edge of the crust falls inward off the lip of the pie plate) by letting a fluted crust rest in the refrigerator for 30 to 45 minutes.

Why is the chicken potpie runny?

If your chicken potpie seems runny after it's baked, chances are good that the pie didn't bake for enough time. The ingredients need time to set up and create a thick filling. If your crust is getting too golden or dark before the end of your bake time, place a sheet of foil over the top to keep it from burning.



For Recipe Variation, Storage, Reheating and Freezing of Potpie and watch video [click here](#).

Fall is a great time to be thinking of your trees!

Is it fall already!?? School is in session and pumpkin spice is back. That means it's a great time to be thinking of your trees!

With the cooler temperatures and (hopefully) more rain, the conditions are perfect for tree care and planting before winter. Now is the time for:

- Assessing—check trees for potential issues or changes and contact an arborist for help.
- Pruning—any branches that could be a hazard with heavy snow (wait to prune oaks until November to help prevent oak wilt.)
- Mulching—make a donut shape around the tree.
- Planting—add a new tree to your yard to save on future summer cooling bills!

For more information, visit:

<https://dec.ny.gov/nature/forests-trees/urban-and-community-forestry/urban-tree-care>.



SARATOGA COUNTY ANIMAL RABIES CLINIC

DOGS, CATS, AND FERRETS WELCOME.



SEPTEMBER 23, 2025

Location:

4-H Training Center
556 Middleline Road, Ballston Spa

FOR QUESTIONS CALL
(518) 885-4113

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.



Homesteading



CCE SARATOGA

Family Workshop: Learn Chicken Processing from Farm to Table

Cornell Cooperative Extension of Saratoga and Warren Counties is hosting a hands-on Family Chicken Processing Workshop on **Saturday, October 4th, from 9:00 am - 4:00 pm** at the **4-H Training Center, 556 Middleline Road, Ballston Spa.**

Led by Cody and Kateri of Aisling Farm, this workshop will guide participants through the process of preparing chickens for meat, offering a valuable opportunity to learn essential homesteading skills. Families of all knowledge levels are welcome to attend.

"This workshop gives families the chance to not only learn how to raise and process their own chickens but also to understand where their food comes from," said organizers from CCE. "It's a unique educational experience that combines tradition, sustainability, and hands-on practice."

The workshop fee is \$120 per family, which includes instruction and two processed chickens to take home. Additional chickens will be available for purchase at the event for \$35 each.

Please note: While children under 18 are welcome to participate, they will not be permitted to use knives or scalding pots but may assist in other aspects of the process. Preregistration and prepayment are required by October 2nd. To register, email ash297@cornell.edu or call (518) 668-4881.



CAAHP

Are You Raising a Backyard Flock? - This Survey Is For You!

Since March 2024, seventy cases of avian influenza A(H5) (H5 bird flu) have occurred in humans in the United States, mostly among workers exposed to infected dairy cows and commercial poultry farms. However, cases have also occurred among people exposed to birds kept in noncommercial, backyard flocks. CDC is interested in learning more about backyard flock owners and their flocks. The anonymous survey asks about:

- Characteristics of backyard flock owners, their families, and their flocks.
- Knowledge of H5 bird flu and signs and symptoms of H5 bird flu in birds and humans.
- Perceived risk of and concern about H5 bird flu to their backyard flock and themselves/families.
- Attitudes towards reporting sick or dead birds and protective measures like vaccination of their flock.
- Practices they use to protect their flock and themselves from H5 bird flu.



To Take the Survey

Scan the QR Code or visit:

<https://airc.cdc.gov/surveys/?s=NRPKTT7RCDRJEP8F>

CDC will use the survey results to improve H5 bird flu prevention activities.

Questions can be sent to h5flustudy@cdc.gov



Got extra yellow tomatoes?

Got extra yellow tomatoes? How about trying a chutney? Chutney is a savory condiment made with fruits, vegetables, vinegar, and spices and offers a wide range of uses as dips, spreads, glazes, and accompaniments for both Indian and non-Indian foods. Yellow tomatoes are the perfect start ingredients as they are milder, sweeter, and have a slightly fruity flavor. Give this recipe from *Ball* a try:

Sweet Yellow Tomato Chutney

Compared to traditional red tomatoes, yellow tomatoes have a milder, sweeter and slightly fruity flavor. This colorful chutney uses the special characteristics of yellow tomatoes to create a sweet-and-sour flavor that goes particularly well with grilled fish.



Makes: 9 Pint Jars (16 oz) **Prep:** 1 Hour & 20 Minutes **Processing Time:** 15 Minutes

INGREDIENTS

- 4 cups cider vinegar (at least 5% acidity)
- 9 cups chopped cored peeled tart green apples (about 9 medium)
- 12 cups chopped cored peeled yellow tomatoes (about 12 medium)
- 3 cups golden raisins
- 2½ cups chopped onions (about 3 to 4 medium)
- 1½ cups granulated sugar
- 1 cup lightly packed brown sugar
- 3 chili peppers, such as jalapeno or hot banana (yellow wax), finely chopped
- 2 cloves garlic, finely chopped
- ¼ cup mustard seeds
- 1 Tbsp finely chopped ginger root
- 1½ tsp ground cinnamon
- 1 tsp salt

DIRECTIONS

FIRST, LET'S PREP!

1. Measure vinegar into a large stainless steel saucepan. To prevent the apples from browning, drop them into the vinegar as they are being chopped, stirring to ensure all surfaces are covered.
2. Add tomatoes, raisins, onions, granulated sugar, chili peppers, garlic, mustard seeds, ginger root, cinnamon and salt. Bring to a boil over medium-high heat, stirring frequently. Reduce heat and boil gently, stirring frequently, until the chutney is thick enough to mound on a spoon, about 1 hour.
3. Prepare boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set aside with bands.



DID YOU KNOW?

To guarantee the most delicious preserved foods, always begins with the best-quality produce at its peak of ripeness.

NEXT, LET'S CAN IT!

4. Ladle hot chutney into a hot jar leaving a ½ inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar and apply band, adjust to fingertip tight. Place jar in boiling-water canner. Repeat until all jars are filled.
5. Water must cover jars by 1 inch. Adjust heat to medium-high cover canner, and bring water to a rolling boil. Process pint jars for 15 minutes, adjusting for altitude. Turn off heat and remove cover. Let jars cool 5 minutes. Remove jars from canner; do not retighten bands if loose. Cool 12-24 hours. Check lids for seal, they should not flex when center is pressed.

HAPPY CANNING!

Other recipes for salsa and chutneys from *Ball* click [here](#).



Lemon Peach Turmeric Chutney



Bruschetta in a Jar



CCE SARATOGA

Become a Master Gardener

Do you love gardening and want to deepen your knowledge?

Here's your opportunity to become a lifelong learner, a dedicated volunteer, and a positive force in your community!

Cornell Cooperative Extension of Saratoga County invites you to apply for the **2026 Master Gardener Volunteer Program**.

This dynamic program is a vital part of our outreach efforts, providing research-based horticultural education to a wide range of audiences - including home gardeners, youth in after-school programs, individuals with physical and developmental disabilities, community gardeners, and consumer of horticultural products.

The Master Gardener Program trains volunteers to support public education and outreach. Participants are required to contribute 50 volunteer hours during their first year, and 30 hours annually thereafter to maintain active status.

Course topics include:

- Ornamental and landscape plants
- Turf management
- Vegetable and organic gardening
- Basic entomology
- Weeds and plant diseases

Training will take place two evenings per week (5:00 pm - 8:00 pm), from mid-January through May 2026. Space is limited. **Applications are due by November 21, 2025.**

To learn more or request an application, please contact:

Jessica Luse

Community Horticulture & General Agriculture Manager

jmh452@cornell.edu | 518-885-8995



CCE WARREN COUNTY

Shiitake Mushroom Inoculation Workshop

Shiitake Mushroom Inoculation Workshop – October 3rd

Cornell Cooperative Extension is pleased to announce a **Shiitake Mushroom Inoculation Workshop** on **Friday, October 3rd at 2:15 PM**, held at the **Cornell Cooperative Extension Training Center in Warrensburg, NY**.

Connor Youngerman, Cornell Mushroom Specialist, will lead the workshop with an informative presentation followed by a hands-on demonstration of how to inoculate hardwood logs ("bolts") with shiitake mushroom spawn.



A limited number of inoculated bolts will be available for participants to purchase and take home. The cost is \$20, which includes all materials, including the bolt. If you would like to purchase a bolt, **please indicate this when registering**.

Pre-registration is required.

To register, please call (518) 623-3291 or email Dan at [dj69@cornell.edu](mailto:djc69@cornell.edu).



NYS DEC

Changes to crossbow hunting in New York State

BIG NEWS for NY Hunters!

Changes to crossbow hunting in New York State are now in effect. New for fall 2025, hunters in New York State may use a crossbow in the same season, places, and manner as a vertical bow for hunting deer and bear:

- Everyone hunting deer or bear with a crossbow must have a Bowhunter Education Certification. Find an in-person course or take it online: <https://dec.ny.gov/things-to-do/hunting/hunter-education/courses-certifications>
- To hunt deer and bear with a crossbow during the bowhunting seasons, a hunter must have a hunting license and bowhunting privilege.
- Crossbows may be used wherever and whenever bowhunting occurs, including the archery-only portions of Albany and Monroe Counties, and in Westchester and Suffolk Counties. The minimum setback distance for discharge is 500 ft. in Westchester and Suffolk Counties and 250 ft. in all other areas.
- Crossbows must have a working trigger safety and a minimum peak draw weight of 100 pounds. There is no minimum limb width, no minimum length, and no maximum draw weight.

Be sure to check the updated regulations for your Wildlife Management Unit before heading out this season. Happy Hunting.



Herb B.'s Monthly Advice for SEPTEMBER



I love September. The cool nights and pleasant days make it the perfect transition between the heat of August and the crispness of October. The harvest has been underway for some time now, and there are moments when I'm tempted to say "enough" to the tomato row. But then I remember what it's like to go without real tomatoes, and I convince myself: just one more week.

This year, the green tomatoes seemed content to stay green longer than ever before. The corn—Silver Queen—grew tall, reaching six or seven feet, but produced fewer ears than usual. I'm not sure whether it was the extreme heat in July or the lack of rain, but either way, the ears we did get were excellent. We also grew blue corn, which can be ground and added to cornbread for a rich, true corn flavor. We're saving seed from that crop for next year and hoping it's viable. Time will tell.

You'd think eating the same thing every day for a month would get old—but not when it's a fresh tomato slice on toasted rye bread with a thick spread of cream cheese. Some folks take the time to add salt and pepper; I just chomp right in, and that's good enough for me. I've even seen basil leaves floated on top. To each their own.

Now, down to business. We still have turkeys (got them in late June) and cattle. This year, another farm—one that follows the same system we do—is raising our pigs. That means grain *and*

greens every day. We also plan to breed the rabbits for at least one more round.

Fall crops are a huge money-saver. Squash, beans, and just about anything picked in October through early December is money in the bank. A lettuce seed costs less than a cent. Plant it in September, and you could have greens worth a couple of dollars—that's basically free food.

I don't know about you, but I love watching fields in the fall. What looked like plain green yesterday suddenly sprouts orange spots—pumpkins. We had some growing in the manure pile, and I thought we had a decent five-pumpkin yield. Then I went around to the other side of the pile and found fifteen more. Twenty pumpkins, no pests or disease. That's something to think about.

Finally, something important. I'm not a scientist, but I do observe the soil closely and have a few thoughts to share. We grow our food organically. While we do use sprays when needed, we choose ones that break down quickly and don't linger in the environment. But I don't believe "organic" is the full answer. I recently read a report from the [Bionutrient Food Association](#) showing that sometimes non-organic farm produce can have more nutrients than food from an organic or home garden. The real key is the soil. On a homestead, soil health is everything. Take care of it, and it will take care of you.

Herb

WEBSITE & SOCIAL MEDIA

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



CCE Saratoga



4-H



CCE Equine



Agriculture
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