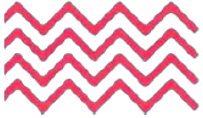




SEPTEMBER 21, 2026

Cornell Cooperative Extension | Saratoga County

NEWSLETTER



Saratoga County 4-H 4K Walkathon: *A Tradition of Community Support*



Saturday, September 26 | 4-H Training Center

For more than 50 years, the Saratoga County 4-H community has come together for the annual 4-H 4K Walkathon, one of our most cherished traditions and most important fundraisers benefiting the 4-H Training Center.

Each year, 4-H members, families, alumni, volunteers, and friends help raise funds to build, maintain, and strengthen this incredible community resource. Last year's Walkathon was our biggest yet, bringing together more than 150 members of the 4-H family for an evening of fun, fellowship, and support. This year, we're looking forward to making it even more successful!

How You Can Help

Raise Funds

Youth members are encouraged to share their 4-H story and collect pledges from family, friends, neighbors, local businesses, and community supporters. Every contribution helps support the 4-H Training Center and strengthen local 4-H programs.

Become a Sponsor

Businesses, organizations, clubs, and individuals can support the Walkathon through sponsorship opportunities. Sponsors can receive recognition on the official Walkathon T-shirt while supporting Saratoga County 4-H.

Spread the Word

Help us reach 4-H alumni, friends, neighbors, and supporters throughout the community. Share information about the Walkathon and invite others to participate!

Join Us!

The best way to support the Walkathon is to be there on 09/26! Bring your family, reconnect with the 4-H community, and enjoy an evening of fun and fellowship while supporting the future of Saratoga County 4-H.

Need a sponsor sheet? Contact the 4-H Office—518-885-8995

Register, become a sponsor, donate and learn more: walk.sc4h.org



REGISTRATION begins 3:30 pm
WALK starts at 4:30 pm

Tie-Dye T-shirts, Hot dogs, Games, and Fun for All Ages!



Come celebrate with us!

***Whether you join us for the day, a year, or hopefully a lifetime,
there's a place for everyone in 4-H!***

All proceeds benefit the 4-H Training Center!

Saratoga County Horticulture Tour

October 3, 2026 | 10 a.m. - 2 p.m.



The Saratoga County Horticulture Tour, presented by Cornell Cooperative Extension of Saratoga County, is designed to raise awareness of the local horticulture industry and connect the community with area growers. The tour features both guided and self-guided options, offering educational experiences and photo opportunities that vary by location. Visitors also have the chance to purchase products directly from participating farms, making it a great way to support local agriculture as you discover more about them.

Stops on the Tour include:

- Sorano's Greenhouses
- Native Sun Flowers
- Goode Trees
- Fogg Hollow Farm
- Riverview Orchards
- Adirondacks Welcome Center

Cornell Cooperative Extension
Saratoga County

For more information,
contact Jessica Luse
jmh452@cornell.edu | 518-885-8995

OCTOBER - Saratoga County Horticulture Tour



CAR SEAT CHECK

Cornell Cooperative Extension of Saratoga County is partnering with New Country Toyota of Clifton Park for a FREE car seat check to insure your car seat is properly installed. Nationally Certified Child Passenger Safety Technicians and Instructors will be on site.

Thursday, October 15 | 4 pm—8 pm
New Country Toyota of Clifton Park
202 Route 146, Mechanicville

To schedule an appointment, call 518-885-8995.

What to bring to your car seat check:

- Your child (if possible)
- Your car seat manual
- Your vehicle owner's manual
- A cleaned-out vehicle (remove other items for easier access)

BOARD OF DIRECTORS MEETING

The next Board of Directors meeting and Annual Dinner is scheduled for **October 22, 2026 | 6:00 pm**

CCE Saratoga's Board of Directors

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



Interested in attending? Reach out to Wendy at
wlm8@cornell.edu.

Cut Flower Monthly Webinar Series

(All webinars will be recorded and available on the [CCE Cut Flower YouTube Channel](#))

Time: 12pm to 1 pm

Price: Free

October 21: Forcing Tulips

November 18: Growing Gorgeous Dahlias the Regenerative Farmer's Way

December 16: High Tunnels- Ranunculus and Anemones

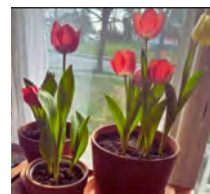
Registration: https://cornell.zoom.us/webinar/register/WN_-NBSilfISga_DRdiObj4g#/registration

After registering, you will receive a confirmation email containing information about joining the meeting.

Questions can be directed to:

Lindsey Pashow (CCE Harvest NY) lep67@cornell.edu | 518-569-3073

Sponsored by: Cornell Cooperative Extension Cut Flower Program Work Team



Tractor & Farm Equipment Safety Workshop

October 3, 2026 | 9:30 am

White's Farm Supply

1205 NY-40, Schaghticoke, NY 12154

Farm equipment plays an essential role in agricultural operations, but proper equipment selection, maintenance, and safe operating practices are critical to preventing injuries and protecting farm workers.

The workshop is designed for farm owners, operators, and workers of all experience levels. It will provide practical, research-based information to help participants make informed decisions about equipment and improve safety on the farm.



Topics will include:

- **Farm Safety Fundamentals** - presented by the New York Center for Agricultural Medicine & Health (NYCAMH), covering essential practices for creating a safer farm environment and reducing the risk of injuries.
- **Right-Sizing Equipment, Maintenance & Economics** - presented by Cornell Cooperative Extension and White's Farm Supply

[Register Here](#)

Cost: \$25 per person

Questions? Contact Mamnenge: mbg242@cornell.edu | 518-272-4210

CAPITAL ARE AGRICULTURE AND HORTICULTURE PROGRAM

Steve Hadcock, Team Leader, prepares to retire



After more than 44 years as a Cooperative Extension Educator, Steve Hadcock, Team Leader for CAAHP, is preparing for retirement. While writing his final article for the CAAHP E-news is bittersweet, Steve reflects with gratitude on a career he truly loved.

Throughout his career, Steve's greatest source of satisfaction has been the opportunity to make a difference in people's lives. Over the years, he believes he has had the privilege of helping

thousands of people through his work with Cooperative Extension.

As Steve moves into his new chapter, he looks forward to retirement while acknowledging that he is not quite ready to stop helping others. Rather than spending his days relaxing, he plans to seek out new opportunities to make a difference in different roles.

Steve extends his sincere thanks to everyone he has had the opportunity to work with throughout his career. "It has been an honor to collaborate with you and be part of this journey."



"Can All Behavioural Problems Be Blamed on Ulcers?"

EQUINE GASTRIC ULCER SYNDROME

Join us for an Educational Talk with Dr. Ben Skyes

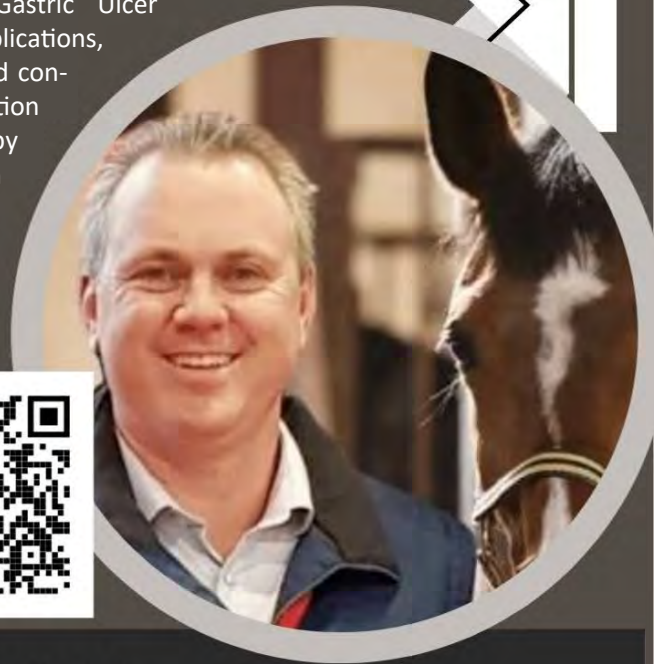
Dr. Ben Sykes is a Diplomate of the American College of Veterinary Internal Medicine (Large Animal Internal Medicine) with more than 28 years of clinical experience. He has worked with horses ranging from elite racehorses and sport horses to pleasure horses, combining specialist clinical practice with internationally recognized research in equine gastrointestinal disease, particularly Equine Gastric Ulcer Syndrome (EGUS). An author of more than 60 scientific publications, he is an internationally sought-after speaker, educator and consultant. His work spans clinical practice, research, education and industry innovation, and he has been recognized by Stanford University among the world's top researchers in his field.

✓ September 23, 2026 | 6:00 pm

✓ 556 Middleline Rd.
Ballston Spa, NY 12020

✓ Open to Everyone

✓ Follow QR code to Sign up!



Contact Us



Jillian Peek
JSP327@cornell.edu

Nicolina Foti
NVF5@cornell.edu

Cornell Cooperative Extension
Saratoga County



AGRICULTURAL LEASING 101



Understanding Lease Rates, Agreements, & Legal Considerations



OCTOBER 21st & 28th 2026



12:00 - 1:00 PM

Online via Zoom

A two-part online program for farmers, landowners,
and anyone involved in agricultural leasing.

October 21



AGRICULTURAL LEASING FUNDAMENTALS

- Types of ag leases
- Determining lease rates
- Costs and responsibilities for both landowners and tenants
- Tools and resources to help you make informed decisions

October 28



LEGAL CONSIDERATIONS FOR AGRICULTURAL LEASES

- Building a clear lease agreement
- Renewal, termination & dispute resolution
- Liability & insurance considerations
- Common legal issues & when to seek legal counsel

Presenters

RAEVYN SAUNDERS

Farm Business Management Specialist

Central NY Dairy Livestock & Field Crops Team

ERIKA H. HOOKER

Partner

Bousquet Holstein PLLC



Free Program - Register Today!

Scan the QR Code or register at:
<https://tinyurl.com/AgLeasing101>



Questions? Contact:

cnydlfc@cornell.edu | 315-866-7920

Cornell Cooperative Extension
Central New York Dairy, Livestock and Field Crops

Cornell is an equal opportunity employer. For more information visit hr.cornell.edu/eeeo.

Saratoga County 4-H
FALL CLASSIC
OPEN HORSE SHOW
SATURDAY, NOVEMBER 14, 2026
9 A.M.

OPEN TO YOUTH & ADULTS (4-H and Non 4-H Members)
PRE-ENTRIES CLOSE MONDAY, NOVEMBER 2nd
SHOW JUDGE: CONNER BRYANT

4-H Training Center, 556 Middleline Road, Ballston Spa, NY 12020

1. English In Hand
2. Western In Hand
3. Adult Showmanship (18 & over)
4. Jr. Exhibitor Showmanship (12-17)
5. Jr. Exhibitor Showmanship (11 & under)
6. Leadline Showmanship (7 & under)

10 Minute Break

7. Leadline Equitation (7 & under)
8. Leadline Pleasure (7 & under)
9. Walk /Trot /Jog Equitation (11 & under)
10. Walk/Trot/Jog Equitation (12 & over)
11. Western Seat Equitation (17 & under)
12. Western Seat Equitation (18 & over)
13. Western Pleasure (17 & under)
14. Western Pleasure (18 & over)

Lunch Break - no more than 30 minutes

15. Walk/Trot/Jog Pleasure (11 & under)
16. Walk/Trot/Jog Pleasure (12 & over)
17. English Equitation (17 & under)

18. English Equitation (18 & over)
19. English Pleasure (17 & under)
20. English Pleasure (18 & over)
21. Western/English Pleasure Championship
(Must have shown in Class 13, 14, 19 or 20)
22. Walk/Trot/Jog Pleasure Championship
(Must have shown in Class 15 or 16)
23. Equitation Championship (pattern)
(Must have shown in Class 11, 12, 17, or 18)
24. Walk/Trot/Jog Equitation Championship
(Must have shown in Class 9, 10)
25. Walk/ Trot/ Jog Disciplined Rail (All ages)
26. Disciplined Rail 3 Gait (All ages)
27. 2 Gait Don't Spill the Cider
28. 2 Gait Sit a Buck (saddles stay on)
29. 3 Gait Sit a Buck (saddles stay on)
30. Egg Scramble
31. Dangling Donuts (no horses)



Saratoga County 4H Fall Classic Open Horse Show Entry Form:

Rider Name _____

Horse Name _____

(Show Office Only) Back Number _____

Rider If Youth: Age _____

Are you a 4H Member? (Circle one)..... Yes or No

4-H Member of what County : _____ (4-H membership and current
evaluation required for youth)

Mailing Address: _____

Email : _____

Phone Number: _____

Class Numbers _____

Regular classes (1-19) \$10

Championship classes(10-23) \$15

Fun Classes (25-30) \$5

Office Fee \$7 / horse

Total Owed _____

For office use Day of Event— Paid - Cash _____ Check _____ Coggins _____

Rabies _____

Pre Enter by November 2nd to guarantee your spot Mail registration forms to Jillian Peek, 50 west
High St Ballston spa NY 12020 Or email them to jsp327@cornell.edu

With Questions or concerns call the CCE office 518-885-8995 or email jsp327@cornell.edu .

Rider/Guardian Signature _____

Date _____



Bell Peppers

Have you always wondered what the difference is between green, red and yellow peppers?

The variety and amount of time a bell pepper spends on the plant determines its color and ripeness!

Green bell peppers appear first and are the least ripe. As they mature, they usually turn another color.

This may be yellow, orange, red, or purple. There are even some bell pepper varieties that mature to nearly white or almost black in color.

Color isn't their only difference. Nutrient content and taste also vary among bell pepper varieties!

Nutrients

If you want to up your Vitamin C intake, you can try adding bell peppers to your diet. All bell peppers contain Vitamin C. It is an essential nutrient that helps the body repair tissues and heal wounds. Vitamin C also helps your body absorb iron. Green and red bell peppers, respectively, have two and three times more Vitamin C than an orange.

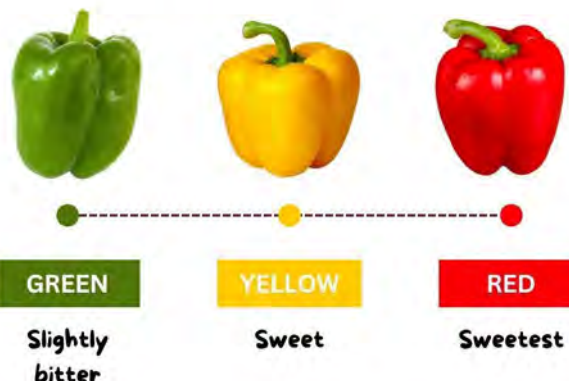
Bell peppers also contain Vitamins B6, K, A, and E along with minerals and antioxidants. As bell peppers ripen, their cancer-fighting antioxidant properties change. Lutein and zeaxanthin are found in green bell peppers and are important for our eye health. Violaxanthin is found in yellow bell peppers, and capsanthin makes fully mature bell peppers red. Red bell peppers, which are the most nutrient-dense, also contain lycopene.

Taste

As bell peppers ripen, they get sweeter. Green bell peppers are slightly bitter and the least sweet, while red bell peppers are the sweetest.

Bell Peppers

As they ripen, they get sweeter!



MISSISSIPPI STATE UNIVERSITY...
EXTENSION

SQUASH STORAGE

Squash has been used as a nutritious food for thousands of years in North America. You might find buttercup, butternut, acorn and/or spaghetti squash in your local grocery store. Botanists consider squash to be a fruit, but it is used as a vegetable on menus.

How long can you store squash after picking it from your garden?

Squash keep best in a cool place at 50 to 55 degrees Fahrenheit with 50-70% relative humidity. Keep the squash on a shelf instead of a concrete floor and keep the surface of the squash dry. Properly stored, squash varieties have a relatively long shelf life.

Learn more about winter squash—

<https://www.ndsu.edu/.../publica.../field-fork-winter-squash>

SQUASH STORAGE

Acorn	1 to 2 months
Buttercup	(turban type) 3 to 6 months
Butternut	2 to 3 months
Hubbard	3 to 6 months

Apple Crisps

Cooler temperatures are here, bringing all the cozy feelings of fall—and nothing says autumn quite like a warm, homemade apple crisp!

In addition to providing several vitamins and minerals, apples are a good source of pectin, a type of soluble fiber that may help support healthy cholesterol levels. Enjoy the flavors of the season while adding a nutritious boost to your table!

Make these Apple Crisp recipes from NDSU Extension:

Apple Crisp

Ingredients

- 4 to 5 medium apples
- ¼ cup quick cooking oatmeal
- ¼ cup flour
- ½ cup brown sugar
- 1 tablespoon cinnamon
- ¼ cup butter or margarine



Apple Crisp
Photo Credit: NDSU Extension

Directions

Preheat the oven to 350 F.

Grease the bottom and side of an 8- or 9-inch square pan. Rinse the apples, then remove the cores. Slice the apples. Spread the sliced apples on the bottom of the pan. Cut the margarine or butter into small pieces and put in a medium-sized bowl. Add the oatmeal, flour, brown sugar and cinnamon. Using two knives, cut the margarine or butter into the mixture until the mixture looks like small crumbs. Sprinkle the mixture over the top of the apples. Bake for about 40-50 minutes until fork tender.

Apple Crisp for One

Ingredients

- 1 large Granny Smith apple
- 1 teaspoon lemon juice
- 2 tablespoon brown sugar
- 2 tablespoon quick oats
- 1½ tablespoon cinnamon
- ¼ teaspoon cinnamon
- 1 tablespoon butter
- Optional toppings (ice cream, whipped topping)



Directions

Rinse, peel and thinly slice apple, place in microwave-safe dish (ramekin, bowl, etc.) and toss with lemon juice. In separate bowl, combine the remaining ingredients, using a fork to cut in the butter for the crumb topping. Place the crumb topping on the apple slices. Microwave the mixture for 60 to 90 seconds until apples are tender. Serve plain or with a scoop of vanilla ice cream or whipped topping.

Slow Cooker Harvest Apple Crisp

Ingredients

- 6 large gala apples
- ¾ cup brown sugar
- 2 teaspoon cinnamon, divided
- 1 teaspoon lemon juice
- 3 cups rolled oats
- 1/8 teaspoon salt
- 5 tablespoons butter



Slow Cooker Harvest Apple Crisp
Photo Credit: NDSU Extension

Directions

After apples have been washed, core, slice and place them into a large bowl. Top the apples with ½ cup brown sugar, 1 teaspoon cinnamon and lemon juice. Toss to combine. Place the apple mixture in the bottom of the slow cooker. In the same large bowl, combine oats, remaining brown sugar, cinnamon, and salt. Stir until combined.

Cut the butter into the bowl and stir, forming a sand-like texture. There will be small chunks of butter, which is normal. Sprinkle the mixture on top of the apples. Turn the slow cooker on high and cook for 2 hours with the cover on. After 2 hours, remove the lid of slow cooker and continue to cook for another hour. Serve with Greek yogurt or ice cream of your choosing.





Homesteading



PURDUE UNIVERSITY EXTENSION, By John E. Woodmansee

Using Wood Ash in the Garden

If you have a fireplace or wood stove that helps your family stay warm in the winter, what do you do with the leftover wood ashes? They can be spread in the garden, but a retired Purdue Extension expert wrote that you shouldn't overdo it, especially if you haven't had your garden soil tested for pH recently.

Rosie Lerner, retired Purdue Extension consumer horticulture specialist, wrote that many gardening books advise throwing these ashes in the garden.

"Wood ash does have fertilizer value, the amount varying somewhat with the species of wood being used," she said. "Generally, wood ash contains less than 10 percent potash, 1 percent phosphate and trace amounts of micro-nutrients such as iron, manganese, boron, copper, and zinc." She added that trace amounts of heavy metals such as lead, cadmium, nickel and chromium also may be present. Wood ash does not contain nitrogen.

She said that the largest component of wood ash (about 25 percent) is calcium carbonate, a common liming material that increases soil alkalinity. "Wood ash has a very fine particle size, so it reacts rapidly and completely in the soil," she said. "Although small amounts of nutrients are applied with wood ash, the main effect is that of a liming agent."

So, does your garden need lime? How do you know? The only reliable way to determine that is with a soil test from a certified laboratory. Have you had your garden soil tested recently?

The pH scale is from 0 to 14, with 7.0 being neutral. A soil test reading below pH 7.0 is acidic. A reading above pH 7.0 is alkaline.

The downside of applying too much wood ash to a garden with an already high pH (alkaline) is that your garden plants will begin to suffer from nutrients such as phosphorus, iron, boron, manganese, copper, zinc and potassium become chemically tied to the soil and less available for plant use."

Lerner said that applying small amounts of wood ash to most soils will not adversely affect your garden crops, and the ash does help replenish some nutrients. "But because wood ash increases soil pH, adding large amounts can do more harm than good," she said. "Keep in mind that wood ash that has been exposed to the weather, particularly rainfall, has lost a lot of its potency, including nutrients."

"Specific recommendations for the use of wood ash in the garden are difficult to make because soil composition and reaction varies from garden to garden," said Lerner. She explained that acidic soils will likely be improved by wood ash addition, slightly acidic soils



Photo credit: Jasper Kortmann

should not be harmed by wood ash, but if your soil is neutral or alkaline, you should find another way to dispose of wood ash.

With that considered, what is a reasonable amount of wood ash to apply? Given that every garden is different, the first thing to consider is your soil's pH. The more acidic, the more wood ash that can be applied. However, after researching this topic from several land-grant university sources, I found recommendations from 10-20 pounds of wood ash per 100 square feet to 5-25 pounds per 1000 square feet. Those differences do not inspire confidence in a blanket recommendation. Try what you believe is a reasonable amount based on your soil's pH, and continue to monitor soil pH over time.

If you have dumped heavy amounts of wood ash on your garden annually without regard to soil pH, it's likely your garden has become unproductive. Your best bet may be to move your garden location or construct raised beds filled with new topsoil.

Finally, Lerner cautioned against using wood ash on "acid-loving" plants. "Some plants, such as asparagus and juniper, are more tolerant of slightly alkaline conditions than "acid-loving" plants, such as potatoes, rhododendrons and blueberries," she said. "Wood ash should never be used on acid-loving plants."

Alternative uses of wood ash would include spreading thinly over a lawn or using it as a "brown" in the compost pile. Use caution when topdressing a lawn because grass is also affected by soil pH.

Find [Lerner's original article](#) on Purdue Consumer Horticulture's Yard and Garden News site.



By Jane Hart, MICHIGAN STATE UNIVERSITY EXTENSION

Using black walnuts

I've had a couple calls from home owners wondering how to use the messy black walnuts that fall from their trees each fall. It can be a dirty process, but having "free" nuts to use in breads and cookies can certainly be worth it.

Black walnuts are best left to ripen on the tree and after the outside husk turns to a yellowish green. When ripe, an indentation will remain when pressed with your thumb. Black walnuts leave a dark stain so use gloves. Try to harvest while still on the tree if you can reach, otherwise the nuts can be harvested from the ground.

The husk needs to be removed before you store the nuts. This can be time consuming and very messy. Use gloves and wear old clothes. If the nuts are dry, a hammer can be used to release the nut. Be careful, as debris can fly onto surfaces and into your eyes. Safety glasses are recommended. If you want to hull many black walnuts, you can make a slurry to help. After the hulling is complete, the shells should be washed, and checked for insect infestation. One way to do this is to drop the shell in a bucket of water. If it floats, throw it out, as insects have more than likely damaged the nut.

Walnuts need to be cured to let the flavor develop. Place them in shallow trays in a cool, dry area, out of sunlight, for two weeks. Break one open to check for mold. If it breaks easily, it is ready to store. Storage should take place in a cool (under 60 degrees Fahrenheit) well-ventilated place in cloth bags. Humidity around 7 percent will keep the shells from cracking.

It is recommended you shell the nuts when you're ready to use them. Soak the walnuts in hot water for two more hours. They should then be ready to shell. The black walnut can be difficult to release from the shell, but it can be done. The meat of the nuts should be refrigerated or frozen. If planning on keeping them at room temperature you must bake them first for 10 to 15 minutes at 215 F.

If you decide to harvest your wild black walnuts, they can be kept refrigerated for up to nine months if in a well-sealed jar or plastic bag. Frozen nuts are good for up to two years.



NEW YORK STATE DEPARTMENT OF ENVIRONMENTAL CONSERVATION

NYS DEC Hunt Planner

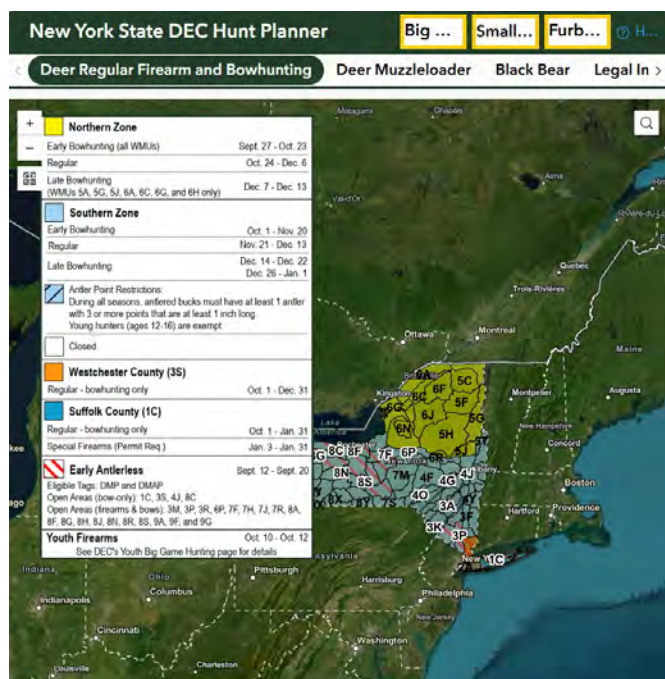
Hunting season is nearly upon us, and planning your hunting or trapping season just got easier. DEC's new [Hunt Planner](#) is an interactive map that lets you explore hunting and trapping season dates in your area, so you can spend less time searching and more time planning your next adventure.

Maps from the New York State Department of Environmental Conservation Hunt Planner serve as a general guide and are periodically updated to accurately reflect state laws, regulations, season dates, and bag limits pertaining to hunting and trapping.

Before going afield, all users are responsible for:

- Verifying land ownership—knowing the property boundaries and ownership of lands you intend to hunt.
- Reviewing regulations—understanding and complying with all applicable federal, state, and local laws and state hunting regulations. A current version of the New York Hunting & Trapping Guide is available from the [DEC website](#).

If you have any questions about the New York State DEC Hunt Planner, please contact wildlife@dec.ny.gov or call (518) 402-8883.



WEBSITE & SOCIAL MEDIA

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



CCE Saratoga



4-H



CCE Equine



Agriculture
Economic
Development



Capital Region
PRISM



TASTE NY
at the
ADIRONDACKS
WELCOME CENTER

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Building Strong and Vibrant New York Communities