



AUGUST 24, 2026

Cornell Cooperative Extension | Saratoga County

NEWSLETTER

Unlimited Garden Fundraiser Helps Grow a Vision for the Future

Cornell Cooperative Extension of Saratoga County hosted its first Unlimited Garden Fundraiser on August 14 at the 4-H Training Center, bringing together approximately 85 community members and supporters to celebrate the future of the Unlimited Garden while raising funds for its renovation.

Guests enjoyed tours of the current Unlimited Garden, Community Garden, and Thymly Herb Gardens, followed by dinner, raffles, a live auction, and live music. The evening provided an opportunity to learn more about the gardens and the vision for transforming the Unlimited Garden into an inclusive community resource.

The Unlimited Garden was originally established more than 30 years ago as a place where gardening and education could come together to serve individuals of all ages and abilities. With the funds raised through this project, Cornell Cooperative Extension of Saratoga County plans to revitalize the garden and expand its use as a place for education, food production, community engagement, and connection.

The renovated garden will bring together community organizations and agencies, including Saratoga County Veterans and local garden clubs. Plans include growing food as well as native and pollinator-friendly plants, creating more accessible and ADA-compliant garden plots, and providing opportunities for community members to participate in gardening.

The gardens will also become a valuable tool for educational programming and collaboration. Cornell Cooperative Extension's Master Gardener Volunteers and 4-H programs will have opportunities to work together, share knowledge, and engage the community through hands-on gardening experiences.

Renovations are expected to begin in spring 2027. To see the vision for the renovated Unlimited Garden, watch the project video: [Unlimited Garden Renovation Video](#)

We extend our sincere thanks to everyone who attended the fundraiser, made a donation, or supported this project in any way. A very special thank you goes to our generous sponsors, whose support is helping us get this project off the ground:

Sean Hickey & Dan Spillane, Pompa Stone Quarry, Holmes Excavating, KC Entities Roofing and Siding, Ted and Sue Beebe, Saratoga Economic Development Corporation, The Jennings and Kalvestrand Family, Koval Brothers Dairy, Congressman Paul Tonko,

Cudney's Cleaners, Neahr Excavating, Alden Outdoor Services, Shultz Family, Tom Piwinski, Ballston Spa Lions Club, Shades of Green, Jordan Family, and Donna Andrews.

While the fundraiser was an important first step, the work is not finished! We will continue raising funds to support the renovation and future programming of the Unlimited Garden. Sponsorship opportunities and donations are still being accepted.

[Learn More About the Unlimited Garden Fundraiser](#)

Together, we can bring the Unlimited Garden back to life and create a welcoming, accessible space where gardening, education, and community can grow for years to come.



2026 Horse Farm Tour Showcases Saratoga County's Equine Community

August 15 was a beautiful Saturday to explore Saratoga County, where horse fencing and rolling pastures create a landscape woven into the fabric of our community. Among those pastures, visitors spotted a sea of bays and chestnuts, with a few grays adding to the scenery.

The 2026 Horse Farm Tour, hosted by Cornell Cooperative Extension of Saratoga County, gave the public an opportunity to step onto several local horse farms and businesses and experience firsthand the equine industry that calls Saratoga County home year-round. More than 300 visitors participated in this year's event, visiting Therapeutic Horses of Saratoga, Alliance 180, Horse'n Around Acres, and The Cheshire Horse of Saratoga, a local tack, feed, and supply store.

While these locations represent only a small sampling of the many exceptional horse farms and equine businesses throughout the county, the tour offered visitors a behind-the-scenes look at the diverse work taking place across our local equine community.

The event was designed to educate the public about the important role the equine industry plays in Saratoga County's economy, agriculture, and community. From therapeutic programs and horse care to training, supplies, and farm operations, the equine industry contributes to the unique character and vitality of our region.

CCE Saratoga's Equine Program extends a special thank-you to the participating farms, businesses, volunteers, and sponsors who helped make the 2026 Horse Farm Tour a success. CCE Equine, a program of Cornell Cooperative Extension of Saratoga County, is proud to support and serve our local equine community throughout the year.



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, September 17 | 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 is scheduled for
September 9, 2026 | 7 pm | Extension Office

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*



If you would like to attend, please reach out to Wendy at
wlm8@cornell.edu.

Poultry Processing Workshop

Wednesday, September 23 | 4 PM - 7 PM

Washington County Fairgrounds

392 Old Schuylerville Rd, Greenwich, NY

This statewide roadshow features four training stops, each offering farmers a full processing experience. Starting out in poultry production means learning skills that build confidence, reduce costs, and strengthen your farms independence. This hands-on workshop gives farmers the chance to process a bird from start to finish, learning every step of the workflow used by small farms across the region.

Each participant receives one bird to process & take home, gaining real experience with:

- Humane handling and proper dispatching
- Scalding and plucking using correct temperatures and timing
- Evisceration techniques with sanitation checkpoints
- Shrink-bag packaging and labeling
- Safe transport and storage of your finished bird



You'll leave with a fully processed chicken that you completed yourself, plus the skills to repeat the process on your own farm.

This workshop is for beginning farmers, new growers, and small-scale poultry producers looking to build hands-on skills. Space is limited to ensure a high-quality, hands-on learning experience.

Cost: \$50 | [Register](#)

Co-hosted by Rachel Moody of CAAHP and Amy Barkley of SWNYDLFC

Questions? Contact Rachel Moody: ram72@cornell.edu or 518-649-0267

CAAHP

2026 Luminary Roadshow with Trees for Graziers in New York

Friday, September 4 | 10 AM - 3 PM

2129 Co Rd 153, Salem, NY

Join Joshua Greene, Director of Education for Trees for Graziers, for a full-day, hands-on workshop at Breadtree Farm exploring how silvopasture can improve livestock performance, farm resilience, and long-term profitability.

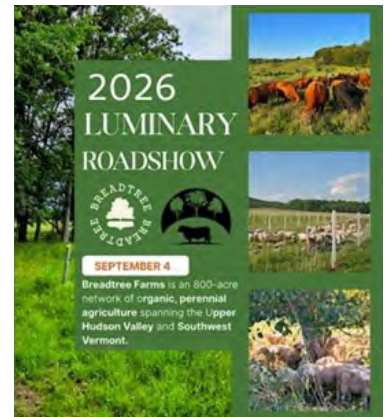
The workshop combines classroom learning with an in-depth farm tour, providing practical examples of silvopasture in action. Participants will learn about tree selection and layout, pasture establishment, livestock integration, grazing management, tree protection and maintenance, and designing systems around farm goals.

Topics will include:

- Silvopasture types, benefits, and historical practices
- Selecting tree species for forage, timber, nuts, fruit, and ecosystem services
- Tree spacing, layouts, planting, and protection
- Integrating livestock and rotational grazing
- Shade, animal welfare, soil health, and water management
- Economic opportunities and long-term farm benefits
- Hands-on examples of tree planting, fencing, and tree maintenance

About Breadtree Farm:

Breadtree stewards 800 acres of organic perennial agriculture in the Upper Hudson Valley and Southwest Vermont. Its 320-acre BQ farm includes more than 80 acres of newly established chestnut and hickory silvopasture, where sheep are rotationally grazed among the trees to support soil health, nutrient cycling, and tree growth while providing shade and shelter for livestock.



Who should attend? Livestock producers, beginning farmers, agricultural service providers, conservation professionals, and anyone interested in incorporating agroforestry into pasture-based livestock systems.

Come learn how thoughtfully designed silvopasture can create healthier animals, stronger farms, and more resilient landscapes.

Register here: <https://www.vtgrassfarmers.org/calendar/2026-new-england-luminary-roadshow-series-new-york>

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 nearly 200 stewards and educators in 35 counties today!

Apply today: Classes begin in September!



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/>

NYS DEPARTMENT OF ENVIRONMENTAL CONSERVATION

August is Check Your Trees Month

Your trees have been working hard all summer - now is a great time to give them a quick checkup! Take a walk around your property and look closely for signs of damage, decay, pests, or disease that could become bigger problems down the road.

As you inspect your trees, check:

- Leaves for discoloration, chew marks, or unexpected summer leaf drop.
- Trunks and branches for holes, oozing sap sawdust-like material, or unusual odors.
- Bark for peeling, egg masses, cracks, or unusual patterns, especially on the underside.
- Branches and limbs for broken, dead, or hanging limbs.
- The base and surrounding area for new cavities, signs of decay, competing vines, or other changes.



Regularly checking your trees can help you spot potential problems early and protect the health and safety of your landscape.

If you notice signs of poor tree health or damage that may require further attention, consider contacting a qualified [tree care professional](#) or [certified arborist](#) for an assessment.

Mocktails in the Garden

Join Jessica Luse and Brenna Kavakos
as they introduce growing your very own
fresh herbs to create refreshing mocktails for
the summer season!



SEPTEMBER
2ND

6PM-8PM

All proceeds benefit
the Unlimited Garden
fundraiser!

\$25



Registration by 9/1 can be made by emailing
Jessica Luse at jmh452@cornell.edu

Payment can be made by credit card or mailing your
check to CCE-Saratoga County

50 West High St, Ballston Spa NY 12020

<https://www.paypal.com/ncp/payment/Y76L6ZX5S6EB6>

Pay here

Location: 4-H Training Center
556 Middleline Rd,
Ballston Spa, NY 12020

Cornell Cooperative Extension
Saratoga County





COOKING USING YOUR GARDEN HARVEST

**September 22nd
Noon - 1pm
\$25**

**SCHWERD BUILDING
556 MIDDLELINE RD,
BALLSTON SPA**

**Do you have a plentiful garden & not sure
what to do with all of your produce you
have grown?**

**Join Brenna Kavakos for a cooking
demonstration and tasting using your
garden bounty!**

PREREGISTER BY SEPT 18TH!

**All proceeds will benefit the
Unlimited Garden Fundraiser!**

Registration can
be made by emailing
Jessica Luse at
jmh452@cornell.edu

Payments can be made to
CCE by CC:
[https://www.paypal.com/hcp/payment/
Y76L6ZX5S6EB6](https://www.paypal.com/hcp/payment/Y76L6ZX5S6EB6)
or mailing your check to
CCE-Saratoga County
50 West High St,
Ballston Spa NY 12020

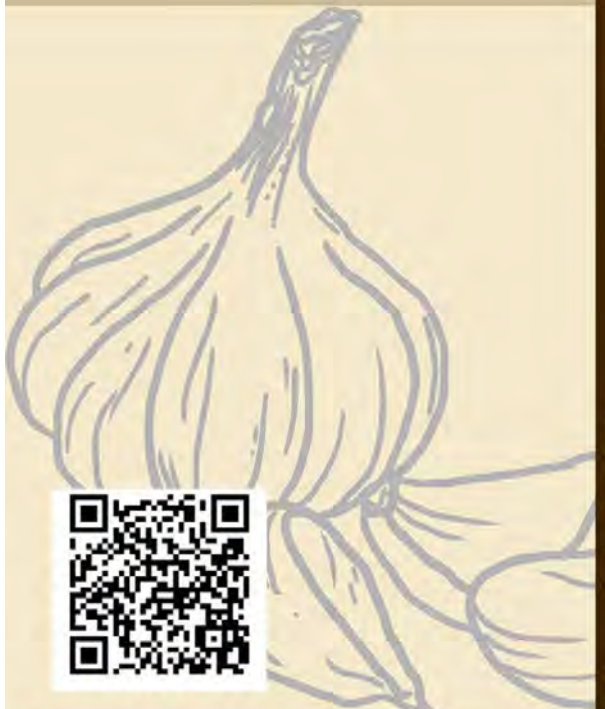


**Cornell Cooperative Extension
Saratoga County**

Growing Garlic, Planting to Harvest

Zoom
Noon – 1pm
9/30/2026
\$10.00

Should you not be able to make the zoom, a recording and copy of the presentatoin will be available



Please join Jen Koval from CCE Saratoga to explore the varieties of garlic available and learn how to grow and harvest your own!

All proceeds benefit the Unlimited Garden Fundraiser!

Pre-registration can be made by emailing Jessica Luse at jmh452@cornell.edu

Pre-payments can be made by card using the Qr code or link or mailing your check to
CCE-Saratoga County
50 West High St, Ballston Spa NY 12020
<https://www.paypal.com/ncp/payment/KHWFDUF8Q4MY>

Cornell Cooperative Extension
Saratoga County

Fall 4-H Shooting Sports Course

Saratoga County 4-H is hosting a Beginners Shooting Sports Course from September 8 to October 13, designed for youths aged 12 and older. This engaging program introduces boys and girls to Air Pistol, Muzzleloader, Rifle, Shotgun, Archery, and Hunting and Outdoor Skills. With a strong emphasis on safety, ethics, and personal responsibility, participants will gain foundational skills in a supportive environment.

The course offers hands-on instruction to ensure young shooters develop respect for firearms and archery equipment while learning proper techniques. It's an excellent opportunity for youngsters to explore shooting sports in a safe structured setting, fostering discipline and confidence.

The course fee is \$50, with an additional \$5 fee to join 4-H, making it an affordable way to dive into these exciting activities. Don't miss this chance to prepare your child for a rewarding experience in shooting sports, blending fun, education and responsibility. Register now for this six-week evening program in Ballston Spa; space is limited. For more information contact Leland at glb76@cornell.edu.

The \$50 fee covers the cost of ammunition and supplies for the entire course.

6 WEEK COURSE

4-H Shooting Sports

NEW YORK



TUESDAY EVENINGS
Sept. 8th-Oct. 13th



- Shotgun
- Rifle
- Muzzleloading
- Air Pistol
- Archery
- Hunting & Outdoor Skills

https://reg.cce.cornell.edu/SC4HShootingSportsFall2026_241

Helping Kids Ease Into a Successful School Year



It might still feel like summer, but big yellow buses will soon stop at the corners to take their precious cargo to school. Just like adults need time to prepare for a return to work, kids benefit from routines and support to make a smooth transition back to the classroom. Here are a few simple ways to help your child feel more confident and prepared.

Get Back into a Sleep Routine

A good night's rest is one of the most powerful tools for school success. Start now and gradually move your child back into a regular bedtime schedule.

- Set a consistent bedtime and wake-up time - even on weekends.
- Include calming activities like baths and reading before bed.
- Avoid screens (TVs, tablets, phones) at least an hour before bedtime.
 - If your child is used to falling asleep with a movie, consider using soft instrumental music instead.

Talk Through Worries

The start of school can bring nervous feelings, especially for younger children or those starting at a new school.

- For kids with separation anxiety, try reading books like "The Kissing Hand" or "First Day Jitters."
- Visit the school ahead of time and meet the teacher.
- Most importantly, acknowledge your child's feeling and reassure them that feeling nervous is normal.

Create a Worry Stone Together

Making a worry stone is a fun and calming activity your child can use throughout the school day.

- Twist two colors of polymer clay into coils and combine into ball about the size of a golf ball.
- Flatten it slightly and press your child's thumb into the center.
- Bake according to the package directions.
- Keep it in a pocket to rub when anxious - it's a comforting, tactile tool for kids of all ages.

NORTH DAKOTA STATE UNIVERSITY EXTENSION SERVICE, by Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food & Nutrition Specialist

Make Your Own Back to School Snacks - Fruit Leathers



Fruit leathers are nutritious, high-energy snacks for children and adults. Fruit leathers are portable, making them convenient additions to school lunchboxes or backpacks.

The following fruits were rated as "excellent" or "good" by the University of Georgia for preparing fruit leather: apples, apricots, berries, cherries, nectarines, peaches, pears, pineapples, plums and strawberries.

Preparing Fruit

Because of increasing concerns that bacteria may survive the drying process, fresh fruits must be treated properly so leathers are safe to eat. Not only does heating increase the safety, but the fruit may retain its color better as a result. Follow this procedure for preparing fruit leathers provided by Colorado State University Extension.

- Select ripe or slightly overripe fruit. Thoroughly rinse soft-skinned fruits or scrub hard-skinned fruits under running water. Remove blemishes or defective parts, then peel apples, oranges, peaches, pears and similar fruits before pureeing. Remove seeds, pits and cores.

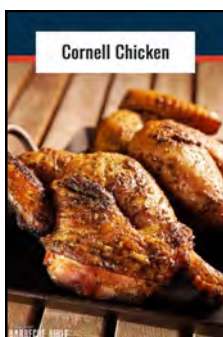
- Cut fruit into chunks and place them in the double of a double boiler. Place water in the bottom of the double boiler and bring it to a boil. Cover and steam the fruit for 15 to 20 minutes or until it is soft and a thermometer placed in the fruit mixture registers 160 F.
- Place the cooked fruit in a blender. Add ½ teaspoon of ascorbic acid crystals or 2 tablespoons of lemon juice per 2 cups of fruit. If desired, add 1 to 2 tablespoons of honey, corn syrup or sugar per 2 cups of fruit. You also may add a small amount of spice (¼ teaspoon of cinnamon or a dash of nutmeg) per 2 cups of puree.

Note: Honey usually provides the best results when drying fruit leathers.

- If you prefer, you can use canned fruit or strained baby fruit (without tapioca) instead of the cooked fresh fruit. Because canned fruits already are heat-processed, any bacteria have been destroyed. Canned applesauce and strained baby fruit will not need to be pureed. Other canned fruit will need to be drained and pureed in a blender.

[Continue reading article](#) for how to make fruit leathers

Celebrate Summer with Labor Day Favorites!



Labor Day weekend has a way of sneaking up on us. June, July, and August seem to fly by in a whirlwind of sunshine, family gatherings, and summer fun - and suddenly, fall is just around the corner. While it may be a little bittersweet to see summer winding down, there's still time to savor the season!

What better way to celebrate a summer well spent than with a classic Labor Day cookout? Fire up the grill, gather family and friends, pour a refreshing drink, and enjoy the flavors and traditions that make summer so special.

Whether you're hosting a backyard gathering or bringing a dish to share, these Labor Day recipes are perfect for celebrating the long weekend and sending summer off in delicious style!

Cornell Chicken Barbecue Sauce

- 1 cup cooking oil
- 1 pint cider vinegar
- 3 tablespoons salt*
- 1 tablespoon poultry seasoning
- ½ teaspoon pepper
- 1 egg

Beat the egg, then add the oil and beat again. Add other ingredients and stir. The recipe can be varied to suit individual tastes. Leftover sauce can be stored in a glass jar in a refrigerator for several weeks. (Adapted from Cornell Cooperative Extension Information Bulletin 862)

** Adjust the quantity or eliminate salt to meet individual health needs and taste. Barbecued chicken basted frequently during cooking will be saltier than chicken that has been lightly basted.*

To Barbecue the Broilers:

Barbecue with Charcoal: Place the broiler halves over the fire after the flame is gone. Turn the halves every five to ten minutes, depending on the heat from the fire. Use burners or a long handled fork. The chicken should be basted with a fiber brush at each turning. The basting should be light at first and heavy near the end of the cooking period.

Test the chicken to see whether it is done by pulling the wing away from the body and using a meat thermometer. If the meat in this area splits easily **and** the meat thermometer reads at least 165°F in the breast and thigh, the chicken is done.

TASTE OF HOME, By Nicole Doster

Creamy Coleslaw

- 1 package (14 ounces) coleslaw mix
- ¾ cup mayonnaise
- 1/3 cup sour cream
- ¼ cup sugar
- ¾ teaspoon seasoned salt
- ½ teaspoon ground mustard
- ¼ teaspoon celery salt

Place coleslaw mix in a large bowl. In a small bowl, combine the remaining ingredients; stir until blended. Pour over coleslaw mix and toss to coat. Refrigerate until serving.

Nutrition Facts

3/4 cup: 256 calories, 23g fat (5g saturated fat), 19mg cholesterol, 398mg sodium, 13g carbohydrate (11g sugars, 2g fiber), 1g protein.



THE PIONEER WOMAN, By Erin Merhar

Grilled Potatoes

- 3 lb. baby red potatoes
- Salt, plus more to taste
- 8 to 10, 12-inch skewers
- ¼ cup salted butter
- 1 clove garlic, chopped
- Black pepper, to taste
- 2 Tbsp. grated parmesan cheese
- 2 Tbsp. chopped, fresh parsley or chives



1. Place the potatoes in a large pot or Dutch oven and cover by 1 inch with cold water. Bring to a boil over high heat, then reduce to a simmer. Cook just until fork tender, 15 to 20 minutes. Drain and transfer to a plate to cool to room temperature.
2. Preheat a grill to medium-high heat (400 to 450°). Soak 10-to-12-inch wooden skewers in water.
3. Meanwhile, combine the butter and garlic in a microwave safe bowl. Cooked, covered, on high just until melted, 30 to 60 seconds.
4. Place 3 to 4 potatoes on each skewer. Brush all over with the butter mixture. Place the skewers over direct heat on the grill, and cook until golden and a little charred, 6 to 8 minutes per side.
5. Transfer to a serving platter. Brush with any remaining garlic butter, then sprinkle with parmesan cheese and fresh herbs.

Recipes continued on next page

Labor Day Recipes...continued from previous page

TASTE OF HOME, By Kelsey Dimberg

Pistachio Salad

- 1 carton (16 ounces) whipped topping
- 1 package (3.4 ounces) instant pistachio pudding mix
- 6 to 7 drops green food coloring, optional
- 3 cups miniature marshmallows
- 1 can (20 ounces) pineapple tidbits, undrained
- ½ cup chopped pistachios or walnuts
- Additional whipped topping, optional

In a large bowl, combine whipped topping, pudding mix and, if desired, food coloring. Fold in the marshmallows and pineapple. Cover and refrigerate for at least 2 hours. Just before serving, top with additional whipped topping, if desired, and sprinkle with nuts.

Nutrition Facts

¾ cup: 236 calories, 9g fat (7g saturated fat), 0 cholesterol, 140mg sodium, 35g carbohydrate (23g sugars, 1g fiber), 2g protein.

TASTE OF HOME, By Molly Allen

Lemon Blueberry Trifle

- 3 cups fresh blueberries, divided
 - 2 cans (15-¾ ounces each) lemon pie filling
 - 2 cup lemon yogurt
 - 1 prepared angel food cake (8 to 10 ounces), cut into 1-inch cubes
 - 1 carton (8 ounces) frozen whipped topping, thawed
 - Optional: Lemon slices and fresh mint
1. Set aside ¼ cup blueberries for garnish. In a large bowl, combine pie filling and yogurt.
 2. In a 3-½-qt. serving or trifle bowl, layer a third of the cake cubes, lemon mixture and blueberries. Repeat layers twice. Top with whipped topping. Cover and refrigerate for at least 2 hours. Garnish with reserved blueberries and, if desired, lemon and mint.

THE PIONEER WOMAN, By Leah Perez

Deviled Eggs

- 12 whole hard-boiled eggs
 - ½ cup mayonnaise
 - 2 Tbsp. yellow mustard
 - 2 tsp. dill pickle juice
 - ¼ tsp. kosher salt
 - ¼ tsp. ground black pepper
 - Hot sauce (optional)
 - Ground paprika, for sprinkling
 - Chopped chives (optional)
1. Peel the eggs and cut them in half, lengthwise. Remove the yolks from the egg halves and place them into a bowl. Mash the yolks with a fork until they're broken up. Add the mayonnaise, mustard, pickle juice, salt, pepper, and a few drops of hot sauce, if using. Stir to combine; the mixture should be mostly smooth.
 2. Spoon the mixture into a zip-top plastic bag and snip ¼ inch off of one of the bottom corners. Pipe the mixture into the egg white halves. Sprinkle the eggs with paprika and chill in an airtight container until ready to eat. Serve with chives and hot sauce, if you like.

Nutrition Facts

1.5 eggs: 196 calories, 18 g fat (4g saturated fat), 229 mg cholesterol, 207 mg sodium, 1 g carbohydrate (1 g sugars, 0g fiber), 8 g protein.

LEAP WITH GRACE

Sparkling Berry Lemonade

- 1 cup strawberries
- ½ cup blueberries (fresh or frozen, thaw first)
- ½ cup fresh lemon juice
- 2 tbsp honey or agave (use maple syrup for a deeper flavor)
- Sparkling water

Muddle berries with lemon juice and honey. Strain into a pitcher or glass. Add ice and top with sparkling water.



SARATOGA COUNTY TO HOLD FREE RABIES VACCINATION CLINIC

DOGS, CATS, AND FERRETS WELCOME.



SEPTEMBER 22, 2026
Registration will open September 1.

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

FOR MORE INFORMATION, CONTACT
SARATOGA COUNTY DEPARTMENT OF HEALTH

(518) 518-7460

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)

By Appointment Only!

www.SaratogaCountyNY.gov/Rabies

Public Health Law § 2141 requires dogs, cats, and ferrets be vaccinated against Rabies. All vaccination certificates are written for one year unless prior proof of vaccination is provided. Owners must provide proof of vaccine to receive a three-year certificate for their animal.

CORNELL IPM Program

What's Bugging You?

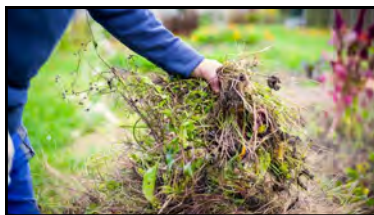
Not all things that buzz, crawl or slither are pests. Figuring out WHAT is bugging you is the first step.

Each month at New York State Integrated Pest Management's "What's Bugging You? First Friday" events, experts share practical information and answer questions on using integrated pest management (IPM) to avoid pest problems and promote a health environment where you live, work, learn and play. We end with an IPM Minute, and cover a specific action you can take in the next few days to help you avoid pest problems. **Events take place online from 12:00 pm to 12:30 pm.**



SEPTEMBER 4: Mosquitoes are still active | Is that a bee?

What you need to know about mosquito biology and IPM as we head into fall. And how to tell the difference between a wasp and a bee...and why it matters. [Register here.](#)



OCTOBER 2: Fall clean-up for your flower and vegetable beds | Leaf piles and ticks

Removing plant material from vegetable beds can reduce future pest issues, but leaving plants in flower beds can help beneficial insects. Learn best management practices for both types of beds, and what you should do to reduce your risk of encountering ticks when managing leaves.

[Register here.](#)



Homesteading



Resource - PennState Extension

Canning with Less Sugar: What You Need to Know

Sugar does more than add sweetness—it helps fruits maintain their bright color and firm texture. However, sugar is not necessary to prevent canned fruit from spoiling. While most traditional pickles, relishes, jams, and jellies rely on sugar for proper consistency, tested recipes are available for reduced- and no-sugar products.

For safe, reliable results, always follow research-tested recipes. The National Center for Home Food Preservation offers recipes such as [Reduced-Sugar Peach Pineapple Spread](#) and [No-Sugar Added Cantaloupe Pickles](#).

Canning Fruit with Light Syrups

It is safe to use [lighter syrups when canning fruit](#). Simply use less sugar in proportion to the water. Keep in mind that reducing the sugar may affect the fruit's flavor, color, and texture, so some experimentation may be needed to find the amount that works best for you.

Canning Fruit Without Added Sugar

Fruit can safely be canned in water without adding sugar. However, the fruit may be softer than fruit canned in syrup.

For best results, use the hot-pack method:

- Cook the fruit in water until it is hot.
- Pack the hot fruit into hot jars.
- Add boiling water to cover the fruit.
- Seal and process according to a tested canning recipe.

Canning Fruit in Juice

Unsweetened frozen or bottled fruit juice can be used instead of sugar syrup or water. Some good combinations include:

- **Apple juice:** peaches, pears, apricots, plums, and red or white sweet cherries. Reconstituted frozen apple juice concentrate can be diluted with additional water to reduce its apple flavor and calories.
- **Pineapple juice:** pears and peaches. Frozen pineapple juice may provide a fresher flavor than canned pineapple juice.
- **White grape juice:** pears, peaches, and apricots.
- **Red grape juice:** plums and red cherries.

If you are counting carbohydrates, remember that fruit juice still contributes carbohydrates, even when it is unsweetened.

What About Honey?

Honey can be used in canning syrups. Keep in mind that honey is a concentrated sweetener with more calories per tablespoon than sugar and tastes sweeter than an equal amount of sugar. A mild-flavored honey is generally the best choice for canning syrups.

Using Sugar Substitutes

Sugar substitutes, also called non-nutritive sweeteners, do not always perform the same way as sugar during canning. Heat can cause some sweeteners to lose their sweetness or develop an unpleasant aftertaste.

- Aspartame loses its sweetness during long cooking.
- Non-nutritive sweeteners can be added when the canned food is served instead of during processing.
- Sucralose (Splenda®) is heat stable and maintains its sweetness during canning.
- Tested recipes are available for some pickles and jams made with Splenda®.
- Splenda® does not provide the same preservative or texture-forming properties as sugar and is not suitable as a substitute for sugar in all preserves or pickled fruit.
- Always use a research-tested recipe when canning with sugar substitutes.

Canning with Sucralose

When using sucralose, follow directions for water-packed fruit unless a tested recipe specifies otherwise. Research has found that peaches canned with Splenda® were acceptable to many consumers.

Jams and jellies can also be made using no-sugar-needed pectin with Splenda® and other heat-stable sweeteners. Check the instructions included with commercial pectin for when to add the sweetener.

Remember, non-nutritive sweeteners do not provide the properties of sugar needed to create the gel in traditional long-cook jams and jellies.

Canning with Stevia

Stevia is heat stable and can provide sweetness without added sugar. However, stevia does not provide the firm texture that sugar contributes.



Adapted from HSCF's article named "How to get started in deer hunting: A beginner's guide to your first whitetail."

New to Deer Hunting? Start with the Basics



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For many people, deer hunting is a rewarding way to spend time outdoors, learn about wildlife, and connect with the land. If you're preparing for your first hunt, the amount of information to learn can feel overwhelming. With preparation, practice, and guidance from experienced hunters, you can head into the woods with confidence.

priate ammunition or archery supplies, along with binoculars and a backpack for water, snacks, and other necessities.

Essential Accessories: A hunting license and tags, knife, flashlight or headlamp, and required safety equipment are important to have in the field. If hunting from a treestand, always use a properly fitted safety harness.

As you gain experience, you may choose to add equipment such as a rangefinder, trail camera, or hunting blind, but these items are not necessary to get started.

How to Scout for Deer

Good hunting often begins before you ever enter the field. Scouting helps you understand where deer travel, feed, and bed so you can better plan your hunt.

Look for signs of deer activity, including tracks, well-used trails, droppings, rubs, and scrapes. Pay attention to food sources such as acorns, agricultural fields, and other areas that provide forage, as well as nearby cover and water.

Scouting can be done by walking the property or, where permitted, using trail cameras to monitor deer movement. When planning your hunting location, consider wind direction and position yourself so your scent is less likely to alert deer.

Tip: Scout during midday when deer are less active to help minimize disturbance during their typical feeding and movement periods.

Basic Deer Hunting Strategies

Once you've done your scouting, it's time to put your knowledge to work. There are several approaches to deer hunting, and the best method depends on the terrain, season, and your experience.

Still hunting involves moving slowly and quietly through the woods. Stopping often to observe your surroundings, stand hunting uses a treestand or ground blind near areas of deer activity and can be a good option for beginners. Spot-and-stalk hunting involves locating deer from a distance and carefully moving within range and is more common in open terrain.

Some hunters also use calls or rattling antlers to imitate deer sounds and attract particularly during the rut.

Pay attention to wind direction. Deer have an excellent sense of smell, so consider the wind when choosing where to hunt and how to approach area. Minimizing human scent can also help reduce the chance of alerting deer.

After the Harvest: Field Dressing and Processing

Harvesting a deer is only the beginning. Proper field dressing, cooling, and handling are important for maintaining meat quality and food safety. Before beginning, make sure the deer is legally tagged according to your state's regulations and follow recommended field-dressing practices.

Some hunters process their own deer, while others use a local game processor. If processing at home, basic supplies may include a sharp

Start with Hunter Education

The very first step in becoming a deer hunter is to take a hunter safety course. New York State requires new hunters to complete a hunter education course before obtaining a hunting license. Courses cover firearm and hunting safety, regulations, ethical hunting, wildlife conservation, and outdoor safety. Find available classes [here](#).

Know the Hunting Regulations

Before heading into the woods, take time to review the current hunting regulations for your area. Rules can vary by state and wildlife management unit and may include season dates, bag limits, antler restrictions, legal hunting methods, and hunting hours. Regulations can change from year to year, so always check your state wildlife agency's website for the most up-to-date information. Knowing the rules helps ensure a safe, legal, and responsible hunting experience while supporting the future of hunting and wildlife conservation.

Choosing Your Hunting Equipment

Choosing a hunting weapon is a personal decision influenced by local regulations, terrain, and your experience and comfort level. Common options include rifles, shotguns, and bows, each suited to different hunting situations and seasons.

Rifles are commonly used for deer hunting and are well suited for open terrain and longer-range shots where permitted. Shotguns are often used in areas with slug-only regulations and are effective at shorter distances. Bows are used during archery seasons and require additional practice and skill, particularly for close-range shot placement.

Whatever equipment you choose, take time to practice and become comfortable using it before heading in to the field. Safe and ethical hunting begins with knowing your equipment, understanding its limitations, and being prepared to make a responsible shot.

Essential Gear for Beginner Hunters

Getting started with deer hunting doesn't require expensive. Focus on the essentials and choose gear that fits your hunting environment and the weather conditions.

Clothing: Dress in layers with comfortable, weather-appropriate clothing and sturdy, waterproof boots. Camouflage or neutral colors can help you blend into your surroundings.

Hunting Equipment: Bring your legal hunting equipment and appro-

Continued on next page

Hunting...continued from previous page

knife, cooler with ice, meat grinder, and freezer packaging or a vacuum sealer.

Be sure to check current regulations regarding Chronic Wasting Disease (VWD). Depending on where you hunt, there may be specific requirements for testing, transporting and disposing of deer carcass parts.

Find a Mentor and Connect with Other Hunters

One of the best ways to build confidence as a new hunter is to learn from someone with experience. A mentor can provide practical guidance on scouting, equipment, safe hunting practices, field dressing, and more.

Consider connecting with hunter education instructors, local hunting clubs, conservation organizations, or state wildlife agency programs. Many areas also offer mentored hunting opportunities that pair new hunters with experienced volunteers for hands-on learning.

Building connections with other hunters can make the learning process

more enjoyable while helping you develop skills, knowledge, and confidence in the field.

Embrace the Journey

Your first deer hunt may bring excitement, nerves, and plenty of opportunities to learn. Whether you harvest a deer or simply enjoy time in the woods, each experience can help you build skills, learn more about wildlife, and develop a deeper appreciation for the outdoors.

As you prepare, remember to complete a hunter education course, understand local regulations, practice with your equipment, invest in essential gear, scout carefully, hunt safely and ethically, and seek guidance from experienced hunters.

Deer hunting is a skill that develops with time, patience, and practice. Enjoy the process, respect the wildlife and land around you, and take pride in becoming a responsible steward of the outdoors. Good luck and safe hunting!



THE NATIONAL GARDENING ASSOCIATION

Water Wisdom for Vine Crops

Vine crops are the camels of the garden! They contain up to 95 percent water at maturity, yet they don't require any more watering than other vegetables. But they do need a steady supply of moisture -- about one inch of water each week. This is important for taste, because cucumbers and melons can become bitter or bland if they're stressed by dryness or lack of soil nutrients.

When to Water

If you live in a dry area, or experience a dry spell, you'll want to water. However, water when your plants need it, not just because you're in the habit of watering every few days. You can tell if your plants are thirsty by digging into the soil. If it's dry four inches down, water. If you reach moist soil three inches down, your plants are okay.

Another way to tell if your plants need watering is if they look wilted before eleven o'clock in the morning. If your plants droop in the heat of the late afternoon sun, don't worry, that's normal.

How to Water

How you water is as important as when. Don't just sprinkle the soil surface. Shallow watering promotes shallow, weak root growth and that's bad for plants. Water to a depth of six inches to do the most good.

You can water with an overhead sprinkler, a hose or with buckets, but soaker hoses and drip irrigation are the most efficient techniques. Soaker hoses have tiny holes along them. By laying one right next to the plants, the water seeps out to soak the soil thoroughly. You don't wet the foliage, and hardly any water is lost to evaporation. Drip irrigation systems have individual water lines



Pumpkin (*Cucurbita pepo* 'Styrian Hulless')

Uploaded by [farmerdill](#)

that you place next to your plants; at the end of each line is an emitter that drips water onto the soil.

You can also use homemade "automatic" water dispensers. Punch a few holes in the bottoms of large, widemouth cans or sawed-off plastic gallon jugs and bury these in the melon patch before planting. Plant seeds in hills around each can about four inches from it. Rain water will collect in the can and seep through the holes to the roots, or fill the cans when you water.

Beware the Wet Garden

Vine crops are prone to disease, so stay out of the garden when it's wet. Diseases can spread quickly by traveling on beads of water from leaf to leaf or plant to plant, and even if you try not to touch the plants, you could transfer any number of bacteria without realizing it.

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