

CCE

JUNE 15, 2026

Cornell Cooperative Extension | Saratoga County

NEWSLETTER

Celebrating 25 Years of Fun on the Golf Course

The 25th Annual 4-H Golf Classic was held on May 30 at the Fairways of Halfmoon Golf Course under beautiful skies and chilly spring temperatures. This year's tournament attracted a record-breaking turnout of golfers who enjoyed a day filled with camaraderie, friendly competition, and enthusiastic support for Saratoga County 4-H youth.

As one of the cornerstone fundraising events for the Saratoga County 4-H program, the Golf Classic continues to demonstrate the strong community commitment to youth development. This year's event was especially memorable, with one dedicated participant proudly wearing a commemorative golf shirt from the tournament's 11th Annual Golf Classic—a testament to the enduring tradition and support this event has inspired over the years.

The Saratoga County 4-H Program reaches more than 20,000 youth annually through hands-on educational experiences in areas ranging from animal science and agriculture to robotics, environmental stewardship, leadership, and much more. The Saratoga County 4-H Leaders' Association helps make these opportunities possible by providing scholarships, funding educational programs, and supporting volunteer leader development.

The success of the 25th Annual 4-H Golf Classic would not have been possible without the generous support of our sponsors. We extend our sincere gratitude to: KC Entities Inc., General Control Systems, Sibyl Masten Insurance Agency, Fraternal Order of Eagles #2580, Casella Waste, Munter Enterprises, Inc., Gil's Garage Inc., Adirondack Trust, Morris Ford, Altone Electric, Burnt Hills Veterinary Hospital, Saratoga County Fair, Saratoga Shooting Sports, Franco Construction Services, Bowman Orchards, Lake View Stone Depot, GOAT Brothers, Stillwater Angus, Fred's Tents, State Farm Insurance, Thomas Poultry Farm Inc., Pachira Wealth Management, Cartier Real Estate, Ballston Spa Lions Club, Belmonte & Son Tents and Events, VFW Post 358, and Townley & Wheeler.

Their generosity helps ensure that Saratoga County 4-H can continue providing meaningful educational experiences that empower young people to learn, grow, and succeed.



Cornell Food Connections Opens Registration for Statewide Food Entrepreneurship Workshops

The workshops will equip food producers and entrepreneurs with the knowledge needed to bring new products to market

Registration is now open for Cornell Food Connections, a program designed to guide food producers and entrepreneurs through the process of developing and bringing new food and beverage products to market.

Led by Cornell AgriTech food scientists Bruno Xavier, Ph. D, and Cynthia James, M.S., the comprehensive workshops will educate participants on food processing and packaging, business planning, distribution, sales, and other topics essential for successfully launching new food and beverage products.

Now in its second year, Cornell Food Connections workshops are hosted at trained Knowledge Hubs throughout the state and are geared toward aspiring and early-stage food producers, as well as educators, economic developers, and small-business incubators who mentor and work with food producers and entrepreneurs. **Please note that registrants must live and/or be growing or producing in New York state to be eligible to participate in the workshop.**

DATE & TIME: October 21, 2026 | 9:00 am - 2:00 pm

LOCATION: Rensselaer County/Troy - Venue location to be announced

COST: The \$25 program fee includes lunch and all supplies needed for the workshop.

REGISTRATION & MORE INFORMATION: <https://cals.cornell.edu/events/cornell-food-connections-troy>

Cornell Food Connections is supported by Cornell AgriTech, Cornell Cooperative Extension, Taste NY, and the New York State Department of Agriculture & Markets.



Cornell Food Connections workshops are hosted at trained Knowledge Hubs throughout the state and are geared toward aspiring and early-stage food producers.

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.

Wednesday, July 8 & Tuesday, August 18 | 4 pm—8 pm

New Country Toyota of Clifton Park

202 Route 146, Mechanicville

For date and 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 **June 17, 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.



saratoga
PLAN

Preserving Land and Nature

Saturday, June 20

2026 SARATOGA FARM SHOWCASE

10:00 AM - 3:00 PM

Explore farms in Wilton, Moreau, Northumberland and the surrounding areas through a self-guided tour with fun activities for the whole family!

3:00 - 5:00 PM AFTER PARTY at Dancing Grain Farm Brewery!
Live Music, Food Trucks, Farm-to-Glass Beer!



Adults tickets: \$10 in advance, \$15 day-of. KIDS ARE FREE!

Purchase tickets online today!

Rain or shine. Swag bag limited to first 100 registrants



THANK YOU TO OUR SPONSORS & PARTNERS:

Saratoga County Board of Supervisors | Stewarts Shops
Cornell Cooperative Extension of Saratoga County | Salem Farm Supply
Koval Bros. Dairy | Harmony Veterinary Clinic | Ironglass Productions
National Grid | The Towne Law Firm | King Wealth Management

Farm Family Insurance | Gilbert VanGuilder Land Surveyor | Pro-Cut Landscape Services | Saratoga Sod | Comfort Food Community | Another Water

TASTE  **NY.**
at the
**ADIRONDACKS
WELCOME CENTER**

WEEKLY TASTINGS

Every Thursday from
11:00 AM - 1:00 PM
Open to the public - Free

6/18 - Dygert Mocha Milk Cold Brew and
Argyle Chocolate Milk

6/25 - Jake's Smoked Gouda from
Stoltzfus Family Farms

7/2 - King Bros. Dairy Vanilla Ice Cream

UPCOMING EVENTS

Pop Up at The Wild Center: 6/19 from
10am-4pm

The Wild Center Workshop at the
Adirondacks Welcome Center:
7/17 - The Painter Troll
12-4pm

Free and open to the public

7/2 12-3pm
2nd Annual Float Day - King Bros. Dairy
Vanilla Ice Cream (free scoop with
purchase of any beverage!)

CURRENT SPECIALS

June is dairy month!
Free bag of crackers with the
purchase of any 2 cheese products all
month long!

Father's Day gift basket
available 6/1 to 6/21
or while supplies last

Farm-made bug spray now available
from Thymeless Homestead

20% off Whole in the Wall Pesto
(sold frozen)



*Follow us on
Social Media!*

Discover upcoming events, local
favorites, travel tips,
and everything happening in the
Adirondacks.



Facebook



Instagram

Explore • Discover • Enjoy the Adirondacks

I-87 Northbound (Between exits 17 & 18), Queensbury, NY 12804
Market staff available from 9:00 AM – 5:00 PM



7 Reasons to Order the CCE 4-H BBQ Chicken Dinner on July 23 2026

1. It's delicious. Everyone says so. That's why it's world famous.
2. It's nutritious – Cornell is diligent about making this recipe good for you and now we use less salt but keep the great taste.
3. Other folks copy our recipe. (True) I can't say who the other famous chicken BBQ makers are, but trust us, they use our recipe.
4. Serving hungry fair goers for over 50 years!
5. You can get yours at the fair or pick up at the 4-H Training Center. No need to have to be AT the fair to enjoy this dinner.
6. We include a piece of the famous Smith's pie. Unlike the others who ignore that all important dessert.
7. You're gonna be hungry. Of course you are.



 **THURSDAY JULY 23, 2026**
4PM TO 7PM

Our chicken dinner is only \$20 and includes ½ chicken, baked potato, coleslaw, dinner roll and butter, a drink and all topped off with a slice of Smith's pie. Dinners are served at the Snack Bar at the Saratoga County Fair from 4pm to 7pm. Pick up is at the 4-H Training Center at 556 Middleline Road in Ballston Spa for pre-order only. To pre-order for pick up or at the fair, go to <https://sc4h.org/>

CORNELL COOPERATIVE EXTENSION SARATOGA COUNTY 518-885-8995



Submit Your Photo for “Delicious Dairy” Category for June



Dairy farming has long been a cornerstone of New York agriculture, playing a crucial role in the state’s economy and agricultural industry. As the fifth-largest milk producer in the nation, New York’s dairy farms are renowned for their innovation, sustainability, and quality. But most importantly, New York dairy products are downright delicious!

As we celebrate June is Dairy Month this year, we are spotlighting all the tasty treats that are made by New York dairy farmers and producers. From milk and cheese to yogurt, ice cream, and more, what is your favorite way to enjoy New York dairy? Share your photos for this month’s category “Delicious Dairy!”

To submit a photo, email it to PressOffice@agriculture.ny.gov with your name and a brief description of the photograph. Additionally, if you’d like to receive updates and reminders about the photo contest, you can subscribe to our Photo Contest mailing list at the link in our bio! Submissions are due June 26, 2026.



US DAIRY

Bow Tie Pasta Salad

Ingredients:

- 1 box bow tie pasta (farfalle), (8oz) or other shaped pasta
- 1/3 cup light mayonnaise
- 2 tablespoons cider vinegar
- 2 tablespoons sweet pickle relish
- ¼ teaspoon ground white pepper, or to taste
- 1/8 teaspoon hot pepper sauce, or to taste
- 4 ounces reduced-sodium ham, or smoked turkey, diced
- 8 ounces reduced-fat cheddar cheese
- ½ medium red pepper, finely chopped
- 2 scallions (green onion), green and white parts, minced
- 1/8 teaspoon paprika

Directions:

1. Cook pasta according to package directions, drain. Immediately rinse with cold water, drain well. Meanwhile, whisk together the mayonnaise, vinegar, relish, white pepper, and pepper sauce in a small bowl; set aside in the refrigerator to chill.
2. Combine the cooled pasta, ham, cheese, red pepper and scallions in a large bowl. Stir in the mayonnaise mixture just before serving. Garnish with paprika.



US DAIRY

Stuffed Turkey Burger with Cheese

Ingredients:

- ¼ cup plain yogurt
- ¼ cup medium salsa, or hot salsa
- 1¼ pounds ground turkey
- 3 tablespoons yellow cornmeal
- 1 large egg, lightly beaten
- ½ teaspoon seasoned salt
- 2 teaspoons chili powder
- 4 slices [monterey jack cheese with jalapeño peppers](#)
- Bibb lettuce, the leaves
- 4 hamburger buns, toasted
- 4 slices red onion



Directions:

1. Preheat a grill to medium-high. Stir the yogurt and salsa together in a small bowl. Cover and refrigerate until serving time.
2. Combine the turkey, cornmeal, egg, salt, and chili powder in a large mixing bowl. Divide the mixture evenly into eight ¼-inch-thick patties.
3. Top four of the patties with a slice of the cheese, tearing the cheese in pieces to fit if necessary. Cover with the remaining four patties then press the edges tightly together to seal.
4. Grill the patties for 5 to 6 minutes on each side. To assemble the burgers, place a lettuce leaf on each bun bottom. Top with a cooked patty, the salsa mixture, and sliced onion. Close each with the top of a bun.

Staying Safe in Hot Weather



What a swing in temperatures this spring! Yet, we have had a taste of summer weather here in May. Now is a good time to start thinking about and preparing to work outdoors this summer for yourself, your family, and your employees. September is approaching, but is still far enough

away that we need to be concerned about our health during these hot periods. Here are some reminders on how to prepare.

- **Hydrate:** Drink plenty of fluids before, during and after work. Aim for at least 1 cup of cool water every 20 minutes, even if you don't feel thirsty. For longer jobs, consider electrolyte drinks.
- **Seek shade:** Find shaded or cool areas for best breaks. Allowing your body to recover is essential.
- **Dress wisely:** Wear lightweight, loose-fitting clothing. If you're wearing a face covering, change it if it becomes wet or soiled.
- **Avoid heavy meals:** Hot and heavy meals add heat to your body. Consider lighter options.
- **Know your limits:** It's important to remember that not everyone tolerates heat the same way. Pace yourself and recognize when to stop the activity. Take a break if you feel lightheaded, confused, weak, or faint. Ignoring these signs can lead to serious heat-related illnesses.
- **Sun protection:** When outdoors, wear a wide-brimmed hat, sunglasses, and sunscreen (SPF 15 or higher). Sunburn

affects your body's ability to cool down.

- Remember, staying hydrated, taking breaks, and dressing appropriately are key to preventing heat-related illnesses.

Here are some additional steps that, as an employer, you can take to help prevent heat-related illnesses in your workplace.

- **Heat Safety Training:** Educate workers about heat-related risks, symptoms, and preventative measures. Regular training ensures awareness.
- **Flexible Schedules:** Adjust work hours to avoid peak heat times. Early mornings or late afternoon are better for outdoor tasks.
- **Shade and Rest Areas:** Set up shaded rest spots where workers can cool down during breaks.
- **Hydration Stations:** Provide easy access to water. Encourage workers to drink fluids regularly.
- **Appropriate Clothing:** Allow lightweight, breathable attire. Hats and sunglasses protect from sun exposure.
- **Monitoring:** Supervisors should watch for signs of heat stress and act promptly if anyone shows symptoms.

Here are links to resources (posters, brochures, etc.) to help you discuss how to avoid heat-related illness with your family and employees.

<http://www.extension.iastate.edu/agdm/wholefarm/html/c1-85.html>

<https://deohs.washington.edu/pnash/heat-toolkit>

<https://www.osha.gov/heat-exposure/planning>

PENNSSTATE EXTENSION

Biting Pests: Alpha-Gal Syndrome (Live Webinar)

WHEN: June 30, 2026 | 12:00 pm - 1:00 pm

REGISTRATION DEADLINE: June 30, 2026 | 12:00 pm

<https://extension.psu.edu/biting-pests-alpha-gal-syndrome>



Join PennState Extension for a webinar to learn about alpha-gal syndrome, also known as the red meat allergy. Alpha-gal syndrome is an allergy to a molecule found in mammal-based foods and products, such as beef, pork, and venison, which can develop after a tick

bite. This session will explore how alpha-gal syndrome develops, lifestyle and nutritional strategies to manage this condition, and practical steps to prevent tick bites.

This event is being offered at no charge to participants.

Space is limited - preregistration is required.

Registration is required to receive the link to access the webinar.

A link to the recorded webinar will be emailed to registrants within ten business days after the live event, and accessible for 6 months.

Who is this for?







- General audiences interested in alpha-gal syndrome
- Nutrition and dietetics professionals and students
- Public health professionals and students
- Students and lifelong learners interested in tick and tick-borne diseases

Keep Bacteria Out of Your Kitchen

Kitchens are prime hotspots for illness-causing bacteria like Salmonella, E. coli, and Listeria nonocytogenes. Bacteria can spread anywhere in the kitchen, as they are naturally present in our living environment. Not all bacteria cause disease; however, when harmful bacteria gets into food, the result is a foodborne illness or spoiled food. Prevent contamination by regularly cleaning and sanitizing surfaces, sinks, cutting boards, and cleaning clothes /sponges.

Let’s look at some areas in the kitchen that we need to pay particular attention to when talking about cleaning and sanitizing. Cleaning removes dirt and organic matter from surfaces; use hot water and soap to scrub the surface, followed by rinsing with water. Sanitizing kills bacteria; commercial sanitizers or common household items like diluted bleach, hydrogen peroxide, or white vinegar can be used. Bleach solutions are viable for 24 hours and should remain on the surface for a contact time of least 1 minute.

How often one cleans and sanitizes the kitchen depends on individual situations. Homes with young children, older adults, illness, compromised immune systems, or pets, may need attention more often. Daily routines should include a minimum of cleaning counter-tops, surfaces, sinks, and handles. Cutting boards should be sanitized immediately after use, and if used for meat, other exposed areas should also be sanitized in addition to the cutting board.

BASIC GUIDELINES FOR CLEANING AND SANITIZING KITCHEN ITEMS AND SURFACES	
Item/Surface	Clean and Sanitize Procedure
Sinks, Drains, and Garbage Disposals 	Sinks - Clean with soap and water to remove grime, then apply a sanitizer. Let the sanitizer sit for at least 30 seconds to 5 minutes to kill bacteria, then rinse thoroughly and air dry. Drains/Garbage Disposals - Pour ½ cup baking soda and 1 cup of white vinegar into the drain; let it fizz for 10-15 minutes. Flush with boiling water. Clean the garbage disposal guards, tops and bottom. Wash sink strainers daily to remove food and germs.
Sponges 	Microwave a soaking wet sponge on high for 1 minute. Alternatively, run it through a full dishwasher cycle (top rack) or soak it in a solution of 1 quart warm water and 3 tablespoons of bleach for 5 minutes. Replace sponges weekly or when worn.
Towels, Dish Cloths, and Potholders 	Change daily and machine wash in hot water and dry with heat. Remove stains as necessary. Hang cloths to air dry between uses to avoid mildew. Use separate cloths for wiping counters, drying dishes, and drying hands to avoid cross-contamination.
Cutting Boards 	Clean and sanitize cutting boards after each use by washing with soap and hot water, apply sanitizer, let sit 3 minutes, rinse, and allow to dry. Plastic cutting boards may be washed and sanitized in the dishwasher. Use separate cutting boards for meat and fruits and vegetables. Wooden and plastic boards are prone to knife cuts; deeply scarred boards should be replaced to prevent bacteria from growing in crevices.
Countertops 	Clean with soap and water; apply a sanitizer appropriate for the surface. Let the sanitizer sit for 3-5 minutes before wiping and drying.
Can Openers 	Wash after use, sanitize, allow to dry.

Change the Bloom Color of Your Hydrangeas



The vivid blues and pinks of hydrangeas announce the summer season in the South just like watermelon and lemonade. This popular plant of the old Southern gardens is a native of China but thrives in our region if provided with the right growing conditions.

A staple of the traditional garden, hydrangeas prefer bright shade and thrive in a shaded northern exposure. They do not like soggy soil conditions but insist on consistent moisture - otherwise they'll wilt like a popsicle on the noonday asphalt. Provide your shrub with soil amended with compost or peat moss and a surface mulch of pine needles or bark, and it will return the favors with a summer full of beautiful blooms.

The common bigleaf hydrangea, *H. macrophylla*, will indicate just how acid or alkaline your garden soil is by the color of its blooms. Acid soils produce blue blooms, whereas less acidic soils assure the gardener of pink flowers. Sometimes in an irregular soil with a variation of pH you will see varying shades of pink and blue on the same plant or within the same planting. City water suppliers are often alkaline. With frequent watering, the soil becomes more alkaline, and the blooms brighter shades of pink.

Changing Bloom Color

The mechanism of color variation in hydrangeas is the presence or absence of aluminum in the blooms. When aluminum is present the blooms tend to be blue. When it is not, they tend toward pink. Soil pH affects bloom color by making soil aluminum more (low pH or acidic soil) or less (higher pH or basic soil) available for uptake by the plant. To change the bloom color from pink to blue, add one-half cup of sulfur per 10 square feet, mix it into the soil surface, and water it well. To change the bloom from blue to pink, instead of sulfur, mix in 1 cup of lime per 10 square feet to the soil. This procedure can take months to a year to change the soil pH and thus the bloom color.

For a faster reaction when changing from pink to blue, dissolve 1 tablespoon of alum (aluminum sulfate) in a gallon of water and drench the soil around the plants thoroughly three times, four weeks apart in spring. To rapidly change from blue to pink substitute 1 tablespoon of hydrated lime for the alum. Always apply these solutions to the soil, **not** to the blooms or foliage, or damage may result.

The best time to prune hydrangeas is immediately after their peak of bloom in summer. Thin out old, nonproductive canes, and prune other canes to reduce height if needed, but keep some terminal shoots for next summer's blooms. If a bitter winter results in damaged canes a little clean up pruning is fine in early spring, but don't overdo it.

PENNSYLVANIA UNIVERSITY EXTENSION

Let's Cook at Home: Charcuterie Boards

Learn how to make a charcuterie board for a fun meal or appetizer with friends and family!



Do you like to entertain? Do you want to switch up your normal meal routine? If you answered yes to these questions, the **"Let's Cook at Home: Charcuterie Boards"** is for you! Charcuterie boards can make a fun family meal or be served as a creative

appetizer. Learn the basic steps to create an exciting board in this class!

During this webinar, we invite you to discover a new recipe as we prepare a delicious charcuterie board. What are you waiting for? Let's Cook with Extension!

Registration is required to receive the link to access the webinar.

A link to the recorded webinar will be emailed to registrants within ten business days after the live event. The recording will be accessible for six months from the event date.

Who is this for?

- Anyone interested in learning about charcuterie boards
- Anyone interested in learning about fun and nutritious entertaining ideas

What will you learn?

- The basic components of a charcuterie board
- Tips and recipe ideas to create a healthy charcuterie board for entertaining
- How to make a charcuterie board a healthful addition to any spread

WHEN: June 23, 2026 | 12:00 pm

LENGTH: 1 hour, 30 minutes

EVENT FORMAT: Virtual | Live

COST: \$10.00

REGISTRATION LINK: <https://extension.psu.edu/lets-cook-at-home-charcuterie-boards>

SARATOGA COUNTY TO HOLD FREE RABIES VACCINATION CLINIC

DOGS, CATS, AND FERRETS WELCOME.



JULY 14, 2026
Registration will open June 23.

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

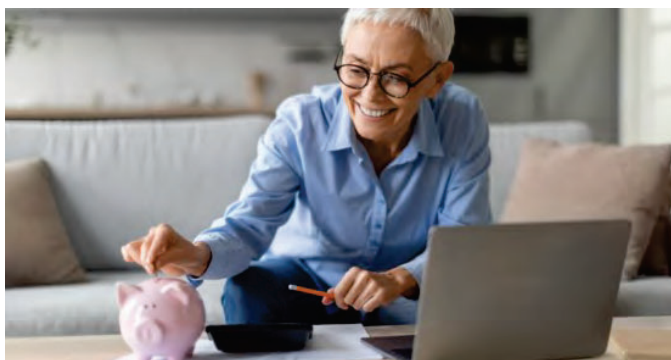
Public Health Law § 2141 requires dogs, cats, and ferrets be vaccinated against Rabies. All vaccination certificates are written for one year unless prior proof of vaccination is provided. Owners must provide proof of vaccine to receive a three-year certificate for their animal.

CCE ALBANY

Financial Fitness for Older Adults

Thursday, June 25, 2026 | 12:00 pm - 1:00 pm (Zoom)

June is Elder Abuse Awareness month! Part of this workshop will include how to protect yourself from consumer scams. The remainder of the workshop will discuss personal finances as they relate to aging. Participants will learn strategies to assess financial situations, understand the importance of goal setting, and share ways to manage personal spending plans. Pre-registration is required.



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.**

JULY 3: Cicadas & cicada-killer wasps | Feeding Insects: weed management

Cicada killer wasps are large insects that build solitary nests in the soil. While intimidating, people and wasps can coexist with a little understanding. As we move through summer, keep managing weeds in your perennial wildflower plantings. Register here.



School Tax Relief (STAR) Program



FREE Seminar for Homeowners

Join us to learn how the STAR program may help reduce your school taxes and get answers to your questions directly from our knowledgeable team!



July 9, 2026
5:00 p.m. – 8:00 p.m.

Solar Building

50 W High Steet,
Ballston Spa, NY 12020



Department of
Taxation and Finance



tax.ny.gov

Give blood.

Every 2 seconds someone
in the U.S. needs blood.

American Red Cross



Blood Drive
Saratoga County Cornell
Cooperative Extension

50 W. High St., Ballston Spa, NY 12020
Training Room

Monday, June 29, 2026
12:30 p.m. to 5:00 p.m.

To schedule your appointment call
1-800-RED CROSS or
RedCrossBlood.org and use
Sponsor Code: BALLSTONSPANY



Scan to be directed to
RapidPass®



**Come give blood June 29-July 12 for a classic American
Red Cross x Looney Tunes T-shirt, ltd. qty!**



Scan to schedule
an appointment.

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

©2016 The American National Red Cross

(88) | Order ID: 1667026 • Item ID: 10133246 • Qty: 6 of 10 • 484600 • 2026-AFL-0121 • AR01 - 255656



Homesteading



Edited from Samantha Flower's Vermicomposting article on Mimis Worms website

Vermicomposting: Turning Kitchen Scraps into Garden Gold

Vermicomposting is an easy and effective way to recycle food scraps while creating a nutrient-rich soil amendment for gardens and houseplants. Using composting worms, organic materials such as fruit and vegetable scraps are transformed into worm castings, a valuable compost that improves soil health and plant growth.

According to the U.S. Environmental Protection Agency, composting with worms helps reduce food waste while creating a beneficial product for gardens. Vermicomposting is clean, low-odor, easy to manage, and well suited for homes with limited outdoor space.

Getting Started

The best worms for vermicomposting are red wigglers (*Eisenia fetida*). Unlike common garden earthworms, red wigglers thrive in composting systems and efficiently break down food scraps.

A worm bin can be purchased or made from a plastic tote. The container should have ventilation holes, drainage, a lid, and be relatively shallow. Indoor bins work well in kitchens, basements, or garages, while outdoor bins should be protected from direct sun and extreme temperatures.

Creating a Healthy Worm Habitat

Worms need bedding that is moist, airy, and comfortable. Suitable materials include:

- Shredded newspaper
- Shredded cardboard
- Coconut coir

Moisten the bedding until it feels like a wrung-out sponge and fill the bin with 6 to 8 inches of material. Once the bedding is prepared, add the worms and allow them time to settle into their new environment.

Feeding Your Worms

Worms thrive on many common kitchen scraps, including:

- Fruit (in small amounts) and vegetable scraps
- Coffee grounds
- Crushed eggshells

Avoid adding:

- Meat
- Dairy products
- Oily foods
- Large quantities of citrus

Bury food scraps beneath the bedding and begin with small amounts. Overfeeding is one of the most common causes of problems in a worm bin.

Maintaining the Bin

Worms perform best when temperatures remain between 55°F and 80°F. Bedding should stay moist but not soggy, and adequate airflow is essential. A healthy worm bin should have an earthy smell. Unpleasant odors often indicate excess food or too much moisture.

With minimal care, worm bins require only periodic feeding, moisture checks, and occasional harvesting.

Harvesting Vermicompost

Within two to three months, worms will produce dark, crumbly castings that resemble rich garden soil. The compost can be harvested by moving food to one side of the bin and allowing worms to migrate, or by separating worms from compost using light exposure.

Using Vermicompost in the Garden

Research from Cornell University and Penn State Extension shows that vermicompost can improve soil structure, increase water-holding capacity, support beneficial soil microorganisms, and provide essential plant nutrients.

Vermicompost can be:

- Mixed into garden soil before planting
- Added to planting holes
- Applied as a top dressing around plants
- Incorporated into potting mixes

Many gardeners find that incorporating 10–20% vermicompost into soil or potting mixes provides excellent results.

Benefits of Vermicomposting

Vermicomposting offers numerous advantages:

- Reduces household food waste
- Produces a natural soil amendment
- Improves soil health and fertility
- Requires little space
- Helps reduce waste sent to landfills

The EPA also notes that composting organic materials helps reduce methane emissions associated with landfill disposal.

A Simple Way to Build Healthier Soil

Vermicomposting is a practical project for gardeners of all experience levels. With a small bin, a population of red wiggler worms, and a supply of kitchen scraps, anyone can create a valuable compost product while reducing waste. The result is healthier soil, stronger plants, and a more sustainable garden.



Bass Season Opens Across New York State



The regular harvest season for black bass, including both largemouth and smallmouth bass, opens statewide on June 15 and runs through November 30. A catch-and-release season is available in most waters from December 1 through June 14. Because size and daily catch limits vary by waterbody, anglers should review current New York State fishing regulations before heading out.

Bass can be found in rivers, ponds, and lakes throughout New York, offering excellent fishing opportunities for anglers of all experience levels. New York continues to gain national recognition for its outstanding bass fisheries. In 2025, Bassmaster Magazine ranked the St. Lawrence River and Lake Erie among the top 10 bass fishing destinations in the nation. Several other New York waters, including Lake Champlain, Cayuga Lake, Oneida Lake, Otisco Lake, and Chautauqua Lake, were also recognized among the Northeast’s best bass fisheries.

Bass fishing is a great next step for anglers looking to expand their skills beyond traditional bobber fishing. New anglers can find help-

ful resources through the New York State Department of Environmental Conservation (DEC), including fishing tips, beginner guides, instructional videos, and information on popular fishing locations through the state. <https://dec.ny.gov/things-to-do/freshwater-fishing/learn-to-fish/tips-skills/fishing-for-largemouth-smallmouth-bass>.

Those new to fishing can check out the I FISH NY Beginner’s Guide to Freshwater Fishing, which has all the information needed to get started at:

https://extapps.dec.ny.gov/docs/fish_marine_pdf/gsfishing.pdf.

There’s also a “how-to” video series on DEC’s YouTube channel. <https://www.youtube.com/@nysdecvideos/search?query=fishing>

Before eating any fish they catch, anglers are encouraged to review fish consumption advisories from the New York State Department of Health, which provides recommendations on what fish are safe to eat and how often they can be consumed.

For more information on bass fishing regulations, fishing locations, and educational resources, visit the DEC Freshwater Fishing website.

ANSWERLINE

Get Ready for Canning Season!

Choosing the correct canning jars is crucial to ensure safe and successful canning. Jars specifically made for canning are tempered for high temperatures, helping reduce the risk of breaking or shattering from thermos shock or pressure during canning. They also ensure proper heat distribution during processing, and help create a good vacuum seal. Learn more about selecting and preparing jars before canning season begins.

NATIONAL CENTER FOR HOME FOOD PRESERVATION - University of Georgia

Recommended Jars and Lids



Food may be canned in glass jars or metal containers. Metal containers can be used only once. They require special sealing equipment and are much more costly than jars.

Regular and wide-mouth Mason-type, threaded, home-canning jars with self-sealing lids are the best choice. They are available in ½ pint, pint, 1½ pint, quart, and ½ gallon sizes. The standard jar mouth opening is about 2-3/8 inches. Wide-mouth jars have openings of about 3 inches, making them more easily filled and emptied. Half-gallon jars may be used for canning very acid juices. Regular-mouth decorator jelly jars are available in 8 and 12 ounce sizes. With careful use and handling, Mason jars may be re-used many times, requiring only new lids each time. When jars and lids are used properly, jar seals and vacuums are excellent and jar

breakage is rare.

Most commercial pint- and quart-size mayonnaise or salad dressing jars may be used with new two-piece lids for canning acid foods. However, you should expect more seal failures and jar breakage. These jars have a narrower sealing surface and are tempered less than Mason jars, and may be weakened by repeated contact with metal spoons or knives used in dispensing mayonnaise or salad dressing. Seemingly insignificant scratches in glass may cause cracking and breakage while processing jars in a canner. Mayonnaise-type jars are not recommended for use with foods to be processed in a pressure canner because of excessive jar breakage. Other commercial jars with mouths that cannot be sealed with two-piece canning lids are not recommended for use in canning any food at home.

For more information, read the complete article: [Recommended Jars and Lids - National Center for Home Food Preservation](#)

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

WHO WE ARE

BOARD OF DIRECTORS

John Mancini, <i>President</i>	Tom Venditti
Liz Newsom, <i>Vice President</i>	Alex Guilmette
Mark Preissler, <i>Secretary</i>	Ian Murray, <i>Supervisor Rep.</i>
Jim Pettis, Jr., <i>Treasurer</i>	Danielle Hautaniemi, <i>Cornell Rep.</i>

AGRICULTURE PROGRAM COMMITTEE

Kyle Donnan	Katie Gorsky
Stacy Simmons	Samantha Little
Lauri Dittmer	

4-H/FCS PROGRAM COMMITTEE

Wendy Kuehner	Dick England
Heidi Meidenbauer	Shane Larkin
Peter Dandreano	Ann Haden
Reyna Racaza	Isabella Hanson

CENTRAL NY DAIRY, LIVESTOCK AND FILED CROPS

Ashley McFarland	Heer Patel
Erik Smith	Raevyn Saunders
Alanna Homan	

CCE SARATOGA STAFF

William Schwerd, <i>Executive Director</i>	Madison Blodgett
Greg Stevens, <i>Assistant Director</i>	Angie Veeck
Wendy McConkey	Hunter Pedian
Nicolina Foti	Robin Collyer
Leland Bunting	Kris Williams
Julie Curren	Jessica Luse
Kim Wilbur	Samantha Schultz
Lisa Russell	Addison Kubik
Diane Whitten	Blue Neils
Allie Eustis	Jim Tavares
Cindy Dort	Brenna Kavakos
Bud South	John Root, <i>Taste NY</i>
Sharon Bellamy	Matt Smith, <i>Taste NY</i>
Kelly Hurley	Mary Green, <i>Taste NY</i>
Chris Dittus	Erika Stark, <i>Taste NY</i>
Alexa Howansky	Shannon Onstot, <i>Taste NY</i>
Jillian Peek	James Hume, <i>Taste NY</i>

EASTERN NY COMMERCIAL HORTICULTURE

Crystal Stewart-Courtens	Chuck Bornt
Jeremy Schuster	Mike Basedow
Elizabeth Higgins	Elizabeth Hodgdon

Heather Kase

GC-SBN Leads

Jim McNaughton (HR)	Erik Yager (IT)
Anthony Zumbolo (Finance)	

50 West High Street, Ballston Spa
 (518) 885-8995
Saratoga@cornell.edu
www.ccesaratoga.org

Building Strong and Vibrant New York Communities