CCE

Cornell Cooperative Extension | Saratoga County

NEWSLETTER

NOVEMBER 2, 2026

Growing Knowledge: Strengthening Community.

As November arrives in Saratoga County, our thoughts turn to the changing seasons, the upcoming holidays, and the many ways we can support our families, farms, and communities. Cornell Cooperative Extension of Saratoga County continues to connect residents with research-based education, practical resources, and opportunities to learn and grow.

This November also marks an important time of transition for our organization. For the first time in almost 30 years, Cornell Cooperative Extension of Saratoga County is conducting a search for a new Executive Director. This milestone represents an opportunity to look ahead, build on our longstanding tradition of community service, and continue strengthening the programs and partnerships that make Extension an important resource for Saratoga County residents.

From supporting local agriculture and encouraging healthy eating to helping young people develop leadership skills and guiding gardeners through the changing seasons, our programs work to make a positive difference throughout the county.

In this month's newsletter, we share seasonal tips, highlight the value of local agriculture, celebrate youth development, and offer gardening advice as you prepare for winter.

Upcoming November Events for CCE Saratoga

Story Time with Gus, the English Bulldog

NOVEMBER 04 | 4-H Training Center, 556 Middleline Road, Ballston Spa
Contact Jillian at jsp327@cornell.edu or 518-585-5995 for information and registration.

Car Seat Check

NOVEMBER 12 | 4 PM - 8 PM | New Country Toyota of Clifton Park

Fall Classic Horse Show

NOVEMBER 14 | 4-H Training Center, 556 Middleline Road, Ballston Spa
Open to youth and adults, including 4-H and non-4-H participants. Contact Jillian for details, jsp327@cornell.edu.

Savor Saratoga

NOVEMBER 21 | 3 PM - 5 PM | 50 West High St., Ballston Spa
A holiday market featuring local vendors, a grazing and hot cocoa bar, and a make-your-own winter swag activity. Proceeds support CCE Saratoga County's Nutrition and Agriculture programs.

CLOSED

for the holidays!

NOVEMBER 11

Veterans Day

NOVEMBER 26-27

Thanksgiving & Day After Thanksgiving



CAR SEAT CHECK

Cornell Cooperative Extension of Saratoga County partners 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.

November 12 | 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 **November 9, 2026 | 7:00 pm**

CCE Saratoga's Board of Directors
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Meetings are held at the CCE Office building at 50 West High Street, Ballston Spa. If you are interested in attending, please contact wlm8@cornell.edu.

Put Your Garden to Bed: November Tips for a Healthier Spring

As temperatures drop and the growing season comes to an end, November is a good time to prepare gardens and landscapes for winter. A few simple tasks now can help protect plants, improve garden health, and make spring gardening easier.

Clean up wisely. Remove diseased plant material and any plants that may harbor significant pest problems. Healthy plant material can often be composted, provided the composting method is appropriate for the material. Leave some healthy seed heads, stems, and leaf litter where practical to provide food and shelter for beneficial insects and wildlife.

Protect your soil. Bare soil is more vulnerable to erosion and temperature fluctuations. Consider adding a layer of clean mulch or planting an appropriate cover crop in vegetable beds where conditions allow. Fallen leaves can also be shredded and used as a natural mulch around garden beds and trees. Keep mulch away from the trunks of trees and shrubs to prevent excess moisture from accumulating against the bark.

Care for trees and shrubs. Continue watering newly planted trees and shrubs during dry periods until the ground freezes, as long as the soil is not waterlogged. Protect young plants from damage caused by animals where necessary. Avoid heavy pruning simply because the growing season has ended; different plants have different pruning requirements, so check recommendations for the species you are growing.

Put tools and equipment away properly. Clean soil from garden tools, sharpen blades as appropriate, and store equipment in a dry location. Drain hoses and shut off exterior water supplies where needed to help prevent freeze damage.



Start planning for next year. Review what grew well, make notes about pest or disease problems, and consider which changes might improve your garden next season. Winter is also a good time to explore new varieties, learn about soil health, and plan crop rotations for vegetable beds.

The Cornell Cooperative Extension of Saratoga County Master Gardener program helps residents learn about gardening, landscapes, plant health, and environmentally responsible horticultural practices. Master Gardener volunteers share research-based information with community members and support educational outreach throughout the county.

Whether you tend a large vegetable garden, maintain a few flower beds, or grow plants in containers, the end of the season is an opportunity to reflect, prepare, and look forward to spring.

For gardening information and local educational opportunities, visit CCE Saratoga County and explore the Master Gardener resources.

Put Your Garden to Bed, But Think Spring!

Have you started looking at packets of seeds, or considering new perennials, shrubs or trees, you may quickly skim over the notation listing the hardiness zones, but it's worth paying closer attention.

What are hardiness zones?

Hardiness zones are geographic areas that are defined by their avaerage annual minimum temperature, and they can help gardeners figure out which plants are likely to thrive in their gardens. They are a standard defined by the U.S. Department of Agriculture, which uses GIS (Geographic Information System) data spanning 30 years to determine the zones.

Across the U.S., there are 13 hardiness zones, and each zone represents a 10-degree variation from the adjacent areas. Some ones are further divided onto a or b subsets, often reflecting elevation differences or the presence of modifying bodies of water, such as the Great Lakes.

Saratoga County is in the USDA Plant Hardiness Zones 5a, 5b, and 6a according to the 2023 USDA map.

Use the 2023 USDA Plant Hardiness Zone Map to determine which perennial plants are most likely to thrive at your location.

Healthy Holidays Begin in the Kitchen

The holiday season is a time for gathering with family and friends, sharing favorite recipes, and enjoying special meals. With a little planning, it is possible to celebrate favorite traditions while making food safety, balanced nutrition, and affordability part of the festivities.

Plan ahead for holiday meals. Preparing a shopping list, planning meals in advance, and checking what is already in the pantry can help families save time and reduce unnecessary spending. Seasonal vegetables, beans, whole grains, and fruit can add color, flavor, and variety to holiday menus.

Keep food safety a priority. When preparing a turkey or other holiday dishes, remember to thaw poultry safely in the refrigerator, keep raw meat separate from ready-to-eat foods, and use a food thermometer to check doneness. Turkey should reach an internal temperature of 165°F in the thickest parts, including the breast, innermost thigh, and innermost wing. Refrigerate perishable leftovers within two hours and use shallow containers to help food cool quickly.

Make the most of leftovers. Leftover turkey can be used in soups, sandwiches, casseroles, and salads. Cooked leftovers should generally be refrigerated for three to four days or frozen for longer storage. Planning how to use leftovers before the holiday meal can help reduce food waste and stretch the grocery budget.

Remember that healthy eating is about balance. Holiday meals do not need to be perfect to be enjoyable. Including a variety of foods, paying attention to hunger and fullness, and making time for enjoyable physical activity can help families feel their best throughout the season.



Photo: OHSU News

Cornell Cooperative Extension of Saratoga County offers nutrition and food education designed to help residents make informed choices about healthy eating, cooking, and food safety. Community groups, including libraries, civic organizations, and senior centers, can request educational programs tailored to their audiences.

This November, give yourself and your family the gift of a little preparation, a safe kitchen, and time to enjoy the people gathered around your table.

ALABAMA EXTENSION

Timing is Everything: Plan Ahead for a Stress-Free Thanksgiving

Thanksgiving is a time for family, food, football, and giving thanks, but preparing a holiday meal can feel overwhelming when everything needs to be ready all at once. With a little planning and a realistic timeline, you can spend less time rushing around the kitchen and more time enjoying the day with family and friends.

Start Planning Early

In the early weeks of November, create your guest list and menu for family and friends. Check that you have all the cooking and serving dishes, even the ones that mysteriously never made it home after last year's dinner. And be sure to clean the oven. The week before Thanksgiving, finalize your grocery list, assign dishes to family members if necessary, and start thawing the frozen turkey in the refrigerator. Allow approximately three days to thaw a 12-pound turkey and six days for a 24-pound turkey.

Prepare Ahead

Use the days leading up to Thansgiving to complete as much preparation as possible. On Monday, finish shopping and prepare items that can be frozen. On Tuesday, make cranberry sauce, prepare vegetables, bake cornbread for dressing, and set the table. Wednesday is a great time to bake pies, prepare roll dough, and peel potatoes for the next day. Remember to refrigerate foods that require cold storage, including pumpkin pie and other custard-based desserts.

Create a Thanksgiving Day Timeline

If you plan to serve Thanksgiving dinner at noon, work backward from that serving time. The following schedule a general guide, although preparation and cooking times may vary depending on your oven, recipes, and turkey size.

continued on next page

Timing is Everything...continued from previous page

7:00 AM Preheat the oven and begin roasting the turkey.
8:00 AM Finish preparing the salad and refrigerate.
9:00 AM Shape refrigerated roll dough and allow it to rise. Or skip this step for pre-purchased rolls and take a 30-minute coffee break.
9:30 AM Prepare sweet potatoes for baking.
10:00 AM Assemble the dressing.
10:45 AM Assemble the green bean casserole.
11:00 AM Check the turkey's internal temperature. The turkey must reach 165°F in the thickest parts of the breast and the innermost parts of the thigh and wing.
11:10 AM Prepare mashed potatoes and gravy while side dishes bake.
11:30 AM Check side dishes and bake the rolls as oven space becomes available.
11:50 AM Arrange food on serving dishes and bring everything to the table.
12:00 PM Gather around the table, give thanks, and enjoy the meal!

Keep Food Safety in Mind

Timing matters, but food safety matters more. Keep perishable foods refrigerated at 40°F or below until preparing or serving. Keep hot foods at 140°F or above and refrigerate leftovers within two hours. Never rely on appearance alone to determine whether turkey or casseroles are fully cooked, use a food thermometer.

With a little preparation and a well-planned schedule, Thanksgiving dinner can be, with fingers crossed, a little less stressful and more enjoyable. Remember, the goal is not a perfect meal, even if it's burnt, it's about making memories with the people gathered around your table.



Supporting Local Farms:
Bring Saratoga County Agriculture to the Holiday Table

As the holiday season approaches, November is an ideal time to recognize the farmers and agricultural businesses that help keep our local food system strong. From fresh produce and farm-raised products to locally made specialty items, Saratoga County agriculture provides residents with opportunities to connect with the people who grow and produce their food.

Shopping locally can help support farm businesses and strengthen our regional economy. Local products also make thoughtful additions to holiday meals and gifts, allowing families to share a taste of the region with friends and loved one.

Cornell Cooperative Extension of Saratoga County works to support agriculture through education, outreach, and resources that help farmers and community members stay informed. By connecting residents with agricultural knowledge and local opportunities, Extension helps strengthen the relationship between farms and the communities they serve.

One opportunity to celebrate local agriculture is Savor Saratoga on Saturday, November 21, 2026. This holiday market brings together local vendors and offers visitors a chance to discover unique gifts, enjoy a grazing and hot cocoa bar, and create their own winter swag. The event also supports CCE Saratoga County's Nutrition and Agriculture programs.

As you prepare for the holidays, consider purchasing a locally grown product, visiting a farm market, or choosing a gift made by a local producer. Every opportunity to support local agriculture helps celebrate the people, businesses, and traditions that make Saratoga County special.



Growing Tomorrow's Leaders Today: The Impact of 4-H

Youth development is about more than learning a new skill. It is about building confidence, developing responsibility, discovering interests, and learning how to work with others. Through Cornell Cooperative Extension of Saratoga County's 4-H Youth Development Program, young people have opportunities to explore their interests while developing skills that can benefit them throughout their lives.

The 4-H program provides hands-on learning experiences in a wide range of areas, including agriculture, animal science, STEM, robotics, cooking, creative arts, and community service. Whether a young person is learning to care for an animal, building a robotics project, preparing a presentation, or participating in a group activity, each experience offers an opportunity to learn by doing.

These activities encourage young people to ask questions, solve problems, set goals, and take pride in their accomplishments. They also provide opportunities to develop teamwork, communication, leadership, and decision-making skills.

An important part of 4-H is the network of caring adults and volunteers who help create a supportive environment for learning. Through positive youth-adult partnerships, young people are encouraged to explore new possibilities, learn from mistakes, and recognize their own potential.

The Saratoga County 4-H Training Center in Ballston Spa provides a setting for many educational opportunities, with classrooms, indoor and outdoor arenas, ponds, and nature trails. The program also reaches young people through clubs, special-interest programs, and school outreach activities.

As we enter the holiday season, it is a wonderful time to recognize the dedication of 4-H volunteers, families, educators, and community partners who help make these experiences possible. Their involvement helps ensure that young people have opportunities to learn, contribute, and grow.



4-H members participate in a hands-on learning experiences to improve skills and build confidence.

Interested in getting involved? Families can explore 4-H opportunities for their children, and adults can learn about volunteering and supporting youth development.

Discover opportunities to participate in Saratoga County 4-H and help grow the next generation of confident, caring, and contributing community members.

CCE Saratoga County Celebrates 4-H Leadership at State Conference



Leland Bunting

Cornell Cooperative Extension (CCE) of Saratoga County was proud to be represented by Leland Bunting, Interim 4-H Issue Leader, and Jillian Peck, 4-H Animal Science Educator, at the annual 4-H State Conference. The conference brings together 4-H educators and leaders from across New York State to share ideas, strengthen connections, and celebrate their committment to the 4-H youth development program.

CCE Saratoga County is especially pleased to announce that Leland was sworn in as the new president of the New York State Association of Cornell Cooperative Extension 4-H Educators. This is a wonderful achievement and a testament to his dedication, leadership, and passion for the 4-H program.

Leland is a true leader and an invaluable part of the CCE Saratoga County team. His commitment to supporting youth, strengthening programs, and advancing the mission of 4-H makes him an outstanding representative of our organization. We are fortunate to have him leading the way, and we look forward to seeing the continued impact he will make on the present and future of 4-H at CCE Saratoga County. Congratulations to Leland on this well-deserved honor!

The Secret Life of Acorns: Oaks, Wildlife, and the Science of Mast Years

Written by Angela Mason Foster, NC Cooperative Extension - Beaufort County Center

Walk through any yard, park, or woodland lately, and you are bound to hear the crunch of acorns underfoot. For some gardeners, these glossy brown seeds are nothing more than a nuisance, cluttering driveways or sprouting unwanted seeding in flowerbeds. Yet acorns are one of nature's most remarkable gifts: a keystone resource that sustains wildlife, shapes ecosystems, and even holds deep cultural history.

To look as an acorn is to see the promise of an oak - a tree that may live for centuries, shelter countless animals, and stand as a witness to history. But being the humble acorn lies an intricate story of survival, abundance, and timing, one that is especially visible to what scientists call "mast years."

What is a Mast Year?

Unlike most fruiting plants, oaks do not produce consistent crops each season. Instead, they have irregular cycles, with some years yielding very few acorns and other producing overwhelming abundance. These heavy-production years are known as mast years.

Mast, from an old English word meaning "forest food," refers to the nuts, seeds, and fruits that trees produce for wildlife. In a mast year, a single oak may produce thousands of acorns, carpeting the ground. The trees synchronize across large regions, meaning that entire neighborhoods or forests can duly be flushed with acorns all at once.

Scientists believe the strategy evolved to outwit predators. In lean years, wildlife populations that depend on acorns decline. Then, in a mast year, the sudden flood of acorns overwhelms squirrels, deer, turkeys, and even insects - ensuring that some acorns survive to sprout into new oaks.

Acorn and Wildlife

Acorns are a vital autumn food for countless species. White-tailed deer rely on them to build fat reserves before winter. Wild turkeys, quail, and wood ducks gorged on acorns in fall. Blue jays, perhaps the oak's most important allies, cache acorns by buying them in the soil. While jays retrieve many for winter meals, the inevitably forget some, planting new oak trees across the landscape.

Even bears, raccoons, and foxes take advantage of a mast year, fattening den of this calorie-rich food. In fact, the availability of acorns in autumn can determine whether certain animals survive the winter - and whether they reproduce successfully in following spring.

Acorns in Human History

For thousands of years, acorns were not just for wildlife. Indigenous peoples across North America learned the bitter tannins from acorns and used the nutmeats as a staple food. Ground into flour, acorns provided a reliable, storable source of leaves that sustained communities through lean months.

Globally, acorns have held cultural and symbolic importance as well. In Norse mythology, the oak tree was sacred to Thor. In ancient Greece and Rome, acorns were symbols of fertility and strength. Even today, the acorn remains a common emblem of potential and perseverance - "great oaks from little acorns grow."

Acorns in the Garden

Gardens often greet acorns with mixed feelings. They are plentiful, sometimes too plentiful, and can quickly sprout unwanted seeding in lawn and beds. Yet acorns remind us of the deep relationship between our yards and the larger ecosystem.

Here are a few practical ways to handle and even appreciate them:

- **Composting: Acorns can be added to compost piles, though it helps to mix them first. Their high carbon content makes them slow to break down but useful for balancing nitrogen-rich materials.**
- **Mulch Alternative: Chopped acorns can serve as a natural mulch around trees and shrubs.**
- **Crafting: Acorn caps make whimsical additions to wreaths, holiday decorations, or children's art projects.**
- **Wildlife Feeding: In rural settings, collected acorns can be shared with local wildlife rehabilitation centers or even used to feed backyard chickens and hogs after proper preparation.**

Of course, if you are overwhelmed by acorns, a sturdy rake or leaf blower may become your best friend. But, perhaps take a moment before bringing them up to notice their beauty and remember their ecological value.

Why Acorn Abundance Matters

Acorn crops do more than feed animals; they ripple through the food chain. When deer and small animals thrive on a bumper crop of acorns, predator populations - coyotes, owls, hawks - may increase in the following year. Conversely, when acorn production is low, many animals struggle, altering local ecosystems in subtle but profound ways.

Appreciating the Acorn

Next time you stop to sweep a pile of acorns off your porch, consider their story. Each one is both a survival strategy and a gift - a food source for countless creatures, a symbol of resilience, and the seed of a mighty tree.

In our fast-paced world, acorns offer a reminder of nature's patience. An oak takes decades to mature, and centuries to reach its full majesty. But every oak begins with the same small seed that children collect in pockets, squirrels bury in gardens, and gardeners sweep from sidewalks in the fall.

Perhaps the real lesson of the acorn is that abundance and generosity often go hand in hand. In giving so much of itself, the oak ensures its legacy - and enriches the world around it.



Give Your Leftover Halloween Candy New Life!!!

Written by Tammy Kelly, NC Cooperative Extension Lenoir County Center



Sometimes a rainy or cold Halloween night will leave you with loads of leftover candy! Instead of cleaning them out by snacking until they are gone, use them in these recipes to make sweet treats to share! Disclaimer, these recipes are not recommended for a healthy meal plan, but can be excused this once for the Holiday, just get back on track tomorrow!! TWIX are one of my favorites,and it is Football season so I love this one, straight from the TWIX website, with only one change, these are so cute you will want to buy TWIX just to make them!

TWIX Touchdown Trifles

Ingredients

- 1 box (4 oz) chocolate pudding mix
- ⅓ cup cream cheese
- 2 Tbsp salted caramel sauce
- ½ cup heavy cream
- 15 TWIX Fun Size bars, divided
- 1 small tube white icing
- 1 tube green icing

Directions

1. Using electric mixer, prepare chocolate pudding according to package directions. Beat in cream cheese and salted caramel sauce until blended; set aside.
2. In a small bowl, whip cream until stiff peaks start to form; fold into chocolate and salted caramel mixture just until blended. Transfer to piping bag fitted with round tip; set aside. Finely chop 3 TWIX Fun Size bars; reservice in small bowl. Set aside.
3. Using white icing, decorate remaining TWIX Fun Size bars to resemble lacing on football; set aside.
4. Divide chopped TWIX Fun Size bars evenly among 12 mini clear cups. Pipe chocolate and salted caramel mousse over top.
5. For each serving, set 1 TWIX Fun Size "Football" in mousse. Garnish with green icing to resemble grass.



Hot Milky Way Sunday

Ingredients

- Butter, for skillet
- 1 box devil's food cake mix, plus ingredients called for on box
- 1 ½ c chopped Milky Way
- 3 scoops vanilla ice cream
- Hot fudge, warm, for drizzling
- Caramel, warm, for drizzling
- Whipped cream, for serving
- Sprinkles, for serving

Directions

1. Preheat oven to 350° and butter in a 9-inch cast-iron skillet.
2. Prepare devil's food cake batter according to box instructions. Pour into buttered skillet and top with half the Milky Ways.
3. Bake until cooked through, 33 to 35 minutes.
4. Let cool 5 minutes, then top with vanilla ice cream, hot fudge, caramel, whipped cream, remaining Milky Ways, and sprinkles.

Happy Halloween Candy Bark

Ingredients

- 1 lb. bittersweet chocolate chips (*You may use whatever substitute candy bars you have left over.*)
- 3 regualr sized (9 fun sized) Butterfinger candy bars, chopped into irregular pieces
- 3 regular sized Heath or Skor candy bars, chopped into regular pieces
- 5 regular sized (8 fun sized) Reese Peanut Butter Cups, chopped into 8 quarters
- ¼ cup honey roasted peanuts
- 2 cups pretzels, coarsely chopped, optional
- 3 ounces quality white chocolate
- M&Ms or Reese's Pieces

Directions

1. Melt the bittersweet chocolate in a heatproof bowl set over a saucepan of simmering water. Stir until smooth. Remove from heat and pour chocolate into a parchment paper or silpat line sheet pan. Spread chocolate to about ¼ inch thick, it should be about 8x12 inches.
2. Scatter the Butterfinger pieces, Heath or Skor pieces, Reese's cup pieces, pretzels, and peanuts over melted chocolate, ensuring each piece touches the chocolate.
3. Melt the white chocolate in a heatproof bowl set over a saucepan of simmering water. Remove from heat and use a spatula to drizze the white chocolate on the top of the candy bark. Sprinkle with the M&Ms or Reese's pieces.
4. Let cool in the fridge for 1 hour. Cut into irregular pieces. Store in a cool place, or the fridge for several weeks, if it will last that long.

Home Canning Safety: Why the Type of Bottled Lemon Juice Matters

University of Georgia, National Center for Home Food Preservation

You may have noticed more brands of bottled lemon or lime juice labeled "not from concentrate" appearing on grocery store shelves. These products may be great for cooking and everyday use, but they are not the correct choice for home canning. We know many of you have questions about these newer products and about sulfite-free options, so here's what we can and can't recommend.



For canning, always choose bottled lemon or lime juice made from concentrate.

WHY?

Acidity is one of the key factors that determines a safe canning process and helps reduce the risk of botulism, so getting it right matters.

Bottled lemon or lime juice from concentrate is required to meet a guaranteed acidity level, so you know exactly how acidic it is every time. Juice that is not from concentrate doesn't come with that same guarantee. It may be just as acidic, but there's no way to know for sure, and it can vary more from bottle to bottle depending on factors like the fruit's maturity and variety.

Since food safety in canning depends on getting the acid level right, it's best to stick with a product that has a guaranteed acidity: bottled lemon or lime juice from concentrate.

Curious why we don't recommend testing acidity at home with a pH meter instead? Read our Newsflash on home pH testing:

5% WHAT ABOUT JUICE LABELED "5% ACIDITY"?

Some not-from-concentrate brands print an acidity percentage on the label, and others don't. The federal standard for lemon juice sets a minimum acidity only for juice made from concentrate. For not-from-concentrate juice, an acidity claim is voluntary. It has to be truthful, but there's no required testing schedule or FDA verification behind it, and natural juice can still vary from batch to batch. Our tested canning recipes were developed using bottled juice from concentrate. Because of that, we can't say a not-from-concentrate juice is equivalent, even when the label lists an acidity.

SO, WHAT IF I'M SENSITIVE TO SULFITES?

Most bottled lemon juice from concentrate contains sulfites as a preservative. If you need to avoid them:

- Tomatoes: Use citric acid instead of lemon juice. It's sulfite-free.
- Vinegar can also be used, but it may change the flavor.
- Other recipes: Use citric acid or vinegar only when the tested recipe lists them as an option. If lemon juice is part of the tested recipe, as it is in some salsas, don't swap in a different acid.
- Jams and jellies: Select a recipe that doesn't contain lemon juice or consider making freezer jam. In freezer jam, lemon juice helps the pectin set, but isn't needed for safety, so fresh-squeezed or not-from-concentrate juice is fine to use. Note: Commercially produced pectin can contain a low about sulfites. Please check with the pectin manufacturer to ask about sulfites content. For a product free of added sulfites, choose a recipe without added pectin and without lemon juice, such as our berry jam without pectin.
- There is at least one brand of organic bottled lemon juice available that is made from concentrate. Always double-check the label to make sure the juice is both from concentrate and sulfite-free.

WHY CAN'T YOU JUST RECOMMEND A SUBSTITUTE?

Swapping one acid for another isn't a simple one-to-one change. Acids differ in strength and in how they behave in a recipe, so any new recommendation has to be tested in the lab with the actual recipe. That kind of research takes months to years. Until then, the safest choice is to follow your tested recipe as written or choose a tested recipe that uses the acid you prefer.

THE SAFE CHOICE

- Check the label: look for "from concentrate" or "reconstituted."
- Use bottled lemon or lime juice from concentrate any time a recipe calls for it to acidify food (like tomatoes or salsa) or to help jams and jellies set (freezer jams are the exception; see above).
- Never substitute fresh-squeezed juice or juice "not from concentrate" in a canning recipe.
- Not sure how much to use? Always follow the amount listed in your tested recipe. For tomatoes, see our **acidification directions.**



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

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CCE Saratoga - Agriculture

Capital Region PRISM

TASTE NY at the ADIRONDACKS WELCOME CENTER

TASTE NY

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