



Roots and Wisdom Harvest Share Program

Roots and Wisdom, a youth agriculture and community service program, brings together Schenectady County youth to naturally grow vegetables for sale within Schenectady County and to be donated to local food pantries. Program participants actively learn about sustainable agriculture, hunger, nutrition, and diversity. Roots and Wisdom's participants, through hard work and community service, create genuine change in Schenectady. During the growing season, our produce is sold to local residents through a modified CSA called Harvest Share. If you would like to sign up for a season of locally- and naturally- grown vegetables for weekly pick up please go to:
https://s3.amazonaws.com/assets.cce.cornell.edu/attachments/49501/2021_harvest_share_final.pdf?1614013382

Healthy Neighborhoods Program

Working with the Albany County Department of Health and the Rensselaer County Department of Health, Cornell Cooperative Extension Albany County has launched the Healthy Neighborhoods Program. This free health and safety program is available to residents in targeted zip codes in Albany (12202, 12206, 12208, 12209, 12210) and Rensselaer (12180, 12182, 12144) counties. Trained Healthy Neighborhoods Program educators schedule a home visit and identify environmental hazards by asking residents questions from a standardized assessment form. Residents are educated about these concerns and provided referrals and follow-up resources. Free cleaning, safety, and health products are also distributed to improve the home-living environment. For more information and to schedule a home visit call 518-765-3521 or register online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201.

Cornell Cooperative Extension of the Capital Region - Helping New York's Capital Region Improving Lives and Communities

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CCE IN YOUR COMMUNITY

Albany, Columbia & Greene, Fulton & Montgomery, Rensselaer, Saratoga, Schenectady, Warren, Washington Counties

CALENDAR OF EVENTS

MAY 2021

5/1/2021	10:00 AM - 11:00 AM	Spring Gardening Days - Gardening for Butterflies & Moths - This talk will focus on the wide variety of butterflies and moths in our area, as well as the host and nectar plants you can include in your garden to support them. Register online - https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=SpringGardenButterflies2021_210 .	Online Training Via Zoom CCE Columbia & Greene
5/3/2021	4:30 PM - 6:30 PM	Educator Workshop – Mushroom Log Inoculation - This workshop offers a unique opportunity for garden educators, teachers, and community youth group leaders teaching in Columbia and Greene Counties to learn all about growing mushrooms with students. The program will include useful information on decomposers and growing mushrooms on a small scale. Registration is due by April 30th - https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=SPIG_210 . For details contact Anna Harrod-McGrew at 518-318-1180 or ash252@cornell.edu .	Cornell Cooperative Extension Columbia & Greene Counties Agroforestry Resource Center 6055 Route 23 Acra, NY 12405
5/4/2021	1:00 PM - 2:00 PM	Getting to Know Your Forest Soils - Taylor Richmond of SUNY ESF will explain the importance of healthy soils on tree growth, the impact of logging on soil productivity, and ways you can protect your soils. Taylor will also explore her new and promising research into at-tachable tracks for logging equipment to reduce soil compaction. Cost: Free. Register online: https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=Forestsoil_210 .	Online Training Via Zoom CCE Columbia & Greene
5/4/2021	1:00 PM	One Pot Mexican Cooking for Cinco de Mayo - Learn to prepare a favorite Mexican favorite in an electric pressure cooker, slow cooker or Dutch oven. Call or e-mail Karen with questions at 518-765-3552 or kem18@cornell.edu . Register in advance for this meeting: https://cornell.zoom.us/join/zoom/register/tJ0pd-6opz0pHtQBnZs3VCL9KdNaDC4lQHn .	Online Training Via Zoom CCE Albany County
5/5/2021 & 5/8/2021	11:00 AM & 10:00 AM	Enjoy Food that Tastes Great - This interactive workshops allows you to learn the basics of what it means to eat a healthy diet, while customizing it to your preferences. Small changes make a big difference! We'll be making turkey taco salad to go along with the class! May 5, 11:00 AM - Register online: https://cornell.zoom.us/join/zoom/register/tJMod-GrrzkhHdEcqBuR_txD9FxNKCRGtbsd . May 8, 10:00 AM - Register online: https://cornell.zoom.us/join/zoom/register/tJwode-gpz0jE9fRMwkOqmop7JUQpsOf9SeH .	Online Training Via Zoom CCE Albany County
5/5, 5/12, 5/19/2021	10:00 AM - 11:00 AM	Wild Edibles - This series of three webinars, offered by MB Mitcham of Cornell University Extension, will be focused on how to identify wild edibles that are available in Northeastern United States, what parts of the plants are safely edible, when they should be harvested, and how they can be prepared. To register for these webinars, please email Rachel at rachel@seniorcenter.net .	Online Training Via Zoom Clinton County Seniors
5/5, 5/12, 5/19/2021	6:00 PM	NYS Virtual 4-H Forestry Event - This event will be presented in both a Beginner Level & Advanced Level. The Beginner class is for youth 10 and over who have little or no experience with tree identification, map & compass, or learning about how to measure trees. The Advanced class is for youth 13 and over with experience in tree identification, map & compass, and tree measurement. Contact your county's CCE office to register for the event. Questions - email John Bowe at jfb32@cornell.edu or call 518-668-4881.	Online Training Via Zoom CCE Warren County
5/6/2021	5:00 PM - 6:30 PM	Container Garden Class - This class will cover all the techniques necessary to create and maintain your beautiful container garden, such as plant selection and planting tips, design considerations, watering and fertilizing. This class can be taken in-person or via Zoom. For those doing Zoom, kits can be picked-up few days prior to the class. \$40. For those doing Zoom, kits can be picked-up few days prior to the class. \$40. For more information go to: http://cceschenectady.org/events/2021/05/06/container-garden-class .	Online Training Via Zoom CCE Schenectady County

CAPITAL REGION CORNELL COOPERATIVE EXTENSION • CALENDAR OF EVENTS continued...			
5/6/2021	7:00 PM	Staying Motivated to Eat Healthy - Learn mindful ways to make healthy choices this spring. Plant-forward recipes and activity tips will be shared. Must pre-register for this program with the library - https://bethlehem.librarycalendar.com/events/staying-motivated-eat-healthy . Call or e-mail Karen at CCE Albany with questions at 518-765-3552 or kem18@cornell.edu .	Online Training Via Zoom Bethlehem Public Library
5/7/2021	11:00 AM	Culinary Tour Around the World! - Come and join us as we take a culinary tour around the world! Each month, we will learn how to make a recipe from a different region of the world. Join us this month as we make - and taste - a recipe from Israel! To register for this event, please contact Michelle Whitbeck at the Queensbury Senior Center 518-761-8224.	Queensbury Senior Center 742 Bay Road Queensbury, NY 12804
5/8/2021	10:00 AM - 12:00 PM	Basic Food Preparation - Learn the basics of food preservation from CCE Warren educator MB! In this class, participants will learn about food preservation safety skills (a must when preserving food), and how to safely make refrigerator salsa fresca, refrigerator pickles, jerky and jam. To register, contact the SUNY Adirondack continuing education department: 518-743-2238.	Online Training Via Zoom SUNY Adirondack Continuing Education
5/11,5/25, 6/8, 6/22, 7/6/2021	10:00 AM - 11:15 AM OR 3:30 PM - 4:45 PM	Little Diggers Program - Preschoolers (age 3-5) will discover the wonders of gardening and nature through a series of hands-on educational programs. Each themed class introduces children to gardening including planting and tending the garden; harvesting and tasting, discovering insects in the garden such as ladybugs and butterflies, and much more! \$100.00 per child. Please register with payment by April 30. For more information or to sign-up go to (morning session) http://cceschenectady.org/events/2019/05/29/little-diggers-morning-session - (afternoon session) http://cceschenectady.org/events/2019/05/29/little-diggers-afternoon-session .	Sustainable Living Center 180 PTL Arthur Chaires Lane Schenectady, NY 12308
5/11/2021	12:15 PM - 11:15 PM	Gardening With Hostas - Join Dave Jennings, Master Gardener for an insider discussion on hostas. He will be discussing diversified uses, shapes, and sizes, how to grow and where they thrive. To register go to - https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=Hosta_241 .	Online Training Via Zoom CCE Saratoga County
5/11, 5/18, 5/25, 6/1/2021	1:00 PM - 2:15 PM	Dining With Diabetes - Adults with type 2 diabetes (or those who are at risk of type 2 diabetes) and their family members, caregivers, and support persons are invited to participate. This free program will help you learn the skills needed to promote good health. Dining with Diabetes is an Extension program taught locally by Karen Roberts Mort, MS of Cornell Cooperative Extension of Albany County. Register here: https://cornell.zoom.us/meeting/register/tJYsfuirqTmTE9LfmYIDOdmiC7GPo9BPXsYD Questions? Contact Karen at kem18@cornell.edu or 518-765-3552.	Online Training Via Zoom CCE Albany County
5/12/2021 or 5/15/2021	11:00 AM or 10:00 AM	Eating Healthy on a Budget – Whenever we ask, “What is one of the biggest barriers to eating healthy?” our participants almost always say that it’s too expensive or they don’t have the time. Join our nutrition educator in this interactive workshop to learn why time and money are not a barrier to a healthy diet. You’ll learn tips & tricks to saving money at the grocery store and saving time in the kitchen while making every bite count. We’ll Vegetarian Chili to go along with this class! May 12, 11:00 AM - Register online: https://cornell.zoom.us/meeting/register/tJYsc-ivrTosH9fb3ZHh4zHmqIsZ-0aTuaFP . May 15, 10:00 AM - Register online: https://cornell.zoom.us/meeting/register/tJMkcOyqgpzqrE9B3n3QNN5XQhHpd0L12dsF7 .	Online Training Via Zoom CCE Albany County
5/13/2021	12:00 PM	Nutrition for Seniors: Eat to Stay Young by Diane Whitten, CCE Saratoga. To register call 518-383-1343.	Clifton Park Senior Community Center and online via Zoom
5/13/2021	1:00 PM - 2:30 PM	Small Ruminant Parasite Control Course - Parasites are the most important limiting factor in small ruminant flocks. Join the CAAHP team to learn how to monitor, treat, and prevent parasites in your flock, herd, or flerd! This online course will discuss the lifecycle and biology of parasites affecting small ruminants, how to use the 5-point check, FAMACHA, and fecal testing to monitor your flock health and provide best practice procedures for treating your animals with de-wormers to avoid parasite resistance. Cost: Residents of Albany, Columbia, Greene, Rensselaer, Schenectady & Washington Counties, \$20 per person. Residents of all other NYS counties and states, \$25 per person. Register: https://caahp.ccext.net/civicrm/event/info?reset=1&id=119 . For more information contact Ashley at arp253@cornell.edu or 518-649-0267.	Online, via Zoom CCE Capital Area Agriculture & Horticultural Program
5/13/2021	6:30 PM - 7:30 PM	Dehydration of Fruits, Vegetables and Herbs - Come learn how to preserve apple slices, berries, carrots, cherry tomatoes and fresh herbs like parsley and dill at home in a dehydrator. Discover the history and convenience of this easy method of food preservation. Register here https://cornell.zoom.us/meeting/register/tJwtdu6hrjksH9fzk9IWlWTJvcuMZhO2OGGs .	Online Training Via Zoom CCE Albany County
5/14 & 5/15 2021	10:00 AM - 6:00 PM	Master Gardener Plant Sale - Due to COVID 19, and the safety of our staff and the public, please wear a mask and observe social distancing. We are only allowing up to 25 people at a time inside the facility. Please use this link to reserve your shopping time, If you can no longer make your reserved time, please cancel your time slot by using the same link. Fifty percent of our plant inventory will be held for Saturday shoppers. All shoppers must register here: https://signup.com/go/aJPRfqH .	Sustainable Living Center & Greenhouses 180 PTL. Arthur Chaires Lane Schenectady, NY
5/15/2021	1:30 PM - 3:00 PM	Wild Edibles - This short workshop will be focused on how to identify wild edibles that are available in Northeastern United States, what parts of the plants are safely edible, when they should be harvested, and how they can be prepared. To register, contact CCE Warren at: 518-623-3291 or email MB at: mem467@cornell.edu .	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
5/18/2021	12:00 PM - 12:45 PM	Common Insects of the Vegetable Garden - Join Jessica Holmes, Master Gardener Coordinator on May 18th from 12 pm-12:45 pm to learn about common insects that might be affecting your vegetables at home. To register go to - https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=Insectsonveggies_252 .	Online Training Via Zoom CCE Warren County
5/18/2021	8:30 AM - 4:00 PM	Timber Measurements for Harvesters - This course teaches loggers how to estimate tree and product volumes on an individual tree basis as well as a stand and property basis. For more information call Dan Carusone at 518-623-3291.	Warrensburg Fish Hatchery 145 Echo Lake Road Warrensburg, NY 12885
5/19/21	7:45 AM - 2:30 PM	EPA’s Lead Renovation, Repair, & Painting (RRP) Initial Training - The federal Renovation Repair & Painting Rule (RRP) requires that anyone who is paid to perform work that disturbs paint in housing and child occupied facilities built before 1978 be trained and certified as a renovator. Registration can be found on CCE Albany County’s website at http://www.ccealbany.com/ . NYS code officials successfully completing CCE Albany County’s 8 hour EPA RRP Initial training course can use the 8 hours toward professional development electives. For more information, contact Al at ARK249@cornell.edu or call him 518-528-0627. Registration is available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Online Training Via Zoom CCE Albany County
5/19/2021 & 5/22/2021	11:00 AM & 10:00 AM	Tips for Losing Weight & Keeping it Off - Reaching and maintaining a healthy weight reduces the risk of chronic disease and has a wealth of mental health benefits, too. In this interactive workshop we won’t be discussing the latest diet trends or any lose weight quick schemes. Or goal is to empower you to make simple changes to the food you enjoy and make the lifestyle choices needed to help you live your best life! We will be making a zesty salmon salad to go along with this class. May 19, 11:00 AM - Register in advance for this meeting: https://cornell.zoom.us/meeting/register/tJwsdOqqpzstGdEdc8oMF0KdSXhtcE1upaYk . May 22, 10:00 AM - Register online: https://cornell.zoom.us/meeting/register/tJcqdo2hpkzqGNKpiVkbI5NAuV-sSq4pWruw .	Online Training Via Zoom CCE Albany County
5/24/2021	1:00 PM - 4:00 PM	Basic .22 4-H Rifle Course - This course is for Warren County youth 12 years of age or older. Participants will learn the parts and functions of a .22 caliber bolt action rifle, safe handling and carrying of such, and the range rules that are associated with using a shooting range. The class is \$5 for current 4-H members and \$15 for non-members who are required to join 4-H before the event for liability reasons. To register call 518-668-4881 and ask for Michele or John. Or email mlb222@cornell.edu .	Dunham’s Bay Fish & Game Club 2080 Ridge Road Queensbury, NY 12804
5/25/21	7:45 AM - 11:00 AM	EPA’s Lead Renovation, Repair, and Painting (RRP) Refresher Training - Five years after taking the RRP Initial class, an EPA certified renovator must successfully complete an EPA RRP Refresher course to continue working. There is a \$100 fee for the training and pre-registration is required. Registration can be found on CCE Albany County’s website at http://www.ccealbany.com/ . For more information, contact Al at ARK249@cornell.edu or call him 518-528-0627. Payment & registration is available online at https://pub.cce.cornell.edu/event_registration/main/events.cfm?dept=201 .	Online Training Via Zoom CCE Albany County
5/25/2021	8:30 AM - 4:30 PM	Mechanized Harvesting Safety Course (recognizing hazards and controlling them). This training is designed to improve logger safety, health, profit, and job quality. For more information call Dan Carusone at 518-623-3291.	Cornell Cooperative Extension Warren County 377 Schroon River Road Warrensburg, NY 12885
5/26/2021 & 5/29/2021	11:00 AM & 10:00 AM	Quick & Healthy Meals and Snacks - Take out and pre-made frozen meals may be convenient but they are also typically high in saturated fat, sodium, and sugar. This workshop will give you the tools needed to make your meals at home so that you can control what goes into them. No matter your cooking level, you will be confident in making meals and snacks at home that are fast and easy to prepare. May 26, 11:00 AM - Register in advance for this meeting: https://cornell.zoom.us/meeting/register/tJlIf-ivrTwuHNdS1HW8L29WlOLq9T8ifrOd . May 29, 10:00 AM - Register in advance for this meeting: https://cornell.zoom.us/meeting/register/tJEucOyvqTorHNQ0VTA0vaoFNpMB--KYqHce .	Online Training Via Zoom CCE Albany County
5/26/2021	7:00 PM	Gardening in Containers - Fruits, Vegetables and Herbs presented by Master Gardener Connie Metcalf. No soil, poor soil, living in an apartment? You can grow many fruits, vegetables and herbs in containers. Decorate your patio, overwinter delicate plants, have a herb garden on your windowsill. Gardening in containers can be the solution. Learn why, how, where and when to add containers to your garden. For registration information email albanymg@cornell.edu .	Online Training Via Zoom CCE Albany County