

BINGHAM COUNTY EXTENSION UPDATE

UNIVERSITY OF IDAHO, U.S. DEPARTMENT OF AGRICULTURE, AND IDAHO COUNTIES COOPERATING

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Hello, Bingham County, 4-H Community:

In order to ensure we are continuously providing the youth of Bingham County a positive, educational, and fulfilling 4-H experience we have established several dates of final opportunity to enroll as leaders, within certain projects, and into the program in general. We want to encourage all leaders to be fully enrolled online, Protecting Minors Training completed, background check if needed and attendance to annual leader training by January 31, 2024. After the leaders have completed all necessary enrollment and training youth will be listed as Activated in their club. This approach will help ensure that all our youth and volunteers are on the same page moving forward into the new 4-H season, helping start off the year with a positive club experience.

Youth will need to be enrolled online at 4h.zsuite.org starting October 9, 2023, and have registration fees paid by the cut off dates listed for the project they are doing. This is required by the University of Idaho for insurance purposes. If you need assistance setting up your Zsuite account, please call the office at 208-785-8060.

Project Registration Cut Off Dates 2024

Leader

Current Leader re-enrollment-
January 31, 2025
First time Leader registration-
February 14, 2025

Animal Projects

Market Poultry-February 1, 2025
must be ordered and paid through office
Beef-February 21, 2025
Swine-April 11, 2025
Sheep-April 30, 2025
Meat Goats-April 30, 2025

Dog-April 30, 2025
Dairy Goats-April 30, 2025
Dairy Cattle-April 30, 2025
Horse-April 30, 2025
Poultry-April 30, 2025
Rabbit-April 30, 2025
FCS All FCS Projects -May 12, 2025

UPCOMING EVENTS - SAVE THE DATE

2024 Calendar

November	28-29	Holiday - Office Closed
December	1	Know your Government (KYG) registration open register at 4h.zsuite.org
	4	Pesticide Applicator's Training, online - register 208-521-3956
	6	Is a Small Farm in your Future?, Zoom - register 208-776-8235
	9	Holiday Flavor - Herbs & Spices, 6-7:15 p.m., Bingham Office
	13	Kidding/Lambing School, Blackfoot - register 208-785-8060
	16	Care giver support group, 1-3 p.m., Bingham Office
	18	Idaho Ag Outlook Seminar, Boise - see flyer pg 6 for registration
	20	DEADLINE - Last day to pick up premiums
	23-24	Office Closed
	25-26	Holiday - Office Closed
	27	Office Closed
	30-31	Office Closed

2025 Calendar

January	1	Holiday - Office Closed
	9	DEADLINE - Know your Government (KYG) scholarship due
	20	Holiday - Office Closed
	23	Reduce Consumer Waste, 6-7 p.m., Bingham Office
	27	Care giver support group, 1-3 p.m., Bingham Office
	31	DEADLINE - 4-H Leader enrollment (have been a leader previously)
February	1	DEADLINE - Market Poultry project enrollment
	7	Sew4HFun Club - see last page for information
	14	Sew4HFun Club - see last page for information
	14	DEADLINE - NEW 4-H leader enrollment (1st time leaders)
	15-17	Know your Government (KYG), Boise
	17	Holiday - Office Closed
	21	Sew4HFun Club - see last page for information
	21	DEADLINE - Beef project enrollment
	24	Care giver support group, 1-3 p.m., Bingham Office
	28	Sew4HFun Club - see last page for information
March	17	Care giver support group, 1-3 p.m., Bingham Office
April	11	DEADLINE - Swine project enrollment
	21	Care giver support group, 1-3 p.m., Bingham Office
	30	DEADLINE - Sheep project enrollment
	30	DEADLINE - Meat goat project enrollment
	30	DEADLINE - Dog project enrollment
	30	DEADLINE - Dairy Goat project enrollment
	30	DEADLINE - Dairy Cattle project enrollment
	30	DEADLINE - Horse project enrollment
	30	DEADLINE - Breeding Poultry project enrollment
	30	DEADLINE - Rabbit project enrollment
May	12	DEADLINE - Non-animal projects enrollment (FCS)
	26	Holiday - Office Closed
June	19	Holiday - Office Closed
July	4	Holiday - Office Closed
September	1	Holiday - Office Closed
October	13	Holiday - Office Closed
November	11	Holiday - Office Closed
	27-28	Holiday - Office Closed
December	25-26	Holiday - Office Closed

FAMILY & CONSUMER SCIENCES NEWS — *Message from Julie Buck, FCS Extension Educator***FAMILY & CONSUMER SCIENCES NEWS****Wellness Check**

Gratitude in good medicine! By starting a regular gratitude practice we can be healthier and may experience better mood, better sleep, lower blood pressure, and improve immune function.

If you don't have a gratitude habit, try the following:

- Jot it down. Start a gratitude journal, nothing fancy, to write three things you are grateful for each day. Something simple like the clouds, my friends, this sandwich, today.
- Pair it up. Do your gratitude practice right after something else you do every day, like brushing your teeth or eating lunch. This makes the habit stick.
- Soak it in. Savor those grateful feelings and feel good about yourself. If you enjoy your new habit, you're more likely to stick with it.

Source: American Heart Association

Gifting home-preserved foods

It is fun to share our home-canned foods with friends and neighbors.

Holiday gifts may include freeze dried candy, jam, or salsa. Remember you are responsible for the safety of the food you share. Start with a science based recipe from a reliable source such as USDA Guide to Complete Home Canning or Ball Blue Book. If you are canning specifically for gift giving, consider buying the Ball jars in fun shapes and colors. Most are limited editions, so check at ballmasonjars.com/products/ for locations near you. The two-piece lids is still required and don't be fooled with any less expensive brand. Choose Mason-type lids. Want some fun recipes to try? Consider dried spiced apple rings, apple chutney, cranberry marmalade, or dried pumpkin seeds. When packaging, be sure the jar is labeled with date, name, and any other information that would be helpful. Use fabric, tissue paper or other creative wraps. If you are shipping a jar, use bubble wrap and let your shipping service know there is a fragile item inside.

Pressure canner lid checks daily 8 am-5 pm, \$2
Need a canner part? Only order online from gopresto.com

ANNOUNCING
Classes for adults



Caregiver Support Group For any caregiver providing care or support to someone with a memory concern, dementia, or Alzheimer's. Meetings held the 3rd Monday of every Month 1-3 pm at the Extension office.

Capture the Holiday Flavor

Learn how to use herbs and spice, recognize the health benefits, taste the flavors, and take home a resource book and premixed blend. December 9, 6-7:15 p.m. cost \$5 at the Bingham county Extension office. Call 208-785-8060 to register by December 6. Must Pre-register!

Reduce consumer waste Ready to save money on food by learning better storage and composting tips? This **free** class provides easy tips to use at home or work. Participants will receive reusable freezer container and handouts. Thursday, January 23, 6-7 pm. Register by calling 208-785-8060

Julie Buck, Family and Consumer Sciences Educator



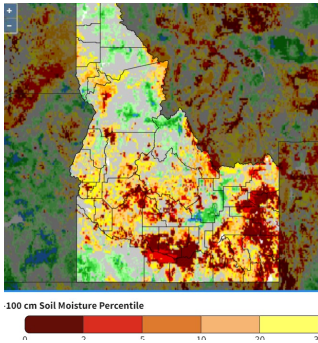
To keep current and up-to-date!

UI Extension, Bingham County

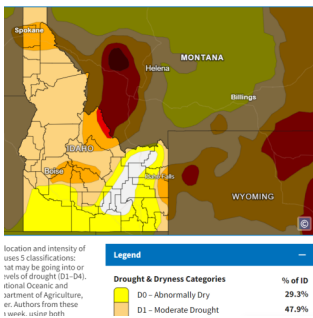
Hay Outlook

Each year help put together the UI Economic Hay Outlook. Steve Heins will be giving the presentation this year. I thought I would give my readers a heads up on some of the information for the Alfalfa and grass hay growers. Remember the UI Outlook seminars cover all the commodities and give a weather and a national economic update as well.

Drought Monitoring



The map above is taken from the NIDIS drought monitoring at <https://www.drought.gov/states/idaho>. It may not be very readable in this black and white format, so I suggest going to the website for a color version. It shows moisture content of the top 100 cm of soil compared to historical conditions (1981–2013). Bannock county, for the most part, falls between the 20th to 30th percentile of historical measurements for this time of the year, while the Eastern side of Bingham county is much dryer. You can also go to the drought map for each county at <https://www.drought.gov/states/idaho>. The current data show Both counties currently in an abnormally dry situation.



Current prices for hay can be found at <https://usda.library.cornell.edu/concern/publications/x346d418q?locale=en>. Or you can just search for the Idaho Direct Hay Report. It looks like premium hay prices are around \$160 to \$180.

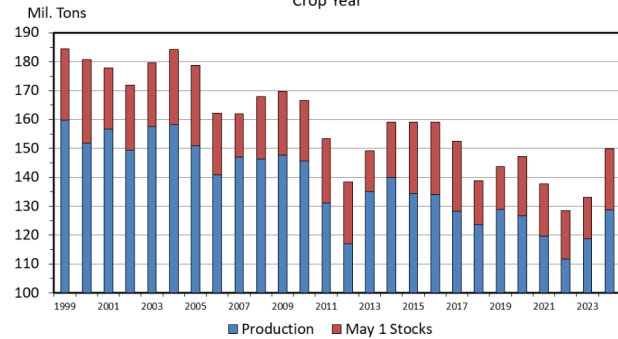
Hay (Conventional)				
Alfalfa - Premium (Trade/Per Ton)				
Qty	Price Range	Wtd Avg	Freight/Use	
Large Square 3x4	150 165.00	165.00	Delivered-Dairy	
Large Square 3x4	500 180.00	180.00	F.O.B.-Dairy	
Alfalfa - Premium (Trade/Per Bale)				
Qty	Price Range	Wtd Avg	Freight/Use	
Medium Square 3x3	105 65.00-70.00	66.43	F.O.B.	
Alfalfa - Good (Trade/Per Ton)				
Qty	Price Range	Wtd Avg	Freight/Use	
Large Square 3x4	900 120.00-150.00	136.67	F.O.B.	
Large Square 3x4	1000 100.00-125.00	112.50	F.O.B.-Dairy	
Large Square 4x4	600 125.00	125.00	F.O.B.	

Some pertinent data I am looking at from the National Agricultural Statistics service, (<https://www.nass.usda.gov/>) Includes: (Date for Idaho).

- Cattle on feed for September is up 5% from last year.
- Milk production is up around 2% from last year for August and 1.8% for September.
- Harvested acres of Alfalfa and alfalfa mixtures were down slightly this year.
- Yield per acre was down from 4.5 tons to 4.2 tons per acre in Idaho.
- This has led to a small reduction in production this year compared to 2023.

The Livestock Marketing Information Center (<https://lmic.info>) is also a great place for economic information for national statistics.

US ALL HAY SUPPLY
Crop Year

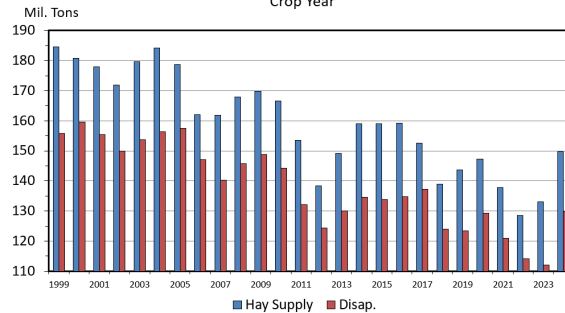


Data Source: USDA-NASS, Forecasts by LMIC
Livestock Marketing Information Center

G-HP-19
05/13/24

Production was up in 2024 and the May 1st hay stocks seem to have also increased.

US ALL HAY SUPPLY & DISAPPEARANCE
Crop Year



Data Source: USDA-NASS, Forecasts by LMIC
Livestock Marketing Information Center

G-HP-20
05/13/24

Be aware that the above charts include grass hay along with the alfalfa hay. The above graph shows hay supply to be up, but the red line representing usage is also elevated based on current information.

Most economic data I have shared is subject to updates and modification at this time of year. Hard data is expected as we near the new year. It is difficult to project hay prices for next year at this time. We will have more information at our upcoming Ag Outlook sessions on December 18th at the Hilton Garden Inn, Boise.



University of Idaho
Extension



KIDDING/LAMBING CLINIC

DECEMBER 13, 2024 | 9:30 AM-2 PM

412 W PACIFIC ST. | BLACKFOOT

Join University of Idaho Extension for a kidding/lambing clinic to learn about dam nutrition and healthcare, vaccinations, when and how to help during labor, facilities and how to care for young kids/lambs.

Deadline to register: Dec. 9

COST:

The clinic is \$20/operation (up to three participants) and includes lunch. Youth are welcome to attend, however, youth under age 14 must attend with an adult and able to be attentive during the class.

REGISTRATION AND QUESTIONS:

CWILLMORE@UIDAHO.EDU | 208-785-8060

The University of Idaho provides and is an equal opportunity/affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation or disability. Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact Carmen Willmore at cwillmore@uidaho.edu by Dec. 9.



State 4-H College Scholarships and Application Process for the 2025-2026 School Year

4-H College Scholarships are available for 4-H youth planning to attend Idaho post-secondary institutions. Please review the information on the scholarships available and how to apply by visiting [our 4-H Scholarships page](#).

Applications are due by December 31.
Please plan ahead and apply early.

Reminder: The High School Senior's FAFSA application for college opens Oct. 1. Complete it and turn it in as soon as possible, as many schools use this information to award scholarships in early January. Contact your local High School Counselor for information.

If you have questions, please contact the UI 4-H Office at 208-885-6321 or fourh@uidaho.edu.

Bingham County 4-H College Scholarship applications will be available January 2, 2025. County Scholarship Applications are due back to the office by **March 31, 2025**. Contact Heather at hstrupp@uidaho.edu or call 208-785-8060 to receive application.



Capture the Holiday Flavor:
Herbs & Spices



Join us for this fun event, funded by the McCormick Science Institute.

Learn how to:

- Use herbs and spices to create your own international flavors
- Apply best practices for herbs & spices storage
- Explain how herbs & spices can be a food safety concern if handled improperly
- Recognize the health benefits of cooking with herbs & spices
- Taste Test the flavors in a variety of items
- Take Home a resource book and premixed spice blend sample

When & Where:

Date: Monday, December 9th, 2024
Time: 6:00-7:15 pm
Presenter: Julie Buck, Bingham County Extension Educator
Location: Bingham County Extension 412 West Pacific Street Blackfoot, ID 83221

Register Today!

\$5. Call at (208) 785-8060 or visit Bingham Extension office, 412 W Pacific St., Blackfoot

Pre-registering holds your spot as seating is limited.



Healthier People, Healthier Communities
University of Maryland Extension's Family and Consumer Sciences Program educates and provides unbiased, research-based knowledge every Maryland resident needs to be healthy and economically successful.

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.



The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws.

Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Buck prior to the event at 412 West Pacific Street, Blackfoot, ID 83221 (208) 785-8060, jhbuck@uidaho.edu.



UNIVERSITY OF IDAHO EXTENSION EDUCATOR
JULIE BUCK



MINIMIZE CONSUMER WASTE

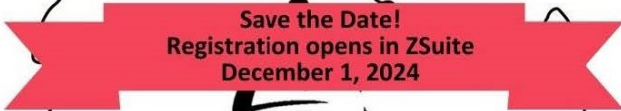
Ready to save money by decreasing wasted food, and extend shelf life of produce in the refrigerator or freezer? Learn tips to improve your consumer habits at home or work including composting. Participants will receive reusable freezer containers, and handouts.

Free!!

THURSDAY, JANUARY 23, 2025 6-7 PM
UI EXTENSION BINGHAM COUNTY OFFICE
412 WEST PACIFIC STREET, BLACKFOOT

REGISTER 208-785-8060 BY JANUARY 17, 2025

UNIVERSITY OF IDAHO, U.S. DEPARTMENT OF AGRICULTURE, AND IDAHO COUNTIES COOPERATING, TO ENRICH EDUCATION THROUGH DIVERSITY, THE UNIVERSITY OF IDAHO IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER AND EDUCATIONAL INSTITUTION.



Know Your Government 2025

February 15-17, 2025

Volunteer Certification

Attention!!! All Certified 4-H

Volunteer Leaders- Please Read!

All returning certified 4-H Volunteer leaders from last year will need to re-certify for the 2024-25 4-H year. **Volunteer Leaders cannot begin club meetings, activities until certification is met.** As a reminder, the certification process includes:

- Re-enrollment into your family profile on 4h.zsuite.org (use the same login and password you use for record book purposes). Sign all waivers and update all personal and club information as needed. **If you are combining with another club or changing your club name, please let us know, ASAP!**
- Complete the **“Protecting Minor’s Training”** (required every 3 years) located in the Clover Academy on the left side of the screen. Choose the “Protecting Minor’s Training”. This alerts staff of your completion.
- Update the background screening every three years. **Volunteers that need to update their screening will be notified and sent the link to do so.**
- Insurance fee for volunteers will be paid by Bingham County 4-H.
- Once the above steps are completed and verified, volunteer leaders will receive a certification letter via email.

**It’s time to
enroll for the
2024-2025**

4h.zsuite.org

There is a payment drop box (GRAY box) now available in the breezeway at the Extension Office. Please feel free to use that to drop off 4-H enrollment fees after hours. We can , also, accept payment by card over the phone or in person. There is a \$3 or 3% service charge that will apply.

Regular Enrollment:

Ages 8-18 (by Jan. 1,2025)

Idaho 4-H Fee- 15.00

B.C. 4-H programming– 4.00

Member insurance- 1.00

Total: \$20 (each up to 3 children

In family, then \$5 each)

Clover Bud:

Ages 5-7 (by Jan.1, 2025)

Idaho 4-H fee- 15.00

Member Insurance- 1.00

Total: \$16.00 (each up to 3 children

In family, then \$1 each)

Horse Project Members:

Ages 8-18 (by Jan.1,2025)

Idaho 4-H fee- 15.00

B.C. 4-H programming– 4.00

Eastern District 4-H horse activities participation fee- 4.00

Member Insurance- 2.00

Total: \$25.00 (each up to 3 children,

then \$10.00 each)



Zsuite Record Books

You can start entering information into your record books .

- All market animal projects will create a new record book for this year’s project.
- Please label your record book the type of project you are doing. For example Market Beef or Breeding Beef, Poultry, or Dairy Goat. Do not label them the animal's name.
- Everyone is required to complete an involvement report along with their project record book. If you completed one last year, just unarchive it and change the dates to current year and add to it. If you are new to 4-H this year just title it involvement report.

If you have any questions or need assistance with record books, please call the 4-H office to schedule an appointment to go through it with you.

208-785-8060.

Sew4HFun project group

4-H members may enroll in the sewing project group. In 2025 we will be making backpacks using bandanas with a pull tie. You must have sewing experience and be 10 years old or older. Enrollment is limited to 9, so enroll early on 4h.zsuite.org. February 7, 14, 21, 28, 1-3 pm.



UPCOMING DAY CAMPS

ALL DAY CAMPS ARE LOCATED AT THE OFFICE UNLESS OTHERWISE SPECIFIED

You MUST be completely enrolled on 4h.zsuite.org and have enrollment fees paid at the office PRIOR to being added to any day camp lists.

Registration for day camps are **NOW** on 4h.zsuite.org in the events sections of your family profile. **Register online. Limited space!**
ALL FEES MUST BE PAID AT THE OFFICE 1 WEEK PRIOR TO DAY CAMP IN ORDER TO ATTEND!

We are able to accept cards over the phone or at office with a \$3 service fee.

Dec	6	Cake Pops/Pretzels, TRADITIONAL ages 8-18 , 10-11:30 a.m., \$5
	13	Cinnamon Rolls, TRADITIONAL ages 8-18 , 10-11:30 a.m. \$5
	20	Cookies, TRADITIONAL ages 8-18, 10-11:30 a.m. \$5
Feb	7	Sew4HFun Club, ages 10+, 1-3 p.m. - must enroll in club
	14	Sew4HFun Club, ages 10+, 1-3 p.m. - must enroll in club
	21	Sew4HFun Club, ages 10+, 1-3 p.m. - must enroll in club
	28	Sew4HFun Club, ages 10+, 1-3 p.m. - must enroll in club

The Bingham County News is published by the Bingham County Extension Office. All comments should be directed to Julie Buck.
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 (208) 785-8060
 bingham@uidaho.edu
 http://www.uidaho.edu/bingham

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 Position Open, 4-H Secretary

Web Site:

<https://www.uidaho.edu/bingham>

Persons with disabilities who require alternative means for communication of program information or reasonable accommodations to any programs listed in this newsletter need to contact the Bingham County Extension Office two days prior to the event at 412 West Pacific St., Blackfoot, ID 83221, phone 208-785-8060, email bingham@uidaho.edu.

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To keep current and up-to-date!

UI Extension, Bingham County