

BINGHAM COUNTY EXTENSION UPDATE

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

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Top Winners from the Livestock Day Camp Skillathon:



**Elizabeth Bettiga
Mayleigh Carter
Rehgan Carter
Sari Lilya
Paige Reynolds
Zeke Ward**

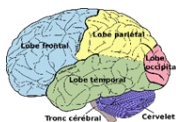


Congratulations! Stop by the Extension office for your prize!

UPCOMING EVENTS - SAVE THE DATE

2024 Calendar

June	7	Market Rabbit Weigh-in (County), 8-9 a.m., Bingham Office	
	7	Teen Camp Counselor Training, 10-2 p.m., Bingham Office	
	11	Day Camps - See LAST Page for information	
	12	Day Camps - See LAST Page for information	
	13	Day Camps - See LAST Page for information	
	17-21	Office is Closed	
	17	Alzheimer Care giver support group, 1-3 p.m., Bingham Office	
	17-19	4-H Camp , Alpine, WY	
	19	Holiday - Office Closed	
	21	DEADLINE - State Livestock Quiz Bowl Contest Registration due on Zsuite.org	
	21	DEADLINE - State 4-H Horse Contest due on Zsuite.org	
	24-26	Young Cattle Producers Conference, Lewiston, ID	
	25	Day Camps - See LAST Page for information	
	27	Day Camps - See LAST Page for information	
	July	1	DEADLINE - Ag Genomics Workshop registration due ON Zsuite.org
		2	Day Camps - See LAST Page for information
		2	State Livestock Quiz Bowl Contest, Gooding Id
4		Holiday - Office Closed	
8-9		State 4-H Horse Contest, Rigby Id	
9		EISF Market Rabbit Weigh-in, 8-9 a.m., Bingham Office	
9		Day Camps - See LAST Page for information	
9-11		Day Camps - See LAST Page for information	
10		EISF Market Animal Committee. 6 p.m., Bingham Office	
11		DEADLINE - Horse Registrations DUE to office by 4 p.m.	
15		Alzheimer Care giver support group, 1-3 p.m., Bingham Office	
17		Bingham Market Sale Committee, 6:30 p.m., Bingham Office	
18		DEADLINE - Livestock/Dog Registrations DUE to office by 4 p.m.	
25		BC Horse Show, 8 a.m., EISF Grandstand	
26		BC Horse-Driving, 9 a.m., EISF Grandstand infield	
26		BC Horse-Trail, 3 p.m., EISF Grandstand infield	
26		BC Horse-Working Ranch, 4 p.m., EISF Grandstand	
29-8/1	Ag Genomics Workshop, Twin Falls, Id		
30	BC Demonstration Contest, 9 a.m., Bingham Office		
31	DEADLINE - FCS (non-animal) projects due to EISF 4-H Building, 9 a.m.		
August	1	Market Poultry tag-in, 8-9 a.m., Bingham Office	
	1	BC Dog Show, 5 p.m., EISF Coverall Arena	
	2	BC Dairy Cattle Show, 9 a.m., EISF Goddard Pavilion	
	2	BC Dairy Goat Show, 9:30 a.m., EISF Coverall Arena	
	4	Market Poultry Weigh-in, 3 p.m., EISF Goddard Pavilion	
	4	BC Poultry Show, 3:30 p.m., Goddard Pavilion	
	4	Opportunity to Decorate stalls 4-6 p.m., EISF	
	5	Market Livestock Weigh-in: sheep/goat 7-9 a.m., swine 7-8:30 a.m., rabbit 7-8 a.m., beef 9-10 a.m.	
	5	BC Rabbit Showmanship, 8 a.m., EISF Yellow Show barn	
	5	BC Breeding Sheep Show, 11 a.m., EISF Goddard Pavilion	
	5	BC Market Sheep Show, 1 p.m., EISF Goddard Pavilion	
	6	BC Swine Show, 8 a.m., EISF Yellow Show Barn	
	6	BC Rabbit Breeding/Market Show, 8 a.m., EISF Goddard Pavilion	
	6	BC Meat Goat Show, 1 p.m., EISF Goddard Pavilion	
	6	BC Beef Show, 5 p.m., EISF Goddard Pavilion	
	7	BC Livestock Judging, 8 a.m., EISF	
	7	BC Round Robin, 10 a.m., EISF	
7	BC Buyer's BBQ, 3:30 -4:30 p.m., EISF Beef Barn		

FAMILY & CONSUMER SCIENCES NEWS — *Message from Julie Buck, FCS Extension Educator***FAMILY & CONSUMER
SCIENCES NEWS****Wellness News****Alzheimer's and
Brain Awareness
Month**

Each June, Alzheimer's and Brain Awareness Month is recognized as a time to raise awareness about Alzheimer's disease and other dementias. Let's make sure we know what these words mean.

Dementia: is not a specific disease but rather an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills.

Alzheimer's: is the most common type of dementia and accounts for 60-80% of cases.

Share these resources from the National Institute on Aging about caring for someone with Alzheimer's disease <https://www.nia.nih.gov/health/alzheimers-caregiving>. Be sure to also view the Healthy People 2030 evidence-based resources related to dementias <https://health.gov/healthypeople/objectives-and-data/browse-objectives/dementias/evidence-based-resources>. Lastly, share our MyHealthfinder resource <https://health.gov/myhealthfinder/healthy-living/physical-activity/protect-your-health-you-grow-older> to help people stay healthy as they age.

Food Safety Tips

Let's bust those home canning myths! Use safe canning sources for the science based answers. Yes, you have "survived" doing a questionable canning procedure this long, but start now to take your home food preservation to the next level of food safety.

MYTH #1: "Grandma's canning recipes are safe." I am a grandmother and want all my recipes to be safe. I know my grandmother's recipes used before 1995 were often not safe. While these long used family recipes are nostalgic, use science based SAFE SOURCES which are:

- The National Center for Home Food Preservation
- USDA's Complete Guide to Home Canning
- A Cooperative Extension Service publication
- Ball Home Preserving

MYTH #2: "A sealed jar is a safe jar." A sealed jar doesn't guarantee safety. For canned goods to be safe, they must be processed using a science based recipe, using a Ball canning lid, and be properly sealed for no more than 2 years. Ball is formulating a reusable canning lid, so watch for news to come.

MYTH #3: "Tomatoes are high-acid and safe to be water-bath canned." Actually, tomatoes have varying acidity and there is no home acid test for tomatoes. Tomatoes require acidification to safely process in a water bath or pressure canner. To acidify, use bottled lemon juice, citric acid powder or 5% vinegar. A science based recipe will list the correct quantities.

MYTH #4 "Any food may be canned at home." Not true. Commercial equipment reaches higher temperatures than home equipment. Foods which are never safe to can at home are pureed pumpkin or squash, pumpkin pie filling, pumpkin butter, any dairy products, or soups containing noodles or dumplings (this is not the complete list). For more information, contact Julie. Source: <https://extension.missouri.edu/publications/>

Pressure canner lid checks daily 9 a.m.-4 p.m., \$2 We can only test Presto Canner lids

Volunteer Corner

Our community is very considerate of those in need. If you are looking for chances to serve, below are some options:

- The Village. Material Donations for Foster Care. Accepting clothing, shoes, baby gear, diapers, wipes, hygiene items, school items, and quilts. 35 E Pacific Street, Blackfoot. M-F 10-2pm, W 6-8 pm. 208-569-6296
- Watch for many non-perishable food drives. Bingham Crisis Center at 288 N. Shilling, Blackfoot is in need of non-perishable foods for their pantry. Open M-TH 8 am-5 pm.
- Habitat for Humanity, 3270 W. Broadway, Idaho Falls, Open Tuesday-Saturday 10 am-6 pm.
- Volunteer at a 4-H sewing day camp at the Bingham County office. Share your knowledge of sewing with beginners and new sewers. A sewing room, fabric and supplies are provided. Contact Julie Buck at jhbuck@uidaho.edu or 208-785-8060

Know of a volunteer opportunity in Bingham County? Let me know and I will include it in this monthly newsletter.

Classes

- **Caregiver Support Group** For caregiver taking care of a loved one with a memory concern, dementia, or Alzheimer's. Meetings held the 3rd Monday of every Month 1-3 pm. See you on June 17!

Julie Buck, Family and Consumer Sciences Educator

Virginia Creeper

I have had three pastures this spring that have been infested with Virginia Creeper (2024). Each pasture had experienced some possible livestock poisoning or toxicity that may have been related to this perennial vining plant.

This plant is somewhat toxic to humans and livestock and should be completely eradicated from pastures. It usually shows up along fence lines where it likes to trellis upward. It is classified as a stomach irritant.

The plant can be identified as a woody vine, with elliptical leaves of five individual leaflets. The leaflets have saw-toothed edges, and the leaves are green in summer and a bit orange in Fall. It has clusters of black or blueish

berries on red stems. Small, greenish-white to yellowish-green flowers are prevalent.



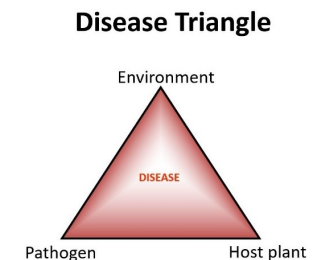
Pear Rust (Trellis Rust)

This has been a cool wet spring (2024). Cool wet weather creates an ideal condition for fungal diseases to thrive, grow, and spread. In our Master Gardener program, we teach the concept of the plant disease triangle. The three sides of the triangle represent a susceptible host, a virulent pathogen, and a conducive environment. Each side of the disease triangle needs to be present for a plant disease to take hold and flourish. Pears are susceptible to virulent forms of fungi called rusts.

This year I have seen a few instances of rust in pears. From the Pacific Northwest disease handbook, the following is important:

“Symptoms Yellow to bright orange leaf spots appear on leaves, fruit, twigs, and branches of pear. Occasionally, infected fruit mummifies and falls to the ground. Leaf lesions can grow together and cover much of the leaf surface when the disease is severe. These symptoms occur in spring and can be confused with other rust species. Unlike other rusts, acorn-shape aecia form on the lower leaf sur-

face. They are up to 6 mm high and rupture along lateral slits. Aecia can develop by mid-June and into the fall and again another growing season if on perennial parts of tree. Cultural control methods include: eliminating either host is the only practical cultural control. If pear is the important plant, remove all juniper from a 1,000-ft radius.” (PNW disease handbook 2024).



Red Stem Filigree



This perennial weed has been prevalent this spring (2024). Most calls have asked what herbicide to use for good control. The control of this weed depends on application timing of herbicides and not necessarily what chemical to use. Early spring

herbicides, and an application just after the first fall frost, will do a better job at killing the root than summer applications. This weed is also called cranesbill, herons bill and storks bill. Utah State Extension has some great information on this weed below.

“Filigree is a low-growing, densely matted plant with fern-like leaves that grow in a rosette form leaves have reddish

stems and are covered in fine hairs, flower stalks support two to twelve vibrant pink/purple flowers with five petals and a long, beak-like fruit.

IPM Recommendations

Hand-pull plants in planting beds prior to seed maturation. Shallow tillage or hoeing will control young plants in planting beds. Apply a mulch layer 3 inches deep on planting beds to reduce seed germination. Competition for light from taller desired vegetation can help control weedy patches. Apply an appropriate pre-emergent herbicide prior to seed germination or apply an appropriate post-emergent herbicide directly to target weeds.” (USU Extension)

<https://extension.usu.edu/planthealth>.

State Livestock Quiz Bowl Contest

This contest provides an opportunity for youth to put their livestock knowledge to work. The objectives of this contest are:

- Stimulate learning
- Reward 4-H members for knowledge gained
- Provide a competitive setting where friendliness and fairness prevails
- Develop teamwork, self-confidence and decision-making skills

The Livestock Quiz Bowl has one age division. Each county in Idaho is invited to enter up to three teams. A team consists of four individuals and one alternate (if desired). Contestants must be current, enrolled 4-H members through ZSuite and approved by their UI Extension office.

Contestants must be 8-18 by January 1 of the contest year. If a team has one or more members who are under 14 years of age, that team is NOT eligible to represent Idaho at the Western National Roundup in Denver, Colorado.

[Review the rules](https://www.uidaho.edu/-/media/uidaho-responsive/files/extension/4-h/contests-awards/state-4-h-livestock-quiz-bowl-rules.pdf) to help get a team ready to compete.

<https://www.uidaho.edu/-/media/uidaho-responsive/files/extension/4-h/contests-awards/state-4-h-livestock-quiz-bowl-rules.pdf>

Save the Dates — The 2024 State Livestock Quiz Bowl contest will be held July 2, 2024, at the Gooding County Extension Office, 203 Lucy Lane, Gooding, ID. If you have questions or need further information regarding the State Livestock Quiz Bowl Contest, please contact Scott Nash at snash@uidaho.edu.

Registration is on Zsuite. <https://4h.zsuite.org>

Registration Open: 6/1/2024 12:05 AM
Registration Close: 6/21/2024 11:55 PM

Join University of Idaho Extension for the

Idaho Young Cattle Producer Conference

June 24-26, 2024 | Lewiston

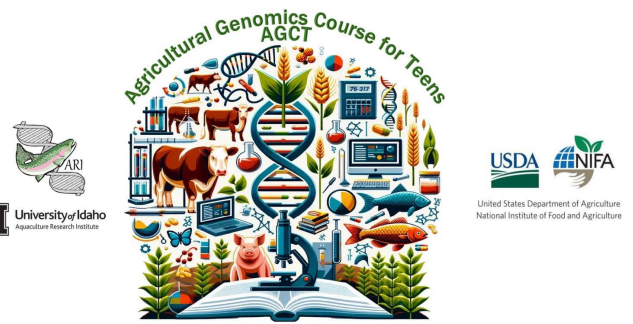
- Gain in-depth information on the Idaho cattle industry and valuable tools to be successful in the cattle business.
- Open to cattle producers between the age of 18 and 40.
- Highlights include a tour of the cattle industry, meat cutting demonstration, updates on current issues facing the cattle industry, information on financing a cattle operation, how to utilize risk management tools, innovative range management practices, and endangered species issues.

To apply:

- Complete application at www.uidaho.edu/YCC by May 1
- 20 participants will be selected to attend
- Conference registration is free; participants are responsible for travel and lodging

Questions? Contact:
Meranda Small, UI Extension | 208-983-2667 or msmall@uidaho.edu
Or contact your local UI Extension office's livestock educator

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Ag. Genomics Workshop

ARE YOU INTERESTED IN LEARNING MORE ABOUT AGRICULTURE, GENOMICS, AND BIOTECHNOLOGY?

- WHAT YOU WILL LEARN:** How to isolate DNA? How DNA sequencing works? What is CRISPR? How is genomics used in agriculture, from disease diagnostics to plant and animal breeding?
- WHO:** Youth (Grades 10-12) interested in genetics and science
* Prior completion of high-school science course(s) recommended (chemistry, biology, etc.)
- WHERE:** University of Idaho Hagerman Fish Culture Experiment Station
3059F National Fish Hatchery Rd., Hagerman, ID 83332
- WHEN:** July 29 - Aug 1 (Mon-Thurs) 2024: 8am - 12pm
- COST:** \$50 / participant
- REGISTRATION:** Closes July 1st, 2024 <https://4h.zsuite.org/external-event-registration/27416>
- LODGING:** Provided in Twin Falls (youth must be accompanied by adult chaperone)
- Optional supervised afternoon outdoor recreational activities planned for Mon. – Wed.
Mon – Rock Climbing Gym; Tues – Kayak the Snake River; Wed – Bike Ride to Shoshone Falls



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2024 Bingham County Fair Schedule

Tuesday, July 30	9 a.m. Demonstration Contest ~ Extension Office	Tuesday, August 6	8 a.m. Swine Show ~ Yellow Show Barn Breeding/Market Rabbit Show ~ Livestock Pavilion
Thursday, August 1	8-9 a.m. Poultry tag-in (office) 9-10 a.m. Dairy Goat Check-in ~ Dairy Goat Barn 4-4:30 p.m. Dairy Cattle weigh-in 5 p.m. Dog Show ~ Coverall Show Arena	8 a.m. Meat Goat Show ~ Livestock Pavilion	1 p.m. Beef Show ~ Livestock Pavilion
Friday, August 2	9 a.m. Dairy Cattle Show ~ Goddard Pavilion 9 a.m. Dairy Goat Show ~ Coverall Show Arena 4 p.m. Dairy Goat Costume Contest *Dairy Goats will be released following contest	Wednesday, August 7	8 a.m. Livestock Judging 10-noon Round Robin 3:30-5 p.m. Buyer's BBQ 5 p.m. Market Animal Sale ~ Livestock Pavilion
Sunday, August 4	3 p.m. Enter/Weigh-In Market Poultry ~ Livestock Pavilion 3:30 p.m. Poultry Show ~ Livestock Pavilion *Breeding poultry released following show 4-6 p.m. Open to Decorate Stalls 4-6 p.m. Breeding Projects enter fairgrounds	Wednesday, August 21	5 p.m. Deadline for Sale Add-on sheets
Monday, August 5	7-8 a.m. Enter/Weigh-In Market Rabbits ~ Yellow Barn 7-9 a.m. Enter/Weigh-In Market Lambs ~ Livestock Pavilion 7-9 a.m. Enter/Weigh-In Market Goats ~ Livestock Pavilion 7-8:30 a.m. Enter/Weigh-In Market Swine ~ Swine Barn 8 a.m. Rabbit Showmanship ~ Yellow Barn 9-10 a.m. Enter/Weigh-In Market Beef ~ Livestock Pavilion 11 a.m. Breeding Sheep Show ~ Livestock Pavilion 1 p.m. Market Sheep Show ~ Livestock Pavilion		



2024 State 4-H Horse Contest



Horse Judging \$20/contestant (lunch will be provided for contestants)
Horse Bowl \$15/contestant
Oral Presentations \$15/contestant
Hippology \$15/contestant

Individual Demonstrations/Illustrated Talks
Junior Division 8 – 10 years old
Intermediate Division 11 – 13 years old
Senior Division 14 – 18 years old

All Other Contests
(including: Hippology, Horse Bowl, Horse Judging, Public Speaking and Team Demonstrations/Illustrated Talks)
Junior Division 8 – 13 years old
Senior Division 14 – 18 years old

Friday, June 21
Deadline to complete online registration through ZSuite (Judging, Hippology, Horse Bowl, and Oral Presentations)

Monday, July 8
Rigby Rodeo Grounds- Veteran Memorial Dr. Rigby Idaho.
7:30 a.m. Check-in for all Horse Judging and Hippology contestants (Judging phase)
8:15 a.m. Contestant Orientation (mandatory)
8:30 a.m. Judging of Halter and Performance Classes
Horse Judging Oral Reasons (all age divisions)
Lunch (will be provided for contestants and officials only)
Official Placings by contest judge– given after oral reasons are completed.
2:00 p.m. Awards Presentation/Pictures for Horse Judging (est. time, proper attire required)
Jefferson County Fair Grounds- 305 Veteran Memorial Dr. Rigby Idaho.
3:30 p.m. Check-in for all Hippology contestants (Examination, Station, and Team Problem phases)
4:00 p.m. Hippology Examination, Stations and Team phases begins.

Tuesday, July 9
Rigby High School Ag Building- 3833 E Rigby High Lane, Rigby Idaho.
7:30 a.m. Check-in for all Oral Presentation contestants
8:00 a.m. Oral Presentation Contests begin.
9:00 a.m. Check in for all Horse Bowl contestants and coaches.
9:30 a.m. Horse Bowl Contest begins.
Jefferson County Fair Grounds- 305 Veteran Memorial Dr. Rigby Idaho.
1:00 p.m. Awards Presentation/ Pictures for Oral Presentations, Hippology and Horse Bowl will be held at Jefferson County Fair Grounds.

For more information: <https://www.uidaho.edu/-/media/uidaho-responsive/files/extension/4-h/programs/horse/contests/state-horse-contest-booklet.pdf?rev=fb23710153a64b93bbf7593591e0c4a4>

Meet our Interns:



My name is Bridget Mannion and I am one of the new 4-H PYD Youth Instructors for Summer 2024. I am currently attending the University of Idaho and pursuing a degree in Elementary Education with an endorsement in literacy. I have been working around children for over 5 years and I've loved every bit of it! In my free time I like to be outdoors, exercise, garden, and paint



My name is Gavin! I am enrolled at ISU working toward my Bachelor's in dietetics. I am super happy to give back to the 4-H community after how much it supported me during my childhood.

Upcoming Fun-Day Camps

Call the office at 208-785-8060 for more information.

Day Camp	Date	Time	Ages
<u>Glowing Jello-Free</u> Experiment with different ingredients to see if it glows. See what makes things fizz.	June 11 (Tuesday)	10:00 a.m.– noon 2:00-4:00p.m.	8-18 year old 5-7 year old
<u>Legos for Cloverbuds-Free</u> Lego Challenge for cloverbuds	June 12 (Wednesday)	10 a.m.-noon	5-7 year old
<u>Lego WeDo-Free</u>	June 12 (Wednesday)	1:00-2:30 p.m.	8-10 year old
<u>Robotics-Free</u>	June 13 (Thursday)	10 a.m.-noon	11+
<u>Balloon Science-\$5</u> Using a wide range of experiments utilizing balloons	June 13 (Thursday)	9 a.m.– Noon	8-18 year old
<u>Jurassic Park-Free</u> Explore the wonders of dinosaurs and fossils	June 25 (Tuesday)	9:00-11:00 a.m. 1:00-2:30 p.m.	8+ 5-7 year old
<u>Are you a Weather Man?-Free</u> Hands on activities while learning about the weather elements.	June 27 (Thursday)	9:00-11:00 a.m. 1:00-2:30 p.m.	8+ 5-7 year old
<u>International Cooking-\$8</u> Introduction to different cuisines from around the world	July 2 (Tuesday)	10:00 a.m.-12:30 p.m.	8-18 year old
<u>Art for Cloverbuds-Free</u>	July 9 (Tuesday)	10:00-11:00 a.m.	5-7 year old
<u>Art Camp (3 days)-Free</u> Different art activities each day	July 9-11 (Tuesday- Thursday)	1:30-3:00 p.m.	8+

Must enroll in 4-H to participate. Enrollment fee for 2024 is \$20 for (8-18 as of Jan 1, 2024) or \$16 for (5-7 as of Jan 1, 2024) plus any class supply fees. Registration and payment must be complete before you can enroll in the day camp events. Register for 4-H at 4h.zsuite.org. Register for day camps on 4h.zsuite.org in the events sections of your family profile.

Registration for each event will open approximately 1 month in advance. And close 1 week prior.

Day Camps must be paid one week prior to day of activity in order to attend.

Please contact the 4-H office to help you register!!!

*Enrollment in the event is your agreement to pay supply fees. If cancelled in system before the event closes payment may be refunded. If cancelled after close of event payment for supply fee still required.

4-H PLEDGE

I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country, and my world.



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.

- | | | |
|------|------|---|
| June | 11 | Glowing Jello, TRADITIONAL, 10-noon, \$free |
| | 11 | Glowing Jello, CLOVERBUD, 2-4 p.m., \$Free |
| | 12 | Legos, CLOVERBUD, 10-noon, \$Free |
| | 13 | Balloon Science, TRADITIONAL, 9-noon, \$5 |
| | 13 | Robotics, TRADITIONAL (11+ AGE), 10-noon, \$Free |
| | 13 | Lego WeDo, TRADITIONAL (8-10 AGE), 1-2:30 p.m., \$Free |
| | 25 | Jurassic Park, TRADITIONAL, 9-11 a.m., \$Free |
| | 25 | Jurassic Park, CLOVERBUD, 1-2:30 p.m., \$Free |
| | 27 | Weather, TRADITIONAL, 9-11 a.m., \$Free |
| | 27 | Weather, CLOVERBUDS, 1-2:30 p.m., \$Free |
| July | 2 | International Cooking, TRADITIONAL, 10-12:30 p.m., \$8 *rescheduled |
| | 9 | Art, CLOVERBUD, 10-11 a.m., \$Free |
| | 9-11 | Art, TRADITIONAL, 1:30-3 p.m., \$Free |

*pending more possibly as our interns gear up

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.

The Bingham County News is published by the Bingham County Extension Office. All comments should be directed to Julie Buck. UI Extension Office, Bingham Co. 412 W. Pacific St. Blackfoot, ID 83221 (208) 785-8060 bingham@uidaho.edu http://www.uidaho.edu/bingham

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Web Site:

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

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To keep current and up-to-date!

UI Extension, Bingham County