

BINGHAM COUNTY EXTENSION UPDATE

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

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CHANGED DATE!!
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Congratulations!



Way to go!



2024



4-H Scholarship Recipients

- Cooper Hatch
- Paige Reynolds
- Emily Despain
- Alessandrah Cernyar

UPCOMING EVENTS - SAVE THE DATE

2024 Calendar

May	8	Teen Camp Counselor Training, 6:30-8 p.m., Bingham Office
	8	Preserve for Fun, 6-9 p.m., Jefferson Co
	9	Preserve for Fun, 6-9 p.m., Jefferson Co
	9	Alzheimer's Brain Health, 10:30-11:30 a.m., Shelley SR Citizen Center
	10	Day Camps - See LAST Page for information
	10	DEADLINE - All Non-Livestock (FCS/STEM) project enrollment
	14	Fitness Made Simple, 10-11 a.m., Bingham Office
	16	Fitness Made Simple, 10-11 a.m., Bingham Office
	20	Sheep/Goat Weigh-in, 4:30-7 p.m., EISF Livestock Pavilion
	21	Fitness Made Simple, 10-11 a.m., Bingham Office
	22	Postpartum Support Group, 6-7 p.m., Idaho Falls
	23	Fitness Made Simple, 10-11 a.m., Bingham Office
	27	Holiday - Office Closed
	29	Teen Camp Counselor Training, 6:30-8 p.m., Bingham Office
	30	Day Camps - See LAST Page for information
	31	4-H Livestock Day Camp, 10-NOON, EISF Needlecraft Bldg * Corrected Date/time
	31	DEADLINE - Last day to register for 4-H Camp
June	3	DEADLINE - Preserve@ Home Enrollment
	3-6	Day Camps - See LAST Page for information
	7	Market Rabbit Weigh-in, 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
	13	Day Camps - See LAST Page for information
	17-21	Office is Closed
	17-19	4-H Camp , Alpine, WY
	19	Holiday - Office Closed
	24-26	Young Cattle Producers Conference, Lewiston, ID
July	4	Holiday - Office Closed
	9	EISF Market Rabbit Weigh-in, 8-9 a.m., Bingham Office
	10	EISF Market Animal Committee. 6 p.m., Bingham Office
	11	DEADLINE - Horse Registrations DUE to office by 4 p.m.
	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
	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, 8 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 9-10 a.m., beef 9-10 a.m.
	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 Show, 8 a.m., EISF Goddard Pavilion
	6	BC Meat Goat Show, 1 p.m., EISF Goddard Pavilion

FAMILY & CONSUMER SCIENCES NEWS — *Message from Julie Buck, FCS Extension Educator***FAMILY & CONSUMER SCIENCES NEWS****Make every bite a meditation**

Eating more healthful includes noticing what we put in our mouths. More than just looking at the food, try being mindful by taking simple and effective steps to put healthier eating habits at the top of your list towards choosing a healthful lifestyle.

New to mindfulness? Start by taking a deep breath, filling your lungs and allowing your belly to be soft and loose. Now, take another deep breath and notice the position of your body and safely release into the surface supporting you. Take 1-2 minutes to mindfully breathe and relax.

Try these easy ways to use mindful eating each day.

- **PONDER:** Check in with yourself about your hunger before you eat—you may actually be thirsty, bored or stressed. Starting with a glass of plain or fruit infused water is always a good start.
- **APPRAISE:** Take a moment to look at the food. How does it smell? Do you really want it? Is it more than you need?
- **SLOW:** Slow down so your brain can keep up with your stomach. Put your fork down between bites and focus on the food. As my mom would say, chew your food 21 times before swallowing.
- **SAVOR:** Enjoy your food. Take a moment to savor the satisfaction

of each bite—the taste, texture, everything.

- **STOP:** Stop when you are full—there's no need to join the clean plate club if it means overeating.

Source: heart.org/bewell

Food Safety Tips

Tired of dandelions? Me too, but don't rush to make dandelion jelly. There is no tested or approved canned dandelion jelly recipe because it is too low in acid. The Aw (water activity) level of the recipe is questionable; Aw is what controls yeast and mold growth. There is concern about pesticides used to control dandelions. **GOOD NEWS:** Fresh dandelion jelly recipe is safe to make as refrigerator and/or freezer product.

Find a dandelion jelly recipe at <https://uwyoextension.org/uwnutrition/wp-content/uploads/2024/05/Dandelion-Jelly.pdf>

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

- **May 9, 6-9 pm Pressure Canning Class.** Learn how to process chicken and ground beef in this hands-on class in Rigby. \$15 Register 208-745-6685
- **May 22, 6-7 pm Postpartum support group.** Moms with newborns to six-month-old infants gather to learn, support and heal. Nestled 'N' Nursing, 6019 Lemhi Street, Idaho Falls. Free. Register by calling 208-785-8060 or email Julie jhbuck@uidaho.edu

Julie Buck, Family and Consumer Sciences Educator

Want to be social? Bingham Extension is on Facebook <https://www.facebook.com/UIExtensionBinghamCounty>

Our Garden's Soil and Liming

The soils of Bannock and Bingham Counties are usually quite calcareous (basic pH) in nature. Soils in northern Idaho and other parts of the country experience acidic soils. These two types of soils have different chemical reactions and fertilization need to fit each soil type. If you are not sure of your soil pH you can have a soil analysis done. There are a few laboratories in Idaho that do a good job with soil analysis. Over the last 30 years some soils in joining counties have become more acidic in nature. These soils have been farmed for many years and we are having to modify our fertilizer recommendations to accommodate more acidic soils. I have not seen any garden soils that are acidic yet, but raised beds can be acidic.

Many people move to our area from the eastern states. The first surprise they get is the number of things they have to learn just to irrigate their plant. (In the east they have enough rainfall that they do not need to irrigate.) This knowledge is taken for granted by most Westerners. Things like how sandy your soil is or how much clay you have will affect how much water you need to apply are sometimes new concepts to learn for our area.

Another of the “new” pieces of knowledge they must acquire is how to amend our soils. An amendment is anything we add to our soils in order to im-

prove them. In the east one of the most common amendments is lime. This is because their soils are acidic and liming will help raise the pH to a more neutral level. When soils are too acidic certain nutrients become unavailable for plant uptake. In the west we also have pH problems, but on the other end of the scale. Our soils are alkaline with a pH above 8. In alkaline soils plants have a hard time taking iron from the soil. Hence, many of our plants are yellow due to iron deficiency brought on by a high pH.

Adding lime to our soils usually does not help, it can raise an already elevated pH. As a final note, there is some research going on right now that is studying the effects of liming calcareous potato fields to increase tuber yield. There may be a positive effect in this case, but for the most part we do not need to lime our soils, even though they sell lime at many of the garden outlets.



Hardening Off Our Transplants

Many of us have already planted our seedling tomatoes, peppers, and squash in trays to begin their growing life indoors at a sunny and protected window. That is a great thing to do as it gives plants a head start to get growing before they have to deal with the dry winds of Idaho. It also, of course, protects the seedlings from late frosts that will surely come.

To make seedling starts be a successful venture the next step is critical. You will need to harden off the seedlings prior to planting them directly in the garden soil. I have found the following to be a successful way to harden off my seedlings.

I move my seedlings from the window to the garage each day. The first day I open the garage door only a few feet and keep the plants back a few feet

from the entrance. This lets the wind move the plants and lets them get exposure to a little dry wind. The slight swaying back and forth of the seedling stems will strengthen them. The hormones in the plant will work to make the entire plant more resistant to dry wind, cold and heat to some extent.

I return the plants to the window later in the day and repeat this process increasing the length of exposure and opening the garage more each successive day. Your plants will be much more ready for the garden after a couple of weeks of this hardening off period. Some plants will need to have the process last more than two weeks.



Bingham County Livestock Day Camp

EISF Needle Craft Building

**DATE AND TIME
CHANGED!!**

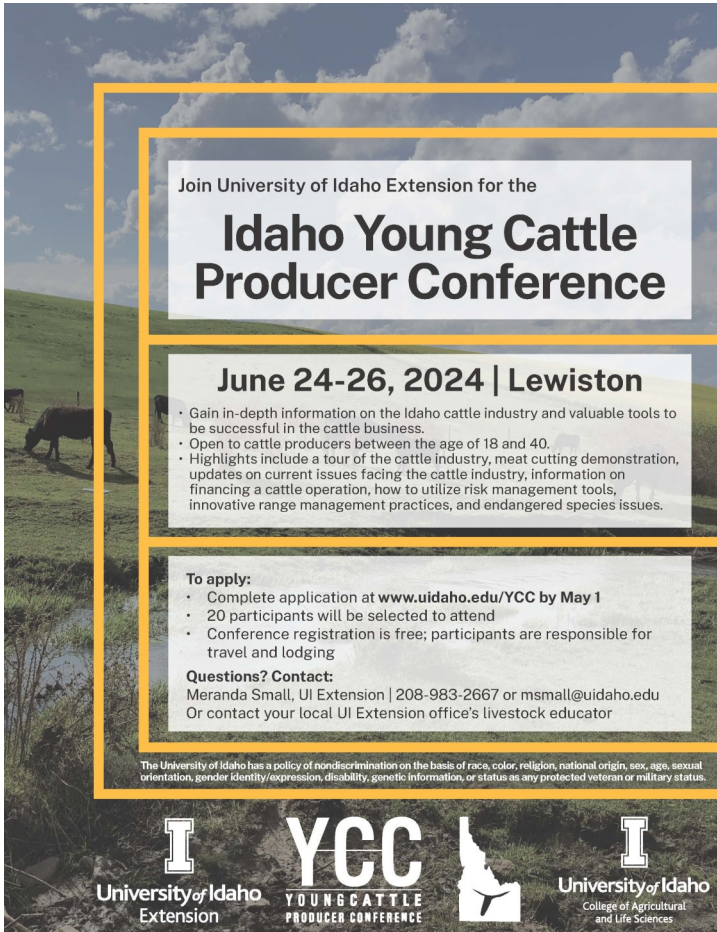
Friday, May 31, 2024 (10 AM – 12 PM)

Join Bingham County 4-H for a free education day on May 31. Learn about skill-a-thon, quiz bowl, how to give vaccinations and nutrition for your 4-H projects.

*Education day can count as one club meeting.



It is U of I policy to prohibit and eliminate discrimination on the basis of race, color, national origin, religion, sex, sexual orientation and gender identity/expression, age, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities, and includes, but is not limited to, applications, admissions, access to programs and services, and employment.



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

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status.

10 WARNING SIGNS OF ALZHEIMER'S & BRAIN HEALTH: Protecting Your Cognitive Assets

Co-presented by University of Idaho Bingham Extension and the Alzheimer's Association.



Join us to learn about:

- The difference between normal aging and Alzheimer's.
- Common warning signs.
- The importance of early detection and benefits of diagnosis.
- Alzheimer's Association resources.

This will be followed by a presentation on Brain Health given by Julie Buck, a University of Idaho Family & Consumer Sciences Extension Educator.

You will learn practical ways to enhance and protect your brain function with simple lifestyle habits.

Date: Thursday, May 9, 2024
Time: 10:30 am to 11:30 am
The Elite Retreat/Shelley Senior Center
193 West Pine St., Shelley, ID
For more information or to register:

call 208-350-6823
or email jocornilsen@alz.org



bit.ly/shelleymay9

In collaboration with:



University of Idaho Extension

ALZHEIMER'S ASSOCIATION

Visit alz.org/CRF to explore additional education programs in your area.

Join us to learn, share, and recover



University of Idaho Extension

Postpartum Support group



For women and newborns 6 weeks to 6 months postpartum

Free to attend

Register 208-785-8060
Questions? Call Julie jhbuck@uidaho.edu

MAY 22
6-7 pm

6019 Lemhi Street, Idaho Falls
Nestled 'N' Nursing

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



PRESERVE @ HOME

University of Idaho Extension

Do you want to learn how to safely can, dry or freeze your garden's bounty? University of Idaho Extension invites you to enroll in Preserve@Home, an online 6-week food preservation class to teach individuals how to safely preserve a variety of foods.

Each lesson includes online text (that can be downloaded and printed), online discussion boards, a weekly real-time chat with instructors & classmates, and open book quizzes.

Start Date: June 6, 2024

Lessons

- Foodborne Illness
- Canning Basics
- Canning Acid Foods
- Canning Low Acid Foods
- Canning Specialty Foods
- Freezing and Drying



COST: \$35 REGISTRATION FEE

Register online at
https://marketplace.uidaho.edu/C20272_ustores/web/product_detail.jsp?PRODUCTID=2135

For More Information:
University of Idaho Extension, Franklin County
franklin@uidaho.edu
(208) 852-1097

REGISTRATION DEADLINE:
JUNE 3, 2024

The University of Idaho 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. Reasonable accommodations will be made for persons with disabilities and special needs contact Laura Sant, Franklin County Extension Educator, lsant@uidaho.edu, 208.852.1097.

Livestock enrollment is over for the 2023-2024 4-H year!

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.

Youth will need to be enrolled online at 4h.zsuite.org 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

FCS

All FCS Projects -May 10, 2024

County/EISF 4-H Market Lamb/Goat Weigh-in Monday, May 20 4:30-7:00 p.m. EISF Scales Livestock Pavilion

Sheep/Goat 4-H enrollments are due by Friday, April 30, 2024.

Enroll online at : 4h.zsuite.org enrollment fees can be paid at the Extension Office. We now have the option to accept cards. Market Sheep/Goat Participants must notify their leaders of the amount and type of tags (County/EISF) by May 3. If participating in EISF each YOUTH will only be allowed 3 EISF tags. Animals must be designated to that youth not other youth in the family. There is no maximum beginning or final weight.

- Minimum final weight for both sales is 110 lbs. for sheep 70lbs for goats
- Buyer's BBQ \$5.00
- County Tag (each) \$1.25
- EISF Tag (as needed) each \$8.00

Bring "bill of sale" or email to bingham@uidaho.edu



Bingham/Bonneville /Fort Hall 4-H Camp June 17-19, 2024 Alpine, Wyoming

Camper registration is open now
Camp Registration Fee \$100
(partial scholarships available)
Only 30 available Camper spots each Bingham/Bonneville/Fort Hall

- Age based on 8 years old as of January 1, 2024 to attend.
- Campers from ages 8-13 years old.
- Registration forms are available at the 4-H Office
- Registration is based on first come first serve basis, only completed and paid registration forms turned into the office will hold a spot.
- A waiting list is available after 30 applications from our county have been accepted.
- No registration will be accepted after May 31, 2024 at 4 p.m.

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.

May	10	Mother's Day Gift, CLOVERBUD, 10-11 a.m.	\$5
	10	Mother's Day Gift, TRADITIONAL, 1-3 p.m.	\$5
	10	Bake off, TRADITIONAL, 9-11:30 a.m.,	\$5
	10	Solar Systems. TRADITIONAL, 1-3 p.m.,	\$5
	30	International Cooking, TRADITIONAL, 10-12:30 p.m.,	\$8
June	3-6	Survivor Camp, TRADITIONAL, 10-noon,	\$Free
	11	Glowing Jello, TRADITIONAL, 10-noon,	\$Free
	11	Glowing Jello, CLOVERBUD, 1-3 p.m.,	\$Free
	13	Balloon Science, TRADITIONAL, 9-noon,	\$5

* As soon as our interns arrive we will be scheduling more fun day camps!

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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Heather Strupp, 4-H Coordinator
 Position Open, 4-H Secretary

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

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To keep current and up-to-date!

UI Extension, Bingham County