

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	5	Ranch Succession Workshop, Carmen - *multiple days - register 208-742-1696
	7	Heifer Development Workshop, Malad - register 208-756-2749
	8	DAY CAMPS - see last page for information
	11	Protecting Your Property: Forest Insects, Driggs - register 208-776-8235
	11	Holiday - Office Closed
	13	Ranch Succession Workshop, Carmen - *multiple days
	18	Care giver support group, 1-3 p.m., Bingham Office
	20	Ranch Succession Workshop, Carmen - *multiple days
	20	Beef Quality Assurance Training, 3-5 p.m., Grace Id - register 208-547-3205
	28-29	Holiday - Office Closed
December	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 208-589-1389
	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
	20	Holiday - Office Closed
	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
	14	DEADLINE - NEW 4-H leader enrollment (1st time leaders)
	17	Holiday - Office Closed
	24	Care giver support group, 1-3 p.m., Bingham Office
	21	DEADLINE - Beef project enrollment
March	17	Alzheimer 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**

Time for a health check. This one may not involve visiting a doctor, but rather checking in on Life's Essential 8™, the American Heart Association's key measures for improving and maintaining cardiovascular health. By making sure we are paying attention and practicing this check, we can lower the risk for heart disease, stroke and other major health problems.

- Eat Better. Aim for an overall healthy eating pattern that includes whole foods (low processing), lots of fruits and vegetables, lean protein, nuts, seeds, and cooking in non-tropical oils such as olive and canola.
- Get at least 150 minutes of moderate intensity physical activity or 75 minutes of vigorous intensity activity, or a combination of both each week.
- Don't smoke, vape, or use other tobacco products and avoid second-hand smoke.
- Aim for an average of 7-9 hours of sleep a day.
- Reach and maintain a healthy body weight, Body Mass Index less than 25 kg/m².
- Get your cholesterol checked and talk to your care provider about risk.
- Keep fasting blood sugar less than 100 mg/dL or A1C of less than 5%.
- Keep blood pressure below 120/80 mm Hg.

Ok, how did you do? If you don't

know the numbers, make an appointment with your care provider. Knowledge is power.

Food Preservation Tips

Preserving pumpkin is a great way to extend the flavor and recipe options throughout the year. Before using pumpkins, check the rind for soft spots or bruising which can indicate spoilage. Wash the outside with cool running water. Remove all soil. Always wash pumpkins before cutting into the flesh as bacteria can be transferred from the outside to the inside through cutting. Use a clean sharp knife to reduce risk of injury.

According to the National Center for Home Food Preservation, canning mashed or pureed pumpkin was withdrawn in 1989 because research found there was too much variation in texture and thickness of pumpkin purees to determine a single processing recommendation.

To eat fresh, pumpkin butter or pureed can be made and stored in the fridge and eaten within three to four days. Canning pumpkin chunks can be done safely at home using a pressure canner and cutting pumpkin into 1 inch cubes. Pumpkin can be safely frozen by boiling, steaming or baking it and then freezing the cooked pumpkin in freezer safe containers. Find a reci-

pe to safely can pumpkin using the science based references below.

Recipes for canning at Ball <https://www.ballmasonjars.com/blog?cid=pressure-canned-pumpkin-or-winter-squash>

Recipes for canning with National Center of Home Food Preservation <https://nchfp.uga.edu/how/can/canning-vegetables-and-vegetable-products/pumpkins-and-winter-squash-cubed/>



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!

Julie Buck, Family and Consumer Sciences Educator

Preparing Your Garden for Winter

I always look forward to winter. It is the time of year that the harvest is over, and I feel good about all that I have produced this year. I take the air conditioner out of my window and blow the water out of my irrigation system and get my garden prepared for the cold. Yes, that is right I even get my garden in shape for the winter. Here is a short list of what you might consider taking care of now in preparation for the coming cold.

- Remove debris and diseased plants: Rake up and dispose of leaves especially on your lawn. Grass can be killed out with heavy leaf cover. Clear out any dead or diseased plants from your garden beds to prevent pests and diseases from overwintering.
- Weed control of biennial weeds: Cultivation is very effective in the fall when you can get to the entire area easily. Biennials and some perennials can be cut off below the crown. Remember, perennial plants move carbohydrates and any other compounds in their tissues into the root system for winter survival. They will move herbicides as well and help kill the root. Fall applications of herbicides are most effective for perennial weed control at this time following the first frosts. Read and follow the label of any herbicide you decide to use.
- Spread your compost around: Winter gives compost and other organic materials time to break down through freezing and thawing and wetting and drying events.
- Plant a cover crop: Consider planting a cover crop like winter wheat or cereal rye to improve soil health. Cover crops help to revitalize the soil by increasing microorganisms and nitrogen fixation.

- Take care of fall fertility of your lawn: Use fall fertilizers that do not contain nitrogen. Nitrogen can be lost during the winter months. Use fertilizers containing phosphorous and potassium. I like to mow the lawn just after the last leaves have fallen in order to chop them up and blow away. The last irrigation also happens close to this time. Blow the water out of your irrigation system to prevent frost damage or drain the system. Make sure your soil is at full capacity going into winter prior to blow out.
- Deep irrigation of trees. Some trees will need a deep irrigation going into the winter. Evergreen trees respire in the winter and will consume water anytime the ground is not frozen. The trees can dry out and lead to winter kill. This is especially true for arborvitae trees.

While the winter is a great time to relax from the production season, you still have a few things to do in the garden before the snow comes again.



The Idaho Beef Council presents: Idaho Beef Quality Assurance (BQA) Certification Training



Wednesday, November 20th
3:00 pm - 5:00 pm
Grace Legion Hall
105 N First Street
Grace, ID 83241

2:45 p.m. Check-in

3:00 p.m. Beef Quality Assurance Training and Certification

Beef producers and industry stakeholders are invited to earn or renew their Beef Quality Assurance (BQA) certification. These practical, science-based handling guidelines will enhance your expertise and provide the formal certification needed to support better profitability, product quality, and consumer confidence. Additionally, veterinary professionals and Brand Board employees can earn 2.5 hours of continuing education credit by completing this course.

Presented by: **Carmen Willmore, MS**
University of Idaho, Bingham County
Extension Educator
Idaho BQA Program Certified Trainer



5:00 p.m. Conclude and Adjourn



For more information on Idaho's BQA Program or to register for this event, scan the QR code, visit IdahoBeefQuality.com or call the Idaho Beef Council at 208-376-6004.

"We're there when you need us most."



CAREGIVER SUPPORT GROUP

Are you a caregiver taking care of a loved one with a memory concern, dementia, or Alzheimer's?

Come join us for connection, support, and fun activities!



Meetings Held The 3rd Monday of Every Month.



Bingham County Extension Office
412 W Pacific Street
Blackfoot

1:00-3:00 PM

To enrich education through diversity the University of Idaho is an equal opportunity/affirmative action employer and education institution. University of Idaho, U.S. Department of Agriculture and Bingham County cooperating.



IDAHO AG OUTLOOK SEMINAR

DECEMBER 18 | ONLINE OR IN-PERSON
HILTON GARDEN INN DOWNTOWN | BOISE

Join UI Extension online or in-person for the 2024 Idaho Ag Market Outlook Seminar to learn about supply, demand and price outlook for most of Idaho's major commodities and key production inputs.

COST:

\$35/person for in-person or online attendance. Lunch is provided for in-person attendees.

REGISTRATION:

Visit www.uidaho.edu/ag-outlook for the full agenda and to register to attend.

MORE INFORMATION:

BWILDER@UIDAHO.EDU



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Join University of Idaho Extension for
FALL AGRICULTURE WORKSHOPS

Ranch Succession Workshop
Nov. 5, 13 & 20 | Carmen | \$50 for first person/\$25 for second person
Dinner and workbook included. Contact Shannon Williams to learn more: shannonw@uidaho.edu or 208-742-1696.

Heifer Development Workshop
Nov. 7 | Malad | \$10
Lunch included. Contact John Hall to learn more: jbhall@uidaho.edu or 208-756-2749.

Heifer Development Workshop
Nov. 8 | Carmen | \$10
Contact John Hall to learn more: jbhall@uidaho.edu or 208-756-2749.

Protecting Your Property: Forest Insects, Disease and Fire Workshop
Nov. 11 | Driggs | \$10
Materials and refreshments included Register to attend by Nov. 8. Contact Jen Werlin to learn more: jwerlin@uidaho.edu or 208-776-8235.

Beef Quality Assurance Training
Nov. 20 | Grace | Free
Contact Justin Hatch to learn more: jlhatch@uidaho.edu or 208-547-3205.

Pesticide Applicators Training
Dec. 4 | Online | Free
Contact Tom Jacobsen to learn more: tjacobsen@uidaho.edu or 208-521-3956.

Is a Small Farm in Your Future?
Dec. 6 | Zoom | \$10 per household
Contact Jen Werlin to learn more: jwerlin@uidaho.edu or 208-776-8235.

Kidding/Lambing School
Dec. 13 | Blackfoot | \$20/operation or family
Contact Carmen Willmore to learn more: cwillmore@uidaho.edu or 208-589-1389.

Persons with disabilities who require alternative means of program information or reasonable accommodation should contact the appropriate educator at least one week before the event. 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.

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.



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, jubuck@uidaho.edu.

What is a 4-H Club?

The definition of a 4-H Club is an organized group of youth who meet regularly with adult volunteers and staff for a progressive series of educational experiences. 4-H Clubs also must meet the required:

- Must have five members from no fewer than three families
- Must be organized with youth officers
- Must meet six or more times per year
- Must be supervised by one or more certified 4-H volunteers

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.

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.

- Nov 8 Christmas Pillow, TRADITIONAL ages 13+ , 10-noon, \$5
*must have beginner sewing skills
- Nov 8 Christmas Pillow, TRADITIONAL ages 8-12 , 1-3 p.m. \$5
*must have beginner sewing skills



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

Extension Educators:
Julie Buck, Family & Consumer Sciences
Reed Findlay, Forages/Horticulture
Carmen Willmore, 4-H/Livestock

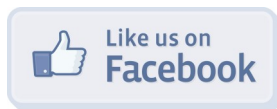
Staff:
Krista Cernyar, Office Manager
Heather Strupp, 4-H Coordinator
 Position Open, 4-H Secretary

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

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To keep current and up-to-date!

UI Extension, Bingham County