

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

October	16	Dementia Friends, 10-11:30 a.m., Blackfoot Senior Center
	18	DAY CAMPS - see last page for information
	21	Care giver support group, 1-3 p.m., Bingham Office
	23	EISF Market Sale meeting, 6 p.m., Bingham Office
	30	BC Market Sale meeting, 6:30 p.m., Bingham Office
November	6	DEADLINE - Annie's Project 101 registration, online www.idahofoodworks.org/annies-project
	8	DAY CAMPS - see last page for information
	11	Holiday - Office Closed
	11	Annie's Project 101, 9-noon PST, 10-1 p.m. MST, Online
	18	Care giver support group, 1-3 p.m., Bingham Office
	19	Beef School, 5:30-8 p.m., Bingham Office
	20	Beef School, 5:30-8 p.m., Grace, Id
	21	Beef School, 6-8 p.m., Malad, Id Oneida County Event Center
	28-29	Holiday - Office Closed
December	16	Care giver support group, 1-3 p.m., Bingham Office
	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
February	31	DEADLINE - 4-H Leader enrollment (have been a leader previously)
	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
March	21	DEADLINE - Beef project enrollment
	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
26		Holiday - Office Closed

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

October is a great month to review three important financial tasks to make sure you and/or your family is prepared and know where your documents are located.



- Review your Social Security Statement. This is a personalized estimate of how much you will receive from Social Security if you retire or become disabled. It's an earnings record tracking back to your first job. Log in at ssa.gov/myaccount and verify that you're getting credit for your Social Security and Medicare contributions.
- Earn as a family. Discuss things you could do as a family to earn some extra funds to contribute to a family experience or trip. For more tips to teach kids about money, follow @utahmoneymoms on Instagram or Facebook or online <https://extension.usu.edu/finance/>
- Take 5 minutes to do a wallet inventory. Empty the contents of your wallet. Make a list of the details of each card or item. If your wallet is ever stolen or missing, this inventory will help you place a hold, replace cards, or cancel accounts. Password-protect the document or store the list in a locked filing cabinet or safe.

For more information or classes, contact your local extension office.

Food Preservation Tips

New canning guidance for Boiling water canning of applesauce and apple butter has been released by Ball. Fuji apples purchased in stores were lower in pH so Ball has added lemon juice to those recipes. The National Center for Food Preservation and So Easy to Preserve have NOT changed their recipes. So what is a home canner to do???

Each research kitchen has their own food scientists who are united in most aspects of home canning.

As a food safety and food preservation specialist, I suggest to always error on the side of caution. It is very easy to add acid, which is called acidification, by adding bottled lemon or lime juice (1 tablespoon per pint or 2 tablespoons per quart) 5% acidity vinegar (2 tablespoons per pint or 4 tablespoons per quart), or Citric Acid USP (1/4 teaspoon per pint, 1/2 teaspoon per quart). Please follow science based canning recipes. It is ALWAYS a good idea to be safe instead of sorry and get a foodborne illness. Call me at 208-785-8060 or email your questions to jhbuck@uidaho.edu

Recipes for canning apples at Ball <https://www.ballmasonjars.com/blog?cid=apple-pie-filling-recipe>

Recipes for canning apple with National Center of Home Food Preservation

<https://nchfp.uga.edu/how/can/canning-fruits-and-fruit-products/apples-sliced/>

Pumpkin Leather

2 cups canned or fresh pureed pumpkin
 1/2 cup honey
 1/4 tsp. cinnamon
 1/8 tsp. nutmeg
 1/8 tsp. ground cloves

Blend all ingredients together. Spread on dehydration tray lined with plastic wrap. Dry at 140° F. Leather should be dry enough to cut or wrap without cracking. Store in labeled jar or freeze.

Pressure canner lid checks daily 8 am-5 p.m., \$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.

Dementia Friends Information Session Learn about Dementia and how to help those in our care. October 16, 10-11:30 am, Blackfoot Senior Center, 20 E Pacific Street, Blackfoot. Free Register jhbuck@uidaho.edu, 208-785-8060

Julie Buck, Family and Consumer Sciences Educator

Trees Adapted to Our Area

Landscape trees are a long-term investment. Choosing and planting well adapted trees is critical for satisfaction. A poorly adapted tree can lower the value of the land, interfere with power lines, and be expensive to maintain. You must first choose a tree that has the correct mature height and width. It must be lower than overhead obstructions such as power lines, as well as fit between buildings and other vegetation. Plant the trees far enough apart to avoid interference at maturity.

Landscape trees must also be adapted to our environment and our disease complex. We live in a desert environment where temperatures fluctuate rapidly and winter time lows can kill or damage many species. We also have high pH soils that contribute to low availability of nutrients for many tree species. There are, however, species that are adapted to this environment that thrive in our area.

Below is a list of a few species of trees to avoid

and the reason they should be avoided. You may see these species being planted but remember that as the tree matures it can become increasingly difficult to maintain.

- Autumn Blaze Maple - Does not do well in alkaline soil.
- Paul's Scarlet Hawthorn - Mature tree susceptibility to fire blight.
- Amur Maple - Die back due to iron chlorosis.
- Ash - Susceptibility to borer insects if stressed.
- Black Locust - Susceptibility to borer insects if stressed.
- Eastern White Pine - Has trouble surviving into maturity.
- Flowering Pears - Iron chlorosis if overwatered.
- Idaho White Pine - Does not do well in alkaline soil.
- Japanese Flowering Cherry - Not winter hardy.

Fall Storage and Preservation of Vegetables

Today I just answered my third phone call on how to store carrots for the winter. Two of the callers had already washed the carrots and put them into buckets. That may not be the right thing to do. I do not usually recommend washing vegetables that you are going to store. Wash them when you are going to eat them.

In my opinion, carrots should be left in the ground and covered with straw for the winter. They keep very well there even in icy and cold conditions. The down side is that you have to go out in the snow or mud and dig them out. However, they are the best tasting when stored in this manner. Another method is to dig the carrots, rub off large dirt clods, remove the tops, and store them at 32 to 40 degrees F, with 90 to 95% humidity (cold moist storage). They will keep 4 to 6 months in this way.

Storing potatoes also has a trick to it. You must dig the spuds 2 weeks after the tops have died back. This helps the skin to cure or harden off. Once again, remove the dirt and or mud, but do not wash them. Potatoes also do best in cool moist storage areas

(remember walking into a potato cellar). Keep potatoes at 45 to 50 degrees F, with 80 to 90% humidity.

In order to maintain this environment you may have to store them in a refrigerator set at this temperature. Some feel that they need to be in plastic bags in order to maintain the humidity, but if you are not careful they could rot that way.

Each vegetable needs a different kind of storage. Besides the above types, there are: cool and dry storage (garlic), as well as warm and dry (winter squash) storage methods.





ANNIE'S PROJECT

EMPOWERING WOMEN IN AGRICULTURE

Annie's Project is a six-week course that fosters problem solving, record keeping, and decision-making skills around five areas of agricultural risk management: production, legal, market, human and financial. Open to all, this offering of Annie's Project is designed to meet the educational and skill-building needs of women farmers and ranchers operating small and direct marketing farms.

Participants in the course will gain a better understanding of a variety of topics such as business and financial planning, marketing, retirement planning, insurance and working with interns and employees.

This is an interactive class! Participants will have ample time to talk with other producers in the class and build their regional women in ag network.

This Annie's Project course is open to all Idaho producers.

Annie's Project 101

Risk Management for Small and Direct Marketing Farms in Idaho

6 Live Monday Morning Zoom Sessions

Next Offering: November 11 - December 16, 2024

9 am - 12 pm PST / 10 am - 1 pm MST

Cost: \$35 | Registration Closes: November 6, 2024

Partial scholarships available.

Email Colette DePhelps (cdephelps@uidaho.edu) to request a scholarship.

Registration link: <https://www.idahofoodworks.org/annies-project>

"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.



Dementia Friends Information Session



What is

Dementia Friends?

A Dementia Friend learns about dementia and then turns that understanding into action. Dementia Friends USA is a part of a global movement that is changing the way people think, act, and talk about dementia.

Who can be a Dementia Friend?

Anyone can be a Dementia Friend. We all have a part to play in creating dementia friendly communities.

What will I learn?

Through interactive activities and information, you will learn what dementia is, and how it affects people, and how you can make a difference for people touched by dementia.

How much does it cost?

The session is Free! You will be provided with a session workbook and certificate after attending.



Join the Movement! Become a Dementia Friend Today!

Wednesday, October 16
10:00 AM-11:30 AM
Blackfoot Senior Center
20 East Pacific Street, Blackfoot

Register by calling
208-785-8060
or by emailing
jhbuck@uidaho.edu



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.

Persons with disabilities who require alternative means for communication or program information, or reasonable accommodations need to contact the Bingham County Extension by at least two weeks prior to the event at 412 West Pacific Street, Blackfoot, jhbuck@uidaho.edu, 208-785-8060

SAVE THE DATE

2024 East Idaho Beef School

November 19, 2024, 5:30 P.M.- 8 P.M. - **Blackfoot**
Bingham County Extension Office
412 W Pacific St., Blackfoot

November 20, 2024, 5:30 P.M.-8 P.M. – **Grace**
Location TBD

November 21, 2024, 6 P.M.- 8 P.M. – **Malad**
Onieda County Event Center,
459 S. Main St. Malad, ID 83252

Topics that will be covered:

Bull Selection

Herd Improvement



University of Idaho
Extension

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.



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.

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.

Our Day camps will begin in October for our new 4-H 2024-2025 year!

Oct	18	Frankenstein Pillow, TRADITIONAL ages 10+, 10 - noon, \$10
Nov	8	Christmas Pillow, TRADITIONAL ages 13+ , 10-noon, \$10
Nov	8	Christmas Pillow, TRADITIONAL ages 9-12 , 1-3 p.m. \$10

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>



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