

BINGHAM COUNTY EXTENSION UPDATE

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

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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 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 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.

UPCOMING EVENTS - SAVE THE DATE

2024 Calendar

April	9	Fitness Made Simple, 10-11 a.m., Bingham Office	
	11	Fitness Made Simple, 10-11 a.m., Bingham Office	
	12	Day Camps - See LAST Page for information	
	16	Fitness Made Simple, 10-11 a.m., Bingham Office	
	17	DEADLINE - Purina Animal Nutrition scholarship	
	17	EISF Market Animal Committee, 6 p.m., Bingham Office	
	17	Preserve for Fun, 9-noon, Jefferson Co	
	18	Teen Camp Counselor Training, 6:30-8 p.m., Bingham Office	
	18	Fitness Made Simple, 10-11 a.m., Bingham office	
	19	Straight Shooter Archery Club meeting, Archery Range	
	22	Swine Weigh-in, 4:30-6:30 p.m., EISF Swine barn	
	22	Postpartum Support Group, noon-1 p.m., Idaho Falls	
	23	Fitness Made Simple, 10-11 a.m., Bingham office	
	24	Bingham Market Sale Committee, 6:30 p.m., Bingham Office	
	25	District Training - Office Closed	
	25	Teen Camp Counselor Training, 6:30-8 p.m., Bingham Office	
	30	Fitness Made Simple, 10-11 a.m., Bingham Office	
	30	DEADLINE - ALL remaining Livestock/Animal project enrollment (Sheep, Meat Goat, Dog, Dairy Goat, Dairy Cattle, Horse, Breeding Poultry, Rabbit)	
			*NO LIVESTOCK ENROLLMENTS OR ADDING/CHANGING PROJECTS PAST THIS DATE INCLUDING BREEDING PROJECTS
	May	1	Preserve for Fun, 9-noon, Jefferson
2		Fitness Made Simple, 10-11 a.m., Bingham Office	
3		Day Camps - See LAST Page for information	
7		Fitness Made Simple, 10-11 a.m., Bingham Office	
7		Dining with Diabetes, 2-4 p.m., Bingham Office	
8		Teen Camp Counselor Training, 6:30-8 p.m., Bingham Office	
8		Preserve for Fun, 6-9 p.m., Jefferson Co	
9		Fitness Made Simple, 10-11 a.m., Bingham Office	
9		Preserve for Fun, 6-9 p.m., Jefferson Co	
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	
14		Dining with Diabetes, 2-4 p.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	
21		Dining with Diabetes, 2-4 p.m., Bingham Office	
27		Holiday - Office Closed	
28		Dining with Diabetes, 2-4 p.m., Bingham Office	
29		4-H Livestock Day Camp, 2-4 p.m., EISF Needlecraft Bldg	
29	Teen Camp Counselor Training, 6:30-8 p.m., Bingham Office		
31	DEADLINE - Last day to register for 4-H Camp		
June	3	DEADLINE - Preserve@ Home Enrollment	
	7	Market Rabbit Weigh-in, 8-9 a.m., Bingham Office	
	7	Teen Camp Counselor Training, 10-2 p.m., Bingham Office	
	17-19	4-H Camp , Alpine, WY	
	19	Holiday - Office Closed	
	24-26	Young Cattle Producers Conference, Lewiston, ID	
July	4	Holiday - Office Closed	
September	2	Holiday - Office Closed	
October	8-9	District Training - Office Closed	
	14	Holiday - Office Closed	

FAMILY & CONSUMER SCIENCES NEWS — *Message from Julie Buck, FCS Extension Educator***FAMILY & CONSUMER SCIENCES NEWS****Spring is in the air!!**

With more sunshine during the day, some of us may be thinking about how our homes look after a long winter. There may be extra clothing and winter gear around that needs a new home. If spring cleaning and organizing is something you would consider, think about the following questions to get you started.

- ◆ What items in your home have you kept for 10+ years?
 - ⇒ Does it have any financial value?
 - ⇒ Does it have any emotional value?

Personal items have value for resale and value to our well-being. For example, I have my grandmothers rocking chair which I have had reupholstered many times because it has emotional value to me. Another example is we recently moved, downsizing our home by half the square footage. A lot of items have been sold. To eliminate clutter and excess, consider what type of value our possessions have, then take action. If you are ready to start decluttering, prepare your home by assessing your “stuff”.

- Know the amount of space you will have to store items. This will guide how much to keep, what to sell, donate, gift, or discard.
- Develop a sorting system that works for you and gather necessary supplies.
 - * Three piles: donate, discard, store
 - * Make sure the piles go away!

- Ask adult children or relatives to remove their belongings. Don't be a warehouse!
- Plan for a significant amount of time.

When moments of frustration, anger, tears, or exhaustion happen during the process of sorting, take a break and know what you are feeling is normal.

Final suggestion: tackle organizing one room or one family member's items at a time.

For more resources, visit Who Gets Grandma's Yellow Pie Plate 38 minute video <https://youtu.be/z3NNNoVRQpI8?si=L1O3weJiD6TDCeY2> or ask Julie at jhbuck@uidaho.edu for a presentation to your group.

**Pressure canner lid checks daily
8 am-5 pm, \$2**

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

- **April 22, noon-1 p.m. Postpartum Support Group.** Moms with newborns-six month old infants gather to learn, support and heal. Lily Arden Lactation, Idaho Falls. Free. Register by calling 208-785-8060 or email Julie jhbuck@uidaho.edu
- **May 7, 14, 21, 28 from 2-4 p.m. Dining with Diabetes class.** A four-week course to learn the basics of behaviors to manage diabetes, meal ideas with cooking instruction/recipe tasting and coping techniques to improve your health. For persons with diabetes and those who take care of them. \$20 Register 208-785-8060 by April 26.
- **Fitness Made Simple!**
Starts January 23: Tuesday & Thursdays, 10:00-11:00 until May 21. Chair-based seated and standing toning/strengthening exercises. Use of hand weights, resistance bands, and/or exercise balls options. Modifiable for a variety of fitness levels. Suggested equipment: Resistance bands, 1-6 pound weights (provided), 7-9 inch exercise ball.

Julie Buck, Family and Consumer Sciences Educator

Jumping Spiders

Besides Wolf and Hobo spiders, this is the most common spider brought into the office for identification. It is a Jumping Spider. The family name is easy to remember if you speak Spanish. It derives from the Latin word for jump. The family name is Salticidae.

Jumping spiders, for the most part, are beneficial and should not be sprayed or killed. They compete for some of the same food as do Hobo and other more harmful spiders. Jumping spiders are one of the reasons I do not recommend spraying spiders. When you spray you end up killing beneficial spiders like this one.

Jumping spiders are my favorite spiders. They are medium to small spiders. In our area they are usually black with white markings. Their abdomen starts out wide and then tapers towards the spinners.

They have remarkable eyes. The first pair can rotate in all directions and can even move in and out for better focusing. This pair is probably sensitive to some color variations. The second pair is for peripheral vision. These spiders can see movement in a 360-degree field of view.

Their vision, along with their curiosity, helps this spider to move quickly to face any movement. They rarely run away.

They have unusually short and stout legs for a jumping critter. They jump from a standing start and catch prey (usually not larger than themselves) with their thickened forelegs. Their jumps are usually only a few centimeters long. Right now, there is a great video on the Disney channel called "A Bug's Life" (real). The first session has a great story about a hypothetical jumping spider.



Companion Plants for Beets

This week I have received a few questions about companion planting in gardens. Companion planting is a gardening system where plants that contribute to each other (or at least do not compete vigorously with each other) are planted next to each other. At times this can result in a synergistic cropping system. One example is the "three sisters" system where corn, squash and beans are planted together. The beans contribute fixed nitrogen, the corn a lattice for the beans, and the squash grows low not competing for the light in the upper canopy of plants. This group of plants can contribute to a balanced diet as the necessary amino acids for human nutrition are there in the three species. One of the questioners asked about what should be planted with beets. I will be using beets as an example of companion cropping. I referenced a book "Carrots love tomatoes" for the following information on companion planting.

Traditional gardens are planted with each species of vegetable separated a foot or more away from other species. This is because most plants aggressively compete for space, water, and nutrients. Keeping plants separate reduces this competition. There are situations when certain vegetables can be planted close together. This is called companion planting.

Kohlrabi makes a great companion crop for beets. They can be grown together because beet roots take nutrients from the soil at a deeper depth than kohlrabi. The beet root is deeper because the edible part of the beet is underground and takes up some space. These two crops are also fertilized, weeded, planted, and watered the same way. Crops that re-

quire similar management make better companions.

There are other crops that have similar management and will make good companion crops for beets. Onions work well with beets for the same reason kohlrabi is a good companion. Onions have one of the shallowest root systems of all garden crops. At maturity the onion root only mines the soil for nutrients to a depth of 1 ½ feet. Other crops that make great companions with beets include bush beans, lettuce and cabbage.

Many crops aggressively compete for light. These should not be grown with beets. When aggressive crops are grown in close association with beets, the beets will suffer. In most cases the beet plants will not die, but the edible root at harvest time will be smaller, dryer, and less nutritious. Crops that are too aggressive for sunlight to be good companions include corn, squash, watermelon, potato, tomato, and sunflower.

Some plants produce chemicals that inhibit the growth of other plants. You may have noticed that not much grows below a pine tree. The pine needles give off a chemical that negatively affects the growth of most plants. Many plants have this type of chemical defense. Mustards and some flowers should not be grown with beets because they inhibit the growth of the beets.

Bingham County Livestock Day Camp

EISF Needle Craft Building
Wednesday, May 29, 2024 (2 PM – 4 PM)

Join Bingham County 4-H for a free education day on May 29. 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.



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Join University of Idaho Extension for the

Idaho Young Cattle Producer Conference

June 24-26, 2024 | Lewiston

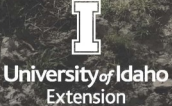


- Gain in-depth information on the Idaho cattle industry and valuable tools to be successful in the cattle business.
- Open to cattle producers between the age of 18 and 40.
- Highlights include a tour of the cattle industry, meat cutting demonstration, updates on current issues facing the cattle industry, 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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Purina News

Purina Animal Nutrition Offering \$20,000 in Scholarships to Assist Students in Agriculture

If caring for animals is a passion that runs deep within you, we want to be a part of supporting your future.

We've created the Purina Animal Nutrition Scholarship for the next-gen of animal caretakers. High school seniors and current undergrads with livestock, equine or poultry experience can apply for a chance to be rewarded for their unwavering commitment and tireless work.

To be considered for the scholarship, complete the application and share with us a valuable life lesson you've learned from your time caring for farm animals (livestock, poultry and/or horses).

Applications will open March 18. Deadline to register is April 17.

<https://www.facebook.com/share/QDgD9sg8b5NTmJNK/?mibextid=WC7FNe>



University of Idaho Extension Educators
Julie Buck & Deanna Poulsen

Preserve for Fun

Hands-on food preservation and education.

All supplies provided. May attend any combination of classes.
Take home a pint of processed food from each class.

Wed. April 17th, 9am-noon
Water bath canning
Salsa \$15.00

Wed. May 8th, 6-9 pm
Water bath canning
Mango Salsa \$15.00

Wed. May 1st, 9am-noon
Pressure Canning
Vegetable Stock \$15.00

Thurs. May 9th, 6-9 pm
Pressure Canning
Chicken/Ground Beef \$15.00



All spring series classes will be held at the Jefferson County Extension Office at 210 Courthouse Way, Upstairs Demo Kitchen. Space is limited.
Register by calling (208) 745-6685 or scanning the QR Code.
Unfilled classes will be canceled 7 days before class date. Register Early!



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Preserve @ Home provides research-based food preservation education across geographical barriers. Participants learn how to produce high quality preserved foods and the science behind food preservation and food safety.

Individuals with little or no previous food preservation experience are welcome. Anyone with an interest in food preservation and food safety can enroll in **Preserve @ Home**.

Enrollment & Payment Deadline
June 3, 2024

Online Course Available/Start Date
June 6 at 1:00 p.m. MT

Chats Thursday's 1:00 p.m. MT
June 13 – July 18



Cost: \$35 registration fee

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

Each lesson includes online text, online discussions to facilitate participant interaction, a video chat with classmates and instructors, and open book quizzes to assess knowledge gained.



Lessons

1. Causes and Prevention of Foodborne Illness
2. Spoilage and Canning Basics
3. Canning Acid Food: Boiling Water Canner
4. Canning Low Acid Foods: Pressure Canner - Dial/Weighted
5. Canning Specialty Foods (jams, jellies and preserves; salsas; pickled & fermented foods)
6. Drying and Freezing

Supplemental Materials

7. Nutritional Value & Cost of Preserved Foods
8. Miscellaneous Food Safety & Preservation
9. Preparing for and Coping with Emergencies and Disasters.
10. High Altitude Canning
11. Starting Right – Gardening for Success
12. Root Cellaring: Storing your Garden Harvest

For more information, contact University of Idaho Extension, Franklin County at 208-852-1097 or franklin@uidaho.edu.

It's time to enroll for the 2023-2024 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.

Regular Enrollment:

Ages 8-18 (by Jan. 1, 2024)

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, 2024)

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, 2024)

Idaho 4-H fee- 15.00
B.C. 4-H programming- 4.00
Eastern District 4-H horse activities
participation fee- 2.50
Member Insurance- 2.00

Total: \$23.50 (each up to 3 children,
then \$8.50 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.

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

Animal Projects

Sheep-April 30, 2024
Meat Goats-April 30, 2024
Dog-April 30, 2024
Dairy Goats-April 30, 2024
Dairy Cattle-April 30, 2024
Horse-April 30, 2024
Poultry-April 30, 2024
Rabbit-April 30, 2024

FCS

All FCS Projects -May 10, 2024

County/EISF 4-H Market Swine Weigh-in Monday, April 22 4:30-6:30 p.m.

EISF Swine Scales

Swine 4-H enrollments are due by
Friday, April 5, 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 Swine Participants must notify their leaders of the amount and type of tags (County/EISF) by April 5. 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 230 lbs.

- 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

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



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.

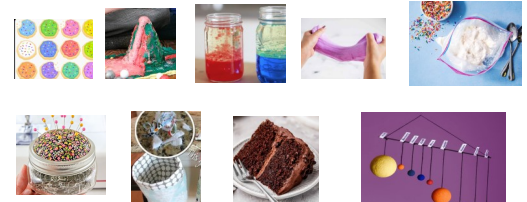
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|-------|-----|--|
| April | 12 | Sugar Cookies, TRADITIONAL, 11-1 p.m., \$7 |
| | 12 | Volcanos, TRADITIONAL, 9-11 a.m., \$5 |
| | 12 | Physics of Flight, TRADITIONAL, 1-2:30 p.m., \$4 |
| | 19 | Lava Lamps, CLOVERBUD, 9:30-11 a.m., \$5 |
| | 19 | Lava Lamps, TRADITIONAL, 1-2:30 p.m., \$5 |
| | 26 | PH & Density Science, CLOVERBUDS, 9:30-11:30 a.m., \$7 |
| | 26 | PH & Density Science, TRADITIONAL, 1-3 p.m., \$7 |
| May | 3 | Food Science, TRADITIONAL, 9:30-noon, \$8 |
| | 3 | Food Science, CLOVERBUD, 1-3:30 P.M., \$8 |
| | 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 |

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.

COOPERATIVE EXTENSION SYSTEM
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 BINGHAM COUNTY
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To keep current and up-to-date!

UI Extension, Bingham County