

BINGHAM COUNTY EXTENSION UPDATE

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

INSIDE THE ISSUE

FOOD & CONSUMER SCIENCE NEWS

National Blood Donation Month!
Pages 3

HORTICULTURE & FORAGE NEWS

Slug Control in Alfalfa
Page 4

4-H NEWS

Annie's Project 101
Risk management for small and
direct marketing farms
Page 5

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 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, 2024
First time Leader registration-
February 16, 2024

Animal Projects

Market Poultry-February 1, 2024
must be ordered and paid through office
Beef-February 23, 2024
Swine-April 5, 2024
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

UPCOMING EVENTS - SAVE THE DATE

2024 Calendar

4-H PREMIUMS ARE AVAILABLE TO BE PICKED UP!

January	1	Holiday - Office Closed	
	5	Day Camps - See LAST Page for information	
	5	DEADLINE - To register for Livestock Management Skillathon, online see pg 7.	
	8	DEADLINE - Last day to register for KYG	
	10	EISF Market Sale Committee, 6 p.m., Bingham Extension	
	11	DEADLINE - Grow Ag Leaders scholarship due, www.fund.bayer.us	
	12	Straight Shooter Archery Club meeting, office	
	15	DEADLINE - Preserve @ Home registration due, online	
	15	Holiday - Office Closed	
	17	Understanding Alzheimer's Disease, Idaho Falls	
	18	Preserve @ Home, online weekly	
	20	Livestock Skillathon, Jerome Co	
	21	DEADLINE-registration for Annie's Project 101, online	
	24	Bingham Market Sale Committee, 6:30 p.m., Office	
	26	Day Camps - See LAST Page for information	
	26	Annie's Project 101, zoom	
	26	Straight Shooter Archery Club meeting, Archery Range	
	31	DEADLINE - Re-enrollment for CURRENT leaders	
	February	1	DEADLINE - Market Poultry project enrollment & pre-payment for birds
		2	Day Camps - See LAST Page for information
		2	Annie's Project 101, zoom
		9	Day Camps - See LAST Page for information
		9	Straight Shooter Archery Club meeting, Archery Range
		9	Annie's Project 101, zoom
		16	Day Camps - See LAST Page for information
		16	DEADLINE - NEW leader enrollment
16		Annie's Project 101, zoom	
17-19		KYG Conference, Boise Id	
19		Holiday - Office Closed	
23		DEADLINE - Beef project enrollment	
23		Annie's Project 101, zoom	
March	1	Annie's Project 101, zoom	
	8	Straight Shooter Archery Club meeting, Archery Range	
	8	Sew 4-H Fun club meeting, 1-3 p.m., office	
	15	Sew 4-H Fun club meeting, 1-3 p.m., office	
	20	Day Camps - See LAST Page for information	
	22	Day Camps - See LAST Page for information	
	23	Straight Shooter Archery Club meeting, Archery Range	
	25	DEADLINE - Bingham County 4-H Scholarships due to office	
	29	Straight Shooter Archery Club meeting, Archery Range	
	29	Sew 4-H Fun club meeting, 1-3 p.m., office	
April	5	Sew 4-H Fun club meeting, 1-3 p.m., office	
	5	DEADLINE - Swine project enrollment	
	19	Straight Shooter Archery Club meeting, Archery Range	
	25	District Training - Office Closed	
	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	3	Day Camps - See LAST Page for information	
	10	Day Camps - See LAST Page for information	

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

National Blood Donation Month
In the winter of 1996 my only son who was 12 year old had a snowmobile accident. His injuries included a fractured femur, which is the largest bone in the upper leg. Because there is a femoral artery just behind the bone, my son lost a significant amount of blood. Before surgery the doctor asked if I would agree to donor blood being used. I agreed and my son was given a blood transfusion to recover. I am so grateful to the anonymous donor who helped save my sons life. Donating blood takes 45-60 minutes and one unit of blood can be separated into four individual components to help save lives. To find a donation site near you visit www.aabb.org/for-donors-patients/give-blood to schedule your donation or donate at American Red Cross Blood Donation Center in Idaho Falls, 800-733-2767

New Year resolutions to live healthy

Among the most common New Year resolutions is weight loss, and for good reasons. In the United States between 1999 and 2020, numbers published in the Journal of the American Heart Association noted a

three-fold increase in obesity related deaths from heart disease, which is directly associated with obesity. Obesity effects 42% of the population in the U.S.

Recently medications to treat diabetes have become available to non-diabetics, namely Ozempic, Wegovy, and Mounjaro to name a few, all injectable which require a prescription and should include doctor care.

These medications decrease appetite by changing our sensation of fullness (satiety), slow stomach emptying, and releasing more insulin from the pancreas. Long-term complications will be known years from now but risks include low blood sugar (hypoglycemia), loss of facial fat, loss of lean body mass and rebound weight gain once injectable meds are stopped, to name a few.

Healthy lifestyle changes need to happen no matter the weight loss strategy used: psychological, social, and environmental factors which drive obesity need to be addressed. Walking releases endorphins to improve our mood, raises our heartrate and improves circulation. Meditation, deep breathing, and Yoga provide moments to completely relax, reset, and rejuvenate our mind and bodies. For tips on living a healthier life visit your local Extension office for fitness and nutrition classes.

Food Safety

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

Youth Classes

February 2 4-H Valentine chocolate candy day camp

May 10 4-H Mother's Day gift day camp

Julie Buck, Family and Consumer Sciences Educator

Slug Control in Alfalfa

I have never written concerning slug control in alfalfa prior to this. We did have some slug damage to a few fields of alfalfa this past growing season. This may have been to frequent irrigations and condensed irrigation cycles due to hot weather. Slug populations are favored when conditions are kept moist and never dry out. All mollusk and most insect pest populations will be affected by irrigation management practices. Remember to use our desert environment against pests.

The Pacific Northwest Insect Management Handbook has some great information on slugs in Alfalfa. Their pest description and crop damage paragraph reads as such, “Snails and slugs are nocturnal and generally feed during the night damaging many varieties of plants and plant seedlings. They inhabit damp, moist areas around decaying refuse, organic matter, and hide at the base of growing plants. Their presence can be detected by the shiny trails left on the soil surface. Damage is to new seedlings and primarily to hay grown west of the Cascades.” That is a great description of the issues with slugs in alfalfa. Most years slugs will not be a problem, but it is good to be aware of how to deal with slugs.

The chemical control management from the PNW is the use of metaldehyde baits such as Deadline MP or Trail’s End LG. The regulations are as follows, “The pre harvest interval is 0 days, with a restricted entry interval of 12

hours. Broadcast bait should be applied to the soil over hot spots in the field. Do not apply to edible plant parts or allow contamination. Do not apply to dry soil. For best results, apply soon after rain or irrigation, and apply in the evenings when slugs are most active. Rain and irrigation water following application will deactivate baits. See specific product label for rates.”

You may also use mechanical control but with limited success in alfalfa field conditions.

For additional information, see: http://ohioline.osu.edu/ent-fact/pdf/ENT_20_14.pdf. <http://ohioline.osu.edu/ent-fact/pdf/0020.pdf>



Alfalfa Seedling Management for the 2024 Season

It is not too early to begin preparing for our next growing season. It is hard to tell at this point if there will be any drought issues in the spring, but I don’t like to see bare ground at the first of the year. There are many weeks left for snow accumulation, but if we have limited snow accumulation it will be imperative to manage seedling alfalfa carefully. Bruce Anderson in the past has had some great words on this issue. He states the following in his past Hay and Forage Minute.

“Alfalfa seedlings are tough. Despite their slow rate of growth and tender appearance, many of them manage to survive stressful conditions and become productive hay-makers. But some years are harder on these seedlings than others, and this is one of those years. Because of the extended heat and dry weather, alfalfa seedlings are experiencing more stress than usual, so anything you can do to reduce stress and competition will help. One place to begin is weed control. Weeds use moisture and intercept light, two critical needs of seedlings. If weeds aren’t large and are growing actively, herbicides are a good option.

Otherwise, clipping may be necessary. If you must clip, be careful that you don’t smother seedlings with your clippings. And leave a tall stubble so seedlings don’t go into shock after clipping due to the sudden change in their micro-environment. Also scout for insects. Leafhoppers, aphids, grasshoppers, and other insects cause extra problems during stressful weather. Timely insecticide application or mowing is more important than ever. Finally, what about harvest? During drought, I like to give seedlings seventy days or more since planting before harvest. They probably will be in full bloom, but they also will have a pretty good root system to gather whatever moisture they can or grow quickly after it rains. They may be short, but at today’s hay prices, it doesn’t take much to pay harvest costs.”

I agree that during drought conditions you will be better off in the long run by letting the crop go to full flower. You will take a price hit if the crop is for Dairy consumption but stand longevity will pay off over the next three to four years.





ANNIE'S PROJECT 101

Risk Management for Small and Direct Marketing Farms

6 Live Zoom Classes | Every Friday January 26 - March 1 | 9 am - 12 pm PT / 10 am - 1 pm MT | \$35

Register at:

<https://www.eventbrite.com/e/annies-project-101-tickets-740293978217>

Annie's Project 101

Risk Management for Small and Direct Marketing Farms

6 Live Friday Morning Zoom Sessions

January 26 and February 2, 9, 16, & 23 and March 1, 2024

9am - 12pm PT / 10am - 1pm MT

Cost: \$35 | Registration Deadline: January 21, 2024

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 in Idaho. **Participants in the course will gain a better understanding of a variety 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.

Questions? Contact Colette DePhelps (cdephelps@uidaho.edu) or Jen Werlin (jwerlin@uidaho.edu)

Hosted by: University of Idaho Extension & Idaho Cultivating Success 2024 Annie's Project sponsors: Chobani, AgWest Farm Credit, Idaho Women in Ag, USDA NIFA Award #2019-68006-29325



For information regarding the **Bingham County 4-H scholarship** please contact Heather 208-785-8060. Scholarship deadline is March 25, 2024.

For information regarding scholarship opportunities through the **University of Idaho** please go to this link <https://www.uidaho.edu/extension/4h/programs/scholarships>



Sew 4-H Fun Sewing Club will be sewing bucket hats this year. Club meeting dates will be March 8, 15, 29 and April 5 from 1:00-3:00 p.m. at the Extension Office.



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: January 18, 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:

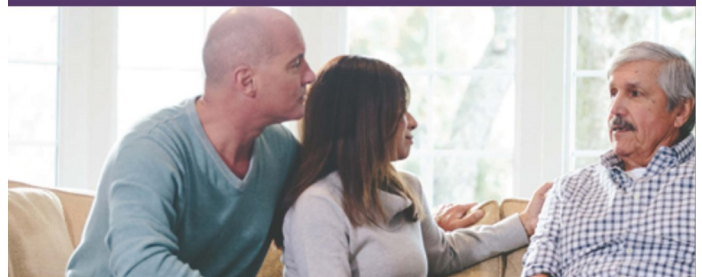
JANUARY 15, 2024

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.

UNDERSTANDING ALZHEIMER'S DISEASE & BRAIN HEALTH: Protecting Your Cognitive Assets

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



Join us to learn about:

- The impact of Alzheimer's
- The difference between Alzheimer's & dementia.
- Alzheimer's disease stages and risk factors.
- Current research and treatments to address symptoms.
- Alzheimer's Association resources.

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

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

Date: Wednesday, January 17, 2024
Time: 12:00 AM to 1:30 PM

Idaho Falls Public Library
457 W. Broadway St.
Idaho Falls, ID 83402

Please register at bit.ly/idahofalls117
or call 208-350-6823 or 208-529-1390
or email jocornilsen@alz.org

In collaboration with:



ALZHEIMER'S ASSOCIATION

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

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 2023-24 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.
- Volunteer Orientation Modules

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.



Tentative Dates for the Straight Shooters Archery Club

If there is anyone interested in becoming a Shooting Sports Volunteer, please call the office for details. 208-785-8060. Register for club on 4h.zsuite.org.

This Archery Club is for beginner archers.

This club is a non-competitive club. Please call the 4-H office if you have a youth looking for a competitive option.

January 12-Extension Office
January 26; February 9, 23;
March 8, 29; April 19-at the
Blackfoot River Bowmen Archery Range



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.

- | | |
|----------|--|
| January | 26 Yeast Breads, TRADITIONAL, 1-3 p.m., \$8 |
| February | 2 Chocolate dipping/Suckers, CLOVERBUD, 10-11:30 a.m. \$5 |
| | 2 Chocolate dipping/Suckers, TRADITIONAL, 1-2:30 p.m. \$5 |
| | 9 Valentine Gnome, TRADITIONAL, 1-3 p.m., \$5 |
| | 16 Pizza, TRADITIONAL, 1-3 p.m., \$8 |
| March | 20 Ukrainian eggs, TRADITIONAL, 9 a.m.-noon, \$7 |
| | 22 Bunny/Leprechaun craft, CLOVERBUD, 10-11:30 a.m., \$5 |
| | 22 Bunny/Leprechaun craft, TRADITIONAL, 12:30-3 p.m., \$9 |
| May | 3 Idaho Stars & Stripes, CLOVERBUD, 10:30-noon, \$7 |
| | 3 Idaho Stars & Stripes, TRADITIONAL, 12:30-2:30 p.m., \$7 |
| | 10 Mother's Day Gift, CLOVERBUD, 10-11 a.m. \$5 |
| | 10 Mother's Day Gift, TRADITIONAL, 1-3 p.m. \$5 |

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:

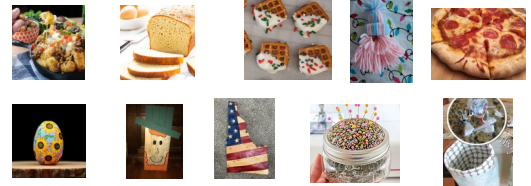
Julie Buck, Family & Consumer Sciences
Reed Findlay, Forages/Horticulture
Carmen Willmore, 4-H/Livestock

Staff:

Krista Cernyar, Office Manager
Heather Strupp, 4-H Coordinator
Arizona Hansen, 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
 UNIVERSITY OF IDAHO
 BINGHAM COUNTY
 412 WEST PACIFIC
 BLACKFOOT ID 83221

NON-PROFIT ORGANIZATION
 U.S. POSTAGE PAID
 BLACKFOOT ID 83221
 PERMIT No. 291



To keep current and up-to-date!

UI Extension, Bingham County