

BINGHAM COUNTY EXTENSION UPDATE

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

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Ten youth and two chaperones from Bingham County attended the Know Your Government (KYG) Conference over President's Day Weekend. They learned about the Judicial and Legislative Branches of government, by participating in a mock trial and a mock legislative session.



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.

UPCOMING EVENTS - SAVE THE DATE

2024 Calendar

March	8	2024 Forage School, 9-noon, Terreton
	8	Straight Shooter Archery Club meeting, Archery Range
	8	Sew 4-H Fun club meeting, 1-3 p.m., office
	8	Day Camps - See LAST Page for information
	12	Fitness Made Simple, 10-11 a.m., Bingham office
	12	2024 Forage School, 9-noon, St. Anthony
	13	Postpartum Support Group, noon-1 p.m., Bingham office
	14	Fitness Made Simple, 10-11 a.m., Bingham office
	15	Day Camps - See LAST Page for information
	15	Sew 4-H Fun club meeting, 1-3 p.m., office
	18-22	4-H Quilt Away, 9-11 a.m. M/T, 1-3 p.m. W, 9-11 a.m. TH/F, office
	19	Fitness Made Simple, 10-11 a.m., Bingham office
	20	Day Camps - See LAST Page for information
	21	Fitness Made Simple, 10-11 a.m., Bingham office
	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
	26	Fitness Made Simple, 10-11 a.m., Bingham office
	27	Postpartum Support Group, 1-2 p.m., Idaho Falls
	28	Fitness Made Simple, 10-11 a.m., Bingham office
	29	Straight Shooter Archery Club meeting, Archery Range
	29	Day Camps - See LAST Page for information
	29	Sew 4-H Fun club meeting, 1-3 p.m., office
April	2	Fitness Made Simple, 10-11 a.m., Bingham office
	4	Fitness Made Simple, 10-11 a.m., Bingham office
	5	Sew 4-H Fun club meeting, 1-3 p.m., office
	5	DEADLINE - Swine project enrollment
	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
	18	Fitness Made Simple, 10-11 a.m., Bingham office
	19	Straight Shooter Archery Club meeting, Archery Range
	23	Fitness Made Simple, 10-11 a.m., Bingham office
	25	District Training - Office Closed
	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	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
	9	Fitness Made Simple, 10-11 a.m., Bingham office
	10	Day Camps - See LAST Page for information
	10	DEADLINE - All Non-Livestock project enrollment
	14	Fitness Made Simple, 10-11 a.m., Bingham office
	16	Fitness Made Simple, 10-11 a.m., Bingham office
	21	Fitness Made Simple, 10-11 a.m., Bingham office
	23	Fitness Made Simple, 10-11 a.m., Bingham office
	27	Holiday - Office Closed
	28	Fitness Made Simple, 10-11 a.m., Bingham office
	30	Fitness Made Simple, 10-11 a.m., Bingham office

FAMILY & CONSUMER SCIENCES NEWS — *Message from Julie Buck, FCS Extension Educator***FAMILY & CONSUMER SCIENCES NEWS****Week 1: Stay nourished on any budget.**

- Learn cooking, food preparation and meal planning skills.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.

Practice home food safety.

Week 2: See a Registered Dietitian Nutritionist (RDN).

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Receive personalized nutrition information to meet your health goals.

Learn about the many ways RDNs can help people live healthier lives

Week 3: Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Experiment with recipes using different ingredients.

Try new foods or global cuisines.

Week 4: Eat with the environment in mind.

- Get creative with leftovers and ways to reduce food waste.
- Enjoy more plant-based meals and snacks.
- Buy foods in season and from local farmers when possible.

Grow food at home or in a community garden.

To learn more visit <https://www.eatright.org/national-nutrition-month>

**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:

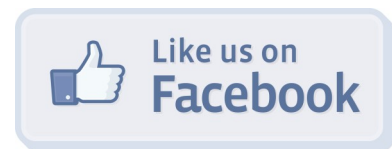
- The Village. Material Donations for Foster Care. Accepting clothing, shoes, baby gear, diapers, wipes, hygiene items, school items, and quilts.
35 E Pacific Street, Blackfoot. M-F 10-2pm, W 6-8 pm. 208-569-6296
- Watch for many non-perishable food drives. Bingham Crisis Center at 288 N. Shilling, Blackfoot 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

- **March 13, noon-1 p.m. Postpartum support group.** Moms with newborns-six month old infants gather to learn, support and heal.
- **March 14, 1-2 p.m. Alzheimer's and Dementia Brain Health.** Learn the 10 warning signs of Alzheimer's and how healthy eating can improve your brain health. This class will be taught in Spanish at Aberdeen Senior Center, 92 W. Washington.
- **Fitness Made Simple!**
Starts January 23: Tuesday & Thursdays, 10:00-11:00 am
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



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

Forages Following Small Grains

Seed bed preparation is the most critical step in forage seeding that is sometimes overlooked or ignored. You need a firm seedbed for alfalfa for good soil seed contact, and the soil can be in remarkable shape following grain harvest.

Alfalfa and other forages can be successfully no-till drilled following harvest directly into the stubble. The old methods of seeding after disking and seeding with a companion crop of oats for weed control are for the most part outdated, due to better drills and herbicides. No-till has some great advantages that conserve moisture, soil, and fertility, as well as less weed seed germination issues compared to traditional seedbed preparation. There are issues that need to be managed such as low soil temperatures issues that can lead to slow or reduced germination and a poor stand.

Proper straw residue management is critical for this system to work. You must have a good straw chopper on the rear of the combine to chop and spread the chaff out evenly. Baling and removing the straw in irrigated fields is usually required. The no-till

drill must be in good working order to deal with any residues and must be properly calibrated. Cross drilling can also help avoid a spotty stand.

Be prepared to use herbicides to control weeds and volunteer grain. Good weed control in the grain crop will make this step easier.

You are aiming for a seed bed that is firm and leaves only a small heel print as you walk across it. A well-managed small grain field following grain harvest may have great conditions for seeding alfalfa and other forage crops.



Wind Scorpions

I have had a few of these critters brought in to the office this fall (2023), and they have also shown up on the questions people send to my e-mail account. At first glance it looks like a Jerusalem Cricket. It is the same color and body size. It, however, is not a Jerusalem Cricket.

It is a Wind Scorpion. Other common names are sun spider or sun scorpion. It is not in the insect (Insecta) class. It is in the spider (Arachnida) class. Its order is Solpugida. That is more than most clients want to know. Most just want to know if it can hurt them.

Wind Scorpions have no poison glands, but the bite can hurt. They have very large chelicerae (mouth parts) that they use to feed on insects. They are nocturnal predators, and hide during the day under rocks or in burrows. They run fast and are about an inch in length. They mainly occur in desert areas (like ours). There is no real reason to be alarmed if you come across one. We usually do not see these Arthropods because they are good at hiding from us.





CULTIVATING SUCCESS™
sustainable small farms education

TUESDAY, MARCH 12, 2024

11 am - 12 pm PST / 12-1 pm MST

**Farmland Preservation and Fostering
Wildlife Habitat on Your Farm or Ranch**

Learn about farmland preservation efforts in Idaho, including conservation easements and support for habitat enhancement on your farm or ranch.

Presenters:

Lovina Englund, Palouse Land Trust
David Anderson, American Farmland Trust/NRCS
Jen Elliott, Latah Soil & Water Conservation District
Erika Eschholz, Teton Full Circle Farm
Diane French, NRCS Easement Support Specialist
Deej Brown, NRCS State Urban Conservationist
Dustin Cureton, Idaho Department of Fish and Game

Facilitators:

Jen Werlin, University of Idaho Extension
Jemila Chellappa, University of Idaho Extension

THURSDAY, MARCH 14, 2024

11 am - 12 pm PST / 12-1 pm MST

**Financial and Business Development
Resources for Farmers**

Join us to learn about financial resources from FSA and AgWest Farm Credit and business development support from the Small Business Development Centers for farmers.

Presenters:

Jesika Harper, AgWest Farm Credit
Ransom Satterlee, USDA Farm Services Agency
Marnie Baker, Small Business Development Center

Facilitators:

Melissa Hamilton, University of Idaho Extension
Colette DePhelps, University of Idaho Extension

THURSDAY, MARCH 21, 2024

11 am - 12 pm PST / 12-1 pm MST

**Idaho State Department of Agriculture -
Your Statewide Resource**

The Idaho State Department of Agriculture supports agricultural operations with certifications, trainings, and regulations. This session will highlight the Farm and Ranch Center, Idaho Preferred marketing, and more.

Presenters:

Cailey Woods, ISDA Farm & Ranch Center
Chelsea Conlon, ISDA Marketing & Development,
Idaho Preferred

Facilitators:

Rebecca Mills, University of Idaho Extension
Ariel Agenbroad, University of Idaho Extension

TUESDAY, MARCH 19, 2024

11 am - 12 pm PST / 12-1 pm MST

**Scale Up! Resources for Growing Markets,
Value-Added and Local Food Businesses**

Learn about the new USDA-funded Northwest and Rocky Mountain Regional Food Business center and how the Center can support your Idaho food/farm business with free technical assistance or a business builder grant.

Presenters:

Colette DePhelps, University of Idaho Extension
Katie Baker, FARE Idaho
Janna Hammett, UI Extension / Tech Help
Hannah Harris, Sun Valley Institute for Resilience

Facilitators:

Colette DePhelps, University of Idaho Extension
Melissa Hamilton, University of Idaho Extension

Join Idaho Cultivating Success for this FREE webinar series designed to help you access agency and organizational resources available to support Idaho small farms and ranches. While participants are encouraged to attend all sessions, we know producers have busy schedules. Choose to attend the webinars most relevant to your farm, ranch or food business. All webinars will be recorded and posted on the Idaho Cultivating Success YouTube channel.

Register at: [Idaho Small Farm & Ranch Webinar Series \(cultivatingsuccess.org\)](https://cultivatingsuccess.org)



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>



2024 FORAGE SCHOOL

Join UI Extension for the 2024 Forage School offered at five locations in Eastern Idaho.

DATES & LOCATIONS:

- MARCH 6 | 412 W. PACIFIC ST., BLACKFOOT | 1-4 P.M.
- MARCH 7 | 186 W 200 N, PRESTON | 9 A.M.-12 P.M.
- MARCH 7 | 459 S. MAIN ST., MALAD | 1-4 P.M.
- MARCH 8 | 1256 E 1500 N, TERRETON | 9 A.M.-12 P.M.
- MARCH 12 | 19 W 1ST N, ST. ANTHONY | 9 A.M.-12 P.M.

COST & REGISTRATION:

\$15/person. Pre-register by contacting Joseph Sagers at jsagers@uidaho.edu or 208-745-6685, or pay at the door.

The University of Idaho provides and 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.



University of Idaho
Extension

Join us to learn, share, and recover

Postpartum Support group



For women and newborns
6 weeks to 6 months postpartum
Free to attend

Register 208-785-8060
Contact Julie with questions
jhbuck@uidaho.edu

MARCH 13
12:00 noon to 1 pm

MARCH 27
1 -2 pm

UI Extension Office, 412 W. Pacific Street
Blackfoot, Idaho

6019 Lemhi Street
Idaho Falls

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

10 SEÑALES DE ADVERTENCIA DE LA ENFERMEDAD DE ALZHEIMER

Co-presentado por la Extensión de la Universidad de Idaho y la Asociación de Alzheimer.



La enfermedad de Alzheimer, así como otras clases de demencia, ocasionan cambios en la memoria, el pensamiento y el comportamiento que interfieren en la vida diaria. Aprenda con nosotros las 10 señales de advertencia comunes y qué debe observar en usted y en otras personas.

El programa de una hora de duración incluye lo siguiente:

- » Cambios típicos relacionados con la edad.
- » Señales de advertencia comunes de la enfermedad de Alzheimer.
- » Cómo acercarse a una persona que tiene inquietudes relativas a la memoria.
- » Detección temprana, los beneficios de un diagnóstico y el proceso de diagnóstico.
- » Recursos de la Alzheimer's Association.

Fecha: jueves 14 de marzo de 2024
1:00 pm 2:00 pm
Aberdeen Senior Center
92 W Washington Ave
Aberdeen, ID 83210
Para más información o para registrarse:
escanea/haga click aquí o comuníquese con:

Mercedes Muñoz
(208) 206-0041
mmunoz@alz.org



bit.ly/aberdeemar14

En Colaboración con:



University of Idaho
Extension

ALZHEIMER'S ASSOCIATION

Visite alz.org/CRF para explorar los programas educativos adicionales por Internet y en su zona.

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.

4-H Quilt Away

Youth must know how to sew. Youth must attend all classes during Spring Break week March 18-22.

Monday and Tuesday March 18-19, 9am-11am, Wednesday 20, 1-3 pm, Thursday and Friday 21-22, 9-11 am. If we have time, the quilts will be bound and tied at the office.

\$10 fee for batting

Nine youth, 10+ years old, Must enroll in 4-H to participate.

Make a quilt top in one week. This 9 square quilt measures 37 X 39 inches and uses corner tips to create a star pattern. The finished quilt will be held and entered into the 4-H county fair.

Bring your own fabric: Three packages of 5-inch square coordinating colors charm pack, ¾ yard coordinating border fabric, ½ yard binding fabric, and 3 ¼ yards quilt back. *Be sure to buy quality quilt fabric.*



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

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

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

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.

- | | |
|-------|---|
| March | 20 Ukrainian eggs, TRADITIONAL, 9 a.m.-noon, \$7 |
| | 8 Egg Drop, CLOVERBUD, 9-9:45 a.m., \$5 |
| | 8 Egg Drop, TRADITIONAL, 10-11 a.m., \$5 |
| | 8 *Meatloaf & mashed potatoes, TRADITIONAL, 11-1 p.m., \$8 |
| | *corrected time |
| | 15 Sewing Machine Challenge, TRADITIONAL, 9:30-11:30 a.m. \$5 |
| | 20 Ukrainian Eggs, TRADITIONAL, 9-noon, \$7 |
| | 22 Bunny/Leprechaun craft, CLOVERBUD, 10-11:30 a.m., \$5 |
| | 22 Bunny/Leprechaun craft, TRADITIONAL, 12:30-3 p.m., \$9 |
| | 29 Floating Foil Boat, TRADITIONAL, 9:30-11 a.m., \$2 |
| April | 12 *Sugar Cookies, TRADITIONAL, 11-1 p.m. \$7 *corrected time |
| 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:

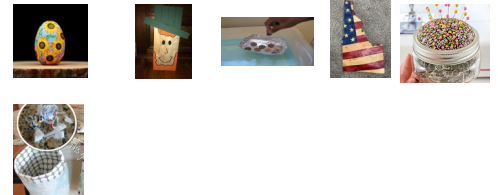
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Web Site:

<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

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To keep current and up-to-date!

UI Extension, Bingham County