



BINGHAM COUNTY EXTENSION **U** PDATE

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

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Meet our NEW Food and Consumer Science Educator: Abby May!

We are excited to introduce Abby May, our new FCS Extension Educator! Abby comes to us from Utah State University Extension where she worked with the SNAP-ed program, teaching classes about eating healthy on a budget. Abby is a Registered Dietitian with special interests in food security, and community nutrition. Abby will be working in areas of nutrition and wellness, food preservation, and 4H youth development.

Abby is originally from Lehi, Utah, and was excited to join Bingham County Extension and move to Southeast Idaho to be closer to Idaho-based family. When not at work, she can be found reading, running, or trying new recipes with her husband. If you have questions or would like to discuss how Abby can best serve your needs, she is best reached by email at abbymay@uidaho.edu, or by calling the Bingham County Extension office at (208) 785-8060.



UPCOMING EVENTS – SAVE THE DATE

2026 Calendar

March	2	DEADLINE – EISF Butler Amusements College Scholarship, online https://funatthefair.com/scholarships/
	4	Upper Valley Soil Health Forum, Rexburg - contact Jared Gibbons 208-356-3191
	5	Forage School, Preston - contact Bracken Henderson 208-852-1097
	6	Forage School - Mud Lake & St Anthony - contact Joseph Sagers 208-270-4031
	7	Market Beef Weigh-in, 8-9:30 a.m., Blackfoot livestock Auction Yard
	11	Leader's Council Meeting, 6 p.m., Bingham Office
	11	Pesticide Applicator Training, online - contact Tom Jacobsen 208-624-3102
	13	DAY CAMPS - see last page for information
	17	DEADLINE – Freezer Meal Boot Camp registration and payment
	19	Freezer Meal Boot Camp, 6-8 p.m., \$60, Blackfoot – contact Bingham County 208-785-8060
	20	DAY CAMPS - see last page for information
April	10	DAY CAMPS - see last page for information
	10	DEADLINE - all Swine Project Enrollment (Breeding & Market)
	13	DAY CAMPS - see last page for information
	14	Fitness Made Simple, 9-10 a.m., Bingham Extension – contact Abby May 208-785-8060
	15	EISF Non-Market Sale Committee Meeting, 4 p.m., Bingham Extension Office
	15	EISF Market Sale Committee Meeting, 6 p.m., Bingham Extension Office
	16	Fitness Made Simple, 9-10 a.m., Bingham Extension – contact Abby May 208-785-8060
	17	DAY CAMPS - see last page for information
	20	Market Swine Weigh-in, 4:30-6:30, EISF Swine Barn – *must bring bill of sale
	21	Fitness Made Simple, 9-10 a.m., Bingham Extension – contact Abby May 208-785-8060
	23	Fitness Made Simple, 9-10 a.m., Bingham Extension – contact Abby May 208-785-8060
	24	DAY CAMPS - see last page for information
	24-25	Goat AI Clinic, 9-5p.m., Bingham Office – contact Carmen Willmore 208-785-8060
	28	Fitness Made Simple, 9-10 a.m., Bingham Extension – contact Abby May 208-785-8060
	29	Bingham County Market Animal Sale Committee Meeting, 6:30 p.m., Bingham Extension Office
	30	Fitness Made Simple, 9-10 a.m., Bingham Extension – contact Abby May 208-785-8060
	30	Office Closed for Training – Eastern District Meeting
	30	Teen Camp Counselor Training, 6-7:30 p.m., Bingham Extension Office
	30	DEADLINE - all Sheep Project Enrollment (Breeding & Market)
	30	DEADLINE - all Meat Goat Project Enrollment (Breeding & Market)
	30	DEADLINE - all Dog Project Enrollment
	30	DEADLINE - all Dairy Goat Project Enrollment
	30	DEADLINE - all Dairy Cattle Project Enrollment
	30	DEADLINE - all Horse Project Enrollment
	30	DEADLINE - Poultry Project Enrollment (Breeding)
	30	DEADLINE - all Rabbit Project Enrollment (Breeding & Market)
May	5	Fitness Made Simple, 9-10 a.m., Bingham Extension – contact Abby May 208-785-8060
	7	Fitness Made Simple, 9-10 a.m., Bingham Extension – contact Abby May 208-785-8060
	12	Fitness Made Simple, 9-10 a.m., Bingham Extension – contact Abby May 208-785-8060
	14	Fitness Made Simple, 9-10 a.m., Bingham Extension – contact Abby May 208-785-8060
	14	Teen Camp Counselor Training, 6-7:30 p.m., Bingham Extension Office
	18	Market Sheep/Market Meat Goat Weigh-in, 4:30-7 p.m., EISF Goddard Pavilion - *must bring COOL documents
	19	Fitness Made Simple, 9-10 a.m., Bingham Extension – contact Abby May 208-785-8060

National Nutrition Month

March is National Nutrition Month! National Nutrition Month is a campaign started in 1973 by the Academy of Nutrition and Dietetics. Each year there is a new theme and nutrition focus. The theme for 2026 is “Discover the Power of Nutrition”. This campaign shares four weekly messages for the month of March.

1. Power your day with Nutrition
2. Find Advice Backed by Science
3. Stay Nourished on Any Budget
4. Feel good with Healthy Habits

This month, try to find one or two activities you can do each week as you follow along with the campaign. Some examples could be eating fruit and vegetables at each meal, checking to see if your health insurance covers visits with a registered dietitian, checking grocery store sale ads, and trying a new way to stay active. Take charge of your nutrition this month!

Let me know what you'd like to see

As we get ready to get more Family and Consumer Sciences (FCS) classes on the schedule for this year, we are reaching out to ask what people are interested in learning from Extension. Please scan the QR code below to participate in a brief survey. Alternatively, email Abby May abbymay@uidaho.edu and share your thoughts.



Upcoming Classes

Freezer Meal Bootcamp March 19; 6-8 PM; Bingham County Extension Office

Come join us for a Freezer Meal class! Perfect for busy families, new parents, or anyone who wants an easier mealtime. We will be learning about how to use the freezer for meal prep. Each participant will make 4 freezer meals to take home. Call 208-785-8060 to register. Registration deadline March 17th.

Cost: \$60 per set of meals

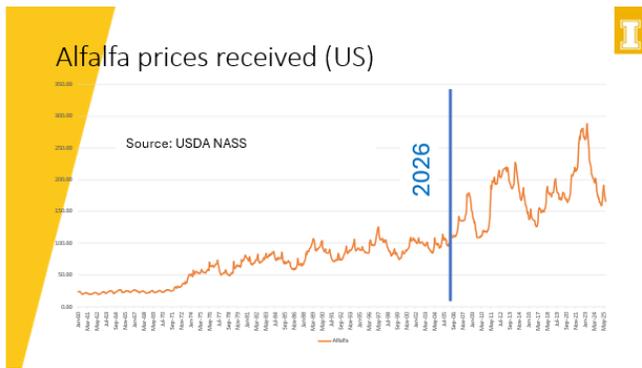
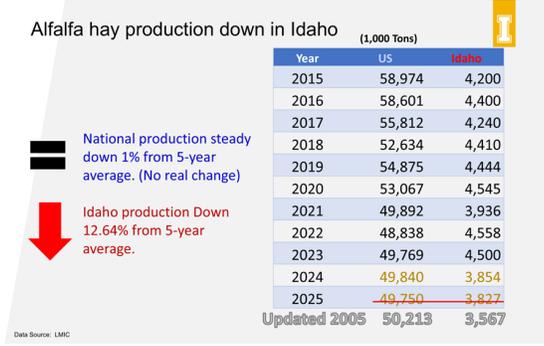
Fitness Made Simple Tuesdays and Thursdays 9AM-10AM April 14-May 21 Bingham County Extension Office

Fitness made Simple is a chair-based seated and standing toning/strengthening exercise class. We will explore the use of hand weights, resistance bands, and/or exercise balls. Modifiable for a variety of fitness levels. If participants are unable to use stairs, please mention for accommodation. Join us for a **free** 6-week session to meet new friends, gain strength, and learn a fun, new type of fitness. Call (208) 785-8060 to register.

Idaho Hay Outlook update

Each fall I put together an economic outlook for the Idaho Hay and Forage crop. By springtime there are usually quite a bit of changes to the outlook. This year the economic outlook for hay has been stable thought the winter and into the spring. No big changes. Currently we are still dealing with the consequences of a global trade war coupled with a strong dollar resulting in decreased hay exports especially with China, one of our largest buyers. A deep winter snowpack still has not materialized leading to nervousness in production forecasts which seems to suggest prices may be bottomed out, or slightly on the rise, domestically. As always, the soft milk market is also impacting us, as it has for the last three years. Since 2006 volatility in the hay market has been extreme and we are currently sitting in a trough for prices received.

The 2025 growing season was excellent and contributed to a compression of price between feeder and dairy quality hay. The crackdown on foreign truckers led to increased hauling costs and supply chain disruptions.

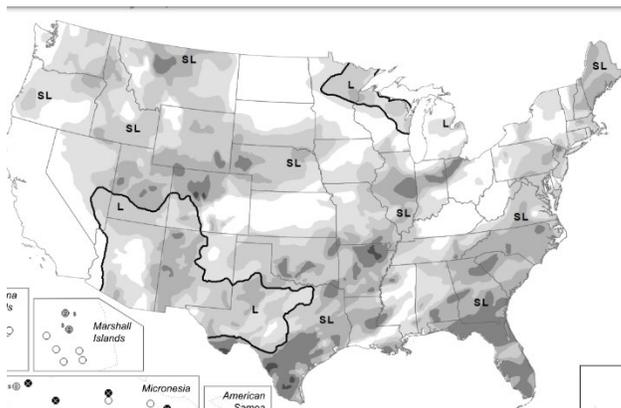


United State Drought Monitoring and what is means for Idaho

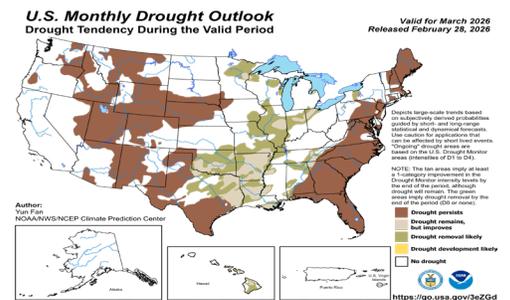
We are just coming out of one of the warmest winters we have ever experienced. This has been coupled with low snow accumulations in the mountains, a major water reservoir in Idaho. We are currently experiencing some moisture, but we still have a ways to go to attain the snowpack we are used to. Below is the current USDA drought monitoring map.

I could not print out the key to this map, but the darker the color the drier the conditions. Idaho does not, as of yet, have any black patches, but Utah is in a far worse shape, with multiple regions experiencing extreme drought to some extent.

Below is the current (March) drought outlook for the future. The source is the USDA drought monitor as well. Looking forward, much of the Snake River plain as well as the Palouse is at risk of drought as well as all of Utah and much of Montana, Wyoming, and New Mexico. The east coast may also enter a significant drought soon. Much can happen in the next two months, but we may need to be prepared for dryer conditions.



Source: USDA Drought Monitor





University of Idaho
Extension



East Idaho Goat AI Clinic

April 24 - 25, 2026 , Blackfoot, ID

Learn how to Artificially Inseminate goats

Participants will be able to AI one of their own goats at the completion of the class. A requirement of this class is for you to synchronize and bring your own goat to AI on the final day of the class.

When: Friday April 24 and Saturday April 25, 2026
from 9:00 AM - 5:00 PM



Cost & Payment

Cost: \$200/participant + the cost of an AI kit if you don't already own one. To participate in the class, you must have your own AI kit, which can be purchased ahead of time at: <http://biogenicsllc.com>

Payment: Credit cards can be taken over the phone by calling 208-785-8060. Make checks payable to "Multicounty Livestock School" and mailed to:
Bingham County Extension Office,
412 W Pacific St.; Blackfoot, ID 83221



Registration & Location

Location: Bingham County Extension Office,
412 W Pacific St., Blackfoot, ID 83221

Registration: Due by April 1, 2026 to Carmen Willmore at cwillmore@uidaho.edu. This class will be limited to 14 participants. Your space in the class will be reserved only after paying your registration.



The University of Idaho provides and is an equal opportunity employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation or disability.



Freezer Meals Bootcamp

With Abby May, FCS Educator

Thursday, March 19, 2026
6:00-8:00 PM
Bingham County Extension
412 West Pacific St, Blackfoot

Class Fee: \$60

Participants will make:

- Beef Stew**
- Honey Mustard Chicken Drumsticks**
- Hawaiian Pineapple Chicken**
- Lemon Chicken with Baby Spinach**

Participants will prep and compile each meal in a gallon bag. Each meal serves 4. Bring a cooler with large bag of ice for safe transport home.

Call Bingham County Extension to Register!
 (208) 785-8060
 Space is limited.
 Got questions?
 Email Abby at abbbmay@uidaho.edu, or call our office

If you have a family of 6+, it is suggested to sign up for an additional set of meals, and bring an additional person (age 12+) to assist in compiling ingredients.



UNIVERSITY OF IDAHO, U.S. DEPARTMENT OF AGRICULTURE, AND IDAHO COUNTIES, COOPERATING TO ENRICH EDUCATION THROUGH DIVERSITY. THE UNIVERSITY OF IDAHO IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER AND EDUCATIONAL INSTITUTION.



- Practical Farm Financial Records**
 Oct. 6, 13, 20, 27 | Online | \$100 per farm unit
 Contact Ron Patterson rpatterson@uidaho.edu | 208-529-1390.
- Farm Financial Analysis**
 Oct. 8, 15, 22, 29 | Online | \$100 per farm unit
 Contact Ron Patterson rpatterson@uidaho.edu | 208-529-1390.
- Beef Quality Assurance Certification & Training**
 Oct. 21 | Challis | \$100
 Contact Sarah Bakker sbakker@uidaho.edu | 208-879-2344.
- Beef School**
 Oct. 27 | Mackay | \$100
 Contact Sarah Bakker sbakker@uidaho.edu | 208-879-2344.
- Virtual Pesticide Applicator Training**
 Dec. 3 | Online | \$200
 Contact Tom Jacobsen tcjacobsen@uidaho.edu | 208-624-3102.
- Introduction to Beekeeping**
 Dec. 3, 10 | Online | \$75
 Contact Jennifer Worsler jworsler@uidaho.edu | 208-776-8235.
- Agriculture Entrepreneurship: Farm and Food Business Planning**
 Jan.-April | Online | \$200
 Contact Jennifer Worsler jworsler@uidaho.edu | 208-776-8235.
- High-Altitude Winter Gardener Program**
 Jan.-Sept. | Hybrid | \$175
 Contact Jennifer Worsler jworsler@uidaho.edu | 208-776-8235.
- Winter School**
 Jan. 6, 13, 20, 27 | Feb. 3 | Online | FREE
 Contact Shannon shannonw@uidaho.edu | 208-742-6696.
- Idaho Range Livestock Symposium**
 Jan. 8 | Graceland | \$100
 Contact: scottj@uidaho.edu or jhatch@uidaho.edu.
- Idaho Master Gardener Online Program**
 Jan. 14, 21, 28, Feb. 4, 11, 18, 25; March 4, 11, 18, 25; April 1, 8, 15, 22, 29 | \$200
 Contact rpfaff@uidaho.edu or lallen@uidaho.edu.
- Discoveries in Agriculture**
 Feb. 16 | Rexburg | FREE
 Contact Jared Gibbons jaredg@uidaho.edu | 208-356-3191.
- East Idaho County Conference**
 Feb. 4 | Fort Hall | \$100
 Contact Justin Hansen jhansen@uidaho.edu | 208-547-3205.
- Upper Valley Soil Health Forum**
 March 4 | Rexburg | \$40
 Contact Jared Gibbons jaredg@uidaho.edu | 208-356-3191.
- Preston Forage School**
 March 5 | Preston | \$10
 Contact Bracken Henderson bracken@uidaho.edu | 208-852-1097.
- Virtual Pesticide Applicator Training**
 March 11 | Online | FREE
 Contact Tom Jacobsen tcjacobsen@uidaho.edu | 208-624-3102.

Persons with disabilities who require alternative means of program information or reasonable accommodations should contact the appropriate individual at least one week before the event. The University of Idaho is an equal opportunity employer and educational institution. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation or disability.

****Families will be responsible to handle their own pigs** Please come prepared.**

County/EISF 4-H Market Swine Weigh-in
Monday, April 20
4:30-6:30 p.m.
EISF Swine Scales



****Leaders, please inform all members who are not enrolled at this time****
 Swine 4-H enrollments are due by Friday, April 10, 2026.
 Enroll online at: 4h.zsuiite.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 10. If participating in EISF each YOUTH will only be allowed 3 EISF tags and must designate which tags at weigh in.

This weigh-in is designated for all swine that will be projected to sell at either the Bingham County 4-H sale or EISF. All EISF destined animals must have completed records in record books to be in compliance with EISF requirements. EISF tags can be used to identify animals for both County and EISF. Animals will be required to be declared by County Fair. Whichever animal is used for County will have its EISF tag altered.

****Bring bill of sale or email to bingham@uidaho.edu ****

- Recommended beginning weight for a Bingham County Fair hog is approximately 80 lbs.
- Recommended beginning weight for an EISF hog approximately 30 lbs.
- There is no maximum beginning or final weight.
- Minimum final weight for both sales is 230 lbs.
- Recommended that hogs finish around 280 pounds to meet industry standards.
- 4-H market swine should be gaining 1.7 pounds per day.

Costs for the weigh-in:	
Buyer's BBQ	\$5.00
Pictures	Free
County Tag(each)	\$1.25
EISF Tag (as needed) each	\$8.00

Persons with disabilities who require alternative means for communication of program information or reasonable accommodations need to contact Bingham County 4-H by April 7, 2026 at 412 W. Pacific, Blackfoot, ID 83221, 785-8060.

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



Bingham County 4-H
 412 W Pacific, Blackfoot
 (208) 785-8060
hstrupp@uidaho.edu

Bingham/Bonneville /Fort Hall /Butte
 4-H Camp
 June 15-17, 2026
 Alpine, Wyoming
 Camper registration now available
 Camp Registration Fee \$100 (partial scholarships available)
 Spots are limited. Registration and payment will hold your spot.



- Must be 8 years old as of January 1, 2026 to attend.
- Campers from ages 8-12 years old.
- Registration forms are available at the 4-H Office
- Registration is based on first come first serve basis, only completed registration forms and payment turned into the office will hold a spot.

Hiking!
 Crafts!
 Meet new friends!
 Dance/Movie Night

 Campfire program!
 Archery & Rifle
 3 MEALS A DAY IN THE LODGE!
 STAY IN CABINS!

To enrich education through diversity the University of Idaho is an equal opportunity/affirmative action employer and educational institution.

Persons with disabilities who require alternative means for communication of program information or reasonable accommodations need to contact Bingham County 4-H by June 3, 2026 at 412 West Pacific Street, Blackfoot, ID 83221, phone 208-785-8060, or bingham@uidaho.edu.

It's time to enroll for the 2025-2026 year at 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:

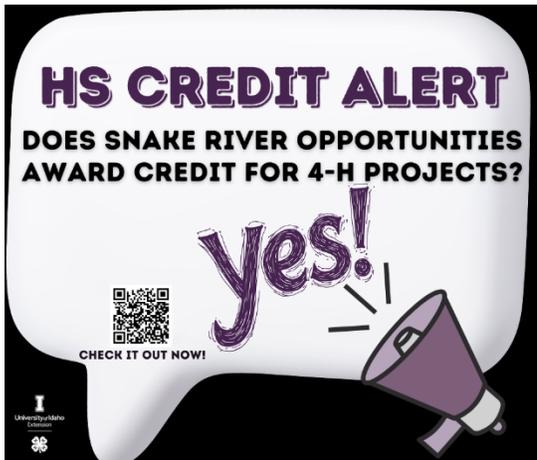
Ages 8-18 (by Jan. 1,2026)
 Idaho 4-H Fee- 15.00
 B.C. 4-H programming- 4.00
 Member insurance- 1.00
Total: \$20 (each up to 3 children
 - In family, then \$5 each)

Clover Bud:

Ages 5-7 (by Jan.1, 2026)
 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.1,2026)
 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)



We are working getting all of the schools in Bingham County to accept this credit for 4-H livestock project and Know Your Government. Each school has it designed just a little bit different!



Congratulations to Kendalyn Thomson

Idaho Junior Angus Carcass Award Winner!

Top 10 Angus data was sent in to the Junior Angus Awards Committee in Twin Falls.

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.

- | | | |
|-----|----|--|
| Mar | 13 | Wooly Wonders, TRADITIONAL (8-18), 10-11:30 a.m., FREE |
| | 13 | Sewing: Banners, TRADITIONAL (8-18), 10-noon, \$5 |
| | 20 | Cheese Making, TRADITIONAL (8-18), 10-11:30 a.m., \$7 |
| | 25 | Dabble in Dissection, TRADITIONAL (8-18), 9:30-noon, FREE |
| Apr | 10 | Sewing: Pajama Bottoms (3 session class, TRADITIONAL (8-18), 10-noon, buy own supplies! List available on 4h.zsuite.org. |
| | 13 | Cheese Making, TRADITIONAL (8-18), 10-11:30 a.m., \$7 |
| | 17 | Sewing: Pajama Bottoms (3 session class, TRADITIONAL (8-18), 10-noon, buy own supplies! List available on 4h.zsuite.org. |
| | 24 | Sewing: Pajama Bottoms (3 session class, TRADITIONAL (8-18), 10-noon, buy own supplies! List available on 4h.zsuite.org. |

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 Carmen Willmore. UI Extension Office, Bingham Co. 412 W. Pacific St. Blackfoot, ID 83221 (208) 785-8060 bingham@uidaho.edu

Extension Educators:

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

Staff:

Krista Cernyar, Office Manager
Heather Strupp, 4-H Coordinator
Abigail Shipley, 4-H Secretary

Web Site:

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

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BINGHAM COUNTY
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To keep current and up-to-date!

UI Extension, Bingham County