



# BINGHAM COUNTY

# EXTENSION UPDATE

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

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## County/EISF 4-H Market Lamb/Goat Weigh-in Monday, May 18 4:30-7:00 p.m. EISF Scales Livestock Pavilion

This weigh-in is for all lambs and goats destined for sale at either the County Fair or EISF. Sheep and goats must be castrated before the weigh-in.

Any sheep/goat destined for EISF must be tagged at this weigh-in. 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 and included on registration form. Whichever animal is used for County will have its EISF tag altered. Each youth may have their name listed on ONLY 3 EISF tags within the immediate household family.

**\*\*\*Please bring COOL (Country of Origin Documents) filled out for each animal to weigh-in or email to [bingham@uidaho.edu](mailto:bingham@uidaho.edu).\*\*\*\***

### Lambs

- Your lamb should gain approximately ¾ pound a day.
- Notify leaders by May 5 of how many and type of tag (County, Commercial, EISF)
- Recommended beginning weight for Bingham County Fair 65-90 lbs
- Recommended beginning weight for EISF 40-65 lbs.
- There is no maximum beginning weight for lambs.
- The minimum final weight at both sales is 110 pounds.
- Industry standards recommended finished weight at 135 lbs.
- ANY EWE LAMB MUST HAVE A SCRAPIE TAG PRIOR TO BEGINNING WEIGH-IN. THE ANIMAL(S) WILL NOT BE WEIGHED-IN WITHOUT THE SCRAPIE TAG.
- All lambs must be slick sheared within 7 days of final weigh-in.

### Goats

- Your goat should gain about ½ lb. a day.
- Notify leaders by May 5 of how many and type of tag (County, EISF).
- The minimum final weight at the fair is 70 pounds.
- Goats must be dehorned.
- DOES MUST HAVE A SCRAPIE TAG PRIOR TO THE BEGINNING WEIGH-IN. THE ANIMAL(S) WILL NOT BE WEIGHED-IN WITHOUT THE SCRAPIE TAG.
- All goats must be shorn uniformly 3/8" before final weigh-in. It is recommended to shave goats with a 3/8 in #10 blade 3-5 days before final weigh-in.

**Cost: BBQ: \$5.00 (pay once) , County Ear Tag: \$1.25 , EISF Ear Tag: \$8.00**

## UPCOMING EVENTS – SAVE THE DATE

### 2026 Calendar

April	10	DAY CAMPS - see last page for information
	10	DEADLINE - all Swine Project Enrollment (Breeding & Market)
	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
	18	4-H Rabbit Clinic, 10-2p.m., \$5, EISF Needlecraft building – contact Alayna Nelson 208-589-7255
	20	Canning Basics, 6:30-8 p.m., \$10, Bingham Extension – contact Abby May 208-785-8060
	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	1	Horse Day Camp, 10-noon, EISF West Events Arena,
	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
	21	Fitness Made Simple, 9-10 a.m., Bingham Extension – contact Abby May 208-785-8060
	22	DEADLINE – 4-H Camp Registration and payment to Bingham Extension
	27	4-H Broiler chick pick up at Bingham Extension – participants will be texted
	28	Teen Camp Counselor Training, 6-7:30 p.m., Bingham Extension
June	1-4	DAY CAMPS - see last page for information
	5	Bingham County Market Rabbit Weigh-in, 8-9 a.m., Bingham Extension
	5	District Horse Contest, EISF fairgrounds – contact Heather Strupp 208-785-8060
	8	Jam & Jelly Canning class, 6-9 p.m., \$10, Bingham Extension – contact Abby May 208-785-8060
	8	Teen Camp Counselor, 9-1 p.m., Bingham Extension

**Nutrition Message:**

Ultra processed foods are becoming increasingly popular in our diets and unpopular in the media. Ultra processed foods are foods that have gone through many processing steps and have many added ingredients. Some examples of these foods are soft drinks, candy, breakfast cereals, hot dogs, prepackaged dinners and snacks, and boxed meals.

These foods are convenient (and tasty), but they do not have many nutrients, fiber, or protein. They are easy to overconsume and consuming large amounts of these foods have been linked to chronic diseases such as type 2 diabetes.

Not all food processing is a problem, things like cooking meats, canning foods to preserve them or pasteurizing milk are great ways that we process foods to improve them. Try to make a few swaps from convenience foods to real foods. Think cheese and crackers instead of cheese crackers, or a piece of fruit instead of fruit snacks. Simple changes can make a big difference!

**Upcoming Classes:**

- Fitness Made Simple Tuesdays and Thursdays 9AM-10AM, April 14-May 21, at the 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.
- Canning Essentials Classes: Summer Canning Classes are available! Come learn how to preserve food in a safe way. Classes held at the Bingham County Extension Office. Call (208) 785-8060 to register and pay to hold your spot. More information coming soon.
  - Canning Basics - May 20<sup>th</sup> – 6:30-8p.m. - cost \$10
  - Jam & Jelly - June 8<sup>th</sup> – 6-9p.m. - cost \$10
  - Pressure Canning Veggies - July 21<sup>st</sup> – 6-9 p.m. - cost \$10
  - Salsa & Pickles - August 12<sup>th</sup> – 6-9 p.m. - cost \$10
  - Pressure Canning Meat - September 17<sup>th</sup> – 6-9 p.m. - cost \$15

What else would you like to see?

We want to know what people are interested in learning! Please scan the QR code below to participate in a brief survey. Alternatively, email or call Abby May at [abbymay@uidaho.edu](mailto:abbymay@uidaho.edu) or (208)785-8060 and share your thoughts.



## Fusarium Head Blight: Start Management at Planting

We are moving into spring planting for small grains. This is the time when management decisions can be made that will influence Fusarium Head Blight (FHB) levels at harvest. FHB is often tied to weather at flowering, but risk begins much earlier. The choices made at planting will carry through the season.

Variety selection is the first step in disease management. There are no immune varieties, but there are clear differences in tolerance. Selecting varieties with better FHB ratings is one of the most effective ways to reduce disease severity.

Planting multiple varieties with different maturities can also help manage risk. Weather during flowering drives infection. If all acres head at the same time, they are exposed to the same conditions. Spreading heading by several days to a week reduces the chance that the entire crop is hit during a favorable infection window.

If you are using your own saved seed for drilling, clean out scabby kernels and check germination. Remember you are taking

risk if you are using seed that has FHB, and it is not recommended. Adjust seeding rates as needed and avoid seed lots below about 85% germination. Good stand establishment is important, but it will not prevent head blight.

Residue management should also be considered, especially following corn. The fungus that causes FHB survives on crop residue, with corn stover being a major source. Fields planted into corn residue tend to have higher disease risk. If planting into corn residue is necessary, try to implement practices that break down all previous season organic materials. Even distribution at harvest and smaller residue pieces can help lower inoculum levels going into the season.

FHB management is a combination of decisions made throughout the year. Conditions at flowering will still determine disease development, but the level of risk is influenced by the steps taken now.

## Tillage Basics: Preparing Your Garden Soil for Spring Planting

Spring is arriving across Southern Idaho, and that means it's time to think seriously about getting your garden soil ready. Whether you're a seasoned gardener or just getting started, understanding soil tillage — the mechanical preparation of your soil for planting — can make the difference between a productive garden and a frustrating one.

- **What Is Tillage and Why Does It Matter?**

Tillage is simply the mechanical manipulation of soil through digging, stirring, or turning to create a good environment for seeds and roots. Done right, it improves water infiltration, aerates the soil, breaks up compacted layers, incorporates organic matter, and helps control weeds. In Southern Idaho, where soils can be heavy, alkaline, and compacted after a long winter, proper tillage in spring is especially important.

- **Two Stages of Tillage**

Think of garden tillage in two steps. Primary tillage is the deep work — using a spade, fork, or rototiller to loosen soil to a depth of 8 to 10 inches, breaking up compaction and working in compost or other organic matter. This is the heavy lifting. Secondary tillage follows, using shallower tools like a rake or hand cultivator to smooth the seedbed, break up clods, and knock out early-germinating weeds before you plant. Both steps matter, and skipping secondary tillage is one of the most common shortcuts that leads to uneven germination.

- **Timing Is Everything**

Here in Southern Idaho, the urge to get in the garden early is real — and I understand it. But tilling too soon, when the soil is still wet, is one of the most damaging things you can do. Wet soil compacts under tillage, forming hard clods and destroying the pore structure that roots depend on. Use the squeeze test: grab a handful of soil and squeeze it firmly. If it crumbles when you press it with your thumb, it's ready. If it holds together like modeling clay, give it a few more days.

The ideal window is typically two to three weeks before your planned planting date — late April into early May for most of our area. Fall tillage is also worth considering, particularly if you're dealing with heavy clay soils. Turning those soils in October exposes compacted layers to freeze-thaw cycles over winter and can make spring preparation much easier.

- **Don't Overdo It**

More tillage is not always better. Excessive or repeated tilling breaks down soil structure, reduces organic matter, brings dormant weed seeds to the surface where they'll germinate, and harms the beneficial organisms your soil depends on. Aim to till only as much as needed to prepare a good seedbed, then let your soil rest and recover.

If you've been gardening the same plot for several years, consider a reduced-tillage approach — loosening only the top few inches and relying on compost additions and cover crops to build soil health over time. Your back will thank you, and so will your soil.

- **Start with a Soil Test**

Before you till anything in, know what you're working with. A University of Idaho soil test tells you your pH, nutrient levels, and organic matter content so you can amend your soil with purpose rather than guesswork.

- **Add Organic Matter**

This is the single best thing you can do for your soil. Work in 2 to 4 inches of compost before planting. Compost improves drainage in our heavy soils, helps sandy soils hold moisture, feeds soil biology, and slowly releases nutrients throughout the season. If you're not composting yet, now is the time to start.

- **Fertilize Based on What Your Soil Needs**

Once you have your soil test results, fertilize accordingly. Most vegetable gardens benefit from a balanced fertilizer worked into the top few inches of soil before planting. All fertilizer bags have 3 numbers on the label. The three numbers represent nitrogen, phosphorus, and potassium. Nitrogen drives leafy green growth, phosphorus supports roots and fruit development, and potassium builds plant resilience. Don't overdo it — more is not better, and excess nitrogen can push leafy growth at the expense of your tomatoes and peppers.

Good tillage this spring sets the stage for everything that follows. Take the time to do it right.



## Don't let Flies Bite into your Profits

Flies are a major nuisance for livestock and can significantly impact animal health, productivity, and overall profitability. High fly populations reduce grazing efficiency, weight gain, and feed conversion. In severe cases, flies can cause blood loss, skin irritation, and disease transmission, including conditions like pink eye, leading to economic losses across livestock operations.

Several fly species commonly affect livestock, including horn flies, face flies, stable flies, and heel flies. While their behavior varies, all can negatively impact animal well-being.

Horn flies are small and typically found on the backs and sides of animals. They are blood feeders, taking frequent meals each day and laying eggs in fresh manure. Under warm, moist conditions, their life cycle can be completed in as little as 10–20 days, allowing populations to grow rapidly.

Face flies are slightly larger and do not bite but feed on animal secretions around the eyes, nose, and mouth. Their presence causes irritation and can contribute to the spread of eye infections. These flies are most abundant during warmer months, especially in areas with moisture, shade, and vegetation.

Stable flies are also blood feeders and are known for their painful bites, usually targeting the legs of livestock. Infested animals may stomp, bunch together, or stand in water to avoid being bitten, which can reduce feeding time and productivity.

Heel flies, which resemble bees in size, lay eggs on animals; their larvae burrow under the skin, causing stress and erratic behavior.

Fly populations increase rapidly in warm, wet conditions where moist organic material is available for egg laying. Effective control begins with sanitation. Removing spilled feed, wet hay, and manure helps disrupt breeding sites. Waste should be composted, spread thinly, or otherwise managed to minimize fly development.

Insecticides are another important tool for managing flies and can provide quick and effective relief when used properly. They are available in various forms, including sprays, pour-ons, dust bags, oilers, ear tags, and oral larvicides. It is

essential to follow all label instructions to ensure safe application, avoid harm to animals and humans, and comply with any required withdrawal periods.

Sprays may be applied directly to animals or to areas where livestock rest, such as barns, pens, or shelters. Pour-on products are applied based on body weight and require accurate dosing for effectiveness and to reduce the risk of resistance. Self-treatment devices like dust bags and oilers are useful for larger groups but must be maintained and refilled as directed.

Different fly species may require specific control strategies. Blood-feeding flies, such as horn and stable flies, are best managed with treatments applied directly to the animal. Face flies can be more difficult to control because they spend less time on livestock, making consistent, whole-herd treatment important. Stable flies are also effectively managed through sanitation practices that reduce breeding sites. Heel flies are best controlled during their larval stage using products that also target internal parasites.

Timing of treatment is important. Economic thresholds help determine when control measures are justified. For example, horn fly populations of around 200 per animal or stable fly levels of about five per leg can begin to negatively affect productivity.

In summary, effective fly control for livestock involves identifying the fly species present, maintaining good sanitation practices, and using insecticides appropriately. Rotating insecticide classes over time can help prevent resistance and maintain long-term effectiveness.



## FITNESS MADE SIMPLE

With Abby May, FCS Educator

Chair-based seated and standing toning/strengthening exercise class. We will explore the use of hand weights, resistance bands, and exercise balls. Modifiable for a variety of fitness levels. All equipment is provided.

**JOIN US FOR A FREE 6 WEEK SESSION!**

**Tuesdays and Thursdays  
April 14-May 21**

Time: 9AM-10AM

Location: Bingham County Extension Basement

Address: 412 West Pacific St, Blackfoot

Call Bingham County Extension to Register!  
(208)785-8060

Questions? Email Abby at [abbbmay@uidaho.edu](mailto:abbbmay@uidaho.edu)

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.



## NUTRITION FOR BRAIN HEALTH

WITH LESLEE BLANCH, REGISTERED DIETITIAN AND EXTENSION EDUCATOR

Come learn all about how nutrition can help your brain! This 1 hour lecture will give you tips and tricks to eat for brain health.

- ✓ Brain Health through the lifespan
- ✓ Taught by a Registered Dietitian
- ✓ No cost!



### TO REGISTER

Scan QR code or call (208)785-8060



Friday April 24, 2026

1:00-2:00 PM

Bingham County Extension Office  
412 West Pacific St  
Blackfoot, Idaho



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 Abby May by 4/22 at (208)785-8060.



## Bingham County 4-H Horse Day Camp



Location:  
EISF West Events Arena

Presenter: Tashina Bennett, BS, ENA

**Date: May 1, 2026**  
**Time: 10:00 a.m - 12:00 p.m.**

### What You'll Learn:

- Horse Nutrition
- Body Condition Scoring



## 4-H RABBIT CLINIC

EISF Needlecraft Building, Blackfoot, ID

Saturday, April 18

10:00 a.m. - 2 p.m.

\$5 fee, lunch will be provided

EISF Needlecraft Building  
Blackfoot, ID



Youth are encouraged to bring their rabbit

**Learn about rabbit production, market pen quality, showmanship, body and fur types**

RSVP: ALAYNA NELSON  
208-589-7255

by April 10, 2026

Mail payment to:

Bingham County 4-H  
412 W. Pacific Street  
Blackfoot, ID 83221



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

It's time to enroll for the 2025-2026 year at [4h.zsuite.org](http://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)



Bingham County 4-H  
 412 W Pacific, Blackfoot  
 (208) 785-8060  
[hstrupp@uidaho.edu](mailto: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  
**STAY IN CABINS !**  
**Campfire program !**  
 Archery & Rifle  
**3 MEALS A DAY IN THE LODGE !**



**HEAD**      **HEART**      **HANDS**      **HEALTH**

## 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.

- |      |     |                                                                                                                          |
|------|-----|--------------------------------------------------------------------------------------------------------------------------|
| Apr  | 3   | Cheese Making, TRADITIONAL (8-18), 10-11:30 a.m., \$7                                                                    |
|      | 10  | Sewing: Pajama Bottoms (3 session class, TRADITIONAL (8-18), 10-noon, buy own supplies! List available on 4h.zsuite.org. |
|      | 10  | Secret Agents, CLOVERBUD (5-7), 10-noon, \$5                                                                             |
|      | 17  | Sewing: Pajama Bottoms (3 session class, TRADITIONAL (8-18), 10-noon, buy own supplies! List available on 4h.zsuite.org. |
|      | 17  | Gravity Games, CLOVERBUD (5-7), noon-1 p.m., \$3                                                                         |
|      | 24  | Sewing: Pajama Bottoms (3 session class, TRADITIONAL (8-18), 10-noon, buy own supplies! List available on 4h.zsuite.org. |
| June | 1-4 | Galaxy Gateway, TRADITIONAL (8+), 10-noon, free *must attend all days                                                    |
|      | 1-4 | Galaxy Gateway, CLOVERBUD (5-7), 1-2:30 p.m., free *must attend all days                                                 |

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

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**Web Site:**

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

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

**UI Extension, Bingham County**