



BINGHAM COUNTY EXTENSION **U** PDATE

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

INSIDE THE ISSUE

FCS NEWS

Freezer Meals!!

Page 3

HORTICULTURE NEWS

Regional Gardener's Convention!

Page 4

LIVESTOCK NEWS

Animal weight gain answers!

Page 5



SCAN ME - FAIR SCHEDULE

2026

BINGHAM COUNTY FAIR



4-H/FFA

MARKET ANIMAL SALE

WEDNESDAY, AUGUST 5TH

BBQ 3:30-5

SALE BEGINS 5 P.M.

EISF FAIR GROUNDS

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

2026 Calendar

FOR SUMMER DAY CAMP LIST SEE LAST PAGE OR VIEW ON 4H.ZSUITE.ORG

July	8	Bingham County Market Animal Sale Committee, 6:30 p.m., Bingham Extension
	13	DEADLINE – Horse books/fair registrations from leaders due by Noon
	14	Free Pressure Canner Dial Gauge Checks
	15	EISF Market Rabbit Weigh-in, 8-9 a.m., Bingham Extension
	15	EISF Market Animal Sale Committee, 6:00 p.m., Bingham Extension
	16	DEADLINE – Livestock books/ fair registration from leaders due by Noon
	18	Regional Gardener’s Convention, 9-4 p.m., BYU-Idaho contact Jared Gibbons 208-356-3191
	21	Vegetable Canning class, 6-9 p.m., \$10, Bingham Extension – contact Abby May 208-785-8060
	22	BC Demonstration Contest, 9 a.m., Bingham Extension
	23	BC Horse Show, 8 a.m., EISF Grandstands
	24	BC Horse Driving Show, 9 a.m., EISF Infield
	24	BC Horse Trail Show, 3 p.m., EISF Infield
	24	BC Working Ranch Show, 4 p.m., EISF Grandstands
	28	BC Style Revue, 5 p.m., Bingham Extension
	30	Poultry Banding, 8-9 a.m., Bingham Extension
	30	BC Dog Show, 5 p.m., EISF Dairy Goat Arena
	31	BC Dairy Cattle Show, 9 a.m., EISF Goddard Pavillion
	31	BC Dairy Goat Show, 9 a.m., EISF Dairy Goat Arena
August	2	BC Poultry Costume Contest – EISF Goddard Pavillion
	2	BC Market Poultry FINAL Weigh-in, 3 p.m., EISF Goddard Pavillion
	2	BC Poultry Show, 3:30 p.m., EISF Goddard Pavillion
	2	Stall Decorating between 2:30–7 p.m. – gates will be closed following completion of Poultry show
	3	BC Market Rabbit FINAL Weigh-in 7-8 a.m., EISF Goddard Pavillion by market pens
		BC Market Swine FINAL weigh-in 7-8:30 a.m., EISF Swine Barn
		BC Market Sheep/Goat FINAL Weigh-in 7-9 a.m., EISF Goddard Pavillion
		BC Rabbit Costume submission due to Alayna Nelson
		BC Rabbit Showmanship Show, 8 a.m., EISF Beef Arena
		BC Market Beef FINAL Weigh-in 9:30-10:30 a.m., EISF Goddard Pavillion
		BC Sheep Costume Contest 9:30 a.m., EISF Goddard Pavillion
		BC Breeding Sheep Show 11 a.m., EISF Goddard Pavillion
		BC Market Sheep Show 1 p.m., EISF Goddard Pavillion
	4	BC Swine Show 8 a.m., EISF Yellow Barn – Costume Contest to follow
		BC Rabbit Show (breeding & market) 8 a.m., TBD
		BC Meat Goat Costume Contest Noon, EISF Goddard Pavillion
		BC Meat Goat Show 12:30 p.m., EISF Goddard Pavillion
		BC Beef Show 5 p.m., EISF Beef Arena
	5	BC Livestock Judging, 8 a.m., Goddard Pavillion
		BC Round Robin, 10 a.m., Beef Arena
		BC Buyer’s BBQ, 3:30 p.m., Beef Arena
		BC Sale Awards, 5 p.m., Goddard Pavillion
		BC Market Sale, 5:30 p.m., Goddard Pavillion
	6	Final clean out of stalls, 9 a.m.-Noon

Nutrition Message:

During busy seasons of life, it can be hard to find time for nutrition. Take out, skipping meals, and grabbing processed foods often takes the place of a nutritious meal. One solution to this problem can be using the freezer for meal prep. Many foods freeze very well, and freezing preserves nutrients in fruits and vegetables even better than canning or dehydrating.

Try freezing some of your favorite family recipes, then pulling them out of the freezer on busy days. This way, you can have a nutritious meal with a fraction of the prep time. Things like casseroles, meat dishes, tomato pastas, and meat sauces can be prepped, cooled in the refrigerator, then portioned into airtight containers, like plastic zip-top bags and placed in the freezer. When you are ready to eat the food, thaw it overnight in the refrigerator, or quickly cool under cold, running water. You can prep the food on the stovetop, in the oven, or in a slow cooker or pressure cooker.

Freezing food saves time, money, and can help you have a nutritious meal when you might otherwise turn to quick, less nutritious options. For more information on what foods freeze well and which don't, visit <https://nchfp.uga.edu/how/freeze> or take a freezer meals class from our office.

Upcoming Events:

Freezer Meals Bootcamp Class: Aug 11, 3-5 PM Come prep your freezer for back to school and learn all about using the freezer for meal prep. Participants will prep and take home 2 freezer meals. See flyer for details. Scan QR code on flyer or call (208)-785-8060 to register. Cost \$25

Canning Essentials Classes: Summer Canning Classes are full for Summer 2026! For canning or food safety questions, please call (208) 785-8060, or email abbymay@uidaho.edu. We are happy to assist!

Summer Pressure Canner Testing: Remember to come and get your pressure canner dial gauge tested prior to canning meat or vegetables this summer. Testing is \$2. Free testing days are on the following Tuesdays: July 14, Aug 11, Aug 25, Sept 15

Online Fitness Classes: Free Fitness Made Simple classes every Thursday at 10 AM over zoom. Classes are beginner level and can be done seated or standing. For more information, see flyer or call Abby May at 208-785-8060.

Fall Fitness Made Simple session is starting September 14! Watch for details in the August Newsletter. Classes will be held at the Bingham County Extension Office on Mondays and Wednesdays at 9 AM through September and October. Call (208) 785-8060 to register. Cost: Free!

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 or (208)785-8060 and share your thoughts.



Flowers in Focus

REGIONAL GARDENER'S CONVENTION

Saturday July 18th

9am-4pm
BYU-Idaho
Rick's Gardens

Registration at 8:30

Join horticulture professionals for a day of hands-on workshops, practical demonstrations, and research-based gardening education.

The Public from Idaho, Wyoming, Utah and Montana are invited to our 15th annual event.

Registration:

\$40, Includes lunch and materials

Registrations after July 9th will not include lunch



Scan to Register

Classes will include deep dives into:

- Flower Arranging
- Dahlias
- Herbs
- Medicinal Flowers
- Syringa- Idaho's State Flower
- Container Gardening
- Blooms all season
- ..and more



IDAHO
master
GARDENER

A UNIVERSITY OF IDAHO
EXTENSION PROGRAM

For More Information:

Jared Gibbons, jaredg@uidaho.edu 208-356-3191

The University of Idaho is an equal-opportunity institution. If you need this program in a language other than English, contact us at least two weeks prior to the event. Persons with disabilities have the right to request reasonable accommodations. Please complete the accommodations form found at [this link](https://www.uidaho.edu/extension/civil-rights) at least two weeks prior to the event: <https://www.uidaho.edu/extension/civil-rights>

Simple Tips to Increase Animal Weight Gain

- Steers should eat roughly 0.5% of their body weight in roughages and 2-2.5% in grain daily; for example, a 1,000 lb. steer should eat 25 lbs of grain and 5 lbs of hay
- Lambs should eat roughly 3-4% of their body weight in feed daily; for example, 80 lb. lamb should eat 2.8 lbs of grain and 0.4 lb. of hay
- Goats should eat roughly 3-4% of their body weight in feed daily; for example, a 50 lb. goat should eat 2 lbs of grain and 0.25 lb. of hay
- Pigs should eat roughly 3-5% of their body weight daily; for example, a 100 lb. pig should eat 4 lbs of feed daily

For all livestock species:

- Do not full feed, always feed measured amounts split into at least 2 feedings per day
- Slowly adjust rations up or down as needed
- Switching brands or amounts quickly can make an animal go off feed
- Discuss with your veterinarian if medicated feed is recommended
- Always feed at the same time every day, for example 7 AM and 7 PM
- Feed groups of animals separately, if possible avoid over or under feeding
- ALWAYS provide clean, fresh, cold water
- Provide shade and shelter from the elements
- Follow a vet-recommended deworming program (especially if having trouble gaining weight)

Find more information specific to your project :

<https://www.uidaho.edu/extension/publications/bul-1097>





2026 BINGHAM COUNTY FAIR

* Check with leader for record book submission date!

Monday, July 13

- Horse Registration Forms, fees, and leader approved horse record books due to 4-H Office by noon.

Thursday, July 16

- Livestock Registration Forms, breeding animal project fees, and leader approved animal record books due to 4-H Office by noon.
- Cloverbud activity record books due to 4-H office by noon.

Wednesday, July 22

- 9:00 a.m. Demonstration Contest

Thursday, July 23

The horse show will run classes in split arena

Horse Show - Grandstands :Split into A & B Arena

- 8:00 a.m.
 - Showmanship
 - Bareback Equitation (English & Western)
 - Western Horsemanship

Lunch Break (30 Minutes)

- Snaffle Bit or Hackamore Training
- Western Reining
- English Equitation
- Hunter/Jumper

Friday, July 24

- 9:00 a.m. Horse & Pony Driving - Infield
- 3:00 p.m. Trail Class - Infield
- 4:00 p.m. Working Ranch Horse - Grand Stands

Working Ranch and High Point Buckle Awards

Tuesday, July 28

- 5:00 p.m. Style Revue – Extension Office

Thursday, July 30

- 8:00 a.m. Poultry Banding - 4H office
- 5:00 p.m. Dog Show - Dairy Goat Arena

Friday, July 31

- 9:00 a.m. Dairy Cattle Show - Goddard Pavilion
- 9:00 a.m. Dairy Goat Show - Dairy Goat Arena

Sunday, August 2

- 2:30 p.m. Poultry Costume Contest - Goddard Pavilion
- 3:00 p.m. Market Poultry Final Weigh-in - Goddard Pavilion
- 3:30 p.m. Poultry Show - Goddard Pavilion

*Stalls may be decorated anytime between 2:30 p.m. and 7 p.m.

Barn closes following completion of Poultry show and EISF gates will be closed

Monday, August 3

- 7:00 - 8:00 a.m. Rabbit Weigh in- Goddard Pavilion by Market Rabbit Pens
- 7:00 - 8:30 a.m. Swine Weigh in-Swine Barn
- 7:00 - 9:00 a.m. Sheep/Goat Weigh In - Goddard Pavilion
- 8:00 a.m. Rabbit Costume Contest photo submission due to Alayna Nelson
- 8:00 a.m. Rabbit Showmanship -Beef Arena
- 9:30-10:30 a.m. Beef Weigh in - Goddard Pavilion
- 9:30 a.m. Sheep Costume Contest - Goddard Pavilion
- 11:00 a.m. Breeding Sheep Show - Goddard Pavilion
- 1:00 p.m. Market Lamb Show - Goddard Pavilion

*Barn closes at 9 p.m. Once closed, panels will be placed across entry ways. People may enter and exit out of the regular doors if past closing time.

Tuesday, August 4

- 8:00 a.m. Swine Show - Yellow Barn
- Swine Costume Contest following completion of Swine Show
- 8:00 a.m. Rabbit Show (Breeding and Market) -TBD
- Noon Market Meat Goat Costume Contest - Goddard Pavilion
- 12:30 p.m. Market Meat Goat Show - Goddard Pavilion
- 5:00 p.m. Beef Show - Beef Arena

*Barn closes at 9 p.m. Once closed, panels will be placed across entry ways. People may enter and exit out of the regular doors if past closing time.

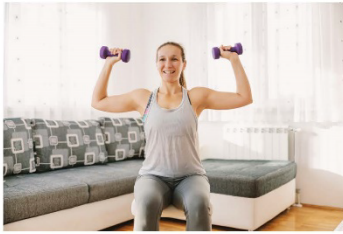
Wednesday, August 5

- 8:00 a.m. Livestock Judging - Goddard Pavilion
- 10:00 a.m. Round Robin - Beef Arena
- 3:30 p.m. Buyers BBQ - Beef Arena
- 5:00 p.m. Awards - Goddard Pavilion
- 5:30 p.m. Market Sale - Goddard Pavilion
- Final clean out of stalls following completion of the sale or between 9:00 - Noon on Thursday, August 6.





Online Fitness Classes
University of Idaho Extension



Fitness Made Simple!
Thursdays, 10:00-11:00AM MST

Chair-based seated and standing toning/strengthening exercises. Use of hand weights, resistance bands, and/or exercise balls optional. Modifiable for a variety of fitness levels.

Join Zoom Meeting: <https://uidaho.zoom.us/j/85143098244>
Meeting ID: 851 4309 8244
Passcode: 693155

Suggested Equipment
Resistance bands
1-6-pound weights
7-9-inch exercise ball

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 Laura Sant at least two weeks prior to the event at 561 W Oneida, Preston, ID 83263; 208-852-1097; lsant@uidaho.edu.



Freezer Meals
Bootcamp

With Abby May, FCS Educator



Tuesday, August 11, 2026
3:00-5:00 PM
Bingham County Extension
412 West Pacific St, Blackfoot
Class Fee: \$25

Scan QR code or call Bingham County Extension to Register!
(208) 785-8060
Space is limited.

Participants will make:
Honey Mustard Chicken Drumsticks
Hawaiian Pineapple Chicken

Questions?
Contact Abby May (208) 785-8060

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.



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 IAHOCOUNTIES, COOPERATING TO ENRICH EDUCATION THROUGH DIVERSITY. THE UNIVERSITY OF IDAHO IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER AND EDUCATIONAL INSTITUTION.

BINGHAM COUNTY | University of Idaho Extension

Learn Everywhere with 4-H

Earn High School Credit

Build Life Skills

Summer Enrollment opens May 1

STEPS TO ENROLL

- Enroll with school you are using (contact Extension Office for details regarding available schools)
- Go to: <https://keeplearning.uidaho.edu/search/publicCourseAdvancedSearch.do?method=doPaginatedSearch¤tPageIndex=true&showInternal=false&courseSearch.courseDescriptionKeyword=Learn+Everywhere>
- Set up account
- Go to courses and choose course
- Add to cart and pay the credit fee
- Do required modules as well as other 4-H club requirements
- Print rubrics (5) Learning activity, exhibit, record book, presentation & interview
- Contact 4-H Office when you are ready for interview

Summer
2026

For More Information:
Eastern District Learn Everywhere
Coordinator - **Christie Evans**
christiee@uidaho.edu

Bingham County 4-H Coordinator:
Heather Strupp
hstrupp@uidaho.edu
208-785-8060

HALES BALES N BULLS

COMMERCIAL BEEF SHOW & POTLUCK DINNER

JULY 15, 2026

1575 W 100 S PINGREE, ID 83262
CONTACT MORGAN 208-604-2489

5:30 PM

BRING YOUR FAVORITE BBQ SIDE & A SMILE! WE'LL EAT FIRST AND JACKPOT SECOND

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.

July	6-9	Global Passport, TRADITIONAL (8+), 10-Noon, \$10 *must attend all days
	6-9	Global Passport, CLOVERBUD (5-7). 1-2:30 p.m., \$10 *must attend all days
	7-9	Insect Week, TRADITIONAL (8+), 1-3 p.m., Free *must attend all days
	13-16	Chopped, TRADITIONAL (8+), 9:30-noon, Free *must attend all days
	21	Homemade Bread & Butter, TRADITIONAL (8+), 10-noon, Free
	21	Homemade Bread & Butter, CLOVERBUD (5-7), 1-3 p.m., Free
	22	Homemade Pizza, TRADITIONAL (8+), 10-noon, Free
	22	Homemade Pizza, CLOVERBUD (5-7), 1-3 p.m., Free
	23	Cupcake Decorating, TRADITIONAL (8+), 10-noon, Free
	23	Cupcake Decorating, CLOVERBUD (5-7), 1-3 p.m., Free
	27-29	Water Life Week, TRADITIONAL (8+), 10-noon, Free *must attend all days
Aug	10-12	Byte-sized Science, TRADITIONAL (8+), 10-Noon, 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.

COOPERATIVE EXTENSION SYSTEM
UNIVERSITY OF IDAHO
BINGHAM COUNTY
412 WEST PACIFIC
BLACKFOOT ID 83221

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>



To keep current and up-to-date!

UI Extension, Bingham County