

EXTENSION NEWS ■ FCS ■ MASTER GARDENER ■ 4-H



Weekend Warriors, Take Heart

No time to exercise on most weekdays? Don't worry. Scientists looked at data on 89,573 people aged 40 to 69 who wore an accelerometer for a week. Roughly 42 percent ("weekend warriors") did more activity on one or two days than on the other five, 24 percent spread their activity over most days, and 34 percent were inactive.

Over the next six years, weekend warriors who had done at least 150 minutes of moderate to vigorous exercise that week had a 27 percent lower risk of heart attack, a 21 percent lower risk of stroke, a 22 percent lower risk of atrial fibrillation, and a 38 percent lower risk of heart failure than the inactive group. The reduced risks were similar in those who spread their exercise over the week.

What to do:

Walk briskly, jog, cycle, play pickleball, dance. This study can't prove that exercise protects the heart, but it's one more piece of evidence.

Source: September/October 2023 Nutrition Action Newsletter

Inside This Issue

Extension Office Hours 8:00 a.m.-5:00 p.m.	
Master Gardener Column—How To Determine Your Garden Microclimate Smokin' Powerhouse Chili	2 3
Master Food Safety Advisor Column— Steam Canning Safety Essentials	4-5
Salvage Operation	5
Workshops, Programs, Bulletins, and Classes	6-9

4-H Clover Talk

Jan./Feb.	
4-H Calendar	10
Calendar Cont.	11
4-H Friday Friends	11
4-H Enrollment	12
Livestock News	13
• Weigh-In Dates	13
• Mandatory 4-H/FFA Market Quality Assurance Training	13
• Market Lamb Essay Contest	
Know Your Government	14
Scholarships	15
Oral Presentation Day	15

Happy
New Year

~ KEEPING OUR COMMUNITY CONNECTED ~

EXTENSION CONNECTIONS

University of Idaho
Boundary County
Extension Service
PO Box 267
Bonners Ferry ID 83805
208.267.3235 Phone
boundary@uidaho.edu

Master Gardener Column



How to Determine Your Garden Microclimate

Understanding how climate affects your growing conditions is essential to successful

gardening. **Climate** is a measure of average variation in overall weather patterns over time and over a very wide geographic region or zone. In a garden, climate strongly influences growing conditions: air and soil temperatures, precipitation, and heat accumulated over the growing season.

Throughout Northern Idaho, however, varied topography gives rise to a large number of **microclimates**—small-scale areas where local conditions may differ from those of the surrounding climate zone. Microclimates are created by local factors such as elevation and slope, proximity to mountains or foothills, and location with respect to predominant wind and weather.

A microclimate can encompass an area as small as the south side of a building or one that spans many acres on a sloped face of a mountainside. An entire valley located between mountains can exhibit microclimate phenomena not experienced in the climate zone overall.

Limitations of USDA Hardiness Zones

In the United States, the Department of Agriculture (USDA) geographically divides areas with different climatic conditions into **hardiness zones**. Each hardiness zone supports a specific category of plant life capable of growing and able to withstand the minimum low temperatures of that zone.

Determined largely by elevation, latitude, and proximity to the coast, USDA hardiness zones experience a range of *average* annual minimum low temperatures. However, the *actual* minimum low temperature in any given year may differ. It may never reach the same low range, or it may fall lower. Caution is advised, therefore, when using hardiness zones for plant selection.

Nurseries use USDA hardiness zones on plant tags to indicate a minimum low temperature that a plant can survive. If the *actual* minimum temperature falls below the *average* minimum range indicated on the plant tag, the plant may fail to thrive.

The USDA hardiness zone map typically provides little detail in mountainous areas where hardiness zone changes can occur within a few miles. If you could enlarge the zone map, you would see rapid zone changes with elevation at many locations across the United States.

The Grand Canyon, for example, exhibits a steep change in elevation of some 5700 ft. The canyon floor harbors plants

which thrive in Mexican deserts, while plants found on the north rim are native as far north as southern Canada.

Explore your local zone by visiting [USDA's interactive map \(USDA 2012\)](#). Type in your zip code and use the zoom-in feature to locate a particular region. Notice the split designations "a" and "b" in the colored chart, which reflect changing elevation. Keep in mind that other factors—wind, humidity, snow, and winter sunshine, as well as soil type, pH, and moisture—also determine whether a plant will thrive. For a complete discussion of the limits of hardiness zones as a gardening guide, consult the [About page](#) on the USDA's interactive map.

Recognizing Microclimates

Hardiness zones represent years of plant trials over a wide area, but they are of limited value unless coupled with local knowledge and experience. When you recognize your microclimates and pair this information with USDA hardiness zone recommendations, you will make better plant choices and site plants wisely.

Once you are aware of your regional climate, you can begin to study your *local* climate. You can, for example, measure actual winter low temperature with an outside air thermometer. If your readings vary from the regional reports, you are undoubtedly in a local microclimate. Keep a log of minimum low readings—generally the daily temperature at sunrise—to track your actual minimum low temperature. Is it reasonably stable or does it change from year to year? A remote sensor with a memory for daily high and low temperatures makes the work easy. Relocate a remote thermometer at ground level in beds around the yard to discover warmer protected areas.

Strategies for Successful Gardens

Look for plants thriving in neighborhood gardens. Are they drought-tolerant or moisture-loving plants you're familiar with? These may be good choices for your problem areas. Amend your soil and correct drainage problems before choosing plants. Or select native plants that tolerate native conditions.

Taking the time to observe your local growing conditions and making the effort to take simple measurements has great payoffs in terms of saved energy and expense. Learning to cooperate with climate overall and your microclimates in particular may enable you to generate a garden that thrives and yields abundant harvests.

To read this publication in its entirety, go to pubs.extension.wsu.edu/how-to-determine-your-garden-microclimate.

Source: Adapted from Washington State University Extension's *How to Determine Your Garden Microclimate*, Publication FS181E

Smokin' Powerhouse Chili

What food is available year-round and is an outstanding source of fiber, iron, and protein? The answer is beans. In addition to their nutrient-rich content, beans are also affordable. Many different bean varieties are available dry, canned, or frozen for your convenience. Not sure whether to buy canned or dried beans? You can decide based on convenience or cost. Choose dry beans if you want to save extra money or choose canned beans to save time.

Source: <https://extension.psu.edu/beans-the-magical-vegetable-and-protein>

Preparation Time: 30 minutes

Cooking Time: 1 hour 25 minutes

Makes six 1-cup servings chili and six ¼-cup servings quinoa



INGREDIENTS

⅔ cup Quinoa, dry
1 cup Fresh onion, peeled, diced
2 tsp Fresh garlic, minced
¾ cup Low-sodium vegetable stock
1¼ cups Fresh carrots, peeled, diced ½"
½ cup Fresh red bell peppers, seeded, diced
½ tsp Ground chipotle pepper (optional)
1 cup Fresh sweet potatoes, peeled, diced ½"
1¾ cups Canned low-sodium diced tomatoes
1 cup Canned low-sodium tomato sauce
¼ cup Fresh cilantro, chopped
2½ tsp Chili powder
2½ tsp Ground cumin
¼ tsp Salt
2 cups Canned low-sodium black beans, drained, rinsed
½ cup Frozen corn

DIRECTIONS:

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 1½ cups water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer uncovered until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork and set aside. A rice cooker may be used with the same quantity of quinoa and water.
2. In a large pot coated with nonstick cooking spray, cook onions and garlic over low-medium heat for 2 minutes. Add half of the vegetable stock and bring to a boil.
3. Add carrots, red bell pepper, and optional ground chipotle pepper. Cook uncovered over medium heat for 10 minutes.
4. Steam sweet potatoes in a steam basket over high heat. Cover and steam for 15 minutes or until fork-tender.
5. Add remaining vegetable stock to pot along with diced tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt. Cook uncovered over medium heat, stirring occasionally, allowing mixture to thicken and flavors to blend for about 15 minutes.
6. Add black beans, corn, and steamed sweet potatoes. Cover and continue cooking over low heat for 10-15 minutes.
7. Serve ¼ cup quinoa with 1 cup chili. Serve hot. May serve brown rice in place of quinoa.

Decreasing Sodium in Canned Beans



Consuming a diet high in sodium is linked to the development of hypertension and increased risk for heart disease. Canned vegetables, including canned beans, contain higher amounts of sodium than their fresh or less-processed counterparts. However, these beans still contain all the valuable nutrients as their dry counterparts and can be part of a healthy diet.

To reduce the sodium content in canned beans, simply drain and rinse them before consuming or adding to recipes. Researchers reported that draining canned beans reduces sodium content by 36 percent, while draining and rinsing canned beans reduces the sodium by 41 percent.

Source: <https://www.ndsu.edu/agriculture/extension/publications/all-about-beans-nutrition-health-benefits-preparation-and-use-menus>

Per serving 184 calories; Protein: 7g; Carbohydrate: 38g; Dietary Fiber: 8g; Total Fats: 2g; Saturated Fat: <1g; Cholesterol: 0mg; Vitamin A: 9024 IU (435RAE); Vitamin C: 39mg; Iron: 3mg; Calcium: 63mg; Sodium: 256mg

Source: TeamNutrition.usda.gov

Steam canning, also known as atmospheric steam canning, is a popular method in some states across the US that offers an alternative to traditional water bath canning for preserving high-acid foods. While steam canning is a convenient and efficient way to seal in the freshness of some fruits and jams, it's imperative to follow safety guidelines to prevent foodborne illnesses and it's essential to be aware of its limitations and potential risks when compared to traditional water-bath canning.

Steam canning involves using steam to heat and seal jars of food. It is particularly suitable for high-acid foods like fruits, fruit juices, jams, and pickles. The high acidity of these foods creates an inhospitable environment for the growth of harmful bacteria, making them less prone to spoilage. However, it's crucial to note that steam canning is not recommended for low-acid foods, such as vegetables and meats, which require the higher temperatures of pressure canning to ensure safety. **NOTE: you cannot** simply adapt a boiling water canner as a steam canner. The temperature and timing is not consistent to produce safe food.

Safety Guidelines for Steam Canning

1. Use Right Equipment

-What does a tested steam canner look like?

The two types of steam canners tested in the University of Wisconsin laboratory (Back to Basics and Victoria models) have a shallow base and a tall domed lid. Jars of food sit on a rack in the base, above hot, boiling water, and are covered by the domed lid. There are vent holes in either side of the lid, just above where the lid joins the base, where steam vents during the canning process. The only difference in the two types of canners researched is that the Victoria model had a knob on the top of the lid with a temperature gauge that indicated approximate temperature within the canner; in their research this gauge appeared to be quite accurate. Other models have not been tested and are therefore not recommended as safe for home canning of acid foods at this time.

-Steam canners use only about 2 quarts of water (compared to 16 quarts or more in water-bath canners) so the jars are not fully submerged in water. You are essentially heating with less water. Ensure that your steam canner is in good condition and designed for safe food

preservation. Follow the manufacturer's instructions for assembly and use.

2. Select Right Foods

-Choose High-Acid Foods: Steam canning is best suited for high-acid foods with a pH of 4.6 or below which naturally resist bacterial growth. Use tested, up-to-date, and approved recipes for canning to ensure that the acidity levels are adequate for safe preservation.



3. Ensure Right Temperature

-You do not start your process time until the temperature gauge is up to the proper temperature. Jars are processed in pure steam at 210-212° F. A full 6—8 inch column of steam will flow out of the vent holes of the canner. Once the canner continuously produces a full column of steam, and a thermometer inserted into the vent reads 210° F, you can start your timer. *A frequent mistake steam canner users make is they start the timing of the processing when they immediately see steam exiting their canner.*

4. Right Instructions

-Follow Recommended Altitude Adjustments: Adjust processing times based on your altitude. This is crucial for achieving the proper temperature required to destroy bacteria and enzymes that can cause spoilage. Consult reliable sources for altitude adjustments specific to your location. You should be adding 5 minutes to processing for each 1,000 feet above sea level.

-Jars must be pre-heated prior to filling.

-Maintain Proper Headspace: Leave the recommended amount of headspace in your jars, as specified in the recipe. This space allows for proper expansion during processing and helps create a vacuum seal once the jars cool.

Continued on page 5

5. Right Timing

-Monitor Processing Times: Follow the recommended processing times for your chosen recipes. Processing times are critical for achieving the necessary temperature to kill bacteria and enzymes effectively. Do not cut corners on processing times to ensure the safety of your preserved foods. Adjustments for steam canning are as follows:

1. Place filled jars on the canner rack above the hot/preheated water.
2. Place the lid on the canner and heat, on high, until the canner vents.
3. **You do not start your process time until the temperature gauge is up to the proper temperature.**
4. After processing, allow the jars to cool naturally on a clean towel or cooling rack. Avoid cooling them on cold surfaces, as sudden temperature changes can lead to jar breakage.

Due to the limited amount of water used, processing should be limited to **recipes of 45 minutes or less**, including any elevation modifications. There is a risk that the canner can dry out when boiling vigorously for an extended time. **If the canner dries out, the food is considered under-processed and potentially unsafe.**

Steam canning can be a safe and convenient method for preserving high-acid foods, providing an excellent way to enjoy the flavors of Idaho's harvest year-round. We do caution that you follow these safety guidelines and stay informed, use reliable recipes, and share this knowledge with fellow food preservationists.

Resources:

University of Wisconsin -Madison:

<https://fyi.extension.wisc.edu/safefood/2020/08/18/an-update-on-safe-use-of-steam-canners/>Top of Form

Submitted by Alicia Alexander and Suzy Miller, MFSA, Univ. of Idaho



SALVAGE OPERATION

We could salvage a lot of food we currently throw away! Wilted leafy greens are perfectly safe to eat (cook them and you won't notice a difference). Bruised spots on fruits and vegetables can be cut off. They do not affect the taste or safety of the rest of the item. Even veggies that have started to soften a bit should be tasty roasted or in soups, stews, and casseroles.

Composting is good but does not maximize use of the resources put into growing, processing, and shipping the food the way eating it does. Consider throwing veggie scraps and ends in a bag in the freezer. You can cover them with water, put them on the stove to simmer, and end up with broth that can be frozen until needed.

If it looks like you won't be cooking that raw meat, poultry, or seafood in a day or two after you buy it, make sure it's tightly wrapped and put it in the freezer. Think about how you will use it in the future

and portion accordingly before freezing. If you bought too much of a particular item, see if a friend or neighbor wants some.

Re-purpose those leftovers! Not wanting to eat the same thing twice is a poor excuse for throwing away food. Make it a practice to have leftover dinner for lunch the next day (or two—leftovers are generally good for four days). Extra meat, poultry, or seafood can be sliced cold over salad greens or leftover grains and dressed. Salmon can become salmon croquettes. Chicken can become chicken salad. Use extra ground beef for sloppy Joes, whole wheat pasta Bolognese, or tacos. (Last night's shrimp, fish filets, chicken, beef, and even beans, sweet potato fries, and cauliflower all make great taco fillings. Keep corn or whole wheat tortillas in the fridge for easy taco nights). Toss those cold veggies into salads, pile them on a slice of pizza, throw them into quick stir-fries, soups, stews, and casseroles. A little forethought, a dash of creativity, or inspiration from the internet is all you need to keep your leftovers from the landfill.

Source: Tufts University Health & Nutrition Letter, February 2023

Workshops, Programs, Bulletins & Classes

Due to space restrictions, proper planning of handouts and trying to ensure an effective learning environment, all Extension sponsored workshops, programs and classes require **pre-registration**. Please contact the Extension office listed for the workshop, program or class you wish to attend.

The University of Idaho Boundary County Extension Office does not want anyone denied access to educational classes based on inability to pay. To inquire about scholarship availability, contact the Boundary County Extension Office at 208-267-3235.

DreamBuilder

DreamBuilder **provides free** online entrepreneurial training in English and Spanish for **future women business owners**.



If you're thinking of **starting your own business** but don't know where to start, this course can **teach you the skills and concepts you need**. Topics such as marketing, bookkeeping and sales. You'll learn about how much it costs to start a business and about the laws and regulations you'll need to follow. By the end of the course, **you'll have a draft business plan**.

Work at your own pace to complete 15 online modules.

Sign up at www.dreambuilder.org/uidaho **REGISTER TODAY!**

Contact Paul Lewin with questions at dreambuilder@uidaho.edu.

Mental Health First Aid

Friday, January 19, 2024

8:30 PM-5:00 PM

**Boundary County Extension Office
6791 B Main Street
FREE**



Mental Health First Aid is a course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses.

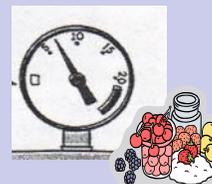
To join the in-person training please **register** by emailing amrobertson@uidaho.edu or calling the Boundary County Extension Office at 208-267-3235.

UI Extension Sheep and Goat Monthly Webinar:

UI Extension offers webinars on sheep and goat topics. Follow them on Facebook @UISheepandGoats for the current schedule of topics.



Dial Pressure Gauge Testing



- ❖ Please plan on bringing your canner lid in to the office the day before and leaving for 24 hours.
- ❖ A \$2.00 fee is charged for testing.

If your pressure canner only has a weighted jigglers, it does not need to be tested.

Water Bath Canning

Tuesday, January 23, 2024

1:00 PM-4:00 PM

**Boundary County Extension Office
6791 B Main Street
COST: \$10**



Learn how to safely make and preserve your own high-acid foods including jams, jellies, tomato products, pickled vegetables, and fruits. This hands-on class will also teach participants about canning basics as well as proper storage and handling of home canned foods. Each participant will make their own jar of product which they can pick up the day after the class. Class size is limited to 9 people.

Contact the Boundary County Extension Office to **register**, 208-267-3235.

Visit Us On The Web @
uidaho.edu/boundary

Workshops, Programs, Bulletins & Classes

Boundary County Cereal School -And Hosted Lunch



Thursday, February 1, 2024

Sign-in 7:45am, Program 8:00am-1:00pm

The event will take place at the Boundary County Extension Office, 6791 B Main St., Bonners Ferry.

Cost: Free

Cereal School is sponsored by the Idaho Wheat Commission, the Idaho Barley Commission, and the University of Idaho. This educational workshop provides an opportunity for producers to learn about issues in their region, including insect issues, disease updates, variety trials, weed control, canola issues, markets, and more.

There is no charge for the workshop, but we need an accurate head count by Friday, January 26, for the lunch order. To **register** to attend in person, contact the Boundary County Extension Office at 208-267-3235 or email boundary@uidaho.edu. For program questions, contact Doug Finkelnburg at dougf@uidaho.edu.

Pesticide recertification credits will be available.



Freeze Drying

Wednesday, February 7, 2024

1:00 PM-2:30 PM

**Boundary County Extension Office
6791 B Main Street**

COST: \$10



Want to learn about freeze dryers designed for home use? This is the class for you! During this class you will learn about the various freeze dryer models, purchasing and maintenance costs, how to operate a freeze dryer, and proper storage of freeze-dried goods. You will be given the opportunity to see how to prep food and begin the freeze-drying process. We will also be sampling a variety of freeze-dried foods.

Contact the Boundary County Extension Office to **register**, 208-267-3235.

Soil Blocking for Seedlings & Using Indoor Grow Lights

Wednesday, February 21, 2024

1:00 PM-3:00 PM

**Boundary County Extension Office
6791 Main Street**

COST: \$5



Learn how to save space and time by starting your seedlings in soil blocks. These are small cubes of compressed soil that serve as both the container and the soil medium all-in-one. This technique allows seeds to rapidly germinate and creates vigorous seedlings with healthy root systems that can be transferred to the garden without transplant shock. We will also discuss a simple and inexpensive grow light system that can be used for seedlings started in soil blocks or in containers.

Contact the Boundary County Extension Office to **register**, 208-267-3235.

QPR Suicide Prevention Class

Friday, February 23, 2024

12:00 PM-1:00 PM

**Boundary County Extension Office
6791 B Main Street**

FREE

We invite you to attend the next QPR suicide prevention gatekeeper training course offered by Amy Robertson, U of I Extension. To **join the in-person training** please register by emailing amrobertson@uidaho.edu or calling the Boundary County Extension office at 208-267-3235.

The need for suicide prevention efforts is increasing given the challenges of the last few months. Make a difference and help prevent suicide by becoming a trained suicide prevention gatekeeper.

For more information on QPR, visit qprinstitute.com.



Follow UI Extension, Boundary County on Facebook:
www.facebook.com/UIExtensionBoundary

Workshops, Programs, Bulletins & Classes

Parenting Education Series

Wednesdays, March 6-May 15, 2024

5:30 PM-6:30 PM

Boundary County Extension Office

6791 B Main Street

FREE



We will be offering a FREE Parenting Education Series in Bonners Ferry for families with kids between the ages of 5-11. The class is a nine-week series and sessions will be held one evening per week with some optional parent cafe sessions. This program is part of an effort to develop a parenting program designed to meet the needs of rural families in Idaho. Program participants will be given incentives for participating in and completing the program. If you are interested in participating or would like more information, please contact Amy Robertson at amrobertson@uidaho.edu or call 208-267-3235.

Plan the Garden, Preserve the Harvest

Wednesday, March 13, 2024

3:30 PM-5:00 PM

Via Zoom

FREE



Learn how to plan out your garden, so you are prepared when it's time to plant! This class will also cover harvesting and safely preserving your garden. Research-based recommendations will be shared for preparing a great garden and also consuming it! There will be opportunities to ask questions, so you are ready to plant, grow, harvest, and store your garden's bounty! To register, go to <https://bit.ly/PlanPreserve24>.

Basic Orchard Care

Thursday, March 7, 2024

1:00 PM-4:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$5



Kyle Nagy, with the U of I Sandpoint Organic Agriculture Center, will be sharing information on how to properly care for your home orchard. In this class you will learn some of the basic tips and tricks to take care of your fruit trees successfully.

Contact the Boundary County Extension Office to **register**, 208-267-3235.

Basic Dehydration

Thursday, March 21, 2024

1:00 PM-3:00 PM

Boundary County Extension Office

6791 B Main Street

Cost: \$10

In this class we will be sampling different dehydrated foods and making fruit leather. You will learn specific techniques for using your home oven or dehydrator to dry fruits, vegetables, herbs and meats. Your family will love these healthy snacks.

Class size is limited to 12 people. Contact the UI Boundary County Extension Office to **register**, 208-267-3235.



LIFTING WOMEN TO BETTER HEALTH



STRONG WOMEN PROGRAM

Please join us for new strength training sessions
Jan. 9-Mar. 14, 2024

STRONGWOMEN

The objective of the Strong Women Program is to improve the health of women by increasing access to safe, structured and effective strength training exercises and nutrition programs.

All Equipment Provided

Location: UI Extension Conference Room

Time Choices:

8:30 a.m. Tuesday, Thursday

Strong Women Stay Young — 2X/wk

10:30 a.m. Tuesday, Thursday

Strong Women Strong Bones — 2X/wk

Cost: \$30 * for 10 week session

Your place is reserved when payment is received

*Scholarships available contact Angela at 208-267-3235

Register @ UI Extension Office, 6791 B Main St.
(208)267-3235

Workshops, Programs, Bulletins & Classes



**Winter Session starts
January 18, 2024
Registration Deadline: January 15**

Preserve @ Home provides research-based food preservation education across geographical barriers. Participants learn how to produce high quality preserved foods and the science behind food preservation and food safety.

Individuals with little or no previous food preservation experience are welcome. Anyone with an interest in food preservation and food safety can enroll in Preserve @ Home.

The registration deadline is **Monday, January 15, 2024**. The first lesson of the 6-week course opens online on **Thursday, January 18 at 1 pm MT**. Each lesson includes online text, online discussions to facilitate participant interaction, a video chat with classmates and instructors, and open book quizzes to assess knowledge gained. The weekly online chat session for the first lesson will be on **Thursday, January 25 at 1:00 MT**. Topics to be covered include: Foodborne Illness—causes and prevention, Spoilage and Canning Basics, Canning High Acid Foods, Canning Specialty High Acid Foods—pickles, salsa, jams, jellies, Etc., Canning Low Acid Foods, and preservation, cold storage and root cellaring.

COST: \$35 registration fee

Register online at https://marketplace.uidaho.edu/C20272/ustores/web/product_detail.jsp?PRODUCTID=2135

For More Information Contact:

University of Idaho Extension, Franklin County at 208-852-1097 or franklin@uidaho.edu.

IF YOU ARE MOVING/HAVE A CHANGE OF ADDRESS, OR WOULD PREFER TO HAVE THE NEWSLETTER EMAILED TO YOU-

PLEASE CALL US AT 208-267-3235 OR EMAIL boundary@uidaho.edu



FORESTRY SHORTCOURSE

**St. Maries
9:00 AM-12:00 PM
June 12, 20, 26 & July 3, 10, 17, 2024
Federal Building Meeting Room
Corner of 7th Street & College Avenue
208-245-2422**



Many Idaho forest landowners desire a better understanding of “what makes their forest tick” and how they can better manage their forest property. The Forestry Shortcourse will help you:

- Understand basic principles of forest ecology and silviculture,
- Apply that knowledge to your forest to meet your goals, and
- Develop a written forest management plan for your property.

To ensure an effective learning environment, each session is limited to 25 people. A \$38 registration fee (\$120 for UI credit) includes a binder, USB drive of forest management resource materials, and refreshments.

For **registration** questions, contact the University of Idaho Benewah Extension office, 208-245-2422.

Living on the Land

**March/April, 2024
Thursdays, 5:30 PM-8:00 PM
Sandpoint Organic Agriculture Center
N. 10881 Boyer Rd.
COST: \$100**

This course consists of a series of classes designed to meet the needs of participants in the region where it is offered. Topics include: Choosing farm equipment, What to do about weeds, Market and organic gardening, Pasture establishment and renovation, Caring for animals, Water quality, Feeds and feeding, Your living soil, Grazing management.

To **register**, contact the Bonner County Extension Office; 208-263-8511.





University of Idaho
Extension
Boundary County

4-H CLOVER TALK JANUARY/FEBRUARY 2024



Debbie Higgins
4-H Program Coordinator

January

January 1-New Year's Day

January 9-Livestock & Leaders Meeting 6:30 p.m. Ext. Office

January 10-Signup Deadline For Fair Participation

January 15-Human Rights Day
Ext. Office Closed

January 16-All Swine Leaders Meeting 5:30 @ Ext. Office

February

February 8-KYG Registration
Closed

February 13-Livestock & Leaders Meeting 6:30 p.m. Ext. Office

February 14-Valentine's Day 

February 16-Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With P-Z 9:30 a.m. Ext. Office

February 17-19-KYG In Boise

February 19-Presidents Day Ext. Office Closed

February 27-Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With P-Z 5:30 p.m. Ext. Office



Follow Boundary County 4-H on Facebook:
www.facebook.com/boundarycounty4h

We are looking forward to the fresh start of a new year, full of exciting things! There have already been lots of new 4-H member enrollments and new volunteer leaders as well.

The enrollment deadline to be eligible to exhibit and compete at the fair is January 10th, 2024. Please don't hesitate to get enrolled and make your payment. The cost to enroll is \$25.00 for up to 3 projects. Horse & Dirt Bike are an extra \$2.00. It is \$3.00 per project after the first 3. Dutch Oven & Jewelry Making have an extra \$5.00 fee for materials.

4-H needs a Scrapbooking Leader. We have lots of supplies to get you started at the office. If you would like to lead this or have interest in leading any project or group give us a call. Leaders that are returning need to go into zsuite and sign up as soon as possible. You will use the same log in as you have in previous years. Please give me a heads up if you are not planning to be a leader this year so we can find someone else to fill that role.

It is mandatory for all leaders to attend the January 9th, 2024, Livestock and Leaders meetings at 6:30 PM. Remember we are now located next to Far North Outfitters. This meeting is very important as we will discuss the implementation of any changes, hand out the 4-H Calendar for the year, and discuss enrollment for the year. Also remember all 4-H leaders need 2 to 3 hours of training/education and attending these meetings is a great way to meet this requirement.

The Boundary County Fair is scheduled for August 5th – 10th, 2024. The Fair

theme is "Red, White, and Blue, This Fair is for You." The Fair Board is looking for artwork submissions to put on the cover of the fair book. If you have any ideas submit them to the fair office, as they will soon be deciding on this at one of their board meetings.

Members, remember you can start your record book now in zsuite – you don't need to wait until your first project meeting. Now is a great time to start on your goal setting and list any expenses you may have incurred thus far. My advice is to start your story early and add to it throughout the coming months. Make it a habit that each time you have a meeting or project-related experience you record it in your book. This will make it much easier to finish up your books when we get close to fair time.

I hope everyone is enjoying the Holiday season and time with family and friends. Happy New Year!

★  **ATTENTION ALL 4-H LEADERS—** ★
★ Please mark **January 9 & February 13** on your calendar! Come to the meetings to stay on top of what is ★
★ going on in 4-H. Livestock committee ★
★ meets first at 6:30 p.m. followed by ★
★ Leaders' council starting at 7:00 p.m. ★
★ at the Extension Office. All parents, ★
★ members, and community members ★
★ are welcome to attend meetings. ★
★

Persons with disabilities have the right to request and receive reasonable accommodations. Please complete the form found at reasonable-accommodation-for-4-h-parent-complete.pdf (uidaho.edu) to assist in evaluating the reasonable accommodation request at least two week prior to the event. Accommodation applications cannot be approved without supporting documentation. Submit the request form found in the link above along with supporting documentation to Center for Disability Access and Resources 875 Perimeter Drive Moscow, ID 83844-4257 cdar@uidaho.edu Phone 208-885-6307, Fax 208-885-9404

4-H Calendar

March

March 8-Ownership/possession Deadline for ALL MARKET BEEF (150 Days)

March 10-Daylight Savings Begins

March 12-Livestock & Leaders Meeting 6:30 p.m. Ext. Office

March 17-St. Patrick's Day 

March 15-Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With P-Z 3:00 p.m. Ext. Office

March 16-Market Beef Weigh In @ Fairgrounds (142)

March 31-Easter 

April

April 9-Awards Committee Meeting 5:30 p.m. Ext. Office

April 9-Livestock & Leaders Meeting 6:30 p.m. Ext. Office

April 10-State Teen Association Convention (STAC) Registration Opens

April 28-Ownership/possession Deadline for ALL MARKET SWINE (100 Days)

April 29-Oral Presentation Day 4:30 p.m. Ext. Office



4-H Friday



We are almost halfway through the 2023/2024 4-H Friday Friends Program Year! It has been a fun and full semester with lots of STEAM and guest visitors! We have celebrated several of our students' birthdays, along with some fun national holidays such as: good neighbor day, grilled cheese day, farmers day, and more. Student favorites of the semester have definitely been the gym, Think Make Create Labs, and creative art projects. For Thanksgiving, The Newmans with Majestic Skies Ranch served a wonderful holiday meal, and Deven Sceppe did a photobooth for our students. So many people in the community have invested time and talent into this program year so far and we want to take a moment and celebrate those who have invested time into our students this semester!

- Hannah with Teascarlet taught an art project.
- Cassie Olson with the Farm Bureau came and shared Maggie the Cow's journey.
- Ms. Shalonda with Boundary 4-H/AmeriCorps came once a month to teach Robotics.
- Ms. Terri from the Boundary County Library came twice a month to read us stories.
- The Cushman Family with Cushman Farms came and taught us about farming.
- Firefighter Alan came and taught about fire safety along with a tour of the big fire truck.
- Amy Maggi from the Boundary County Library came and taught us about 3D printing.
- Heather with Hummingbird Sweets came and taught us about cupcake decorating.
- Ms. Amy from the University of Idaho Extension Office taught about germs.
- Ms Debbie with Boundary County 4-H did Christmas crafts.

Thank you all for such an incredible first semester! We honor and celebrate you all! Next semester, students will have an opportunity to learn more about leadership, science labs, and continued STEAM projects. We have more guest visitors and field trips lined up and it is going to be a blast of a semester!

A few facts about our program:

- ~ Friday Friends is an open enrollment program.
- ~ You may sign up at any point and attend any duration of time on Fridays from 7:30am-5:30pm
- ~ Open to any youth in grades Kindergarten through 5th grade
- ~ Cost is \$15/day with available sliding fee scale.

If your family is interested in being a part of the 4-H Friday Friends program, you may fill out paperwork and drop it off at the Boundary County Extension Office any time during normal business hours or fill out and turn in at drop off. If you have further questions, please call us at 208.267.3235 or stop by the office. We look forward to serving your family!

Remaining Dates for First Semester:
January 12, 19, 26

Second Semester Dates:
February 02, 09, 16, 23
March 01, 08, 15, 22
April 05, 12, 19, 26
May 03, 10, 17, 24 31
June 07



BOUNDARY COUNTY 4-H

Welcome New and Returning 4-H Families

4-H enrollment period is October 10, 2023-January 10, 2024.

All of us with Boundary County 4-H are excited for the beginning of a new 4-H year. We look forward to seeing all of our returning members and meeting our new members.

All enrollments for new and returning members and leaders need to be done online @ <https://4h.zsuite.org>. This is also the platform that is used for record books with the exception of Cloverbuds. Returning families will log-in and new families will create a log-in when enrollment opens after October 10, 2023. After that date, when you log in there will now be an enrollment tab on the left hand side of the screen. Zsuites is accessible by Smartphone, or if using a computer, you must use Firefox or Google Chrome, as Internet Explorer is not compatible. For any families without internet access we will have a computer available at the Extension Office for enrollment use.

The program costs are listed to the right.

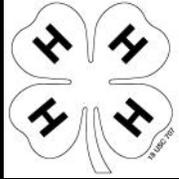
All program fees still need to be paid in cash or check at the Boundary County Extension Office, 6791 B Main Street or mailed to PO Box 267, Bonners Ferry. Unpaid enrollments will remain in pending status until program fees have been paid.

The Participation Deadline for 2023/2024 is January 10, 2024 for 4-H projects to be part of the 2024 Boundary County Fair. There is a special date for beef projects of November 1, 2023.

If you have any questions, comments or concerns, please feel free to contact Debbie Higgins or Amy Robertson at the Boundary County Extension Office: 208-267-3235.

CLOVERBUD \$25
MEMBER \$25
HORSE \$27
Dirt Bike \$27
Jewelry Extra \$5 to cover cost of materials
Dutch Oven Extra \$5 to cover cost of materials
4 or More Projects add \$3.00 per project

ADVERTISE YOUR CLUB & PROJECT MEETINGS IN THE CLOVERTALK!!!




Did you miss the opportunity to advertise in this year's Fair Book? Do you know someone who has a business or is new to town that would benefit by advertising in the Fair Book?

Please call Boundary County Extension Office to get advertising information for the 2024 Fair Book. If you have questions, would like to sell ads, or advertise please contact the Extension Office at 208-267-3235 and ask for Debbie.



Livestock News



2024 WEIGH-IN DATES

Please be sure to mark these dates on your calendar!

BEEF-Saturday, March 16, 2024
9:00 a.m.

SWINE-Saturday, May 18, 2024
7:00 a.m. (Breeders go first)

LAMB & GOAT-Wednesday, May 29, 2024, 5:30 p.m.

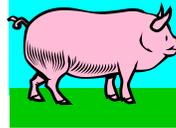
Rabbit-Monday, July 1, 2024 5:30 p.m.

Members, it is your responsibility to be at weigh-in and to arrive promptly. You will need to make sure you have the appropriate paperwork with you such as bill of sale and health certificate (required if your animal is obtained out of state).

Do not forget to bring your paperwork to the weigh-ins

- BEEF**-HAUL SLIP, BILL OF SALE
- SWINE**-BILL OF SALE, HEALTH CERTIFICATE (IF PURCHASED OUT OF STATE)
- LAMB/GOAT**-BILL OF SALE, HEALTH CERTIFICATE (IF PURCHASED OUT OF STATE)
- RABBIT**-PROOF OF OWNERSHIP OF TWO OR MORE DOES, MUST BRING DOE, LITTER MUST HAVE THREE FRYERS, ALLOWED ALTERNATE PEN OF THREE FRYERS

Swine Leaders and Parents now is the time to be looking for your market hog projects! You will want to make sure you have contacted a producer about obtaining an animal. Don't procrastinate!



2024 Mandatory 4-H/FFA Market Quality Assurance Training

All trainings will be held at the Boundary County Extension Office meeting room, 6971 B Main St. Training is mandatory for first time 4-H and FFA Market Animal members and returning members with last names starting with P-Z. There are three dates to choose from:

- 9:30 AM-11:00 AM, Friday, February 16**
- 5:30 PM-7:00 PM, Tuesday, February 27**
- 3:00 PM-4:30 PM, Friday, March 15**

It is requested that parents accompany their child(ren) and also plan on attending the training.

Trainings are limited to 25 members. Registration is mandatory.

Please call 208-267-3235 or email, boundary@uidaho.edu to register.

Market Lamb Essay Contest



for all Boundary County 4-H Members
The Boundary County 4-H program has revived a contest to win a Market Lamb. If you are looking to start the lamb project, this may be the contest for you. Submit an application with an essay by 5 PM on January 10th, 2024 to the Extension Office located at 6791 Suite B, Main St. Bonners Ferry. Applications can be picked up at the Extension office or emailed to members.

Application Guidelines:

- Fill out the application & turn in by January 10, 2024.
- You must be enrolled in Market Lamb & have fees paid by January 10, 2024 to be eligible.



Feel free to email your application & essay to deborahh@uidaho.edu



Winner will be selected by the donor & a panel of community members. Winner will be notified by February 15, 2024

Persons with disabilities have the right to request and receive reasonable accommodations. Please complete the form found at [reasonable-accommodation-for-4-h-parent-complete.pdf](#) (uidaho.edu) to assist in evaluating the reasonable accommodation request at least two week prior to the event. Accommodation applications cannot be approved without supporting documentation. Submit the request form found in the link above along with supporting documentation to Center for Disability Access and Resources 875 Penimeter Drive Moscow, ID 83844-4257 cdar@uidaho.edu Phone 208-885-6307, Fax 208-885-9404

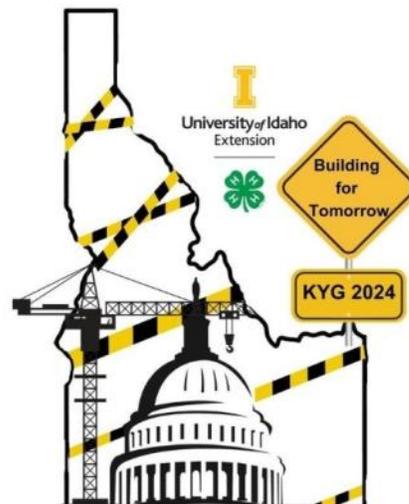
KNOW YOUR GOVERNMENT CONFERENCE

February 17-19, 2024 in Boise

Registration Cost: \$225

Open to youth in grades 8 to 10

(Youth may only attend 2 times unless selected for the Steering Committee)



Mission

Provide youth an opportunity to become knowledgeable about the decision-making process in legislative and judicial branches of government.

Register

- From Dec. 8-Jan. 8
- Online at ZSuite: <https://4h.zsuite.org>
- Pay online at: [4-H Youth Development market place](#)

Youth Leadership

- KYG Conference is planned in partnership with youth and adults.
- Youth in grades 9 and 10 may apply to serve on the planning committee.
- Applications are accepted at Conference.

More Information

For more information, visit: <https://www.uidaho.edu/extension/4h/events/know-your-government>

Accommodations

- **Hyatt Place Downtown** is the Conference Hotel
- Lodging & most meals are included
- Transportation to and from Boise is provided for youth from Northern, Central, and Eastern Idaho.
- Events held at the Boise Centre, Capitol, UI Law Center, Supreme Court, and Ada County Courthouse



The University of Idaho is an equal opportunity/affirmative action employer and educational organizations. We offer programs to persons regardless 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. In compliance with the Americans with Disabilities Act of 1990, those requesting reasonable accommodations need to contact the University of Idaho 4-H Youth Development Office at (208) 885-7700, 875 Perimeter Drive, MS 3015, Moscow, ID 83844-3015

Scholarships

Bonner County Cattlewomen and Cattlemen Agricultural Scholarship

Any college Junior or Senior entering the field of Agriculture or pursuing a degree in Education or any other major, where the student could show an impact on Agriculture (preferably beef). The student must have received their High School diploma while residing in Bonner or boundary County and be entering their Junior or Senior year attending as accredited college in the State of Idaho. Applications are available at Bonner and Boundary County Extension Offices and are due on or before **April 15, 2024**.



Rotary Scholarship

The Rotary Scholarship is offered to any deserving citizen of Boundary County who is graduating or has graduated from Bonners Ferry High School or Home School Program, and wishes to pursue higher education at any accredited college in the State of Idaho. **Applications and deadline will be available early 2024.**

Calling all 4-H'ers!!!

Boundary County Oral Presentation Day will be held on Monday, April 29, 2024 at the Boundary County Extension Office starting at 4:30 p.m.

All members are encouraged to take the opportunity to participate in this event. It helps polish your presentation techniques and there may be opportunities to take your demonstration to events outside of Boundary County.

When preparing your presentation, remember there are different presentations that you can do such as an Illustrated Talk, Demonstration and Speech. Look for information in the March/April Newsletter to help you prepare.

This contest is judged and winners will be chosen from each age group. Awards will be presented at the 4-H Awards Ceremony in the fall.



**PLEASE CALL THE
EXTENSION OFFICE AT
208-267-3235 BY
FRIDAY, APRIL 26
TO PRE-REGISTER!**



<u>Age divisions:</u>	<u>Time allowances for presentations are as follows:</u>
Juniors 8-10	Juniors 5-7 minutes
Intermediates 11-13	Intermediates 7-10 minutes
Seniors 14-18	Seniors 8-12 minutes

Leaders Needed

Join the 4-H Community as a member or volunteer leader today!

The start of a new 4-H year is just around the corner and leaders are needed in many different areas.

If you are interested in joining as a leader or Volunteer contact the Extension Office at 208-267-3235.

If you are moving or have a change of address-please let us know. 208-267-3235



UI EXTENSION BOUNDARY COUNTY
P.O. BOX 267
BONNERS FERRY, ID 83805

RETURN SERVICE REQUESTED

NON-PROFIT
PRSR STD
U.S. POSTAGE
PAID
PERMIT NO. 145
BONNERS FERRY, ID

JANUARY/FEBRUARY 2024

KEEPING OUR COMMUNITY CONNECTED



BOUNDARY COUNTY EXTENSION STAFF

Amy Robertson	Extension Educator Family & Consumer Sciences
Cody Beus	Extension Educator Agriculture & Horticulture
Debbie Higgins	4-H Program Coordinator
Hope Newman	4-H Friday Friends Program Coordinator
Angela Tucker	Administrative Assistant
Sheila Pruitt	Secretary

*Where trade names used, no discrimination is intended and no endorsement by the University of Idaho Extension System is implied.

College of Agricultural and Life Sciences

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 have the right to request and receive reasonable accommodations. Please contact the Boundary County Extension Office at P. O. Box 267, Bonners Ferry, ID 83805, or by calling 208.267.3235, or via email at boundary@uidaho.edu at least two weeks prior to the event to request reasonable accommodations.