



University of Idaho Extension

Owyhee County

JANUARY 2025

Family & Consumer Science Newsletter



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Owyhee County *Family & Consumer Science*



Suriñe Greenway -
UI Owyhee County Extension Educator

The Master Food Safety Advisor Program is intended to incorporate multiple learning methods to This class is sure to prepare you for to really consider all of the great foods you would love to plant so that you can weave them into your preserving for meals later.



Food, Friends & Fun!



Engage with your community by learning then sharing foundational food safety & preservation principles.

WEEKLY ON TUESDAYS
Virtual & In-person
JAN. 28TH - MARCH 25TH

For More Information
Owyhee@uidaho.edu
(208)896-4104



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Suppose you are a food-lover and would like to learn how to handle food and safely preserve different foods while learning how to help others in your community. In that case, you should consider the Master Food Safety Advisor program offered by the University of Idaho Owyhee County Extension. You may be a master in the kitchen or working to become comfortable preparing foods and would like to better preserve your garden goodies or source locally and preserve in your kitchen. All experience levels are welcome in this volunteer program as different food preservation content will be thoroughly addressed, and participants will have the opportunity to learn, see, and do as workshops have hands-on food labs. This program will be offered online and in-person hybrid format on Tuesdays, beginning February 4th. Please reach out today to learn more details.

In this multi-week lecture, demonstration, and hands-on program, the University of Idaho Extension provides an overview of factors affecting safety,

prevention of foodborne illness, canning high-acid foods, canning low-acid foods, preserving fruit spreads, pickling and fermenting, freezing methods, and dehydration. Participants will complete hands-on labs and sample foods prepared during workshops. If you are interested in learning more, please reach out to surineg@uidaho.edu or call at 208-896-4104. Participation space for this program is limited to accommodate hands-on activities.

Plan the Garden, Preserve the Harvest!

Most people do not pre-design their garden or what they will grow until it is time to plant. By planning out what you wish to grow ahead of the planting season, you can make valuable decisions that can influence the produce that you grow. Some things that can benefit from planning include;

- Do you have resources or information to help you through the process? Examples include accessing research-based sources, like the University of Idaho, Canyon County Extension Office. The Master Gardener program may help you access relevant content specific to our region to help you successfully grow produce.
- What produce do you like to eat fresh, and what would you like to preserve for later use?
- What fresh foods would you like on-hand during the growing months?

With a successful garden, you may not have anticipated the abundance of produce you will have. While this may be a welcome problem, it does create an immediate need to know your preservation options. To increase your gardening success and prepare yourself for how you will store produce for year-round use, please consider registering for the “Plan the Garden, Preserve the Harvest” virtual class on Thursday, January 30th from 12:00 – 1:30 PM Mountain Time. This class is free to attend, but pre-registration is required.



University of Idaho
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FREE CLASS VIA ZOOM

Plan **THE GARDEN** *Preserve* **THE HARVEST**

Learn how to plan so you are prepared when it is time to plant and harvest your garden.

THURSDAY, JANUARY 30TH
12PM-1:30 PM MT 11AM - 12:30 PM PT

Register at: bit.ly/planpreserve25

Other course offerings available
at uidaho.edu/food-safety

May canned food be reprocessed if the lid does not seal?

Sometimes a jar in a canner load may fail to seal. This may happen because of a cracked or nicked jar, or perhaps because food is fouling the lid's rim. Due to loss of quality, reprocessing of jars is not recommended, however, there are steps that you can use if this is the option you would like to pursue.

If you do reprocess, follow these steps for a safe product:

1. Re-process within 24 hours. For a safe final product, you must have followed an up-to-date research-tested recipe on your first attempt.
2. Remove the lid and empty the contents of the jar into a large pot and heat to boiling.
3. Fill a clean jar with the heated food, remove air bubbles, and top with a new lid.
4. Reprocess using a tested recipe for a hot-pack product. If there is no tested hot-pack recipe, the product may not be safely reprocessed.

If you did not follow a tested recipe on the first try, all jars, sealed or unsealed, may be unsafe and should be discarded.

To preserve quality of food where jars failed to seal (and discovered within 24 hours of initial canning), refrigerate the jars and consume contents within four days. Unsealed jars may also be frozen for up to one year, be sure to adjust headspace to 1" before freezing.

For more FAQs, please visit: <https://nchfp.uga.edu/faqs>



HANDS ON CLASS

MEALS *in a jar*

Learn how to create delicious and nutritious one-pot meals in a jar, perfect for meal prepping or gifting. Ideal for busy lifestyles!

\$25 PER PERSON -OR- \$40 FOR TWO

bit.ly/25jarmeals

**SATURDAY, JANUARY 25TH
11:00 AM - 2:00 PM**

**OWYHEE COUNTY EXTENSION OFFICE
238 8TH AVE W MARSING, ID
(208)896-4104**

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To learn about safe canning practices, and have a great night of food and fun, consider registering for the hands-on pressure-canning class “Meals in a Jar”. This class is designed to walk participants through the basics of food handling and preservation, while also preparing and preserving foods that go together for a quick and safe dinner. Participants will have the opportunity to learn more about food handling, build skills in food preservation and leave confident to repeat the processes safely at home. To join in this one-evening event, more details, including how to register are found above.



HANDS-ON CLASS SAUSAGE MAKING

Learn the basics of making sausage, sample different sausage products, and stuff your own sausage to enjoy at home!

\$25 PER PERSON -OR- \$40 FOR TWO

bit.ly/25sausage

**WEDNESDAY, FEBRUARY 5TH
6:00 PM - 8:00 PM**

**OWYHEE COUNTY EXTENSION OFFICE
238 8TH AVE W MARSING, ID
(208)896-4104**

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HANDS-ON CLASSES



HANDS-ON CLASS

PASTA 2.0

Italian Inspired Cooking

Learn to make your own pasta and sauce!
Participants will sample and take home
the Italian inspired foods made in class.

\$25 PER PERSON -OR- \$40 FOR TWO

bit.ly/25pasta

WEDNESDAY, MARCH 26TH
9:30 - NOON

OWYHEE COUNTY EXTENSION OFFICE
238 8TH AVE W MARSING, ID
(208)896-4104

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HANDS-ON CLASS

WE CAN PICKLE THAT!

Learn how to safely pickle home-grown goodies
and store your food for the best quality result.
You will take home a jar completed in class.

\$25 PER PERSON -OR- \$40 FOR TWO

bit.ly/25pickling

WEDNESDAY, MARCH 26TH
6:00 PM - 8:00 PM

OWYHEE COUNTY EXTENSION OFFICE
238 8TH AVE W MARSING, ID
(208)896-4104

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FREE CLASSES VIA ZOOM!



FREE CLASS VIA ZOOM DEHYDRATION BASICS

Learn how fun and easy
it can be to dehydrate garden goodies
to eat or use in cooking all year long!

THURSDAY, FEBRUARY 20TH
11AM - 12PM PT 12PM-1PM MT

Register at: bit.ly/dehydration25

Other course offerings available
at uidaho.edu/food-safety

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FREE CLASS VIA ZOOM BOILING WATER CANNING *made easy*

Learn important steps to safely process food
from your garden for shelf stable storage.

THURSDAY, MARCH 27TH
11 AM - 12 PM PT 12PM- 1 PM MT

Register at: bit.ly/boilingwater25

Other course offerings available
at uidaho.edu/food-safety

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Owyhee County 4-H



NEWS AND UPDATES

If you reside outside the county lines and want to show at the Owyhee County Fair in August, Boundary Exemption forms are due to the Owyhee County Fair Board by January 1st, 2025. The link to this form can be found on their website at

<https://owyheecounty.net/community/fair-board/>

**Boundary
Exemption Forms**
Due Jan 1st, 2025

The 2025 Leader's Meeting will be held at the Marsing HUB on Tuesday, January 7th, at 6:00 PM. It is open to ALL volunteer leaders in Owyhee County. We will share important dates and discuss the upcoming year!

4-H LEADERS MEETING

Ready to tackle the new year with your club?
Join us at the HUB to discuss upcoming events, important dates, and network with your fellow leaders!

The 4-H Enrollment deadline is creeping up quickly! Enroll online in ZSuite by Saturday, February 1st if you wish to show at the Owyhee County Fair.



ZSUITE ENROLLMENT DEADLINE

REMINDER
All 4-H Youth wishing to show a project at the Owyhee County Fair, **MUST** be enrolled in ZSuite

FEBRUARY 1ST, 2025

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Idaho Southern District 4-H is hosting a Shooting Sports Instructor Training on February 22-23. If you are interested in becoming a shooting sports volunteer, please contact the extension office for more information.

Initial Beef Weigh-In will be on Friday, February 28th starting in Homedale at 7:00 AM.



If you have any questions, Synovia Bates can be reached at: SynoviaBates@uidaho.edu Office: (208)896-4104

Owyhee County

AG - Livestock & Range



Beef Quality Assurance certification. What is it and why do we need it?

- Jenn Smith

I recently attended the Beef Quality Assurance (BQA) certification sponsored by the Idaho Beef Council training in Twin Falls. This certification class covered several topics that are essential to beef producers here in Owyhee County. Why is this important, you ask? There are several reasons beef quality assurance is essential. Let's go through a few of the most relevant reasons to us here in Owyhee County.

1. Our county is a major contributor to the industry and public perception of cattle production is constantly being assaulted by non-agriculture based groups. Going through BQA certification is one way to assure the public that our animals are treated humanely and kindly throughout their lifetime.
2. BQA provides continuous training to beef producers for how to best handle cattle and medical treatments (i.e. vaccinations, health issue detections, etc.). Saving time and money for the producer.
3. Probably the most important reason for BQA certification (in my opinion) is to help ranchers and producers best prepare a biosecurity plan for contagious disease prevention in their operation. One of the most highly transmittable beef cattle diseases is Foot and Mouth disease (aka hoof and mouth). While the U.S. doesn't currently have any cases, having a biosecurity plan in place to reduce and eliminate exposure to this devastating disease, and having a response plan in place IF an outbreak occurs, can save the producer a great deal of time, money, and heartache.

Additionally, if your operation is "Farm to Fork", the Beef Quality Assurance logo is another certification to add to your marketing campaign!



Owyhee County and Canyon County Extension Offices are looking to host a Beef Quality Assurance session. If you are interested in attending, please scan the QR code call the office at (208) 896-4104 for more information and to register.

*Jenn Smith - UI Extension Educator
Owyhee County, ID*

2025 Idaho Range Livestock Symposium

Join us for the 11th annual Idaho Range Livestock Symposium this **January 2025!**

Come listen to industry experts share the latest range and livestock information and research geared toward livestock producers and land managers.

In-person registration is \$10 and includes lunch. Virtual registration is free.

HOMEDALE

January 7, 2025

Community Building,
Owyhee County Fairgrounds
432 Nevada Ave.
Homedale, ID 83628

Virtual Fencing - Real World Applications

Les Nunn - Ox Ranch, Bear, ID, Jesse Jarvis - Jarvis Livestock, Kinghill, ID, Seth McFarland, Carmen, ID

Virtual Fencing Options

Scott Jensen - University of Idaho

Invasive Annual Grass Control

Dr. Harry Quick, David Collins - ENVU

Ecological Benefits of Juniper Control

Rangeland Weed Identification Activity

Herd Health Concerns & Intervention During Calving Season

Dr. Lauren Christensen - University of Idaho

Daily Behavior & Performance for Cows Engaged in Targeted Grazing in SE Idaho

Sawyer Fennesbeck, Justin Hatch, Dr. Jim Sprinkle

TWINFALLS/VIRTUAL

January 8, 2025

CSI Herrett Center
315 Falls Ave
Twin Falls, ID 83301

IDAHO FALLS

January 9, 2025

Bonneville County Fairgrounds
1542 E 73rd S.
Idaho Falls, ID 83404



MORE INFO & REGISTRATION

uidaho.edu/rangesymposium

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More information or to register:
uidaho.edu/rangesymposium



HAPPY

New Year
2025

