



EXTENSION UPDATE

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

INSIDE THIS ISSUE . . .

Creating Sustainable Landscapes Using Permaculture Designpage 1 & 2

Idaho Home Garden Tipspage 3

2025 Cereal Field Daypage 4

Beat the Heat Seasonal Temp Outlookpage 5

From Roots to Results: Practical Learning for Every Gardenerpage 6

Horse Knowledge Surveypage 7

Forests & Flames: Learn, Protect Preparepage 8

Food Classes for Entrepreneurs & Preserve for Funpage 9

Virtual Food Safety Classpage 10

UI Extension Courses and Classes page 11 & 12

18th Annual Tin Cup Challenge.....page 13 & 14

[Teton County 4-H](#)

Teton County 4-H News: Brynlee Foley Reports on 2025 National Archery Competitionpage 15

Teton County Fair Schedule.....page 16

Eastern Idaho District Newspage 17

State 4-H News.....page 18 & 19

National 4-H Newspage 20 & 21

Extension & 4-H Save the Dates and Contact informationpage 22



Creating Sustainable Landscapes Using Permaculture Design

Story by Jennifer Werlin
 Extension Educator in Community Food Systems
 University of Idaho Extension, Teton County

Building a Low-Maintenance, Resilient Garden

If you're looking for a way to create a sustainable landscape that's not only beautiful but also low-maintenance, Permaculture might be the answer. This holistic, systems-based approach to gardening and landscape design takes inspiration from nature to create more efficient, resilient spaces.

What is Permaculture Design?

At its core, Permaculture is a design method used to plan landscapes that work with nature rather than against it. Developed in the 1970s by Bill Mollison and David Holmgren, the term "permaculture" is a fusion of "permanent" and "culture," emphasizing the creation of sustainable, permanent human habitats that mimic natural ecosystems. Permaculture principles are grounded in ethics, valuing not only environmental health but also social fairness and economic sustainability.

The process starts by looking at the patterns in nature, such as the shape of a leaf or the way water flows, and applying those patterns to our designs. This ap-

proach encourages us to create interconnected systems where elements serve multiple functions. For example, in a Permaculture garden, plant waste might be composted to nourish the soil, while animals can help manage pests. This design method is not about fixing one isolated problem but creating a resilient whole.



Permaculture Ethics and Principles

There are three key ethics in permaculture design:

1. **Care for the Earth** – Protecting ecosystems and enhancing biodiversity.
2. **Care for People** – Ensuring that human needs are met sustainably.

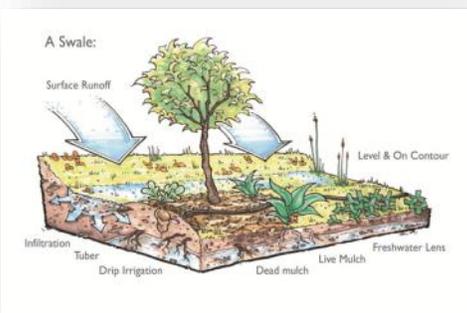
Fair Share – Redistributing surplus to promote social equity.

(Continued on page 2)

(Continued from page 1)

In addition to these ethics, Permaculture has 12 guiding principles that help shape designs. These principles encourage observation and interaction with nature, using renewable resources, and valuing diversity. For example, “*Use small and slow solutions*” emphasizes the importance of creating manageable systems that are easier to maintain and repair. This is particularly valuable when thinking about landscape maintenance.

Zones and Sectors: Structuring Your Landscape

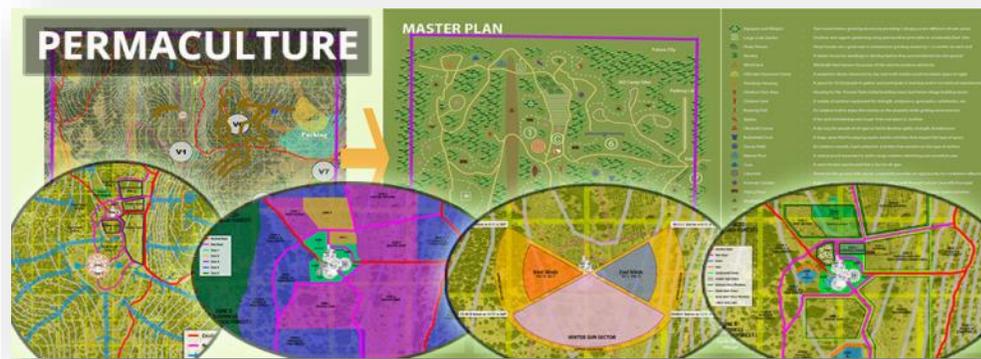


Permaculture uses the concept of **zones** to organize your landscape based on how much human interaction each area needs. For example, **Zone 1** is closest to your home, where daily activities take place (such as gardens and compost bins), while **Zone 5** is your wilderness area, left mostly unmanaged.

Each zone is designed to make the most of its resources. **Sectors**, such as wind, sun, water flow, and fire risk, also influence where you place different elements in your landscape. Observing these factors can help you make decisions that reduce energy use and improve the resilience of your design.

Creating Efficient and Beautiful Garden Guilds

One of the most innovative aspects of permaculture is the concept of **guilds**. A guild is a carefully designed group of



plants and animals that support each other in a mutually beneficial way. For example, an apple tree can be surrounded by nitrogen-fixing plants, groundcovers that suppress weeds, and flowers that attract pollinators. Together, these elements create a thriving, low-maintenance ecosystem.

Native and adapted plants are particularly important in guilds, as they are suited to your local climate and ecosystem. These plants often require less water, fertilizer, and pesticide, making them ideal for a sustainable, low-input landscape.

Design Process: From Observation to Action

Designing a permaculture landscape is an iterative process. First, you need to observe your site—understand the sun patterns, water flow, soil conditions, and microclimates. This allows you to create a **base map** that outlines the current layout of your landscape. From there, you can plan for new zones and guilds, remove problematic plants, and ensure that the design aligns with your goals, whether that’s food production, aesthetics, or ease of maintenance.

A key part of this process is setting clear goals and considering the scale of your project. In Permaculture, **small and slow solutions** are valued over large, complex systems, as they are easier to adapt and maintain. Think about what works well in your space and how you can improve it incrementally.

Conclusion: Start Small, Think Big

Permaculture encourages us to think beyond the traditional gardening mindset. By understanding and applying its principles—whether it’s observing the natural patterns around us, selecting plants that interact well, or planning for resilience—you can transform your landscape into a sustainable, low-maintenance haven. Remember, it’s all about observation, adaptation, and building systems that work with nature instead of against it. Whether you’re starting with a small garden or planning a larger landscape project, take the time to observe, plan, and experiment. Start small, be patient, and over time, you’ll create a space that is not only easier to maintain but also healthier for both you and the environment.

If you’d like to learn more, on Friday, July 18th at the Idaho Master Gardener Convention in Rexburg, I will be hosting a hands-on class aimed at introducing people to Permaculture design and how it can be applied to their own landscapes, whether they are homeowners, farmers, or garden enthusiasts. Contact us at te-ton@uidaho.edu or 208-787-8235 to learn more.



UI Extension,
BONNEVILLE COUNTY

2025 Idaho Home Garden Tips

2nd & 4th Tuesdays 7:00pm MT

Zoom: <https://uidaho.zoom.us/j/92616335377>

Feb. 11	Seed Shopping-what to look for when selecting seeds	July 8	Voles
Feb. 25	Managing trees & shrubs in the landscape	July 22	Chip bud grafting fruit trees
March 11	Delayed dormant spraying, spring insect control	Aug 12	Deer proofing your yard
March 25	Spring Weed Control	Aug 19	Late season flowers
Apr. 8	Soil Testing	Aug 26	Dehydrating your harvest
Apr. 22	Flowers for Every Season- Spring	Sept 9	Other species feces- understanding manures
May 13	Understanding and using fertilizer	Sept 23	Freeze drying
May 27	Regenerative gardening	Oct 14	TBD
June 10	Growing Grapes	Oct 28	TBD
June 24	Summer Flowers		

Scan for more info:



Scan to Join Class:



IDAHO HOME GARDEN TIPS

PLANT TALK:

Each class will be followed by plant talk Q&A session with Ron, Reed and Jared! Bring your gardening questions and stump the chump!



It is UI 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.

For More Information:

208.529.1390
lallen@uidaho.edu



University of Idaho
Extension



2025 Cereal Field Day

July 23, 2025
10:00 AM - 12:00 PM

Tetonia R&E Center
888 West Highway 33
Newdale, Idaho 83436

There is no cost, please register by calling (208) 624-3102 or scan the QR Code below:



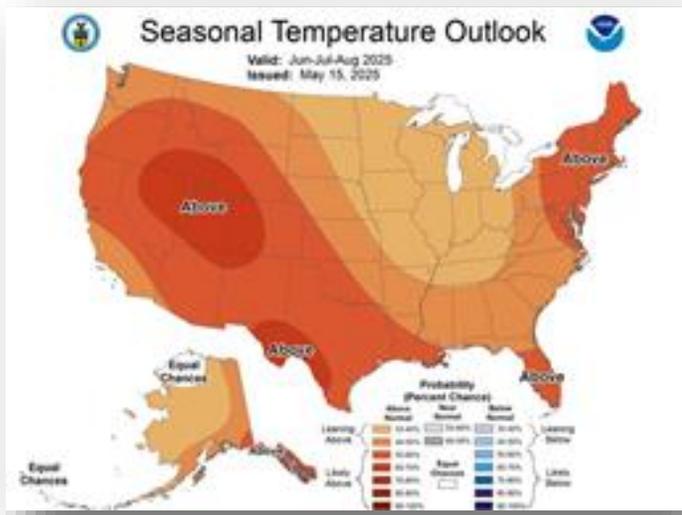
For more information contact:

Tom Jacobsen
(208) 652-3102
tjacobsen@uidaho.edu

Join us for Cereal Field Day at the Tetonia Research & Extension Center for a morning of research updates and field tours focused on improving cereal production in eastern Idaho. Dr. Juliet Marshall will discuss results from wheat and barley variety trials, including yield performance, disease resistance, & adaptation to local growing conditions.

Fremont County Extension Educator, Tom Jacobsen will present findings on two ongoing studies. Liming acidic soils to improve crop health and productivity and the second, how the herbicides Axial and Palisades interact when tank mixed.

Participants will have the opportunity to view research plots, ask questions, and engage in discussions with researchers and fellow growers.



Beat the Heat

Take a moment to familiarize yourself with the symptoms of heat related illnesses and what actions you can take.

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none"> High body temperature (103°F or higher) Hot, red, dry, or damp skin Fast, strong pulse Headache Dizziness Nausea Confusion Losing consciousness (passing out) 	<ul style="list-style-type: none"> Call 911 right away-heat stroke is a medical emergency Move the person to a cooler place Help lower the person's temperature with cool cloths or a cool bath Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none"> Heavy sweating Cold, pale, and clammy skin Fast, weak pulse Nausea or vomiting Muscle cramps Tiredness or weakness Dizziness Headache Fainting (passing out) 	<ul style="list-style-type: none"> Move to a cool place Loosen your clothes Put cool, wet cloths on your body or take a cool bath Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none"> You are throwing up Your symptoms get worse Your symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none"> Heavy sweating during intense exercise Muscle pain or spasms 	<ul style="list-style-type: none"> Stop physical activity and move to a cool place Drink water or a sports drink Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none"> Cramps last longer than 1 hour You're on a low-sodium diet You have heart problems
SUNBURN	
<ul style="list-style-type: none"> Painful, red, and warm skin Blisters on the skin 	<ul style="list-style-type: none"> Stay out of the sun until your sunburn heals Put cool cloths on sunburned areas or take a cool bath Put moisturizing lotion on sunburned areas Do not break blisters
HEAT RASH	
<ul style="list-style-type: none"> Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases) 	<ul style="list-style-type: none"> Stay in a cool, dry place Keep the rash dry Use powder (like baby powder) to soothe the rash

BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:

Children
Older adults
More males than females are affected
Outside workers
People with disabilities

WHERE:

Houses with little to no AC
Construction worksites
Cars

HOW to AVOID:

Stay hydrated with water, avoid sugary beverages
Stay cool in an air conditioned area
Wear lightweight, light-colored, loose-fitting clothes

Outside Temperature 80°

During extreme heat the temperature in your car could be deadly!

Inside 109° Time Elapsed: 20 minutes	Inside 116° Time Elapsed: 40 minutes	Inside 123° Time Elapsed: 60 minutes
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About Heat & Your Health



Managing & Preventing Heat Stress



According to NOAA's Climate Prediction Center the 2025 summer forecast calls for 'overwhelmingly above normal' heat starting in June.



From Roots to Results: Practical Learning for Every Gardener

Regional Master Gardener Conference presents: From Roots to Results: Practical Learning for Every Gardener. Join University of Idaho Extension educators for a day of hands-on workshops, practical demonstrations, and research-based gardening education. Whether you are a backyard beginner or a seasoned grower, you will leave with new tools, ideas, and inspiration to take your gardening to the next level!

Location & Time

BYU Idaho
Thomas E Ricks Gardens
505 S. Center St.
Rexburg, Idaho 83440

Friday, July 18, 2025
9:00 AM to 4:00 PM

Registration

Registration fee is \$40/person and includes lunch. No lunch will be provided if you do not pre-register.

Scan the QR code to pre-register. You will need to call (208) 529-1390 to complete pre-registration. Pre-Registration closes on July 11.



Anyone attending this program that requires auxiliary aids or services should contact Tom Jacobsen at 19 W. 1st N., St. Anthony, ID 83445, (208) 624-3102, tjacobsen@uidaho.edu at least two weeks prior to the event.

Classes include:

Differences between Boiling Water and Pressure Canning

Deanna Poulsen, FCS Extension Educator

Drip/Micro Irrigation Systems

Bracken Henderson, Ag/Hort Extension Educator

Pruning & Garden Tool Maintenance & Sharpening

Reed Findlay, Ag/Hort Extension Educator

What Can You Feed Your Flock/Herd?

Carmen Willmore, Extension Educator

Tomato Master Class

Tom Jacobsen, Extension Educator

Introduction to Permaculture Design

Jen Werlin, Community Food Systems Extension Educator

Get the Dirt on your Dirt: Understanding Soil Texture and how to improve it

Anthony Simerlink, Ag/Hort. Extension Educator

Medical Gardening: Growing & Using Healing Plants

Andy West, Horticulture Extension Educator

Ground Covers: Beauty, Function, and Low-Maintenance Solutions

Jared Gibbons, Ag/Hort. Extension Educator



HORSE KNOWLEDGE SURVEY

Why Participate?

- Improve equine education in Idaho
- Identify areas for future workshops and resources
- Only takes 10 minutes!
- And much more!

Topics Include:

- Horse health & nutrition
- Training and handling
- Hoof & dental care

TAKE SURVEY
HERE!

QUESTIONS?
CONTACT US!



Sawyer Fannesbeck, Onieda County Extension
sfannesbeck@uidaho.edu - (208) 766-2243

Selena Davila, Lincoln County Extension
sdavila@uidaho.edu - (208) 886-2406





FORESTS & FLAMES: LEARN, PROTECT, PREPARE

Whether you have 1 acre or 2,000 acres, this tour will give you a look at different management practices implemented by family forest landowners.

This program will allow participants to interact with landowners and natural resource professionals through discussion focusing on managing forest lands and applying various stewardship practices at each stop.

The program will include representatives from University of Idaho Extension, Idaho Department of Lands, U.S. Forest Service, Natural Resources Conservation Service, and the Idaho Tree Farm Program. Forest landowners and managers will also be present to share personal insights.

Please dress for field conditions (i.e. boots, rain gear, etc).

Location & Time

Fremont County EMS Building
4124 County Circle Road
Island Park, Idaho 83429

Thursday, July 31, 2025
9:00 AM to 4:00 PM

Registration

Registration fee is \$10/person.
Scan the QR code to register.



Program Agenda

8:30 am: Registration and Coffee Social

9:00 am: Introductions

9:15 am: Idaho Forest Practices Act
Laurie Stone, IDL

10:00 am: The Living Forest: Ecology in Action
Tom Jacobsen, University of Idaho Extension

10:45 am: Cost Share Programs
Jake Owens, NRCS

11:00 am: Liz Davy, US Forest Service

11:15 am: Forest Insects and Disease
Randy Brooks, University of Idaho Extension

12:00 pm: Lunch
(not provided; bring a sack lunch)

1:00 pm: Depart for Field Site #1
(Travel to field sites in your own vehicle)

2:30 pm: Depart for Field Site #2

4:00 pm: Program Evaluation & Conclusion



For more information call Tom Jacobsen at (208) 652-3102 or email tjacobsen@uidaho.edu

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

TECHHELP

Idaho Manufacturing Specialists

Idaho's MOST TRUSTED RESOURCE for manufacturers.

Idaho Food Business Foundations



"I meet so many passionate food entrepreneurs with amazing products but no roadmap. This series is practical, concise, and designed for small businesses, with hands-on activities and broken out across several months so as not to overwhelm the small food business owner who is wearing lots of different hats."
Dr. Janna Hamlett



Idaho State University

Boise State University

University of Idaho

Idaho State University

EDA

Idaho State University

Are you launching a food business or ready to take your homemade product to market? Are you a cottage food producer, or wanting to launch a value-added product, or expand and explore wholesale/retail channels. The Idaho Food Business Foundations workshop series is designed to help food entrepreneurs build a solid foundation in food safety, processing, regulatory/customer compliance, and distribution. This 8-part series brings together experts in food safety, sanitation, manufacturing, packaging, and marketing to walk you step-by-step through what it takes to produce, sell, and scale your product successfully in Idaho and the region.

Subsidized by a grant from the Northwest & Rocky Mountain Regional Food Business Center, this \$20,000+ program is available for a small fee for a limited time. It includes:

- Engaging hands-on activities
- Expert-led lessons with guest speakers from local business and industry representatives
- Actionable takeaways with templates that you can apply to your food business immediately
- **Bonus:** Attend 5 of the 8 sessions and receive 4 complimentary hours of 1-on-1 consulting for any manufacturing business issue

You'll leave this course with the knowledge, templates, training, and coaching needed to take your food business to the next step. Ready to grow your food business the right way?

Requirements:

- Must be a small food processor located in Idaho
- Must submit a management commitment to fully participate and complete implementation activities

The course is designed for small food business owners and manufacturers. No previous formal food processing experience is required.

TECHHELP

Idaho Manufacturing Specialists

Idaho's MOST TRUSTED RESOURCE for manufacturers.

Scan to register



Course Timeframe

Sessions will be held in person at the [University of Idaho Food Technology Center in Caldwell](#) or [virtually via Zoom](#). Participants are welcome to join either in-person or online. All classes will start at 8:00am PT/9:00am MT.

- 7/07/25 – Food Safety 1: Foundations of Safe Food Handling - 4 hrs
- 7/21/25 – Food Safety 2: Advanced Practices and Compliance - 4 hrs
- 8/04/25 – Processing Methods Small-Scale Food Manufacturing - 4 hrs
- 8/18/25 – Sanitation 1: Cleaning and Sanitizing Basics - 4 hrs
- 9/08/25 – Sanitation 2: Deep Cleaning and Microbial Control - 4 hrs
- 9/22/25 – Sourcing Local: Regional Ingredients for your Value-Added or Specialty Food Products - 4 hrs
- 10/06/25 – Packaging and Labeling: Getting Retail Ready - 4 hrs
- 10/13/25 – Marketing and Distribution: Reaching Your Customer - 4 hrs

Costs:

- \$50 per class
- **Special Offer:** Sign up for the full series and receive 50% off just \$200 for all 8 sessions.
- Remember if you attend **5 or more classes** – receive **4 hours** of consulting for **free**.

For More Information

Contact Janna – jannahamlett@techhelp.org or 208-731-9363 or visit techhelp.org

University of Idaho Extension



2 FREE CLASSES FOR FOOD ENTREPRENEURS. CAN BE USED BY EXTENSION AND ANY OF THEIR CLIENTS.

If you know someone who's recently joined the food industry.

NEW

New to Food: Keeping Our Customers Happy

This course teaches how to deliver high-quality food products through:

- Specifications and standards
- Quality systems and consistency
- Sensory testing for taste, texture, and appearance

[Access the class here](#)

Use code **EDA-Subsidy** at checkout for free enrollment (no credit card required).



New to Food: Making Your Customers Safe

A great starting point for anyone new to food manufacturing. This class covers the essentials of food safety:

- Identifying food safety hazards
- Good manufacturing practices (GMPs)
- Personal hygiene and facility expectations

[Access the class here](#)

Use code **EDA-Subsidy** at checkout for free enrollment.



These classes are ideal for:

- New operators and contributors unfamiliar with food safety or quality
- Small manufacturers growing their teams
- Team members in Sales, R&D, Marketing, Procurement, or Supply Chain
- Emerging supervisors and managers taking on more responsibility

Dr. Janna Hamlett
Assistant Professor

University of Idaho Extension Department of Animal, Veterinary and Food Sciences

Food Processing Specialist

TechHelp Idaho Manufacturing Specialists

Cell: (208) 731-9363 Office: [University of Idaho Twin Falls Research and Extension Center](#)

Email: jannahamlett@techhelp.org Web: techhelp.org

TECHHELP

A Partnership Of:

University of Idaho

Boise State University

Idaho State University

Economic Development Administration University Center

National Institute of Standards and Technology Manufacturing Extension Partnership



Preserve for Fun

A series of educational and hands-on food preservation classes presented by University of Idaho Jefferson County FCS Educator

Deanna Poulsen

and other Master Food Safety Advisor Volunteers

June 12th 6-9 pm, \$10 Canning High-Acid Fruit Products: Hands-On Jams & Jellies

July 22nd 6-9 pm, \$10 Canning Low-Acid Vegetable Products: Hands-On Carrots & Green Beans

August 21st 6-9 pm, \$10 Canning High-Acid Pickled Products: Hands-On Dilly Beans & Pickles

September 10th 6-9 pm, \$10 Canning Low-Acid Soup Products: Hands-On Vegetable Soup

October 17th, 6-9 pm, \$15 Canning Low-Acid Meat Products: Hands-On Chicken or Beef



University of Idaho Extension
Jefferson County



MASTER FOOD SAFETY ADVISOR
University of Idaho Extension

All classes will be held at the Jefferson County Extension Office at 210 Courthouse Way, Annex, Rigby Idaho. Space is limited.

To register: call (208) 745-6685 or scan the QR Code.

Unfilled classes will be canceled 3 days before class date. Register Early!

<https://forms.office.com/r/BUwodKCHKF>



VIRTUAL FOOD SAFETY PROGRAM

Virtual Food Safety Program

Free Workshops

Join University of Idaho Extension for a monthly workshop related to different food safety topics. All workshops are free and hosted online.

Air Frying Fun!

Thursday, July 17, noon-1 p.m. Mountain / 11 a.m.-noon p.m. Pacific
Learn the basics of air frying and how simple it can be to air fry a quick meal.

[Register Today](#)

Harvesting and Storing Garden Vegetables

Thursday, July 24, 4:30-6 p.m. Mountain / 3:30-5 p.m. Pacific
No class description yet.

[Register Today](#)

Fermentation Basics

Thursday, Aug. 21, noon-1 p.m. Mountain / 11 a.m.-noon p.m. Pacific
Learn the basics of fermenting foods and enhancing the nutritional value and digestibility of foods.

[Register Today](#)

Freeze Drying Done Right!

Thursday, Sept 18, noon-1 p.m. Mountain / 11 a.m.-noon p.m. Pacific
Learn about purchasing, maintaining and operating a freeze dryer and proper storage of freeze-dried goods.

[Register Today](#)

Just Freeze It!

Thursday, Oct. 16, noon-1 p.m. Mountain / 11 a.m.-noon p.m. Pacific
Learn how to properly freeze and store your food for the best quality result.

[Register Today](#)

Holiday Food Hacks!

Thursday, Nov. 6, noon-1 p.m. Mountain / 11 a.m.-noon p.m. Pacific
Learn the tips and tricks of planning holiday dishes so, you will be ready to go when the holiday is here.

[Register Today](#)

Safe Gifts from the Kitchen

Thursday, Dec. 4, noon-1 p.m. Mountain / 11 a.m.-noon p.m. Pacific
Learn fun and easy ways to prepare safe gifts from your kitchen, and to avoid those that are not safe.

[Register Today](#)

Register: [Virtual Food Safety Program - University of Idaho Extension](#)



Scan QR code to register for classes.



Season 4 of the Inland Northwest Artisan Grains™ Podcast Launching Soon!

The goal of the Inland Northwest Artisan Grains™ Podcast is to support the development of artisan grains values-based supply chains and production of value-added artisan grains products in the Inland Northwest region of Idaho, Washington, Oregon, and Montana.

SEASON 1: Unpacking the grain shed.
SEASON 2: Field to Flour.
SEASON 3: Grain to glass.



Scan QR code
for Podcast :





SAVVY Caregiver Express is a FREE three-week course designed for caregivers caring for a person with memory loss, dementia, or Alzheimer's Disease. Savvy helps caregivers acquire and strengthen their knowledge, skills, and attitudes to empower them to be more intentional, strategic and responsive in their caregiver role.

Topics include:

- Strategies to manage activities of daily living
- Skills to assess your loved one and how to adjust your approach to care.
- Understanding the different types of dementia
- Ability to manage emotions and feelings of caregiving
- Decision-making skills and confidence-building to achieve caregiver goals.

Date and Time: July 7th, 14th & 21st, 1:00PM-3:00PM

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

For more information and registration contact:

Amanda Browner
Phone: (208) 871-2344

Email: amanda.browner@a3ssa.com



AGELESS GRACE

For Brain, Body and Balance

JOIN OUR AGELESS GRACE CLASS! 🧠🌟

Ageless Grace is a group exercise class based on everyday movements that focus on healthy longevity of the body and mind.

Day Pass/Punch cards available for non-members

💰 **COST:** Free for Members

📍 **WHERE:** Idaho Falls Family YMCA

📅 **WHEN:** Every Fridays

🕒 **TIME:** 10:30 AM – 11:30 AM



Join our Study!

Complete web-based surveys to help better understand the relationships between food intake and maternal brain health.

WHO

- pregnant women
- at least 19 years of age
- living in Idaho, Wyoming, Montana, Alaska, Hawaii, New Mexico, Nevada
- read/write in English
- access to laptop or desktop computer with internet access



Questions? Contact us at:
brainhealth@uidaho.edu



<https://bit.ly/maternalbrainhealth>

WHAT

- complete web-based surveys during pregnancy and post-partum
- receive up to \$200 for time and effort

Scan the QR code or enter the URL above to complete a quick survey and have a researcher contact you

This study has been approved by the University of Idaho Institutional Review Board.

STRETCHING FOR STRENGTH AND BALANCE



Enjoy a chair-based stretch class focusing on:
***Flexibility *Muscle strength *Stability &Balance**

Seated and standing exercises are adaptable for varying abilities. Participants work at their own pace and comfort level.

When: Thursdays, 4-4:45PM

Where: University of Idaho Extension
1542 East 73rd South, Idaho Falls

Cost: \$10 / 2 months; first class is free!

To register or for more information, contact:

Leslee Blanch: (208)529-1390
lblanch@uidaho.edu

"Memory Warriors"



ONLINE SUPPORT GROUP FOR PERSONS LIVING WITH DEMENTIA

MEETS EVERY OTHER WEDNESDAYS AT 10:30 A.M.

For more information and to register contact:
Idaho Community Care Program

(208) 898-9626 ccp@a3ssa.com www.a3ssa.com

PARTICIPANTS MUST BE REGISTERED TO RECEIVE THE ZOOM LINK





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.



The
**MEANINGFUL
MARKETPLACE**
a Journey of Food and Entrepreneurship

Scan QR code to listen:



The Meaningful Marketplace Podcast

The Meaningful Marketplace podcast brings listeners inspiring and insightful conversations with food entrepreneurs from the Northwest and Rocky Mountain Region. Each week, host Sarah Masoni, joined by a rotating local food system leader co-host, dives deep into the stories behind the businesses, exploring the unique journeys, challenges, and triumphs of individuals shaping the local food industry.

Here is the list of Idaho businesses that have been featured on the podcast: [Northern Latitude Foods](#), [Ballard Cheese](#), [Free Spirits Beverage Company](#), [Roots Potato Chips](#), [Oma & Popies](#), [Snackivist Foods](#), [Hummuna Hummus](#), [Dilly's Pickled Veggies](#), & [Hillside Grain](#).



Giving Period
June 13 - July 25, 2025

During the 6-week Tin Cup Giving period give to your local nonprofits including Teton County 4-H, and your donation will be partially matched by a grant from the Community Foundation of Teton Valley. 1 in 4 local households participate! Make your donation to Teton County 4-H today-July 25, 2025!



Brynlee Foley Represents Idaho at 2025 4-H National Archery Competition



Teton County 4-H member Brynlee Foley traveled to Grand Island, Nebraska this June to compete in the **2025 4-H National Shooting Sports Championships**. Representing Idaho in archery, Brynlee joined more than 700 youth from 40 states participating across nine disciplines in one of 4-H's most prestigious national events.

Nationals. They've helped me so much, from giving great advice and helping me set up my bow and making arrows to cheering me on every step of the way. Their support has meant so much."

Brynlee's mother, Tori Foley, shared this heartfelt reflection:

"The 4-H National Shooting competition was truly eye-opening. With over 700 kids from 40 states participating across 9 different sport categories, the scale of the event was impressive. But what stood out the most to me wasn't the numbers—it was the unwavering focus, determination, and sportsmanship shown by these young participants.

Each kid demonstrated not only skill, but also kindness, respect, and encouragement toward one another. It was a powerful reminder that 4-H doesn't just build athletes—it builds character. It gives kids the confidence they need to thrive in a world often filled with uncertainty.

Their commitment and heart reminded me that the next generation is not just ready—they're inspiring. This experience gave me genuine hope for the future."

Congratulations, Brynlee, on this outstanding achievement! Teton County 4-H is proud of your representation and grateful to all the volunteers, families, and leaders who help make opportunities like this possible.



Reflecting on her experience, Brynlee shared:

"The 4-H Shooting Sports Nationals was a fun experience! Everyone there was so kind and supportive, it felt more like one big team than a competition. One moment that stood out was when a girl from Georgia let me borrow her extra string after mine broke, which shows how caring and encouraging everyone was. Despite the heat and humidity, everyone pushed through and gave it their best. I'm grateful I got to be part of it!"

Brynlee also expressed gratitude for her local leaders:

"I also want to give a big thank you to my archery 4-H leaders, Bill and Jackie James. They were the ones who encouraged me to go to State and then to



Tuesday, July 29

- 6:00–7:30 PM – Shotgun Fair Shoot (*Ards Road*)

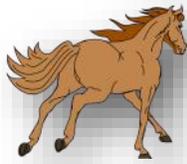
Wednesday, July 30

- 6:00 PM – Rifle Fair Shoot (*Tim Smallwood's – 4868 Morningstar Ln.*)

Pistol Club Dates TBD

Monday, August 4

- 8:00 AM – 4-H Horse Show
- 4:00 PM – 4-H Working Ranch Horse Show



Tuesday, August 5

- 8:00 AM – 4-H Interview & Judging
- 5:30 PM – 4-H Style Review Show



Wednesday, August 6

- 9:00 AM–Noon – 4-H Demonstrations
- 5:00–6:00 PM – 4-H/FFA Weigh-in: Market Turkeys
Vet Check-In: Other Poultry & Rabbits
- 6:00–6:30 PM – 4-H/FFA Weigh-in: Market Sheep & Goats
Vet Check-In: Breeding Sheep & Goats
- 6:30–8:00 PM – 4-H/FFA Weigh-in: Market Swine
Vet Check-In: Breeding Swine
- 8:00–8:30 PM – 4-H/FFA Weigh-in: Market Beef
Vet Check-In: Breeding & Pet Cattle

Thursday, August 7

- 8:00 AM – 4-H/FFA Swine, Sheep, Goat, and Beef Show
- 3:00 PM – 4-H/FFA Poultry Show
- 4:30 PM – 4-H/FFA Rabbit Show

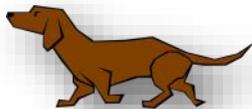
Friday, August 8

- 6:00 AM–9:00 PM – 4-H Animal Barn Open
- 10:00 AM – FFA Small Animal Round Robin
- 3:00–5:00 PM – 4-H Appreciation Dinner
- 5:00 PM – 4-H/FFA Jr. Livestock Sale
- 8:00 PM – 4-H/FFA Market Animal Release Only



Saturday, August 9

- 8:00 AM – 4-H Cat Show
- 9:00 AM – 4-H Dog Show
- 3:00 PM – 4-H Release: Chickens, Rabbits, Breeding & Dairy Projects
- 5:00 PM – 4-H Livestock Pavilion Clean-Up



Check out the full Teton County Fair Book on Zsuite for more great events happening throughout the week!

July

4th-Office Closed

1st and 3rd AgRobotics Planning/
Prep Days added, 10 AM–2 PM UI
Extension Office



7th, 14th, 21st, 28th-Record Book Help 10-Noon

8th-10th-Alpine Horse Camp, Alpine Wyoming

9th-10th-AgRobotics prep days 10-2

11th- ABC 4-H Friday Summer Day Camp- Aerospace”

12th- AgRobotics Competition: “Native Bees” 9-2PM

18th- ABC 4-H Friday Summer Day Camp- “Wild Things”

19th- Annual Tin Cup Event 7-12 PM

25th- ABC 4-H Friday Summer Day Camp- “Survivor
Camp”

29th Shotgun Fair Shoot 6-7:30 ARDS

30th Rifle Fair Shoot 6 PM Tom Smallwood”s

August

1st- ABC 4-H Friday Summer Day Camp- “4-H Olym-
pics”

4th-9th-Teton County Fair

4th Horse Show and Working Ranch

5th Interviews and Indoor Projects Judging Style Review

6th Livestock Weigh-in Demonstrations

7th 4-H FFA- Livestock, Poultry, Rabbit shows

8th Demonstrations, Appreciation Picnic, Livestock Sale

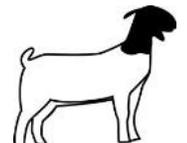
9th Cat and Dog Shows, Fair clean up

14th Animal Record Books Due 4 PM

September

11th- Eastern Idaho State Fair
Record Books Due

29th-Teton County 4-H Awards
Ceremony 6-7:30 Fair Grounds



October

October 5–11 National 4-H Week



ALPINE CAMP FUNDRAISER

FUNDS WILL BE USED TOWARDS
NEW BATHROOM'S AND TO
REPLACE/REPAIR THE CABIN ROOFS

FUNDS CAN BE SENT TO: ALPINE 4-H CAMP INC.
561 W ONEIDA ST, PRESTON, ID 83263

YOU CAN PAY BY ZEFFY THROUGH THE QR CODE OR
MAKE CHECKS PAYABLE TO ALPINE 4-H CAMP

FOR ANY QUESTIONS CALL THE BINGHAM COUNTY 4-H OFFICE
AT (208) 785-8060



To enrich education through diversity the University of Idaho is an equal opportunity employer and educational institution. Persons with disabilities who require alternative means for communication of program information or reasonable accommodations need to contact Bingham County 4-H office by June 4, 2025 at 412 West Pacific Street, Blackfoot, ID 83221, phone 208-785-8060.

Igniting Community Service



Since returning from the 2025 [National Ignite by4-H Summit](#), Jed Davis, of Weiser, has been spearheading development of a plan to protect livestock, poultry and small animals in his rural community from devastating wildfires.

Davis was among 19 [University of Idaho Extension 4-H Youth Development](#) members who participated in the summit, which was hosted March 12-16 in Washington, D.C.

This year marked the third group from Idaho to travel to the summit, which is open to youth ages 14 to 19 and includes hands-on workshops to raise participants' awareness about career opportunities in STEM, agricultural science and healthy living.

The National 4-H Council also empowers youth at the summit to identify and consider ways to tackle a problem in their community through a community action planning platform called [Lead to Change](#). Some of the youth, including Davis, apply for a grant through the program to implement their ideas upon returning home.

Davis lives on a small farmstead with four horses, a cow, chickens, ducks and rabbits. Last summer, he was deeply concerned when wildfires scorched rangeland and forced home evacuations in the Weiser area. He learned the Washington County Fairgrounds temporarily houses displaced animals during such emergencies, but many people are unaware of the option, require help to transport their animals or lack sufficient feed once their animals are relocated.

Davis has been developing a phone tree of willing volunteers to help evacuate animals and aid in transporting them to the fairgrounds during future wildfires. He's

also been soliciting pledges from residents and feed stores to donate feed to help wildfire victims maintain their animals during the next emergency.

"If a fire gets started, people need to move quickly before the fire can spread and harm the animals," Davis said. "In Weiser, this is the biggest issue I've seen. I hate it when people get pushed out of their houses and their animals don't have a place to stay, and I thought more could be done to help them."

Davis has also begun working on a flyer to educate homeowners about fire safety.

About half of the Idaho youth who attended the summit have been working on Lead to Change projects. Participants' costs are partially covered by a U.S. Department of Agriculture National Institute of Food and Agriculture grant.

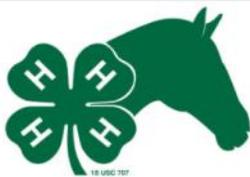
"They came back so excited about all of the different things they brought back," said Teresa Tverdy, state 4-H program specialist. "It got them reenergized to the point that they felt like yes, they do have a purpose, and yes there are things they ought to be doing."

Youth who attended the summit also had the opportunity to tour national monuments and historic places, and many of them had never previously traveled on an airplane prior to traveling to the event. Registration for the 2026 summit will open in August.

"That positive youth development experience contributes to who they are as a person and how they value their community," said Mike Knutz, an area Extension educator specializing in 4-H. "A study found 4-H youth are four times more likely to give back to their community."



Beyond Ready



2025 IDAHO 4-H YOUTH HORSE CONTESTS

Monday, July 7 & Tuesday July 8, 2025
 Registration is open in ZSuite Events
 Entry deadline June 20, 2025
 For Contest rules and information, go to:

https://4h.zsuite.org/api/files/user-uploads/114688/2025-05-16_22-26-09_state-horse-contest-booklet.pdf



STATE 4-H LIVESTOCK JUDGING CONTEST

Saturday, September 6, 2025
 Registration is open in ZSuite Events
 Entry deadline August 20, 2025
 For Contest rules and information, go to:

https://4h.zsuite.org/api/files/user-uploads/114688/2025-05-16_22-28-54_State+4-H+Livestock+Judging+Rules+2025.pdf

Highlights From STAC (State Teen Association) 2025



CONGRATULATIONS TO THE 2025-2026 IDAHO 4-H STATE TEEN OFFICER TEAM

Left to right: President Ean Gauthier, Elmore County, Vice President Lisa Muallem, Lemhi County, Communications Director Halee Rowland, Idaho County, Secretary Eleanor Sprinkel, Washington County, Activities Director Daniel Wangeman, Twin Falls County



2026 National Teen Events
www.uidaho.edu/extension/4h/events
 Airfare not included

MAR 25-29 **Ignite by 4-H** WASHINGTON, DC
 Registration \$1200 open July 15-Aug. 15, 2025
 Youth must be at least 14 by January 1, 2026
 \$600 scholarships available

SEPT 27-30 **National 4-H Dairy Conference** MADISON, WI
 Registration \$1000 open April 15-June 1, 2026
 Must be at least 15 by January 1 and have two years of Dairy 4-H Projects

NOV 27 -DEC 1 **National 4-H Congress** ATLANTA, GA
 Registration \$1100 open May 15-July 1, 2026
 Youth in grades 10-12

FOR MORE INFORMATION CONTACT: Mike Knutz mknutz@uidaho.edu
 Teresa Tverdy ttverdy@uidaho.edu

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HOW IT STARTED. HOW IT'S GOING.

Share your 4-H story today

Just scan the QR code to get started



<https://4-h.org/events/4-h-week/#>



It may have been a while since you were last in 4-H, or you may still be a 4-H'er doing amazing things. We want to know how your 4-H experience started and how it's going. Share a photo of yourself from early on and one of you today and a short description of how 4-H has made you Beyond Ready in your life and career.



NATIONAL 4-H WEEK October 5-11, 2025

120+ Years to Celebrate

A week dedicated to rally, inspire and connect 6 million 4-H'ers, 3,500 educators, 500,000 volunteers and 35 million alumni. Events in every county and state celebrating and amplifying the 4-H mission: preparing youth to be Beyond Ready for life and career.

Eighty years strong, 4-H Week began as an outgrowth of WWII, when a 4-H leader from Ohio rallied state-wide 4-H'ers to help support national defense efforts. With the support of other state leaders and the Extension Service, Mobilization Week became what we now know as 4-H Week.

Along with celebrating the people that make 4-H an exceptional youth organization, this week is also an opportunity to celebrate what 4-H does in communities across the country.

Impact: 4-H helps kids find their spark, build life and workplace skills and become resilient, adaptable, lifelong learners

Reach: 4-H engages youth in every county, in every state across rural, urban and suburban communities, giving them the skills they'll use for a lifetime.

Focus: Science-backed programming spanning STEM, Agriculture, Healthy Living and Civic Engagement offers youth a wide range of learning opportunities to help them for a lifetime.

EXTENSION UPDATE

UPCOMING EVENTS

FAIRBOARD MEETING

July 9, 7-9 PM Teton County Courthouse

ABC 4-H FRIDAY SUMMER DAY CAMP

July 11, 2025

Youth 2nd-5th grade. Aerospace Camp

2ND ANNUAL AGROBOTICS COMPETITION

July 12, 2025 9-2 PM Extension Office

Native Bee Challenge

ABC 4-H FRIDAY SUMMER DAY CAMP

July 18, 2025

Youth 2nd-5th grade. Wild Things Camp

18TH ANNUAL TIN CUP GIVING Now -July 25

JULY 19, 2025

Join 4-H for the Tin Cup Fun Run of stop by the booth

ABC 4-H FRIDAY SUMMER DAY CAMP

July 25, 2025

Youth 2nd-5th grade. Survivor Camp

ABC 4-H FRIDAY SUMMER DAY CAMP

August 1, 2025

Youth 2nd-5th grade. 4-H Olympics

EASTERN IDAHO STATE FAIR

August 29-September 6, 2025

ANNUAL 4-H AWARDS CEREMONY

September 29, 2025

Youth 2nd-5th grade. Survivor Camp



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