



# EXTENSION UPDATE

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

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## Bees, Butterflies, and Other Garden Pollinators: The Essential Workers of Our Ecosystems

Story by Jennifer Werlin

Extension Educator in Community Food Systems  
University of Idaho Extension, Teton County

Pollinators are the unsung heroes of our environment, playing a crucial role in sustaining both biodiversity and our food systems. From bees and butterflies to hummingbirds and beetles, these creatures pollinate a vast array of plants we rely on. In this article, we explore how **pollinators work, why they're important,** and how you can help protect them.

### What Are Pollinators?

Pollinators are animals that transfer pollen from one flower to another, helping plants reproduce. When they visit flowers in search of nectar and pollen, they inadvertently carry pollen from one flower to another, fertilizing it. This allows the plant to produce seeds, fruits, and new plants. Without pollinators, many plants would fail to reproduce, making them vital for plant survival.

### Why Support Pollinators?

Pollinators are essential for over 90% of flowering plants, including food crops like fruits, vegetables, and nuts. Around 75% of the world's food crops depend on pollination. Without pollinators, our food sources would diminish, and ecosystems would lose essential biodiversity. For example, bees help pollinate crops like al-

falfa, cucumbers, and apples—foods that support both human and wildlife populations.

### Types of Pollinators

In regions like Idaho and Wyoming, over 400 species of pollinators are at work. These include:



- **Bees:** Native bees, like bumblebees and carpenter bees, as well as non-native honeybees, are essential. Each species has its own role in pollination, with bees having specialized tongues that allow them to access nectar from specific flowers.
- **Butterflies:** Monarchs, which rely on milkweed, are among the most iconic pollinators. Unfortunately, their popula-

*(Continued on page 2)*



(Continued from page 1)

tions have plummeted due to habitat loss and disease, like the parasite *Ophryocystis elektrosirha*.

- **Moths:** Though less recognized than butterflies, moths are efficient pollinators, especially at night when many flowers are open.

**Other Insects and Animals:** Hummingbirds, bats, and even beetles and flies contribute to pollination, helping plants



continue to thrive.

**The Decline of Pollinators**

Pollinators face several threats, including habitat loss, climate change, disease, and invasive species. Monarch butterfly numbers have dropped dramatically, with a 99.4% decrease in western populations since the 1980s. The loss of milkweed, their primary food source, is a major factor. Similarly, bee populations are decimated by parasites like the *Varroa*

mite, while pesticide exposure worsens the situation.

Habitat loss—especially the destruction of overwintering sites for monarchs—and climate change are also significant challenges. Seasonal migrations and habitats are being altered, making it harder for pollinators to thrive.

**What You Can Do to Help**

Here are simple steps to support pollinators in your garden:

1. **Plant a Diversity of Blooms:** Pollinators need a consistent supply of nectar and pollen. Choose a variety of native plants that bloom at different times throughout the year. Native plants are better suited to local climates and often require fewer pesticides.
2. **Protect Nesting and Egg-Laying Sites:** Ground bees, for example, nest in bare soil. You can help by leaving some areas of your garden untouched and creating shelter like brush piles, dead tree trunks, or even bee houses made from bamboo or wood.
3. **Avoid Pesticides:** Pesticides can harm pollinators, especially if applied incorrectly. If you must use them, opt for less toxic options and apply them during evening hours when pollinators are less

active.

**Support Habitat Restoration:** Advocate for local policies that protect and restore



pollinator habitats. Healthy, natural environments are crucial for the survival of pollinators.

**The Bottom Line**

Pollinators are essential to the health of ecosystems and food systems. By planting native flowers, protecting nesting sites, and minimizing pesticide use, you can make a real difference in their survival. In the face of climate change and **habitat destruction, it's more important than ever to protect these vital creatures.** Every step, no matter how small, helps ensure that pollinators continue to thrive for generations to come.



National Pollinator Week  
 June 16-22, 2025  
<https://pollinator.org/pollinator-week>

**Join us for a Pollinator and Honeybee Talk at Valley of the Tetons Library –Victor Branch**

**Monday, June 23rd 5-6 pm**

**Pollinators are essential to the health of ecosystems and food systems. Learn how you can make a real difference in their survival.**



Presented by Julie Buck, Master Food Safety Advisor and  
Emeritus Professor, University of Idaho Extension

# Preserve for Fun

Hands-on food preservation and education.  
The first 12 people to register and pay will take home  
pints of each salsa processed.

**Tuesday, June 17, 2025 from 10 am-12:30 pm**  
Water Bath Canning High Acid Foods  
Tomato Salsa & Peach or Mango Salsa  
\$20.00 per participant



This class will be held at the Teton County, Idaho Fairgrounds in  
Driggs, Idaho (1413 N Hwy 33)

Space is limited.

**To register: call (208) 776-8235 or scan the QR Code above.**  
**Registration Deadline: June 13, 2025 at 12pm!**

Unfilled classes will be canceled 3 days before class date. Register Early!  
<https://forms.office.com/r/9jhPe5Eb31>



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information, or status as any protected veteran or military status.



UI Extension,  
BONNEVILLE COUNTY

# 2025 Idaho Home Garden Tips

2<sup>nd</sup> & 4<sup>th</sup> 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	<b>Aug 19</b>	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!



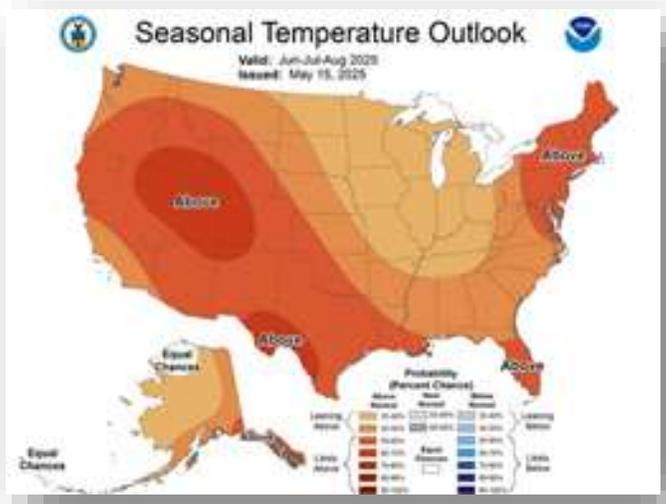
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## For More Information:

208.529.1390  
lallen@uidaho.edu



University of Idaho  
Extension



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

## 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 than 100 million people 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!

Time Elapsed: 20 minutes	Time Elapsed: 40 minutes	Time Elapsed: 60 minutes

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

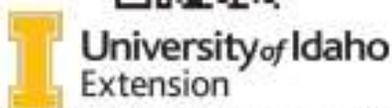
BYU Idaho  
Thomas E Ricks Gardens  
505 S. Center St.  
Rexburg, Idaho 83440

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](mailto: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."

# Virtual Shared Kitchen 101 Workshop

## FREE 2 DAY ONLINE WORKSHOP

June 2, 2025 12 - 4 pm MT

June 3, 2025 8 am - 12 pm MT

Our Shared Kitchen 101 Workshop is a comprehensive educational program designed to provide individuals, community leaders, and organizations with essential knowledge and resources to explore the world of shared kitchens.

### Who Should Attend:

- Entrepreneurs planning to start a shared kitchen.
- Community organizations and leaders considering shared kitchen projects.
- Current operators looking to strengthen their business model.
- Anyone passionate about fostering culinary innovation in their community.

Space is limited and is reserved on a first come, first served basis.

### Pre-Registration Required

To register please fill out [this survey](#) by May 23rd.

Please reach out to

[tyler@thefoodcorridor.com](mailto:tyler@thefoodcorridor.com) if you have any questions.



Workshop sponsored by:  
 University of Idaho Extension  
 The Food Corridor  
 Northwest & Rocky Mountain  
 Regional Food Business Center



# GRASS ID COURSE

JUNE 9-10, 2025 | JUNE 12-13, 2025

## INSTRUCTOR

**Justin Trujillo**, Author of *A Field Guide to Grasses and Grass-like Plants of Idaho*

## CREDITS

This course qualifies for **6 continuing education credits** through the **Society for Range Management**.

## COST

**\$75 per person**

## QUESTIONS?

**Justin Trujillo**  
[jjtrujillo2003@gmail.com](mailto:jjtrujillo2003@gmail.com)

**Dr. Tracey Johnson**  
[traceyj@uidaho.edu](mailto:traceyj@uidaho.edu)

## LOCATION

**Rinker Rock Creek Ranch**  
Near Hailey, ID

Directions can be found [here](#).

## REGISTRATION



[uidaho.edu/rock-creek](https://uidaho.edu/rock-creek)



**University of Idaho**  
Rinker Rock Creek Ranch

Join University of Idaho Extension for the

# Idaho Young Cattle Producer Conference

**June 23-25, 2025 | Burley**

- Gain in-depth information on the Idaho cattle industry and valuable tools to be successful in the cattle business.
- Open to cattle producers between the age of 18 and 40.
- Highlights include a tour of the cattle industry, meat cutting demonstration, updates on current issues facing the cattle industry, information on financing a cattle operation, how to utilize risk management tools, innovative range management practices, and endangered species issues.

**To apply:**

- Complete application at [www.uidaho.edu/YCC](http://www.uidaho.edu/YCC) by **June 1**
- 20 participants will be selected to attend
- Conference registration is free; participants are responsible for travel and lodging

**Questions? Contact:**

Meranda Small, UI Extension | 208-983-2667 or [msmall@uidaho.edu](mailto:msmall@uidaho.edu)  
Or contact your local UI Extension office's livestock educator

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University of Idaho  
Extension

**YCC**  
YOUNGCATTLE  
PRODUCER CONFERENCE



University of Idaho  
College of Agricultural  
and Life Sciences

# 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 Launch- ing 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 :

# 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.

**“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](mailto:ccp@a3ssa.com)    [www.a3ssa.com](http://www.a3ssa.com)

PARTICIPANTS MUST BE REGISTERED TO RECEIVE THE ZOOM LINK




**Online Fitness Classes  
University of Idaho Extension**



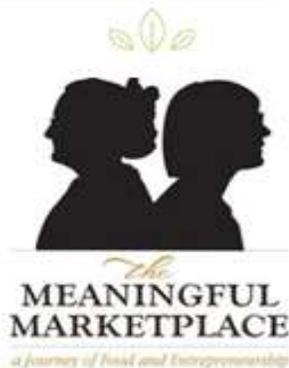
**Fitness Made Simple!  
Thursdays, 10:00-11:00AM MST**

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. Ghelds, Preston, ID 83263; 208-863-0297; [lsant@uidaho.edu](mailto:lsant@uidaho.edu)



**The Meaningful Marketplace Podcast**

Scan QR code to listen:

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](#), [Snacktivist 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 beginning June 13th!





# Seven Teton County 4-H Seniors Awarded 2025 Teton County 4-H Scholarships

story by Abby Grundler Teton County  
4-H Coordinator

Teton County 4-H is proud to recognize **seven outstanding graduating seniors** as recipients of the 2025 Teton County 4-H Scholarship. Each student will receive **\$1,000**, awarded over **three years of study** at an Idaho college, university, technical institute, or trade school.

This year's honorees are:

**Quinn Roberts, Garrett Wilson, Brynlee Foley, Adysen Clayton, Taylor Beebe, Braeden Furniss, and Kaitlyn Hill.**

These remarkable youth have demonstrated not only dedication to their academics—each graduating in the **top 50%** of their class—but also a strong commitment to their clubs, community, and the values of 4-H. Notably, **Adysen Clayton and Brynlee Foley** are graduating in the **top 20%**, while **Garrett Wilson and Quinn Roberts** finish in the **top 10 of the Class of 2025**, with Garrett ranking **#7** and Quinn **#6**.

During the **Annual 4-H Scholarship Dinner** held on **Monday, May 19, 2025**, Abby Grundler delivered a heartfelt tribute to the graduates. In her remarks, she highlighted how each senior has embodied the 4-H pledge in their daily lives and in their scholarship essays. Their words reflected deep thought, maturity, and a passion for service.

**Quinn Roberts** shared, “Ever since I was a Cloverbud, 4-H has been a big part of my life. The pledge has acted as a guide to me...**suggesting improvement in our mind, heart, hands, and overall health.** We need to enhance ourselves to give more to our club and community.”

**Garrett Wilson** reflected on “clearer thinking”: “This idea has helped me stay away from dangerous substances and inappropriate activities...**Having a positive attitude through tough times makes me stronger.**”

**Brynlee Foley** emphasized “greater loyalty”: “Loyalty means being someone others can count on... I stick to my goals and enjoy supporting others.”

**Adysen Clayton** found meaning in “larger service”: “I love helping others...**That desire to serve is a big reason I’ve chosen a career in nursing.**”

**Taylor Beebe** opened up about “better living”: “I now realize the importance of taking care of your well-being so I can live life to the fullest.”



Beyond Ready—National 4-H campaign

**Kaitlyn Hill** expressed pride in mentoring: “Knowing I am an example to the younger kids has reminded me to make good decisions and remember how my actions affect others.”

And **Braeden Furniss** concluded beautifully: “When I was younger, I may have skipped over the 4-H pledge. However, now I know that the pledge is what 4-H is about.”

These reflections exemplify what it means to live by the 4-H pledge. We congratulate Quinn, Garrett, Brynlee, Adysen, Taylor, Braeden, and Kaitlyn—and look forward to seeing the difference they’ll continue to make in their communities and the world.

Congratulations to the Class of 2025!

Thank You for Supporting the 4-H Scholarship Dinner!

A heartfelt thank you to all the 4-H friends and families who attended the **Scholarship Dinner on May 19th**—with over **300 in attendance**, it was a fantastic evening of celebration and community spirit!

Special thanks to the youth who sold tickets, the families who helped set up, the leaders who gathered items for club silent auction baskets, and everyone who brought desserts for the live auction.

Thanks to your generous support, **Teton County 4-H raised \$4,800 for the 4-H Scholarship Endowment**—an incredible investment in our youth’s futures!

### CONGRATULATIONS TO THE FOLLOWING COLLEGE SCHOLARSHIP RECIPIENTS

Name	County	Scholarship
Addison Edwards	Benewah	Jones (\$1000)
Ernie Herrick	Bonner	Avista (\$500) & R. Shane (\$1000)
Larissa Uppert	Bonner	Friends of 4-H (\$1000)
Fall Orgill	Bonneville	Fletcher (\$1000)
Amy Carver	Boundary	Avista (\$500)
Ava Goetz	Clearwater	Avista (\$500)
Jaden Wilks	Gooding	Friends of 4-H (\$1000)
Danika Knapp	Gooding	Murdock Home & Ranch (\$1000)
Gus Hooper	Gooding	OM Plummer (\$575)
Kieran Gallagher	Idaho	Avista (\$500)
Rebecca Soubert	Idaho	Friends of 4-H (\$1000)
Kael Cook	Jefferson	Friends of 4-H (\$1000)
Jakayda Hickman	Jefferson	Murdock Home & Ranch (\$1000)
Hailey Keel	Jerome	Lillian Craig (\$2000)
Cassie Coelho	Jerome	Quinn (\$1000)
Alexis Jennings	Kootenai-Shoshone	Avista (\$500)
Arianna Wilson	Latah	Avista (\$500)
Graham Jones	Nez Perce	Avista (\$500)
Quinn Roberts	Teton	Friends of 4-H (\$1000)
Emilia Preult	Twin Falls	Avista (\$500)
Kaylee Lierman	Twin Falls	Friends of 4-H (\$1000)
Emma Spooner	Twin Falls	J. Leadership (\$1000)



## Quinn Roberts Awarded Idaho Friends of 4-H Scholarship

Teton County 4-H is proud to announce that Quinn Roberts has been awarded the prestigious **Idaho Friends of 4-H College Scholarship**. Quinn will be recognized at the annual **Clover Banquet** held during the **State Teen Association Convention (STAC)** on **June 25** at the **Bruce M. Pitman Center Ballroom** on the University of Idaho campus in Moscow, Idaho.

The Idaho Friends of 4-H Scholarship provides financial assistance to outstanding high school seniors who have been active in 4-H and plan to continue their education at a college, university, technical institute, or trade school within Idaho. Applicants must be between the ages of 16 and 20, and have been involved in 4-H for at least four years, with two of those years occurring during high school.

Quinn, a dedicated 4-H member, received a **\$1,000 scholarship**. While he plans to attend college in Idaho, he will **defer his scholarship** for two years while he serves a mission for the **Church of Jesus Christ of Latter-day Saints**.

Congratulations, Quinn, on this well-earned recognition and your continued commitment to **service and learning!**

## 4-H CALENDAR

### June



- 13th- Tin Cup Giving Opens
- 16th-Eastern District Horse Judging Madison County
- 18th, 19th, 25th, 26th -AgRobotics prep days 10-noon
- 23rd, 30th- Record Book Help 10-Noon
- 20th- ABC 4-H Friday Summer Day Camp- "Garden Camp"
- 27th- ABC 4-H Friday Summer Day Camp- "Farm Camp"

### July

- 4th-Office Closed
- 7th, 14th, 21st, 28th-Record Book Help 10-Noon
- 8th-10th-Alpine Horse Camp, Alpine Wyoming
- 9th-10th-AgRobotics prep days 10-noon
- 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"

### August

- 1st- ABC 4-H Friday Summer Day Camp- "4-H Olympics"
- 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, Live stock Sale
  - 9th Cat and Dog Sows, Fair clean up



### September

**29th-Teton County 4-H Awards Ceremony**

# 2025 IDAHO 4-H STATE TEEN ASSOCIATION CONVENTION "STAC"



**June 23-26, 2025**

**Registration opens April 15, 2025 in ZSuite**

\* Regular 4-H Registration (April 15 - May 17) - \$335

\* Late 4-H Registration (May 18 - June 1) - \$395

\* *Non-4-H Members - \$395.00, \* Late Non 4-H Members - \$435*

**Non 4-H Members go to:** <https://4h.zsuite.org/external-event-registration/33268>

**\*includes Busing Fee, Meals, and Lodging on the University of Idaho Campus**

## What is STAC?

- STAC is a priceless opportunity for youth grades 8–12 to experience college life, explorer career opportunities, and prepare for a lifetime of success with other Idaho teens.

## What is the value of STAC?

- 4-H Scholarship money is available to attend! Contact your local county Extension office for information and in ZSuite Events.
- Transportation to and from campus included
- Three nights lodging and meals on campus
- Excellent speaker - Lupita Fabregas, Director of the Missouri 4-H Center for Youth Development
- Workshops and Career Tours - high quality workshops in various interest areas including: Art and Architecture, Landscape Architecture, Animal Science, Food & Nutrition, Health & Safety, Engineering and many more! This year we are visiting WSU Vet School, Pullman Regional Hospital, Schweitzer Engineering Laboratories and many other local businesses on the Palouse.
- Professional staffing provided by U faculty/staff, collegiate staff and certified volunteers



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.



# NATURAL RESOURCES CAMP


**WHEN:**

June 16-21, 2025

**WHERE:**

Central Idaho 4H Camp  
Ketchum, ID

**WHO:**

12-16 year olds

**COST:**

\$280/camper  
(scholarships may be available)

More information and applications  
are available on the camp website:

[uidaho.edu/naturalresourcescamp](http://uidaho.edu/naturalresourcescamp)

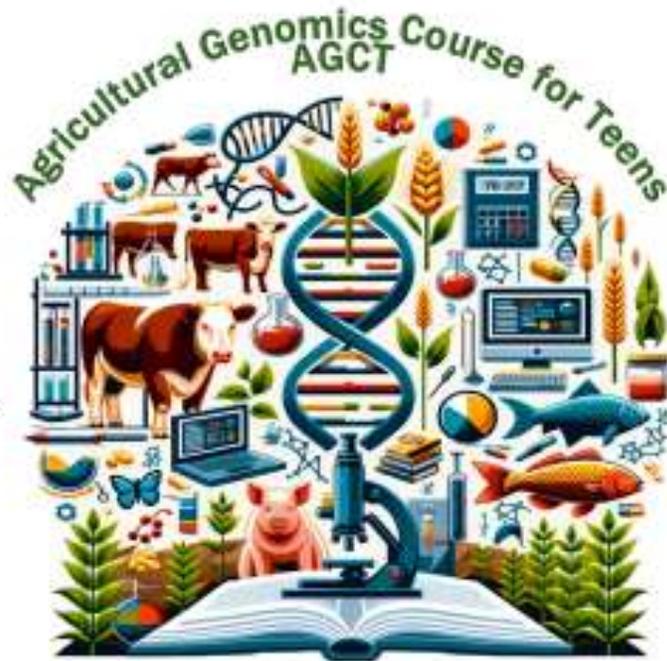
**QUESTIONS?**

**Randy Brooks**, Camp Director  
rbrooks@uidaho.edu | (208) 885-6356

**Maddie Goebel**, Asst. Camp Director  
mgoebel@uidaho.edu | (208) 885-9338



**University of Idaho**  
Extension



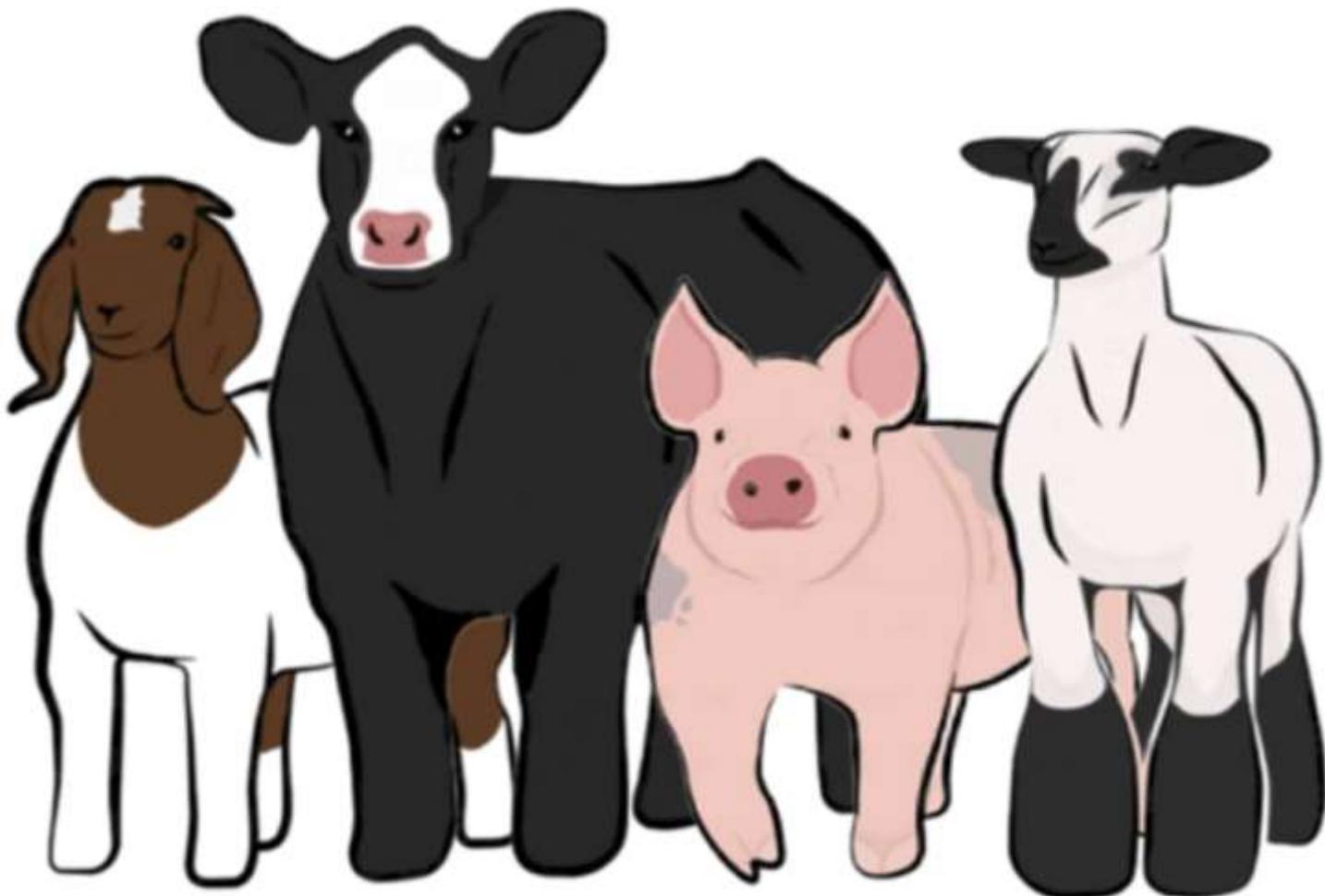
United States Department of Agriculture  
National Institute of Food and Agriculture

## Ag. Genomics Workshop

ARE YOU INTERESTED IN LEARNING MORE ABOUT AGRICULTURE, GENOMICS, AND BIOTECHNOLOGY?

- WHEN:** June 30th – July 2, 2025 (Mon-Wed) – detailed agenda on back
- WHERE:** University of Idaho Hagerman Fish Culture Experiment Station (HFCES) 3059F National Fish Hatchery Rd., Hagerman, ID 83332
- WHAT YOU WILL LEARN:** How to isolate DNA? How DNA sequencing works? What is CRISPR? How is biotechnology used in agriculture, from disease diagnostics to plant and animal breeding?
- WHO:** Teens (Grades 10-12) interested in genetics and science  
Prior completion of high-school science course(s) recommended (chemistry, biology, etc.)
- COST:** \$50 / participant
- REGISTRATION:** Open until June 15, 2025 [Online Registration Link - UI Marketplace](https://4h.zsuite.org/external-event-registration/37171)  
<https://4h.zsuite.org/external-event-registration/37171>
- LODGING:** Lodging provided in Twin Falls (youth must be accompanied by adult)
- TRANSPORT:** Daily transportation provided in Twin Falls to/from course location (HFCES)
- Questions?** Please contact Mike Knutz ([mknutz@uidaho.edu](mailto:mknutz@uidaho.edu)) or Jake Bledsoe ([bledsoe@uidaho.edu](mailto:bledsoe@uidaho.edu))

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# Idaho State 4-H Livestock Quiz Bowl Contest

Tuesday, July 1, 2025 1:00 PM

Gooding County Extension Office,

203 Lucy Lane Gooding, ID 83330

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/114688/2025-05-13\\_16-49-03\\_Livestock+Quiz+Bowl+rules+2025.pdf](https://4h.zsuite.org/api/files/user-uploads/114688/2025-05-13_16-49-03_Livestock+Quiz+Bowl+rules+2025.pdf)



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



## IDAHO 4-H STATE DAIRY JUDGING CONTEST

Friday, June 27, 2025

Registration is open in ZSuite Events

Entry deadline June 19, 2025

For Contest rules and information, go to:

[https://4h.zsuite.org/api/files/user-uploads/114688/2025-05-05\\_18-22-29\\_2025+Idaho+4-H+State+Dairy+Judging+Contest+Rules+\(002\).pdf](https://4h.zsuite.org/api/files/user-uploads/114688/2025-05-05_18-22-29_2025+Idaho+4-H+State+Dairy+Judging+Contest+Rules+(002).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](https://4h.zsuite.org/api/files/user-uploads/114688/2025-05-16_22-28-54_State+4-H+Livestock+Judging+Rules+2025.pdf)

# HOW IT STARTED.

# HOW IT'S GOING.

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.

**Share your 4-H story today**

**Just scan the QR code to get started**



# EXTENSION UPDATE

## UPCOMING EVENTS

### FAIRBOARD MEETING

June 11 7-9 PM Teton County Fairgrounds

### 18TH ANNUAL TIN CUP GIVING

June 13-July 25

### EASTERN IDAHO DISTRICT 4-H HORSE JUDGING

June 16 Madison County Fairgrounds

### PERSERVE FOR FUN CANNING CLASS

June 17 10-12:30

Teton County Fairgrounds. Come make Mango and Tomato Salsa.

### ABC 4-H FRIDAY SUMMER DAY CAMP

June 20 9-3 PM

Youth 2nd-5th grade. Garden Camp

### POLLINATOR CHAT VICTOR LIBRARY

June 23 5-6: PM

### ABC 4-H FRIDAY SUMMER DAY CAMP

June 27, 9-3 PM

Youth 2nd-5th grade. Farm Camp

### ABC 4-H FRIDAY SUMMER DAY CAMP

June 27, 9-3 PM

Youth 2nd-5th grade. Farm Camp

### 4-H LIVESTOCK MEETING

June 30, 5:30-6:30

Hosted by Teton County Livestock Committee – Marketing

## CONTACT US

### UNIVERSITY OF IDAHO EXTENSION, TETON COUNTY

#### Mailing Address:

150 Courthouse Dr. #208. Driggs, ID 83422

#### Physical Address:

445 N. Main St., Driggs, ID. 83422

Phone: 208-776-8235

Email: [teton@uidaho.edu](mailto:teton@uidaho.edu)

Web: <https://www.uidaho.edu/extension/county/teton/4-h>

#### Staff:

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[teton@uidaho.edu](mailto:teton@uidaho.edu)

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[teton4h@uidaho.edu](mailto:teton4h@uidaho.edu)

