

**EXTENSION NEWS ■ FCS ■ MASTER GARDENER ■ 4-H**

~ KEEPING OUR COMMUNITY CONNECTED ~

**EXTENSION CONNECTIONS**



**Welcome Samuel DeGrey!**

Samuel DeGrey will be starting in January as the new Agriculture Extension Educator in Boundary County. Samuel has been working on researching agricultural entomology for most of his career. He did his masters in a fruit crop entomology lab in Wisconsin where he studied several types of insects that attack cherries, grapes, cane berries, and more. For the past several years, he has been working for the University of Idaho’s Kimberly Research and Extension Center located outside of Twin Falls, where he has been working on researching several key insect pests of potato and sugar beet crops in southern Idaho, as well as the diseases they vector.

As an Extension educator, Samuel’s primary goal is to serve the needs of the community in whatever way it needs most. He encourages everyone to come say hi and stop in if they have any questions, whether you’re a farmer with hundreds of acres or just working on a home garden. On a personal level, he has a strong interest in integrating native plants into horticulture and has been working with the Idaho Native Plant society for years, as well as doing some “rewilding” efforts in his family’s yard in the Treasure Valley. He is particularly interested in growing native plants for food, something he is potentially interested in working on more here.

*Continued on page 5*

**Inside This Issue**

Extension Office Hours 8:00 a.m.-5:00 p.m.	
Master Gardener Column— What’s In A Name? Understanding Botanical Or Latin Names	2
Italian Bean Soup Master Food Safety Advisor—	3
Avoiding Common Kitchen Hazards Do Something Nice For Others Every Day	4-5 5
Samuel DeGrey Cont.	
Workshops, Programs, Bulletins, and Classes	6-9

**4-H Clover Talk**

Jan./Feb.	
4-H Calendar	10
Calendar Cont.	11
Market Lamb Contest	11
Know Your Government	11
Livestock News	12
Quality Assurance Training	12
Super Saturday Volunteer Training	13
4-H Sign-Up	14
Scholarships	14
4-H Friday Friends	15
Oral Presentation Day	15



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# Master Gardener Column

## What's In A Name? Understanding Botanical or Latin Names

All living organisms are classified into various groups with different degrees of relatedness.

In the plant kingdom, various levels of classification include class, order, family, genus, and species. The genus and species names together comprise the scientific name that every plant (and animal, too) is given when first described by a scientist. These species names are recognized by botanists, horticulturists, and gardeners no matter where you go in the world.

A botanical name consists of two words, and is therefore referred to as a "binomial". By convention, the name is printed in italics. The first word represents the larger group the plant belongs to, the genus (plural genera, NOT genuses), and the first letter is always capitalized. The second word is the species (Both singular and plural; species is not a word in botany) and is always lowercase. There can not be more than one identical species name in each genus. The species name is often (but not always) descriptive of some aspect of the plant. For example, splendid scarlet sage is *Salvia splendens*, northern red oak is *Quercus rubra*, and the hawthorn *Crataegus missouriensis* was named after the state of Missouri.



The genus name can be used alone when discussing a group of plants, but the specific epithet is NEVER used by itself.

Once the genus has been used in a paragraph, or is understood, it can be abbreviated, such as *S. splendens*. An unspecified (or unknown) species in the genus *Salvia* would be written as *Salvia* sp. To denote more than one species in the genus, it is written *Salvia* spp., with two p's.

### Common Confusion

While it's quite appropriate to use common names when everyone knows what you mean, often it's much better to use the proper botanical name. By their very nature, common names are only given to common plants. But common where? Plants common in one place aren't common in another. Also, many plants have more than one common name. In England the white waterlily (*Nymphaea alba*) has 15 common names, and if you include the

common German, French, and Dutch names, it has over 240. Some common names are used to refer to several different species. A plant in Georgia called ironweed is in the genus *Sida*, whereas in the

Midwest ironweed refers to a plant in the genus *Vernonia*. And what's a bluebell? This common name refers to several plants belonging to completely different families, including Boraginaceae, Campanulaceae, and Liliaceae.



Using a general name doesn't provide a lot of information about that plant. Ask for a sage plant—is that a culinary one, an annual ornamental, or a perennial; which of about 400 species of *Salvia* do you mean? Common names also may be misleading. Yellow flag is an *Iris*; Spanish flag isn't (it's *Mina* (= *Ipomoea lobata*, related to sweet potato). Flowering maple (*Abutilon* sp.) isn't a maple, but is related to *Hibiscus* (and velvetleaf). And creeping gloxinia isn't a gloxinia (it's *Asarina erubescens*, family Scrophulariaceae, while true *Gloxinia* is in the family Gesneriaceae)—even the misnamed "Gloxinia" of the florist industry are really hybrids of *Sinningia speciosa*, and unrelated to this genus.

And finally, some plants, especially those that are rare, don't have common names. Therefore common names are not as reliable as botanical names for identification purposes.

Latin is the international language used by scientists all over the world to name plants and animals. That's because when Carolus Linnaeus, the Swedish naturalist, devised his system for classifying plants, he wanted to use a language that would be understandable to the largest number of people, and Latin was a language that most educated people knew in the 18th century. You don't have to know Latin to grow beautiful plants, but it can be quite helpful to know a little bit about plant names when discussing with others, reading about, or shopping for a plant. For a more in-depth description and understanding of Latin plant names, go to <https://mastergardener.extension.wisc.edu> and read ***What's In A Name? Understanding Botanical or Latin Names.***

Source: Adapted from <https://mastergardener.extension.wisc.edu> article, What's In A Name? Understanding Botanical or Latin Names.

# Italian Bean Soup

Serving Size: ¾ cup

## INGREDIENTS

15 ounces great northern beans, canned  
15 ounces red kidney beans, canned  
30 ounces pinto beans, canned  
1 medium onion, chopped  
46 ounces low sodium tomato juice, canned  
15 ounces Italian-style tomatoes, canned  
15 ounces vegetable broth, canned  
15 ounces green beans, canned  
1½ tablespoons Italian seasoning  
¼ teaspoon black pepper  
¼ teaspoon garlic powder



## DIRECTIONS

1. Open beans and place in colander. Rinse under running water to remove sodium. Allow to drain, then add to a large stock pot.
2. Dice the onion.
3. Pour green beans in a colander and rinse under running water to remove sodium. Drain.
4. Pour in tomato juice, tomatoes, vegetable broth, green beans, Italian seasoning, pepper, and garlic powder. Cover and simmer for 30 minutes.
5. Serve with Italian or French bread or whole-wheat rolls. Will freeze well.

## Nutrition Information

Calories: 365; Protein: 22g; Carbohydrates: 68g; Dietary Fiber: 22g; Fat: 2g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 228mg

Source: Adapted from [www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)

**Great northern beans** are medium sized, oval shaped beans with thin white skin. They are very popular in France for making cassoulet (a white bean casserole) and in the Mediterranean, where many beans of a similar appearance are cultivated.

**Kidney beans** are a large, kidney shaped bean with glossy skin. They have a firm texture and hold up well in soups or other dishes and cook for a long time. Dark and light red kidney beans are used to make Louisiana red beans and rice. Dark red kidney beans are used in soups, cold bean salads, and Chili. Light red kidney beans are popular in the Caribbean area, Portugal and Spain.

**Pinto beans** are medium sized, oval-shaped beans with mottled beige and brown skin. They lose their mottled appearance when cooked. Pinto beans are the most widely produced bean in the U.S. and one of the most popular in the Americas. Pinto beans are used to make Mexican refried beans.

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



## MAKE ROOM FOR LEGUMES

A legume is any plant that bears its fruit inside a pod. The fruits (or seeds) of these plants are also called legumes. This encompasses most beans (including chickpeas, soybeans, and green peas), lentils, and peanuts. When the beans or lentils are dried, they are sometimes referred to as pulses.

People all over the world use legumes as a dietary staple, so there are seemingly endless ways to use them. Here are some ideas for slipping legumes into your diet in familiar ways, but feel free to experiment with flavors and combinations that are unfamiliar to you!

- Purée beans to make dips or spreads and add black beans to salsa.
- Cook up some brown rice and beans.
- Try a bean-based veggie-burger recipe.
- Substitute lentils for ground beef in pasta Bolognese or sloppy Joes.
- Toss beans or lentils with vinaigrette and chopped veggies for a cold salad.
- Put beans in burritos, tacos, enchiladas, or quesadillas.
- Top a green salad or grain bowl with beans or lentils.
- Make falafel and/or hummus from chickpeas.

Source: Adapted from Tufts University Health & Nutrition Letter, September 2024, VOL. 42, NO. 7



Preserving food at home is a rewarding way to savor the season's bounty, but the kitchen can quickly become a hazard zone if safety takes a backseat to the excitement. From sharp knives and bubbling pots to slippery floors and

unexpected fires, a moment's distraction can turn your culinary adventure into an emergency room visit. Whether you're slicing apples for canning, prepping your jars on the stove, or tidying up your workspace, paying attention to safety means the difference between a smooth day of preserving and an unexpected accident. Let's explore practical tips to keep your kitchen safe and your food-preserving journey stress-free.

## Safety around the Stove and Oven

1. **Stay Attentive:** Never leave the stove unattended while cooking. Keep a timer handy to remind you of cooking times.
2. **Clear the Area:** Keep flammable items like towels and paper away from the stove.
3. **Use Proper Cookware:** Ensure pots and pans have secure handles and fit the burner size. Avoid any pan handle extending over burners or over the edge of a stove where a child might grab it and pull the hot contents down upon himself. *This includes hot beverages on the counter's edge where small hands can reach them!*
4. **Use dry oven mitts and potholder:** A damp or wet potholder against a hot object will create steam causing serious burns.
5. When **lifting lids**, direct steam away from yourself.
6. Never have the **flames of a gas burner** go up the sides of a pan.
7. **Never turn on a burner** without a pan on it.

## Knife Safety

1. **Use the Right Knife:** Choose the appropriate knife for each task, especially when cutting large or hard items like pumpkin or squash.
2. A **sharp knife** is the safest knife because it requires

less pressure to do its job.

3. **Proper Cutting Techniques:** Always cut away from your body, keep fingers tucked, and use a stable cutting board (secure it with a damp towel underneath if it slides).
4. **Wash knives** separately from other dishes. You can cut yourself if the knife is hidden under soapy water.
5. Don't try to catch a **falling knife**—pick it up after it has fallen.
6. **Lay knives flat** and away from counter edges.
7. **Store Safely:** Keep knives stored properly in a block or drawer to avoid accidental cuts.

## Safety Risks of Disorganization or Clutter

An organized kitchen is the foundation of safety, especially during food preservation. Clutter and disorganization not only slows you, down but also creates unnecessary hazards like spills, falls, and accidents with hot or sharp tools. By taking the time to clear your workspace, arrange your equipment and ingredients, and making sure to clean as you go, you can ensure a smoother and safer preservation process. Here are some tips to keeping the kitchen floor clear of spills, food scraps, and clutter.

1. **Clear Pathways:** Keep floors free of clutter and clean up spills immediately to prevent slips.
2. **Lift Properly:** Bend your knees, not your back, when lifting heavy pots or equipment.
3. Use a **jar lifter** to remove jars from your canner instead of lifting the entire rack of filled jars at one time.
4. Keep **cabinet doors and drawers closed** to avoid bumps and pinched fingers.
5. Use a sturdy **step ladder** to reach for those high up things; do not substitute a chair for a safe ladder or step stool.
6. **Use sturdy containers and tools:** Avoid using flimsy or unstable containers to hold ingredients. Spills from tipping containers can lead to slips and injuries.
7. Give yourself **plenty of time** to complete your tasks so you are not moving so fast you put yourself at risk.

*Continued at top of page 5*



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

Continued from page 4



## Preventing Kitchen Fires

What would you do in the event of a kitchen fire? Think about possibilities now so that you do not waste precious time if the real thing ever happens.

1. **Never Leave the Stove Unattended:** When boiling jars or simmering preserves, always stay nearby. Fires can start quickly if liquids boil over or food debris ignites.
2. **Keep a Fire Extinguisher Handy:** Have one within reach and know how to use it.
3. **Avoid Overloading Outlets:** Use appliances safely to prevent electrical fires.
4. **Remove grease buildup** from stovetops, burners, and exhaust fans to reduce the risk of grease fires.
5. **If a pan is on fire**, cover the fire with a tight-fitting lid or flat baking sheet to smother the fire. You should only do this if the fire is small.
6. **Never pour water on a grease fire**, this causes the fire to spread. Do not try to carry the pan to the sink or outdoors. a) Use a fire extinguisher spraying it at least one yard from the fire; b) throw or sprinkle baking soda on the fire to prevent oxygen from reaching the fire, or c) throw a fire blanket over the fire.
7. **Never use flour on a fire.** Flour is a flammable substance.

Remember, a little preparation and caution go a long way in keeping your kitchen a space for creativity and success. With these tips in mind, you are ready to preserve not only your favorite foods, but also peace of mind.

Adapted From: Zepp, Martha. (2022). Preventing Kitchen Accidents When Preserving Food. *Pennsylvania State University Extension*

## DO SOMETHING NICE FOR OTHERS EVERY DAY

It's the time of year that many people make New Year's resolutions. This year make a resolution to do something nice for others. Many of our resolutions are inwardly focused, concentrating on ways to become thinner, healthier, wealthier people. However, while there is nothing wrong with improving yourself, it's worth remembering there's a whole world out there too.

Why not make a resolution to focus outwards instead and help make the world a better place. Plan to do one nice thing a day for someone else; whether it's something small like giving a compliment, or something potentially life-saving like donating blood or sponsoring a child in need. By knowing you are making a difference, you will also indirectly boost your own happiness and sense of achievement.



Source: Adapted from [dreamteaboutique.com](http://dreamteaboutique.com)

Continued from page 1

Samuel briefly worked for Fish and Game in Boundary County several years ago, being stationed at the Boundary-Smith Creek Wildlife management area across the river from Porthill, where he worked on surveying pollinators and plants of the Kootenai river valley. He is very fond of the area and is looking forward to working with and for the community. Samuel enjoys botany and entomology as hobbies, as well as many more traditional outdoor activities including backpacking, caving, hunting, snowshoeing, and fur trapping.

# Workshops, Programs, Bulletins & Classes

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

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



## **UI Extension Sheep and Goat Monthly Webinar:**

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

## **STRONG WOMEN PROGRAM** January 7—March 13, 2025

### **All Equipment Provided**

**Location:** UI Extension Conference Room

### **Time Choices:**

**8:30 a.m.** Tuesday, Thursday

*Strong Women Stay Young* — 2X/wk

**10:30 a.m.** Tuesday, Thursday

*Strong Women Strong Bones* — 2X/wk

**Cost:** \$30 \* for 10 week session

Your place is reserved when payment is received

\*Scholarships available contact Angela at 208-267-3235

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

## **Basic Dehydration**

**Wednesday, January 8, 2025**

**1:00 PM-2:30 PM**

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

**Cost: \$10**



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

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

## **DreamBuilder**

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



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

**Work at your own pace** to complete 15 online modules.

Sign up at [www.dreambuilder.org/uidaho](http://www.dreambuilder.org/uidaho)  
**REGISTER TODAY!**

Contact Paul Lewin with questions at  
[dreambuilder@uidaho.edu](mailto:dreambuilder@uidaho.edu).

## **Guiding Good Choices**

**Wednesdays, January 22-February 19, 2025**

**5:30 PM—7:30 PM**

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



Guiding Good Choices is a 5-week program that provides parents of children in grades 4 through 8 (9 to 14 years old) with the knowledge and skills needed to guide their children through early adolescence. Parents who participate in this program learn valuable skills they can apply with their children to help prevent teen substance use and risky behaviors.

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

# Workshops, Programs, Bulletins & Classes

## Homeopathy for Plants & Garden

Thursday, January 30, 2025  
2:00 PM-3:30 PM  
Boundary County Extension Office  
6791 B Main Street  
Cost: \$5



Unlock the secrets of using non-toxic homeopathic remedies to create thriving plants and soil in your garden. This class introduces the principles of homeopathy and discusses how to use homeopathic remedies in the garden to repel pests, and to enhance plant health and resilience. Join us to cultivate your knowledge and transform your garden into a flourishing sanctuary!

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

## Dehydration Basics

Thursday, February 20, 2025  
11:00 AM-Noon  
Via Zoom  
FREE



You will learn specific techniques for using your home oven or dehydrator to dry fruits, vegetables, herbs and meats. We will also cover recommended storage for your dried foods. Your family will love these healthy snacks! To **register**, go to [www.uidaho.edu/food-safety](http://www.uidaho.edu/food-safety).

## Water Bath Canning

Thursday, March 6, 2025  
1:00 PM-4:00 PM  
Boundary County Extension Office  
6791 B Main Street  
COST: \$10



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

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

## Growing Soil Sprouts Indoors

Thursday, February 6, 2025  
1:00 PM-3:00 PM  
Boundary County Extension Office  
6791 B Main Street  
Cost: \$10



Join our hands-on class to learn how to grow nutrient-packed soil sprouts at home. We'll guide you through selecting seeds, understanding growing methods like microgreens vs. sprouts, and harvesting your crop. Perfect for beginners, this class makes indoor gardening simple and successful.

Class size is limited to 15 people. Contact the Boundary County Extension Office to **register**, 208-267-3235.

## Freeze Drying

Tuesday, February 25, 2025  
1:00 PM-2:30 PM  
Boundary County Extension Office  
6791 B Main Street  
COST: \$10



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

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

## Fermentation: Sauerkraut and Other Veggies

Tuesday, March 18, 2025  
1:00 PM-3:00 PM  
Boundary County Extension Office  
6791 B Main Street  
COST: \$10



Learn the basics of fermenting foods for preserving the harvest and enhancing the nutritional value, healthfulness, and digestibility of foods. As part of this hands-on class, you'll take home a jar on its way to fermented goodness!

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

# Workshops, Programs, Bulletins & Classes

## Plan the Garden, Preserve the Harvest

Thursday, March 20, 2025

3:30 PM-5:00 PM

Via Zoom

FREE



Learn how to plan out your garden, so you are prepared when it's time to plant! This class will also cover harvesting and safely preserving your garden. Research-based recommendations will be shared for preparing a great garden and also consuming it! There will be opportunities to ask questions, so you are ready to plant, grow, harvest, and store your garden's bounty! To **register**, email [amrobertson@uidaho.edu](mailto:amrobertson@uidaho.edu).

## Seed Starting Basics

Thursday, March 27, 2025

1:00 PM-3:00 PM

Boundary County Extension  
Office, 6791 B Main Street

COST: \$5



Join us at for an informative class on seed starting basics taught by our Master Gardeners. Whether you're new to gardening or have some experience, you'll learn how to pick the right seeds, prep your soil, and create the best conditions for your seedlings to thrive. It's a great way to kick off your gardening season with confidence. We hope to see you there!

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

## Backyard Forests

Thursday, February 20, 2025

1:00 PM-4:00 PM

Boundary County Extension Office  
6791 B Main Street

COST: \$10



Remedies for bark beetles, root disease, and similar forest health problems are usually preventative. Even people with only a dozen native trees grouped together must understand and apply some fundamental principles of forest ecology to keep those trees healthy.

A \$10 registration fee covers handouts and refreshments. Class size is limited. For **registration** questions, contact the UI Boundary County Extension Office, 208-267-3235.

## Boiling Water Canning Basics

Thursday, March 27, 2025

11:00 AM-Noon

Via Zoom

FREE



Learn to safely preserve your garden using a boiling water canner. Important steps to process foods for shelf-stable storage will be covered. Safe recipe options will also be shared! To register, go to [www.uidaho.edu/food-safety](http://www.uidaho.edu/food-safety)

## Boundary County Cereal School -And Hosted Lunch



Friday, January 31, 2025

Time: 10:00 AM-2:30 PM

Boundary County Extension Office  
6791 B Main St.

Cost: Free

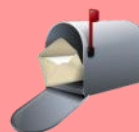
Cereal School is sponsored by the Idaho Wheat Commission, the Idaho Barley Commission, and the University of Idaho. This educational workshop provides an opportunity for producers to learn about issues in their region, including insect issues, disease updates, variety trials, weed control, canola issues,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

There is no charge for the workshop, but we need an accurate head count by Monday, January 27, for the lunch order. To **register** to, contact the Boundary County Extension Office at 208-267-3235 or email [boundary@uidaho.edu](mailto:boundary@uidaho.edu). For program questions, contact Doug Finkelnburg at [dougf@uidaho.edu](mailto:dougf@uidaho.edu).

*Pesticide recertification credits will be available.*



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



**PLEASE CALL US AT 208-267-3235  
OR EMAIL [boundary@uidaho.edu](mailto:boundary@uidaho.edu)**



# Workshops, Programs, Bulletins & Classes

## 33rd Annual Family Foresters Workshop

**Friday, January 24, 2025  
8:30 AM-4:30 PM  
Inland NW Wildlife Council Banquet Room  
6116 N Market Street  
Spokane, Washington**

Family forests (also known as non-industrial private forests or "NIPF" lands) are vital to the economy and quality of life in the Inland Northwest. These lands are critical for wildlife habitat, timber production, scenic quality, and many other values.

Unique skills are required of individuals who help family forest owners manage their property. This program is designed to:

- Strengthen the skills of consulting foresters, state-employed service foresters, and other natural resource professionals who work with family forest owners.
- Serve as a forum to provide updates on emerging technology and knowledge applicable to family forestry.

### **Registrations**

This program can accommodate up to 100 people, so please return the registration form on the back of the flyer (available at the Boundary County Extension Office), with a check or purchase order, or register online at [www.uidaho.edu/](http://www.uidaho.edu/)



Family Forester Workshop, by January 17, 2025, to assure your place and help us plan. A \$110.00 pre-registration fee (\$125.00 after January 17 or at the door) includes lunch and refreshments.

For registration questions, contact the UI Extension Office in Kootenai County at (208) 292-2525. For program questions, contact:

*Andy Perleberg*, Regional Extension Specialist—Forestry  
Washington State University Extension, Wenatchee  
Phone: (509) 667-6540  
E-mail: [andyp@wsu.edu](mailto:andyp@wsu.edu)

*Chris Schnepf*, Area Extension Educator—Forestry  
University of Idaho Extension, Coeur d'Alene  
Phone: (208) 292-1288  
E-mail: [cschnepf@uidaho.edu](mailto:cschnepf@uidaho.edu)

### **Credits:**

Society of American Foresters continuing forestry: 5.5 Credits, Category 1

Idaho Master Forest Stewards: 5.5 Credits

Idaho Pro-Logger: 5 Credits

WCLA Master Logger: 5 Credits



**Winter Session starts  
January 16, 2025  
Registration Deadline: January 14**

Do you want to learn how to safely can, dry or freeze your garden's bounty? University of Idaho Extension invites you to enroll in Preserve@Home, an in-depth online food preservation class to teach individuals how to safely preserve a variety of foods. Participants learn how to produce high-quality, preserved foods and the science behind food preservation and food safety.

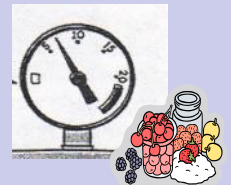
The registration deadline is **Tuesday, January 14, 2025**. The first lesson of the 6-week course opens online on **Thursday, January 16 at 1 pm MT**. Each lesson includes online text that can be downloaded and printed), online bulletin board to facilitate participant discussion, and a real-time weekly chat to interact with classmates and instructors. The weekly online chat session for the first lesson will be on **Thursday, January 24 from 1:00 to 1:45 pm MT**. Topics to be covered include: Foodborne Illness—causes and prevention, Spoilage and Canning Basics, Canning High Acid Foods, Canning Specialty High Acid Foods—pickles, salsa, jams, jellies, Etc., Canning Low Acid Foods, and preservation, cold storage and root cellaring.

**The cost is \$35 plus the cost of supplemental materials. Many of the supplemental materials are available free, online.**

### **For More Information Contact:**

Laura Sant, MS RD, UI Extension Educator Franklin County: [lsant@uidaho.edu](mailto:lsant@uidaho.edu) or call the Franklin County Extension Office, 208-852-1097.

## **Dial Pressure Gauge Testing**



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

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



University of Idaho  
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# 4-H CLOVER TALK JANUARY/FEBRUARY 2025



## 4-H Calendar



**Debbie Higgins**

4-H Program Coordinator

### January

**January 1**-New Year's Day

**January 10**-Signup Deadline For Fair Participation

**January 14**-All Swine Leaders Mandatory Meeting 5:30 p.m. Ext. Office

**January 14**-Livestock & Leaders Meeting 6:30 p.m. Ext. Office

**January 20**-Human Rights Day  
Ext. Office Closed

### February

**February 8**-Super Saturday 8:30 a.m. @ Sandpoint Organic Agriculture Center

**February 11**-Livestock & Leaders Meeting 6:30 p.m. Ext. Office


**February 14**-Valentines' Day



**February 15-17**-KYG In Boise

**February 17**-President's Day  
Ext. Office Closed

**February 21**-Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With A-G 3:00 p.m. Ext. Office

★★★★★★★★★★★★★★★★★★★★★  
 ★  **ATTENTION** ★  
 ★ **ALL 4-H** ★  
 ★ **LEADERS—** ★  
 ★ Please mark **January** ★  
 ★ **14 & February 11 on your** ★  
 ★ **calendar!** Come to the ★  
 ★ meetings to stay on top of ★  
 ★ what is going on in 4-H. Live- ★  
 ★ stock committee meets first ★  
 ★ at 6:30 p.m. followed by ★  
 ★ Leaders' council starting at ★  
 ★ 7:00 p.m. at the Extension ★  
 ★ Office. All parents, members, ★  
 ★ and community members are ★  
 ★ welcome to attend meetings. ★  
 ★★★★★★★★★★★★★★★★★★★★★★

**HAPPY NEW YEAR!**  
 I hope all your holiday wishes come true. The days are getting longer, and projects are about to start. Please make sure you have signed up in zsuite and paid your enrollment fees. The deadline to enroll and exhibit at the fair is January 10<sup>th</sup>, 2025. We have a drop box outside of the office door if you can't make it in while we are open. It is to the left of the North side door. The fee for 4-H members is still \$25 for up to 3 projects, and each project after that is an additional \$3. Horse and Dirt Bike are each an extra \$2 due to additional insurance costs.

9:00 am. It is free to attend, and refreshments will be served.

We are holding our Livestock Quality Assurance Trainings again this year. Members in 4-H and FFA are required to attend one of the classes offered if you are new to the market animal project or if your last name begins with the letters **A – G**. Dates when classes are offered are as follows:

**FRIDAY, FEBRUARY 21<sup>ST</sup>, 2025 @ 3:00-4:30 PM**

**FRIDAY, MARCH 7<sup>TH</sup>, 2025 @ 10:00-11:30 AM**

**WEDNESDAY, MARCH 19<sup>TH</sup>, 2025 @ 5:30-7:00 PM**

All classes are located at the Extensions Office, 6791 Suite B, Main St., Bonners Ferry.

The Boundary County Fair will be August 4<sup>th</sup> – 9<sup>th</sup>, 2025. The Fair theme this year is *Generations of Champions*. They are accepting artwork submissions for the cover of the fair book as well as for fair t-shirts.

We can always use volunteers for other projects as well, so if you have a talent you would like to share, let us know.

**JANUARY 14<sup>TH</sup> IS THE MANDATORY MEETING FOR ALL 4-H LEADERS.** The Livestock meeting starts at 6:30 pm and the Leaders meeting is at 7:00pm. We need all leaders to attend as we will be going over updates and policy changes. We will also be distributing the 2025 4-H calendar of events.

All leaders need to stay current on their training/education. Returning leaders need 2 hours annually and new leaders need 3 hours. Attending the monthly Leaders and Livestock meetings is a great way to meet these requirements.

Bonner-Boundary Super Saturday is an upcoming 4-H volunteer training. This year it will be held on February 8th at the University of Idaho Sandpoint Organic Agriculture Center 10881 N Boyer Road in Sandpoint. If you are a new leader or returning leader this is a fantastic way to get your training in and we will have lots of informative topics. Registration starts at 8:30 am with the first classes beginning at

With the new year 4-H under way, you don't have to wait until your first project meeting to start your record books. Now is a great time to start your record books in z-suite and set your learning goals. Make sure to record all of your expenses as they happen rather than waiting until the summer to dig out your receipts.

**The deadline to add 4-H projects is March 15!**

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

# 4-H Calendar

## March

**March 7**-Ownership/possession  
Deadline For ALL MARKET BEEF  
150 Days

**March 7**-Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With A-G 10:00 a.m. Ext. Office

**March 9**-Daylight Savings Begins

**March 11**-Livestock & Leaders Meeting 6:30 p.m. Ext. Office

**March 15**-Market Beef Weigh In 9:00 a.m. @ Fairgrounds

**March 15**-Deadline To Add 4-H Projects

**March 17**-St. Patrick's Day



**March 19**-Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With A-G 5:30 p.m. Ext. Office

**March 20**-Spring Begins

## April

**April 1**-STAC Registration Opens

**April 8**-Awards Committee Meeting 5:30 p.m. Ext. Office

**April 8**-Livestock & Leaders Meeting 6:30 p.m. Ext. Office

**April 20**-Easter



**April 26**-Ownership/possession  
Deadline For ALL MARKET  
SWINE 100 days

**April 28**-Oral Presentation Day  
County Contest 4:30 p.m. Ext.  
Office

# 4-H



Make a World of Difference

# Market Lamb Contest



This is for all Boundary County 4-H members. If you are looking to start the Market Lamb Project this contest is for you!

Submit an application with an essay attached by 5:00 pm, January 10th, 2025 to the Extension Office located at 6791 Suite B, Main St., Bonners Ferry or email to [deborahh@uidaho.edu](mailto:deborahh@uidaho.edu)

Applications can be picked up at the Extension office or emailed to interested members.

### Application Guidelines:

- Application completed & turned in by January 10, 2025
- Must be enrolled in the Market Lamb project & have fees paid by deadline to be eligible.



Open to any 4-H member ages 8 to 18

Winners will be selected and notified by February 15th, 2025

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status.

Persons with disabilities have the right to request and receive reasonable accommodations. Please complete this form: [reasonable-accommodation-for-4-h-parent-complete.pdf](https://www.uidaho.edu/4h/parent-complete.pdf)(uidaho.edu) to assist in evaluating the reasonable accommodation request at least 2 weeks prior to the event. Accommodation applications cannot be approved without supporting documentation. Submit [this electronic request form](#) by sending the application and documentation to Center for Disability Access and Resources 875 Perimeter Drive Moscow, ID 83844-4257, [cdar@uidaho.edu](mailto:cdar@uidaho.edu), Phone 208-885-6307, Fax 208-885-9404

Learn  
*from the past,*  
Prepare  
*for the future,*  
Live  
*in the present!*

University of Idaho  
Extension

**Youth Registration is open!**

**Know Your Government 2025**

February 15-17, 2025

Registration is in ZSuite under Events



**2025 WEIGH-IN DATES**

Please be sure to mark these dates on your calendar!

**BEEF**-Saturday, March 15, 2025

9:00 a.m.

**SWINE**-Saturday, May 3, 2025

7:00 a.m. (Breeders go first)

**LAMB & GOAT**-Wednesday, May 28, 2025, 5:30 p.m.

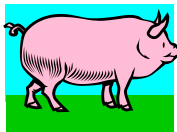
**Rabbit**-Tuesday, July 1, 2025

5:30 p.m.

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

**Swine Leaders and Parents now is the time to be looking for your market hog projects!**

**You will want to make sure you have contacted a producer about obtaining an animal. Don't procrastinate!**



Training is mandatory for **FIRST YEAR** 4-H/FFA Market Animal members and returning members with **LAST NAME** starting with **A-G**.

**There are three dates to choose from:**

**Friday, February 21 3:00—4:30 PM**

**Friday, March 7 10—11:30 AM**

**Wednesday, March 19 5:30—7:00 PM**

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

All trainings will be held at the Boundary County Extension Office  
6971 B Main St.

Trainings are limited to 30 members. **Registration is required.**

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



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

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



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

# Calling all Bonner & Boundary County 4-H Volunteers!

**Come join Extension Staff in a jam-packed Super Saturday morning of volunteer training.**

**When:** February 8, 2025. 8:30 AM to 12:00 PM

**Where:** UI Sandpoint Organic Agriculture Center  
10881 N. Boyer. Sandpoint, ID 83864

**Registration for Super Saturday is required and can be found in the Events tab in zSuite.**  
Morning refreshments will be provided.

## We will be offering the following training topics:

Time	Fireside Dining Hall	Wickson Conference Hall	Spigold Room 101
<b>8:30 to 8:55 AM</b>	Training Check-in and refreshments in the Fireside Dining Hall		
<b>9:00 to 9:40 AM</b>	Engaging in Idaho 4-H Shooting Sports with Tami Goetz	Livestock Bio-Security with Jennifer Jensen	Boundary County New Volunteer Training session with Debbie Higgins
<b>9:45 to 10:15 AM</b>	Science of Sugar Project Overview with Gena Gibson & Jennifer Jensen	Utilizing 4-H Livestock Lesson Plans with Lauren King & Amy Robertson	
<b>10:30 to 11:10 AM</b>	Experiential Learning & Planning for Engaging 4-H Activities with Tami Goetz	Livestock Quality Assurance with Debbie Higgins & Amy Robertson	Club & Project Meeting Organization Tips with Cathy Hunsaker & Doris Walker.
<b>11:15 to 11:45 AM</b>	Open discussion forum with Tami, Jen, Gena, Amy and Debbie.		

**Don't miss out: the deadline to register is midnight on Tuesday, February 4, 2025.**



# BOUNDARY COUNTY 4-H

## Welcome New and Returning 4-H Families

**4-H enrollment period is October 10, 2024-January 10, 2025.**

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

All enrollments for new and returning members and leaders need to be done online @ <https://4h.zsuite.org>. This is also the platform that is used for record books with the exception of Cloverbuds. Returning families will log-in and new families will create a log-in when enrollment opens after October 10, 2024. After that date, when you log in there will now be an enrollment tab on the left hand side of the screen. Zsuites is accessible by Smartphone, or if using a computer, you must use Firefox or Google Chrome, as Internet Explorer is not compatible. For any families without internet access we will have a computer available at the Extension Office for enrollment use.

### The program costs are listed to the right.

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

The Participation Deadline for 2024/2025 is January 10, 2025 for 4-H projects to be part of the 2025 Boundary County Fair. There is a special date for beef projects of November 1, 2024.

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

<b>CLOVERBUD</b> <b>\$25</b>
<b>MEMBER</b> <b>\$25</b>
<b>HORSE</b> <b>\$27</b>
<b>Dirt Bike (10 &amp; up)</b> <b>\$27</b>
<b>Jewelry</b> <b>Extra \$5 to cover cost of materials</b>
<b>Dutch Oven</b> <b>Extra \$10 to cover cost of materials</b>
<b>4 or More Projects</b> <b>add \$3.00 per project</b>

## Scholarships

### **Bonner County Cattlewomen and Cattlemen Agricultural Scholarship**

Any college Junior or Senior entering the field of Agriculture or pursuing a degree in Education or any other major, where the student could show an impact on Agriculture (preferably beef). The student must have received their High School diploma while residing in Bonner or boundary County and be entering their Junior or Senior year attending as accredited college in the State of Idaho. Applications are available at Bonner and Boundary County Extension Offices and are due on or before **April 15, 2025**.



### **Rotary Scholarship**

The Rotary Scholarship is offered to any deserving citizen of Boundary County who is graduating or has graduated from Bonners Ferry High School or Home School Program, and wishes to pursue higher education at any accredited college in the State of Idaho. **Applications and deadline will be available early 2025.**

## 4-H Friday Friends



And just like that we are coming to the end of 2024. December 20<sup>th</sup> is 4-H Friday Friends' last Friday of the year and boy are we excited! The beginning of the school year has been fun with lots of fun science experiments, nifty crafts, and wonderful guests! Our guests have included regular story time with Ms. Teri from the Boundary County Library, and the Sheriff's department teaching us about trick or treating safety. We had Mr. Jason from the Department of Lands teach us about reading maps and mapping topography. We also had a veteran 4-H Friday Friend's participant come and lead a craft! Ms. Mary has started up STEAM sessions with us once a month and we now have Ms. Sam, a community favorite, doing a craft with the kiddos once a month. Finally, we had 2 field trips, one on the SPOT bus and a walking field trip to the Extension Office to make applesauce with Ms. Amy. Next year we will have more guests, more science experiments, more crafts, and even some more field trips!

4-H Friday Friends is a drop-in/open enrollment education program for any kids in K-5th grade. Our program meets at the Boundary County Middle School on Fridays during the school calendar year. Our hours are from 7:30 a.m. to 5:30 p.m. and the cost is \$15 per child. We do have a sliding fee scale available, call (208) 267-3235 for more information.

4-H Friday Friends is a great option to get the kids out of the house and get their minds and hands busy!



### Dates: First Semester

September: 6, 13, 20, 27

October: 4, 11, 18, 25

November: 1, 8, 15, 22

December: 6, 13, 20

January: 10, 17, 24, 31

### Dates: Second Semester

February: 7, 14, 21, 28

March: 7, 14, 21

April: 4, 11, 18, 25

May: 2, 9, 16, 23, 30

June: 6

## Calling all 4-H'ers!!!

Boundary County Oral Presentation Day will be held on Monday, April 28, 2025 at the Boundary County Extension Office starting at 4:30 p.m.

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

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

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

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



**PLEASE CALL THE EXTENSION OFFICE AT 208-267-3235 BY FRIDAY, APRIL 25 TO PRE-REGISTER!**



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

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# JANUARY/FEBRUARY 2025

*KEEPING OUR COMMUNITY CONNECTED*

## BOUNDARY COUNTY EXTENSION STAFF



Amy Robertson	Extension Educator Family & Consumer Sciences
Samuel DeGrey	Extension Educator Agriculture & Horticulture
Debbie Higgins	4-H Program Coordinator
Catherine Abrego	4-H Friday Friends Program Coordinator
Angela Tucker	Administrative Assistant
Sheila Pruitt	Secretary

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

### *College of Agricultural and Life Sciences*

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