



University of Idaho Extension

Owyhee County NOVEMBER 2024

Family & Consumer Science Newsletter



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Owyhee County

Family & Consumer Science



Suriñe Greenway -
UI Owyhee County Extension Educator

This fall has been full of changes, most recently, a noticeably drastic change in the weather! If you are like me, a changing season can also be viewed as an opportunity for you to explore something new, even if this is when the days are shorter and the air a bit crisper. I find that when one thing is adjusted (whether by choice or by force), I often benefit by finding ways to take a step back and reflect on the things that I would like to control, adjust, or even strengthen in my life. While the possibilities are quite literally endless, let's focus on some areas that you might be interested in changing. This way, you can start thinking about something that you are interested in tackling personally. Granted, this is just one step of the process because the next one is actually accepting the changes that occur, but sometimes this can take a bit more work and some mindfulness in having it take place, but we'll get to that at a different time.

Things that interest you can fall under many different categories, but some thoughts to get us started will include the desire to establish a new schedule, increase our knowledge, and begin a new skill. Remember that any time you are taking something new on, it can be an individual journey or one that you can take on with others like a partner, or friends. The key is to be mindful about establishing (and respecting) the time and setting the space for learning and growth to take place.

Physical activity can be a big goal for you to get in right now. Believe it or not, but since the weather is getting colder and many are not looking forward to the warm days of December that might lay ahead of us, we typically see the desire to get out into the elements of Idaho weather fall to the wayside. This is usually a very big contrast to the late spring season, where vacations are on the horizon, and many want to be beach ready. While you may not be trying to get ready to hop into your swimsuit at this time of year, you may however, be interested in trying ways to get physical activity into your daily routine.

One way that can help you start being engaged can be a walking group. I know that I tend to have more success when I am working with others, essentially the form of a buddy system. If you are someone who uses social media, I heavily encourage you to check out the Walk-A-Weigh Plus (30 for 30 Extension Collaboration). This Facebook page is a wealth of opportunity from encouragement from group engagement, but also educational information that can help you focus on a holistic form of health, not just the physical activity

component. You can visit this page here:
<https://www.facebook.com/groups/30for30waw>



If you are looking to learn something I recently started something that would allow me the chance to increase my knowledge and create a new skill at the same time- learning a new language. This can be done through a variety of ways, taking a class, using a digital application on your phone, or listening to a podcast. With so many tools in this digital age, there are many different ways to learn a new language or strengthen one you already know!

Does this time give you a moment and slow down? Does this lend to the ability to select a book and read or listen? Enough credit isn't given to how beneficial reading can be to your mind. You can even swap out that nightly television program with reading a few chapters of a good book.

There are so many different options available for you and your family; there is no limit; you just have to start thinking of where you can start and what is going to work for you. The key is to start today!

With the cold days of fall upon us and colder days of winter ahead, you might be looking for a great meal to whip up for you and the family. I am a big fan of meals that include beef as the protein, as this is something we usually have on hand in our household and I know that it will be a great way to help me and my family feel satiated. A great beef protein to help me stay full and is flank steak.

What is flank steak?

Flank steak is a beef cut that comes from the abdominal muscles, is lean and fibrous and can be very flavorful. One helpful tip for cooking can be marinating this cut so it can tenderize the fibers for whichever cooking method is selected.

If you are looking for some alternative cuts for the flank steak called for in this recipe, consider skirt tri-tip or sirloin steak cuts.

FLANK STEAK SHEET PAN DINNER

RECIPE YIELD

Makes about 6 servings

INGREDIENTS

2 lbs flank steak	2 tsp kosher salt, plus more for seasoning
4 cloves garlic, minced	1/2 tsp ground black pepper, plus more for seasoning
1 lime, juiced	1 lb cherry tomatoes
2 tbsp olive oil	3 shallots, sliced
2 tsp paprika	Warm tortillas, for serving
2 tsp cumin	
2 tsp kosher salt, plus more for seasoning	

DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 425 °F. Arrange rack in upper third of the oven.
3. Line rimmed baking sheet with foil. Place flank steak on baking sheet. Do not rinse raw meat. Wash hands after handling raw meat.
4. Gently rub garlic and lime under cold running water.
5. Combine garlic, lime juice, olive oil, paprika, cumin, salt and pepper in a small bowl. Pour marinade over steak and rub onto both sides. Wash hands with soap and water after handling raw meat.
6. Do not reuse marinades used on raw foods.
7. Gently rub cherry tomatoes and shallots under cold running water.
8. Spread cherry tomatoes and shallots over top of the steak and season with salt and pepper.
9. Roast in the oven until internal temperature reaches 145 °F on a food thermometer, usually about 15 minutes, then slice and serve with melted tomatoes, shallots and warm tortillas.

RECIPE SOURCE

www.fightbac.org

*Suriñe Greenway - UI Extension Educator
County Chair Owyhee County, ID*

FREE CLASSES VIA ZOOM!



FREE CLASS VIA ZOOM

HOLIDAY FOOD HACKS

Learn the tips and tricks of planning holiday dishes so, you will be ready to go when the holiday is here!

THURSDAY, NOVEMBER 7TH

CLASS STARTS AT 12PM MT 11AM PT

Register at: bit.ly/holidayfood24

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



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FREE CLASS VIA ZOOM

SAFE GIFTS *from the* KITCHEN

Learn fun and easy ways to prepare safe gifts from your kitchen, and to avoid those that are not safe.

THURSDAY, DECEMBER 5TH

CLASS STARTS AT 12PM MT 11AM PT

Register at: bit.ly/safegifts24

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



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Owyhee County 4-H



Welcome to the New Owyhee County 4-H Program Coordinator

Synovia Bates is excited to introduce herself as the newest addition to the Owyhee County Extension Office, where she will serve as the 4-H Program Coordinator.

While attending the College of Southern Idaho, Synovia was an active member of the CSI Agriculture Club, Student Idaho Cattle Association, and the Idaho Farm Bureau Federation. Graduating in the spring with a degree in Animal Science, she also obtained her FAA Part 107 License and American FFA Degree.

As she steps into her new role, Synovia is eager to begin collaborating with families and local partners. She believes that by working together, we can inspire our youth to develop essential life skills while deepening their understanding of agriculture's vital role in their communities.



If you have any questions, she can be reached at:

Synoviabates@uidaho.edu

Office: (208)896-4104

Cell: (208)369-2163



It's that time of the year! Annual club financial summaries, audit reports, and last month's bank statements are due to the Owyhee County Extension Office by November 1st, 2024.



**4-H
ENROLLMENT
DEADLINE**
FEBRUARY 1ST

With the submission of last year's financials, enrollment is open to youth ages 5-18. This year, we will be moving the enrollment deadline to February 1st, 2025.

Owyhee County Shooting Sports has open enrollment, and they are looking for new shooters! Enrollment is open to all ages, and we are hoping to increase our Junior (ages 8-10) shooters involvement in Idaho Shooting Sports.

**SHOOTING
SPORTS**

**LOOKING
FOR JUNIOR
SHOOTERS!**
(AGES 8-10)

**ENROLLMENT NOW OPEN
TO ALL AGES**

Owyhee County

AG - Livestock & Range



Welcome to the New
Owyhee County Extension Educator



Jenn Smith started at the Owyhee County Extension Office on October 28, 2024 as the new Livestock and Range Educator. Jenn comes from the University of Idaho Campus in Moscow where she has worked with several regular faculty on research projects that include, feed supplements, mastitis vaccine, and virtual fence studies. She earned bachelor's degrees in Dairy Science and Animal Science-Production and a Masters degree in Natural Resource Management from the University of Idaho.

Her hobbies include photography, fishing, kayaking, archery, hiking, and camping. She has two Idaho shag dogs and a 5-toed cat. She

loves being outdoors, working with livestock and helping foster a passion for agriculture and agriculture advocacy in the community youth. She looks forward to getting to know and working with all the Owyhee County families and friends.

If you have any questions, she can be reached at:

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Cell: (208)669-2848



Post Breeding Season Bull Management

- K. Scott Jensen

Following the breeding season, managing bulls can be a challenge. They aren't actively contributing to the bottom line and can be hard on fences and facilities. They do however represent a significant investment and managers should plan to meet their needs while attempting to keep costs at a minimum.

As bulls complete the breeding season, they should be evaluated and sorted. Mature bulls in good condition will be of the least concern and shouldn't require any special attention. Old bulls and any others with physical defects (crippled, bad eyes, etc.) should be sorted off and marketed. Young bulls and thin bulls should be sorted into a third group where they can receive the additional feed and attention necessary to prepare them for the next breeding season.

It is important for all bulls to have access to a high-quality mineral mix. This mix should be high in phosphorus as phosphorus is critical for reproduction and is usually present in inadequate amounts in dry or harvested forage. It is often necessary to mix it with salt to ensure consumption. Vitamin A is also important in the bull diet and should be included in the mineral supplement. It is also possible to use an injectable form of vitamin A as it can be stored in the body for up to 6 months.

Mature bulls can generally winter well on an all-roughage diet. They should be fed about 2% of their body weight on a dry matter basis per day. The goal should be to have the animals maintain a moderate body condition of 5 to 7. If needed, they can be supplemented with protein to compensate for any protein deficiencies in lower quality hay or straw.

Young and thin bulls should be placed on high quality forage. This could include some fall regrowth of alfalfa fields, planted annual forages, or high quality hay. Young bulls are still growing. Besides restoring any lost body condition, they are still putting on additional muscle and bone structure. Condition gained during the off-season can help increase their breeding longevity. Concentrates fed should be high in protein. A high energy diet is not desirable as getting them too fat tends to impede their reproductive activity.

If possible, bull pastures should be isolated away from the cows. Bulls pastured away from the cows will be quieter and fight less.

Salvage bulls have considerable value in today's cattle market. Market bulls in average body condition have recently sold for more than \$130/cwt at the local auction market. High salvage values might encourage you to replace older or less productive bulls with younger, higher genetic quality bulls.

No matter how you choose to winter your bulls, don't scrimp on a breeding soundness exam for each bull by your veterinarian 30 to 60 days prior to the start of your breeding season next year. This will help ensure that you have a successful breeding season for your cowherd. Proper care and management of bulls after the breeding season will help prepare them to pass the breeding soundness exam and be ready for the next breeding season.

References:

Linton, A. Bull Management After the Breeding Season. Western Beef Resource Committee Cow-Calf Management Guide and Cattle Producer's Library, Second Edition. CL 437.

Zollinger, W. Bull Management and Care in the Western U.S. During and After the Breeding Season. Western Beef Resource Committee Cow-Calf Management Guide and Cattle Producer's Library, Second Edition. CL 436.

*K. Scott Jensen - UI Area Range Extension Educator
Owyhee County, ID*

Happy Thanksgiving



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Owyhee County