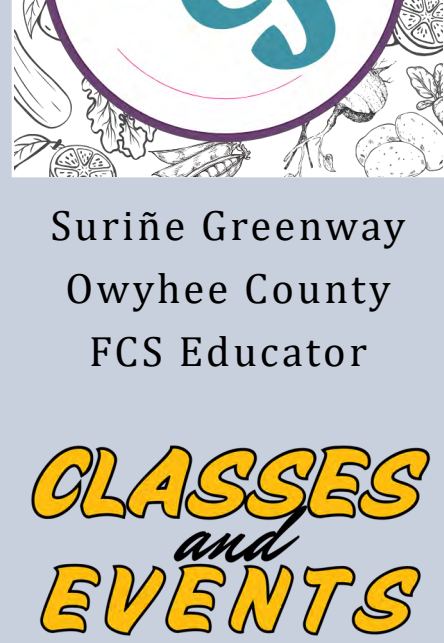


# UI OWYHEE COUNTY EXTENSION NEWSLETTER

~ IN THIS ISSUE ~

JULY 2025

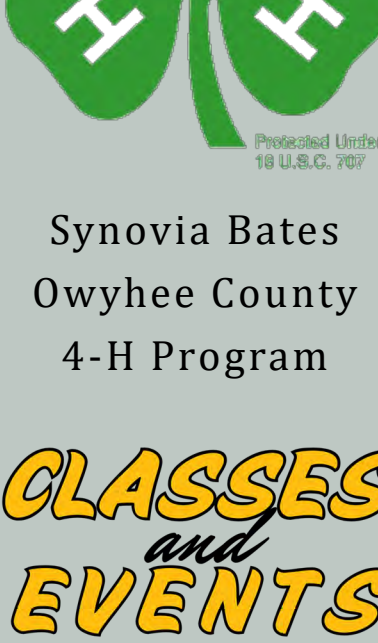
## FAMILY & CONSUMER SCIENCE



Suriñe Greenway  
Owyhee County  
FCS Educator

**CLASSES  
and  
EVENTS**

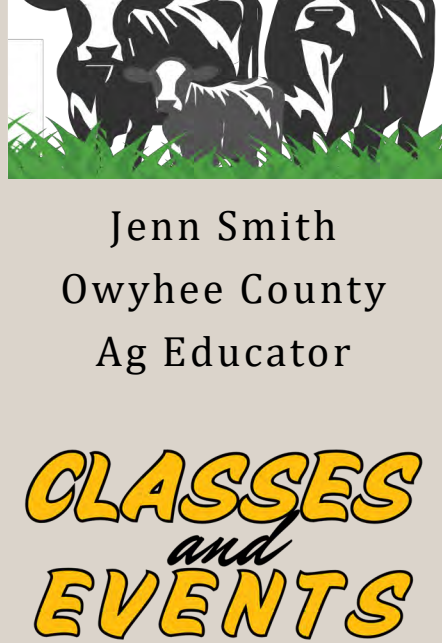
## OWYHEE COUNTY 4-H



Synovia Bates  
Owyhee County  
4-H Program

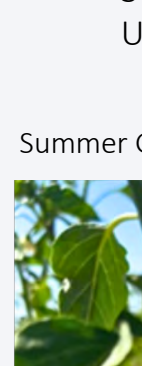
**CLASSES  
and  
EVENTS**

## LIVESTOCK & RANGE



Jenn Smith  
Owyhee County  
Ag Educator

**CLASSES  
and  
EVENTS**



**University of Idaho**  
Extension  
Owyhee County

(208)896-4104

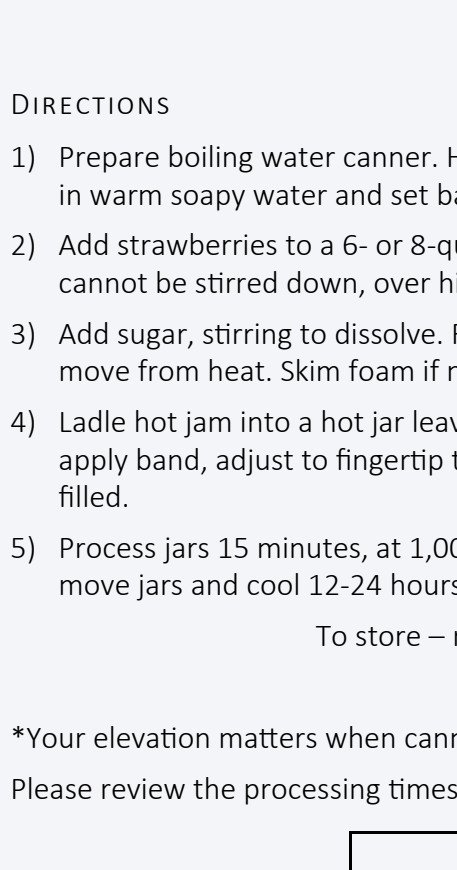
Owyhee@uidaho.edu

# FAMILY & CONSUMER SCIENCE NEWSLETTER

Suriñe Greenway -  
UI Owyhee County Extension Educator



## Summer Gardens in Full Swing!



I have been thrilled with the summer weather, and my garden is really getting into full swing. I hope yours is going well, too! We already have some tozerzero peppers, and these are perfect for frying and eating as an appetizer for a light summer meal. We also wait until they get larger, turn red, and then dry them. We then turn them into a paste with garlic and salt to use in our homemade Basque Chorizo sausages. Luckily, peppers aren't the only thing on in the garden, and I have been able to dehydrate, freeze-dry, and can up some wonderful strawberry-based goodies. While nothing beats the benefits of fresh produce in the summer months, it is essential to follow safe practices when preserving food for year-round use. If you want to make delicious and safe strawberry jam, check out the Ball recipe below, which includes altitude adjustments for our region's elevation. This recipe was found on the Ball website, ballmasonjars.com. If you have questions about safe preserving, don't forget to reach out to me at the UI, Owyhee County Extension Office!

## CLASSIC STRAWBERRY JAM

### INGREDIENTS

Yield: About 6 half-pint (8 oz.) jars  
4 cups crushed strawberries (about 4 lbs.)  
4 ½ Tbsp. Ball® RealFruit™ Classic Pectin  
5 cups granulated sugar

### DIRECTIONS

- 1) Prepare boiling water canner. Heat washed jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set bands aside.
- 2) Add strawberries to a 6- or 8-quart saucepan. Gradually stir in pectin. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
- 3) Add sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.
- 4) Ladle hot jam into a hot jar leaving a ¼ inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar and apply band, adjust to fingertip tight. Place jar in boiling water canner using a jar lifter. Repeat until all jars are filled.
- 5) Process jars 15 minutes, at 1,001-3,000 ft. altitude. Turn off heat, remove lid, let jars stand 5 minutes. Remove jars and cool 12-24 hours. Check lids for seal, they should not flex when center is pressed.

To store – remove bands, label jars and place in cool dark location!

\*Your elevation matters when canning.

Please review the processing times based on the elevation of your location when canning:

STRAWBERRY JAM PROCESSING TIMES	
0 (Sea Level) – 1,000 ft.	10 minutes
1,001 – 3,000 ft.	15 minutes
3,001 – 6,000 ft.	20 minutes

Delicious Classic Strawberry Jam Variations

### VANILLA STRAWBERRY JAM:

Add half a vanilla bean, split in half lengthwise, to the crushed strawberries. Cook as directed and remove vanilla bean before ladling jam into jars. The resulting jam will be enhanced with subtle yet distinct vanilla overtones.

### STRAWBERRY BALSAMIC JAM:

Add 3 tbsp good-quality balsamic vinegar. Balsamic vinegar accents the strawberry flavor and gives the jam a robust taste.

### LEMONY STRAWBERRY JAM:

Add the grated zest of 1 large lemon to the crushed strawberries.

### DID YOU KNOW?

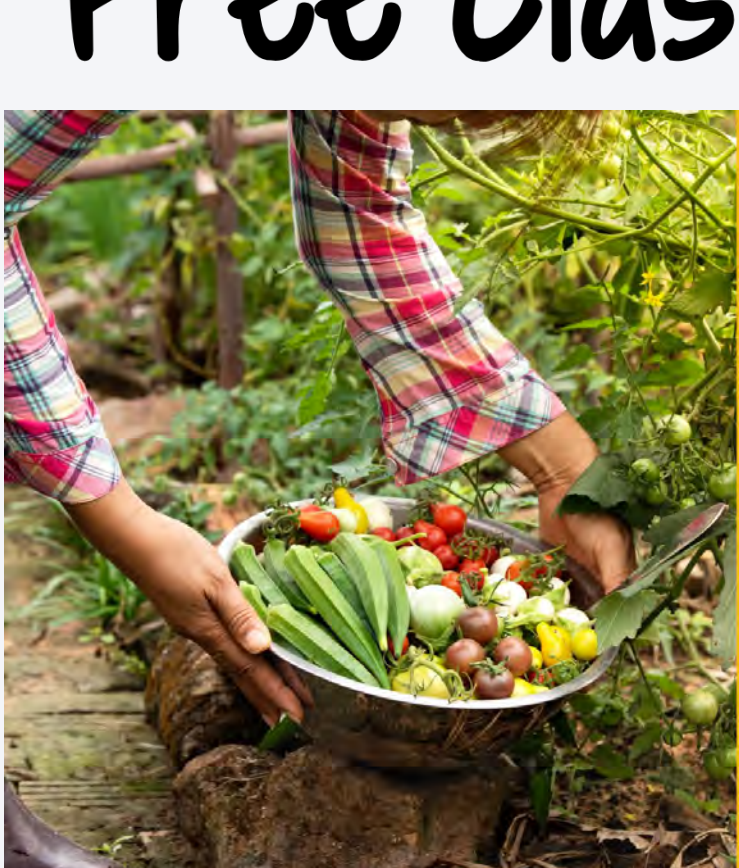
To guarantee delicious preserved foods, begin with the quality produce at peak ripeness.

## HAPPY CANNING!

Suriñe Greenway  
UI Owyhee County Extension Educator  
(208)896 - 4104 | SurineG@uidaho.edu

# up coming CLASSES

## Hands-on



## HANDS-ON CLASS

# YOU CAN! CAN THAT

Learn to preserve a few non-traditional favorites, that are often over looked, and fill your pantry with a variety of handcrafted flavors!

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

[bit.ly/25cancan](https://bit.ly/25cancan)

**SATURDAY, JULY 12TH**

**10:00 AM - 1:00 PM**

**OWYHEE COUNTY EXTENSION OFFICE**

**238 8TH AVE W MARSING, ID**

**(208)896-4104**

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# Free Class via Zoom



## FREE CLASS VIA ZOOM

# HARVESTING AND STORING

*garden vegetables*

Learn how to identify the proper stage of maturity to harvest garden vegetables for peak flavor, nutrition, and storage

**THURSDAY, JULY 24TH**

**3:30PM - 5 PM PT 4:30PM-5 PM MT**

Register at: [bit.ly/harveststore25](https://bit.ly/harveststore25)

Other course offerings available at [uidaho.edu/food-safety](https://uidaho.edu/food-safety)

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## FREE CLASS VIA ZOOM

# FERMENTATION BASICS

Learn the basics of fermenting foods and enhancing the nutritional value and digestibility of foods!

**THURSDAY, AUGUST 21 ST**

**NOON PM - 1 PM MT 11 PM - NOON PT**

Register at: [bit.ly/fermentation25](https://bit.ly/fermentation25)

Other course offerings available at [uidaho.edu/food-safety](https://uidaho.edu/food-safety)

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## FREE CLASS VIA ZOOM

# FREEZE DRYING

*done right*

Learn about different freeze dryer models, purchasing and maintenance costs, how to operate a freeze dryer, and proper storage of freeze-dried goods!

**THURSDAY, SEPTEMBER 18TH**

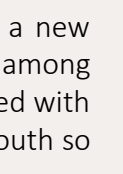
**NOON PM - 1 PM MT 11 PM - NOON PT**

Register at: [bit.ly/freeze drying25](https://bit.ly/freeze drying25)

Other course offerings available at [uidaho.edu/food-safety](https://uidaho.edu/food-safety)

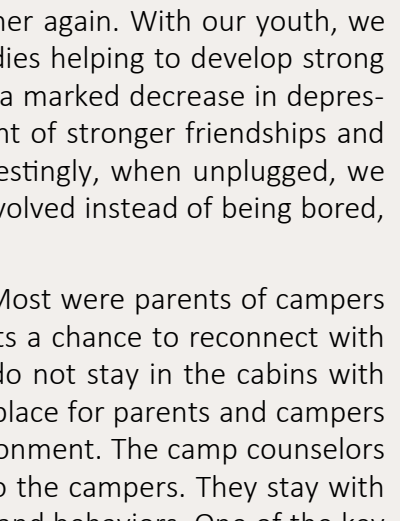
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Suriñe Greenway  
UI Owyhee County Extension Educator  
(208)896 - 4104 | SurineG@uidaho.edu



# LIVESTOCK & RANGE NEWSLETTER

Jenn Smith -  
UI Owyhee County Extension Educator



## 4-H Adventure Camp

This past weekend I had the opportunity to chaperone at the Southern District 4-H Adventure Camp at Cascade Lake in Donnelly, Idaho. The camp hosted just under 50 youths from 8 to 13 years old. It was an action packed 3 days of activities, fun in the sun, building and creating – both friendships and forts, fishing (and kissing fish\*), kayaking and paddleboarding, archery and crafts, and arts and crafts. There were polar plunges every morning to get the blood flowing for the day and interactive campfires in the evenings to help begin settling down for the night. The entire weekend was a technology free experience for campers, and it was plain to see the sparkle in their eyes and light of imagination on their faces as they worked on crafts such as painting or learning a new dance together. Campers were able to try new and exciting things such as archery or tie-dyeing shirts; among many other interesting activities they may not have a chance to try outside of camp. Every morning is started with the posting of colors and the pledge of allegiance followed by the 4-H creed. It was wonderful to see the youth so reverent and respectful during the pledges.

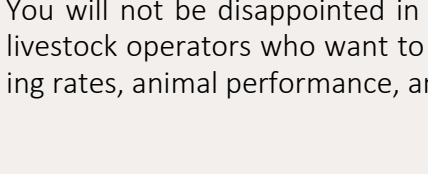
An article from Penn State University, The Importance of Unplugging from Technology, states some of the benefits of unplugging from our phones, tablets, and computers is better sleep and deeper interpersonal relationships. These benefits are especially necessary for our youth's developing brains and social skills. When too much time is spent with technology such as social media, video games, or the mindless scrolling of TikTok and Instagram videos, we can lose sight of what is truly important- spending time interacting and talking with each other. Additionally, when we unplug from our phones, we inherently begin to look up (which helps improve our posture)- our heads and eyes are no longer glued to the screen, and we begin to "see" each other again. With our youth, we see them begin to play together, actively use their imagination and move their bodies helping to develop strong bones and muscle. We see an increase in the ability to focus and concentrate with a marked decrease in depression, we see better communication and interpersonal interactions, the development of stronger friendships and family bonds, increased mental and physical health, and better sleep habits. Interestingly, when unplugged, we see less snacking and mindless eating because the body and brain are active and involved instead of being bored, which leads to healthier bodies and minds.

This weekend, we had 5-7 adults that helped chaperone the weekend's activities. Most were parents of campers attending the adventure camp. The technology free weekend allowed these parents a chance to reconnect with their youth without fussing over screen time. Additionally, as parent chaperones do not stay in the cabins with youth (only counselors stay in the camper cabins), 4-H adventure camp provides a place for parents and campers to expand their horizons and cultivate self-sufficiency in a controlled and safe environment. The camp counselors are typically vetted high school students that provide mentorship and leadership to the campers. They stay with the campers in the cabins and monitor and demonstrate good leadership practices and behaviors. One of the key phrases I heard from the camp coordinator and director to the counselors this weekend was, "Do as I Do, not Do as I Say", something we parents all need to practice at times.

As camp came to a close Monday afternoon, one thing struck me significantly- both campers and counselors had made strong friendship bonds with their peers over the course of the weekend. There were obvious emotions as new friends said, "see you later!" and many exchanged numbers and contact information with their newfound friends and colleagues.

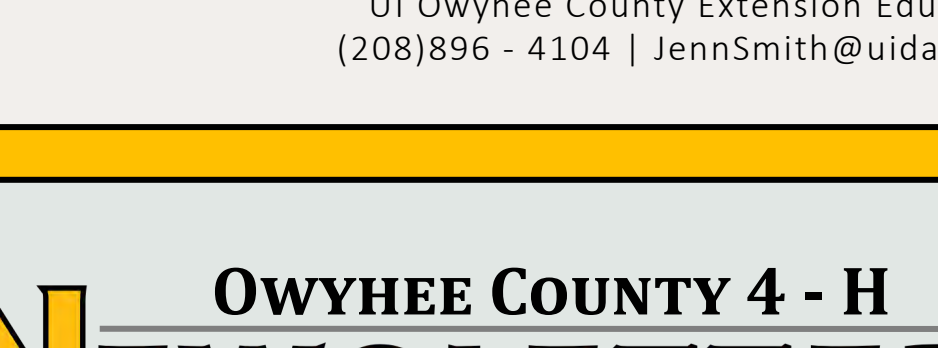
If you didn't have the chance to attend 4-H Adventure Camp this year, there is one more opportunity for Teen Camp July 11-14, for those that have completed 6th-8th grade. Active members of 4-H can register on ZSuite and non-members can register here. Transportation is provided from multiple locations. For more information, contact the Ada County Extension Office at 208-287-5900 or email at [idahoh4adventurecamp@uidaho.edu](mailto:idahoh4adventurecamp@uidaho.edu).

Keep your eyes and ears open for next year's camps, I can guarantee you'll have a blast!



## LRGA

Lost Rivers Grazing Academy



## REGENERATIVE MANAGEMENT OF IRRIGATED PASTURE

You will not be disappointed in this boots-on-the-ground workshop for livestock operators who want to increase their forage production, stocking rates, animal performance, and net income.

## LOST RIVERS GRAZING ACADEMY

September 9 - 12, 2025

Register Here  
[bit.ly/lowyheelrga](https://bit.ly/lowyheelrga)

~ or ~



Scan Here

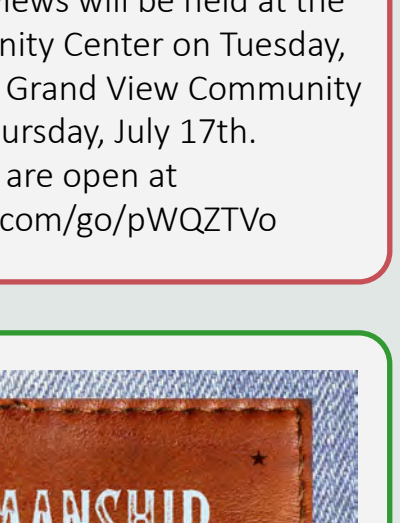
Registration and Deposit  
due by September 1, 2025

Jenn Smith  
UI Owyhee County Extension Educator  
(208)896 - 4104 | [JennSmith@uidaho.edu](mailto:JennSmith@uidaho.edu)



# OWYHEE COUNTY 4 - H NEWSLETTER

Synovia Bate -  
Owyhee County 4-H Program Coordinator

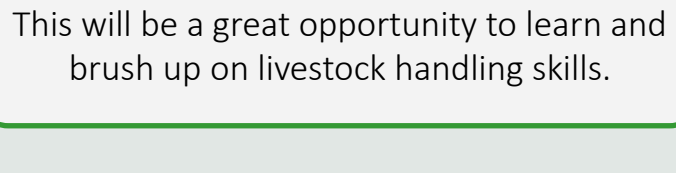


Fair entries are open now!  
Sign up at  
[www.owyhee.fairwire.com](https://www.owyhee.fairwire.com)  
before July 15th



## RECORD BOOK INTERVIEW SIGN UPS

Record Book interviews will be held at the Homedale Community Center on Tuesday, July 15th and at the Grand View Community Center on Thursday, July 17th.  
Sign-ups are open at  
<https://signup.com/go/pWQZTVo>



The 2025 Pre-Fair Leaders' Meeting  
will be held at the Homedale Community

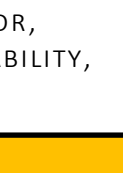
## ATTENTION!

**PRE- FAIR  
LEADERS  
MEETING!**

## SHOWMANSHIP FIELD DAY

The Owyhee County Extension Office  
will be hosting a  
Livestock Showmanship Clinic on  
Saturday, July 12<sup>th</sup> from 10:00 AM - 1:00 PM.  
This will be a great opportunity to learn and  
brush up on livestock handling skills.

Synovia Bate  
Owyhee County 4-H Program Coordinator  
(208)896 - 4104 | [SynoviaBates@uidaho.edu](mailto:SynoviaBates@uidaho.edu)



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