



EXTENSION UPDATE

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

INSIDE THIS ISSUE . . .

UNIVERSITY OF IDAHO EXTENSION

Bring Greenery Indoors by Growing Microgreenspage 1 & 2

Fall Beekeeping Meetingpage 2

Idaho Business Builder Grant Informationpage 3

Annie’s Project 101page 4

Protecting Your Property.....page 5

Capture the Holiday Flavor .page 6

U of I Extension Class flyers: Health, Food, Agriculture and more.page 7-10

Teton County 4-H & Cloverbud Corner, Pages 11-16

Teton 4-H Club News & Calendarpage 11

4-H State Newspage 12-15

4-H National Newspage 16

Extension & 4-H Save the Dates and Contact informationpage 17



Bring Greenery Indoors by Growing Microgreens

Story by Jen Werlin

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

Growing microgreens is a hands-on way to learn about plants, nutrition, and the environment. This engaging activity connects us to the natural world and serves as an excellent introduction to plant biology, seed growth, and the food system. Whether you're an experienced gardener or a complete beginner, growing microgreens is an easy, rewarding project that can be done indoors, making it ideal for classrooms, kitchens, or windowsills.

1. Learning About Seeds

Microgreens provide an exciting opportunity to explore how plants begin their journey from tiny seeds. By observing the germination process, you can learn how seeds sprout and start growing. You can discover the different parts of a seed, such as the seed coat, embryo, and cotyledons—the first leaves that provide nutrients to the young plant.

2. Growing Plants and Healthy Food

Growing food is not only fun but also a great way to learn about nutrition. Microgreens are packed with vitamins, minerals, and antioxidants, making them a nutrient-dense food source. By growing your own greens, you see firsthand how fresh,

healthy food is cultivated and learn the importance of eating foods rich in essential nutrients.

3. Learn Plant Biology

One of the most fascinating aspects of plant science is understanding the two major types of plants: **monocots** and **dicots**.

- **Monocots:** These plants, such as grasses, have one cotyledon (seed leaf) that helps them begin their growth. Their flowers are typically in multiples of three.

Dicots: Plants like sunflowers have two cotyledons, which provide the initial nutrients to the plant. Their flowers often appear in multiples of four or five. Understanding these differences introduces one to the diversity of the plant kingdom and



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the biology of how plants grow.

Benefits of Growing Microgreens

Microgreens offer several advantages that go beyond basic gardening. Here are some key benefits:

- **Increased Nutritional Value:** Microgreens are rich in vitamins and can contain up to five times the nutrients of their mature counterparts. Popular varieties like radishes, sunflowers, and arugula are packed with essential vitamins and antioxidants, making them an excellent addition to any diet.
- **Local and Homegrown:** Growing your own microgreens creates a direct connection to the food system. You control what goes into your food, fostering a deeper understanding of sustainability and the environment.

Space-Efficient: Microgreens grow quickly and thrive in small spaces, making them perfect for classrooms, apartments, or even kitchen windowsills. You can easily grow a variety of healthy greens in limited space, making them ideal for urban gardeners or busy classrooms.

Getting Started: Essential Equipment

Starting a microgreens project is simple,



inexpensive, and doesn't require a lot of space. Here's what you'll need to get started:

- **Containers:** Recycled plastic containers with drainage holes work well. A lid from the container can be used as a base to catch excess water.

- **Soil:** Basic potting soil or a seed-starting mix is sufficient and can be reused for several plantings. Microgreens don't need heavy nutrients from the soil since they get most of their initial nutrition from the seed itself.

- **Seeds:** Sunflower seeds and mixed greens (like radish, broccoli, mustard, or arugula) are easy to grow and perfect for beginners. Be sure to replant after each harvest to keep the cycle going!

- **Grow Light:** If natural light is limited, a grow light with a 12-hour timer can ensure the plants get the optimal amount of light for strong, healthy growth.

Water: Watering is key. Be careful not to over or underwater. Mist the soil every other day to keep it moist but not soaked.

Harvesting and Care

Microgreens grow quickly, which makes them ideal for classroom projects. Here are some tips for caring for and harvesting your microgreens:

- **Harvesting:** Microgreens should be harvested when they have at least two leaves. At this stage, they're at their most flavorful and nutritious. If left too long, they can become bitter.
- **Replanting:** You can reuse the same

soil for multiple harvests—up to a dozen times, depending on the type of soil and plant. The nutrients primarily come from the seeds in the early stages, so the soil doesn't deplete quickly.

Staggered Harvesting: To ensure a contin-



uous supply of fresh greens, use two containers. While one is growing, the other can be harvested, allowing for a steady, year-round supply of microgreens.

Conclusion

Microgreens offer a fun, educational way to explore plant biology, nutrition, and sustainability. By growing your own food, you can gain valuable scientific knowledge but also develop essential life skills such as patience, responsibility, and a deeper connection to the environment. Whether on a windowsill or in the classroom, growing microgreens is a simple yet rewarding project that fosters a sense of accomplishment while teaching important lessons about the food we eat and the world around us.



Friday, November 15, 12-1pm MT: Fall Beekeeping Meeting via Zoom with Teton Valley Beekeeping Association

Join us for our lunch and learn fall beekeeping meeting to check-in, share how the season has gone, and discuss winterization of your hives and early spring management. We typically meet via Zoom every spring and fall and have shared equipment you can use located at the UI Extension, Teton County office with a small nominal membership fee. I am also looking for some shared leadership if any of you would like to offer more for our Teton Valley/Jackson Hole beekeepers in the region (please reach out to me if interested). All beekeepers are welcome regardless of experience! Register for the Zoom meeting at: https://uidaho.zoom.us/joining/register/tZMld-mvpjotHNexVUReWiU8_wRjP2DsQ4g. After registering, you will receive the login information via email.



The NWRM RFBC Idaho team is offering grants between **\$3,000 and \$15,000** that are designed to support small to mid-scale Idaho food and farm businesses, and to get locally produced food into local markets by strengthening food supply chains.

Your Idaho-based farm, ranch, or value-added food business may be eligible for this program. It is designed for farms and ranches in Idaho, as well as small to mid-scale businesses that meet the following criteria: (1) they are located in Idaho, and (2) they source from local or regional producers within a 450-mile radius of their business.

Projects must benefit at least two entities in the local food system, for example:

- A farm sells crops to a food maker who develops and markets a new product.
- A farm adds capacity to do minimal processing for schools to source locally.
- A farm expands capacity to grow direct or intermediated sales in local and regional markets.
- A food processing business increases its purchasing of locally or regionally produced ingredients, creating new market opportunities for one or more farms or ranches.

The NWRM Business Builder grants are designed for farms and ranches in Idaho, and non-farm food businesses that are (1) located in Idaho and (2) sourcing from local or regional producers, defined as within Idaho or 450 miles of their business.

Entities must identify as one or more of the following:

Farm, ranch, and fish/seafood businesses that are:

- Small and mid-scale
- Producing in, sourcing from, and focused on local and regional markets

Value-added food businesses that are:

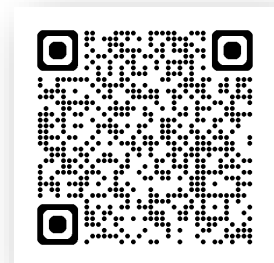
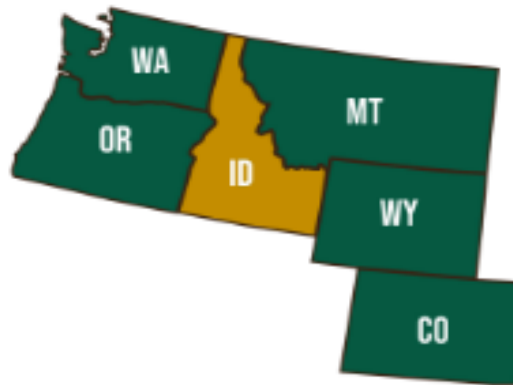
- Small and mid-scale
- Sourcing locally or regionally
- Focusing on local or regional markets

Food processors, aggregators, and distributors that:

- Source locally or regionally
- Serve multiple small- and mid-scale food and farm businesses
- Focus on local or regional markets

Request for Applications for Idaho Business Builder

**Application deadline:
January 15, 2025 (11:59pm
Mountain time)**





SAVE THE DATE

ANNIE'S PROJECT 101

Risk Management for Small and Direct Marketing Farms

6 Live Zoom Classes | Every Monday November 11 - December 16 | 9 am - 12 pm PT / 10 am - 1 pm MT
Registration Opens: September 11, 2024

Annie's Project is a six-week course that fosters problem solving, record keeping, and decision-making skills around five areas of agricultural risk management: production, legal, market, human and financial. Open to all, this offering of Annie's Project is designed to meet the educational and skill-building needs of women farmers and ranchers operating small and direct marketing farms.

Every Monday November 11- December 16, 2024

9 am - 12 pm PT / 10 am - 1 pm MT

Registration Opens: September 11, 2024



Extension Forestry

Teton County Extension

PROTECTING YOUR PROPERTY: FOREST INSECTS, DISEASE AND FIRE

Join UI Extension for a workshop covering the basics of forest management, landscaping for fire prevention, and common forest insects and diseases. This program is ideal for landowners, and anyone interested in learning more about forest health. Participants will gain practical knowledge to better understand and manage forested landscapes.

WHEN & WHERE

Monday, November 11

1 p.m. – 3 p.m.

Teton County Extension Office
445 N. Main St. Driggs, ID 83422

COST

\$10/person

(covers materials & refreshments)

REGISTRATION

To register, visit Sign Up Genius (URL below or scan QR code) or call the Teton County Extension Office. Please register by Friday, Nov. 8.

- **Sign Up Genius:** www.bit.ly/driggsforestry
- **Teton County Extension Office:** (208) 776-8235



QUESTIONS?

Madeline Goebel

(208) 885-9338

mgoebel@uidaho.edu

Jen Werlin

(208) 776-8235

jwerlin@uidaho.edu



University of Idaho
Extension

It is U of I policy to prohibit and eliminate discrimination on the basis of race, color, national origin, religion, sex, sexual orientation and gender identity/expression, age, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities, and includes, but is not limited to, applications, admissions, access to programs and services, and employment.

Capture the Flavor:

Herbs & Spices



Join us for this fun and **FREE** event, funded by the McCormick Science Institute.

Learn how to:

- Use herbs and spices to create your own international flavors
- Apply best practices for herbs & spices storage
- Explain how herbs & spices can be a food safety concern if handled improperly
- Recognize the health benefits of cooking with herbs & spices
- **Taste Test** the flavors in a variety of items
- **Take Home** a resource book and premixed spice blend sample

UNIVERSITY OF
MARYLAND
EXTENSION



Healthier People, Healthier Communities

University of Maryland Extension's Family and Consumer Sciences Program educates and provides unbiased, research-based knowledge every Maryland resident needs to be healthy and economically successful.

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status genetic information, personal appearance, or any other legally protected class.

When & Where:

Date: Thursday, November 21, 2024

Time: 6:00-7:15 pm

Presenter: Julie Buck,
Bingham County Extension Educator

Host: UI Extension, Teton County/4-H
445 N. Main, Driggs, Idaho 83422

Register by 11/19

Call at (208) 776-8235 or

Register online by scanning the QR code.



**Pre-registering holds
your spot as
seating is limited.**

I University of Idaho
Extension

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. Contact teton@uidaho.edu or 208-776-8235 at least two weeks prior to event.



GETTING YOUR RECIPE TO MARKET

Tue, Sep 17 5:00 PM to 8:00 PM, 13 sessions ending Tue, Dec 3

A 12-week intensive program designed to provide the food entrepreneur with a solid foundation in business, organizational, and product development, as well as food safety, packaging, production and distribution. Pre-req guided phone interview and program application developed by the SBDC, the Food Innovation Center, and New Seasons Market, this program combines the talents of our instructors, business advisors and food professionals to provide a rich learning environment, one that creates a foundation for the entrepreneur. The workshop sessions engage the entrepreneurs in considering the complexity and inter-relationship between business planning, product development, and launching of your product so that you produce, promote and profit from your recipe/food concept as a food entrepreneur. Fee: \$ 1995.00 To complete your reservation and pay the program fee, please contact PCC Registration Help at 971-722-8888 (Option 2) or go to: <http://www.pcc.edu/enroll/registration/non-credit-registration.html>

Scholarships may be available! To learn more, contact jill.beaman@pcc.edu

Turn your idea into a commercial-ready food product with support from food industry experts, OSU's Food Innovation Center, and New Seasons Market.



Fall 2024 FARM FINANCIAL ANALYSIS

**October 30, November 6, 13, 20
7-8 PM MT | VIRTUAL**

Join UI Extension for a Farm Financial Analysis class. Weekly instructional videos allow you to pause, rewind and apply the steps to your own company independently. Then we meet virtually as a group to answer questions and dive deeper into using these tools in your own business. Participants need access to a computer, internet and Microsoft Excel. Course links and related documents will be provided upon registration.

Topics covered include:

- Production Records
- Balance Sheets
- Income Statements
- Cash Flow, Enterprise and Partial Budgeting
- Farm Financial Analysis

Approved for FSA beginning borrower training.

**COST: \$100/FARM UNIT
REGISTER: 208-529-1390 OR BONNEVILLE@UIDAHO.EDU**

The University of Idaho provides and is an equal opportunity/affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation or disability.

Announcing WILD! Teaching climate change through wildlife

**NASA's Earth To Sky Partnership
November 12-15, 2024**

Grand Teton National Park

Join us for 4 days of training with formal and informal educators from across Idaho!

This workshop will expose participants to innovative pedagogy and techniques for framing climate change. We will focus on how local and global environmental change is impacting wildlife. Joined by wildlife professionals, scientists, and others, we will explore:

- Effective communication techniques for climate change
- Climate change's Impact on Idaho's Wildlife
- Tested techniques for delivering place-based education and outdoor learning experiences
- The importance of fostering wonder and empathy for the natural world

Included

- ✓ Lodging & food
- ✓ Stipends for eligible informal educators
- ✓ 2 PD Credits through NNU, BSU, or UofI
- ✓ Travel support



Apply today!



Earth to Sky is a partnership between NASA, the National Park Service, and the U.S. Fish and Wildlife Service that enables and encourages educators to access and use relevant NASA science, data, and educational and outreach products in their work. The partnership's focus is on climate change science and communication.



Tuesday, November 12

3:00 PM - 6:30 PM

Welcome to Teton Science School!

Check-in begins at the Kelly Campus of the Teton Science School at 2:00. Opening session at 3:00. Foundations of Climate Change at 4:15. Dinner at 5:30. Panel to follow.

Wednesday, November 13

8:30 AM - 4:30 PM

Field Day in Grand Teton National Park

Explore local, observable climate change impacts on wildlife with local scientist. Learn field techniques for teaching about wildlife. Dinner at 5:30. Optional Evening Program to follow.

Thursday, November 14

8:30 PM - 4:30 PM

NASA Resources

Morning presentations on wildlife monitoring and management. Resource fair highlighting successful climate education projects from the region. Dinner at 5:30. Free time in Jackson to follow.

Friday, November 15

8:30 AM - 12:00 PM

Applied Learning

Work on climate communication project. Presentations lead into lunch. Departure after lunch at 12:00.

Questions?

Email bw@cityofboise.org

About us

Earth to Sky is a partnership between NASA, the National Park Service, and the U.S. Fish and Wildlife Service that enables and encourages educators to access and use relevant NASA science, data, and educational and outreach products in their work. The partnership's focus is on climate change science and communication.

"We're there when you need us most."



CAREGIVER SUPPORT GROUP

Are you a caregiver taking care of a loved one with a memory concern, dementia, or Alzheimer's?

Come join us for connection, support, and fun activities!

 Meetings Held The 3rd Monday of Every Month.

 Bingham County Extension Office
412 W Pacific Street
Blackfoot

1:00-3:00 PM

To enrich education through diversity the University of Idaho is an equal opportunity/affirmative action employer and education institution. University of Idaho, U.S. Department of Agriculture and Bingham County cooperating.



CONNECTING IDAHO'S VETERAN FARMERS AND RANCHERS WITH OPPORTUNITIES FOR HANDS-ON AGRICULTURAL TRAINING, TECHNICAL ASSISTANCE AND PEER NETWORKING

University of Idaho Extension and the Farmer Veteran Coalition of Idaho Chapter are committed to improving the economic opportunities and quality of life for military veterans choosing agriculture as their next mission. This project is funded by a grant from the Western Extension Risk Management Education Center to utilize peer to peer learning and a regional approach to connect Idaho's farmer veterans with risk management education and each other.

WEBINARS Join us on the last Thursday of the month for webinars exploring topics chosen to help veteran and beginning farmers and ranchers identify risks and take action to reduce those risks in their operations. Contact us to learn how to register or watch recordings on-demand at our Youtube channel!



PODCASTS The Idaho Harvest Heroes Podcast delivers production, marketing, financial, legal & human risk management education to new and beginning veteran farmers and ranchers through stories directly from experienced veteran producers. Find episodes: <https://rss.com/podcasts/harvestheroes/>



REGIONAL WORKSHOPS Beginning October 2024, we will be hosting four in-person, regional training workshops, tours and networking meetings across the state. Find out more by emailing conniem@uidaho.edu.

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. University of Idaho and U.S. Department of Agriculture cooperating.



HELPING YOU FEEL STRONG STEADY & SAFE



Moving For Better Balance

Idaho Falls Family YMCA

Older adults and those with chronic health conditions often feel they must accept impaired balance and limited mobility—this is not true. You can build strength, improve balance, and gain confidence in your mobility through Moving For Better Balance. This is a 12-week evidence-based, group program designed to help you improve your strength, balance, flexibility, and mobility through slow, therapeutic movements.

FREE for Members and Non-members
Every Wednesday 9:30- 10:30 am
Donations are greatly appreciated.
TO LEARN MORE ABOUT THE PROGRAM:
Geetika Gupta
(208-523-0600 EXT - 407)

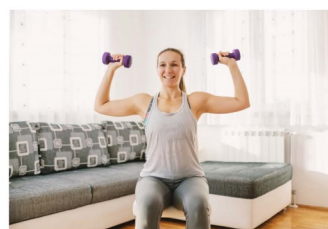
INSTRUCTOR: Leslee Blanch, Registered/ Licensed Dietitian Nutritionist, University of Idaho Bonneville County Extension
Starting December 6th.



YMCA and the National Council of Young Men's Christian Association of the United States of America (YMCA of the USA) are committed to supporting healthy lifestyles through the training the Better Balance program but do not guarantee any specific outcome for program participants.



Online Fitness Classes University of Idaho Extension



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

Chair-based seated and standing toning/strengthening exercises. Use of hand weights, resistance bands, and/or exercise balls optional. Modifiable for a variety of fitness levels.

Join Zoom Meeting: <https://uidaho.zoom.us/j/85143098244>
Meeting ID: 851 4309 8244
Passcode: 693155

Suggested Equipment
Resistance bands
1-6-pound weights
7-9-inch exercise ball

The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Reasonable accommodations will be made for persons with disabilities and special needs who contact Laura Sant at least two weeks prior to the event at 561 W Oneida, Preston, ID 83263; 208-852-1097; lsant@uidaho.edu.

Get the Dish!

A VIRTUAL COOKING SERIES

Join us and learn exciting culinary skills!
(Check out full schedule)

WEEKLY ON TUESDAYS
SEPT. 24TH - NOV. 19TH
11:00 - NOON PM PT
NOON - 1:00 PM MT
2:00 - 3:00 PM ET

Register At: bit.ly/Dish24

UNIVERSITY OF IDAHO
EXTENSION

UNIVERSITY OF GEORGIA
EXTENSION

COLORADO STATE UNIVERSITY
EXTENSION

NC COOPERATIVE
EXTENSION

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

It is U of I policy to prohibit and eliminate discrimination on the basis of race, color, national origin, religion, sex, sexual orientation and gender identity/expression, age, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities, and includes, but is not limited to, applications, admissions, access to programs and services, and employment. Persons with disabilities who require alternative means for communication or program information, or reasonable accommodations need to contact the Owyhee County Extension by at least two weeks prior to the event at 238 8th Ave W, Marsing, 208-896-4104 or Owyhee@uidaho.edu.

<p>SEPTEMBER 24 Sausage Making</p>	Explore the science of sausage making and how easy and fun it is to craft your own!
<p>OCTOBER 1 Avoid Portion Distortion</p>	What do the words portion and serving size mean? Learn to optimize your food choices using portion control.
<p>OCTOBER 8 Dutch Oven Cooking</p>	Learn to successfully cook a range of dishes from casseroles to desserts using a cast iron dutch oven.
<p>OCTOBER 15 Family Friendly Snacks</p>	Get ready to prepare helpful, fun, and tasty snacks that are easy for everyone to make and enjoy.
<p>OCTOBER 22 Sourdough - Science and Tradition</p>	Understand the science of sourdough along with tips and tricks to help you create your own perfect loaf!
<p>OCTOBER 29 Cooking Traditional Comidas (Foods) Using Peppers</p>	Discover how you can incorporate fresh and dried peppers using traditional Mexican recipes.
<p>NOVEMBER 5 "Old School" Cafeteria Rolls</p>	Learn how to make 60 minute yeast rolls, or let them rise longer to get those old school cafeteria rolls.
<p>NOVEMBER 12 Spice Up Your Life</p>	Put down the salt shaker and spice up your life by cooking with herbs and spices!
<p>NOVEMBER 19 Healthy Habits Start with Breakfast</p>	Add easy, healthy breakfast to your daily routine through learning about breakfast health nudges, nutrition, and no fuss cooking.

KIDS in the KITCHEN

VIRTUAL COOKING CLUB
free for kids of all ages

5:30 PM - 7:30 PM MT ON ZOOM

FALL 2024

September 26 - Italian

October 24 - Malaysian

November 21 - American

Registration required at: <https://bit.ly/3X4BKk3>

What to Expect

- ✓ Adult supervision is required throughout the class.
- ✓ Recipes & Zoom link are sent week prior to class.
- ✓ Two tasty recipes each month!
- ✓ Master food safety, cooking, & nutrition.
- ✓ Learn together as a family.
- ✓ Have fun!

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MASTER FOOD SAFETY ADVISOR
University of Idaho Extension

University of Idaho Extension
Master Food Safety Advisor Program
 (Master Food Preserver)

Dates:

Wednesdays
9am-4pm
January 22nd
January 29th
February 5th
February 12th
February 19th
February 26th
March 5th

Location:
Jefferson County Extension
Courthouse Annex
210 Courthouse Way,
Upstairs Classroom
Rigby, Idaho 83442

Contact:
Deanna Poulsen
(208) 745-6685
dpoulsen@uidaho.edu

The University of Idaho Extension faculty will be offering a Master Food Safety Advisor program in 2025. Participants will learn through hands-on experience how to safely preserve food products and be certified to volunteer in their community.

The classes and labs will be held weekly on Wednesdays, from January 22nd to March 5th, 9am-4pm. These weekly classes comprise phase 1 of the certification program.

Following the 7-week course, participants begin phase 2: volunteer service. Volunteers provide research-based food preservation information in a variety of ways. Volunteer hours can be completed by answering phone calls, helping during classes, teaching classes, staffing booths, or making displays.

Course Topics:
Canning acid foods (fruits and tomatoes), Canning low-acid foods (meats and vegetables), Soft Spreads (Jams & Jellies), Pickling, Dehydration, Food Safety, and Freezing methods. Resources are also provided on how to be successful as a volunteer, presenter, and master food preserver.

Cost:
A \$120 fee includes a handbook, reference material, food and supplies used during labs. Refer a friend or family member and both of you will receive a \$10 discount.

Application Deadline: December 12th, 2024

You can apply three ways: online with the QR code to the left, applications can be picked up in our office or emailed to you. Seats are limited, apply now! Preference given to applicants who will complete phase 1 and phase 2.

Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact Deanna Poulsen two weeks before the class at (208) 745-6685 or dpoulsen@uidaho.edu.



IDAHO AG OUTLOOK SEMINAR

**DECEMBER 18 | ONLINE OR IN-PERSON
HILTON GARDEN INN DOWNTOWN | BOISE**

Join UI Extension online or in-person for the 2024 Idaho Ag Market Outlook Seminar to learn about supply, demand and price outlook for most of Idaho's major commodities and key production inputs.

COST:

\$35/person for in-person or online attendance. Lunch is provided for in-person attendees.

REGISTRATION:

Visit www.uidaho.edu/ag-outlook for the full agenda and to register to attend.

**MORE INFORMATION:
BWILDER@UIDAHO.EDU**



The University of Idaho provides and is an equal opportunity/affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation or disability.



HEIFER DEVELOPMENT WORKSHOP

Join UI Extension for a heifer development workshop offered on three dates at three locations. Learn about selecting better heifers, effective and economical heifer development and strategies for improved reproduction.

**Wednesday, Nov. 6 | Cambridge
Washington County Fairgrounds**

**Thursday, Nov. 7 | Malad
Oneida County Event Center**

**Friday, Nov. 8 | Salmon
Nancy M. Cummings Center**

Cost

\$10/person; lunch is included.

Registration

Contact jbhall@uidaho.edu to RSVP or scan the QR code. Payment will be taken at the door.

Check in is 8:30 a.m. local time; event starts at 9 a.m. and ends at 3 p.m.

Questions? Contact John B. Hall: jbhall@uidaho.edu.



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PRACTICAL FARM AND RANCH FINANCIAL RECORDS

Oct. 29 & Nov. 5, 12, & 19 | 7-8 p.m. MT | Virtual

A beginners guide to financial record keeping for your farm or ranch.

Course will cover:

Basic Accounting | Setting up a Company File | Customizing Your Chart of Accounts Recording Transactions | Creating an Income Statement | Balance Sheets | Budgeting and More!

This class will follow a virtual hybrid format. Weekly instructional videos allow you to pause, rewind and apply the steps to your own company file independently. Then we meet virtually as a group to answer questions and dive deeper into using these tools in your own business.

Class does NOT include accounting software. Participants are expected to have their own accounting system. Course links will be provided upon registration completion.

Approved for FSA beginning borrower training.

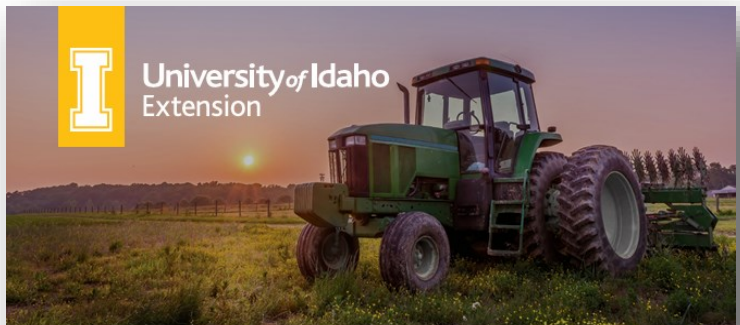
Register: 208-529-1390 or bonneville@uidaho.edu

Cost: \$100 per farm unit

Questions? Ron Patterson, rpatterson@uidaho.edu or 208-529-1390



For questions or persons with disabilities who require alternative means of program information or reasonable accommodation, contact UI Extension, Bonneville County at 208-529-1390. The University of Idaho provides and is an equal opportunity/affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation or disability.



Fall 2024 FARM FINANCIAL ANALYSIS

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7-8 PM MT | VIRTUAL**

Join UI Extension for a Farm Financial Analysis class. Weekly instructional videos allow you to pause, rewind and apply the steps to your own company independently. Then we meet virtually as a group to answer questions and dive deeper into using these tools in your own business. Participants need access to a computer, internet and Microsoft Excel. Course links and related documents will be provided upon registration.

Topics covered include:

- Production Records
- Balance Sheets
- Income Statements
- Cash Flow, Enterprise and Partial Budgeting
- Farm Financial Analysis

Approved for FSA beginning borrower training.

COST: \$100/FARM UNIT

REGISTER: 208-529-1390 OR BONNEVILLE@UIDAHO.EDU

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2024-2025 4-H Year Kicks Off Strong! By Abby Grundler 4-H Coordinator

The 2024-2025 Teton County 4-H year is off to a fast start with 175 youth already enrolled! Many clubs are reaching capacity, including the ever-popular Archery Club. Due to the retirement of long-time leaders Jackie, Bill, and Christy James, enrollment for Archery was reduced to 12 members, so we're actively seeking new Archery Leaders to grow the program once again. Teton County 4-H covers the cost of certification for new leaders, making this a great opportunity if you or someone you know is interested in volunteering. We're also recruiting leaders for Crochet Club, Conservation and Ecology, and other exciting clubs. If you have a skill or talent, we'd love to have you share it with our youth!

While several clubs are filling up quickly, many still have openings, including:

- **Livestock Clubs:** Beef, Swine, Goat, Lamb, Poultry, and Rabbits
- **Pet Clubs:** Dog and Cat Clubs, two of our most popular clubs
- **Babysitter Club:** Perfect for youth looking to start their own business, with certification in CPR included
- **Handcraft Clubs:** Crochet, Weaving, and Quilting offer opportunities to create beautiful works of art
- **Special Interest Clubs:** Join Beekeeping and Gardening Clubs starting in spring, or try Horseless Horse if you love horses but don't have one of your own!
- **Creative Arts:** Explore Cake Decorating or Sewing, where you can bring your own clothing creations to life.

The club meetings are kicking off soon! Join us by registering at 4h.zsuite.org. Here's a preview of what's coming up:

- **October 30:** Yoga Club launches
- **November 1:** STEAM Club begins with two time slots available—10:00 AM-12:00 PM and 2:00-4:00 PM on Fridays as scheduled
- **November 5:** Cloverbud STEAM Club for younger members (Tuesdays, 3:30-4:30 PM through December 17)
- **November 11:** Hiking Club Meets
- **November 25:** Holiday Day Camp hosted by Sewing Club, 10:30 AM-3:00 PM (More details to come).

Join us for a fantastic year of growth, fun, and skill-building. Sign up today and let's make it another memorable year for Teton County 4-H!



NOVEMBER Club Calendar

11/1/2024- 10-12/2-4 STEAM Club

11/5/2024- 3:30-4:30 Cloverbud STEAM

11/6/2024- Yoga 4-5

11/8/2024- ABC 4-H Friday

11/11/2024- Hiking 4:15-5 UI Extension

11/12/2024- Cloverbud STEAM

11/13/2024- Yoga 4-5

11/15/2024- 10-12/2-4 STEAM Club

11/19/2024- 3:30-4:30 Cloverbud STEAM

11/20/2024- Yoga 4-5

11/25/2024 Sewing Day Camp 10:30-3:00





University of Idaho
Extension



2025

State Teen Events

FEB
15-17

Know Your Government Conference

Registration \$225 opens Dec. 1, 2024
Youth in grades 8-10 (may only attend twice)

BOISE

JUNE
23-26

State Teen Association Convention

Registration \$335 opens April 15, 2025
Youth in grades 8-12

MOSCOW

OCT
3-6

Idaho 4-H LEAD Summit

Registration \$200 opens August 15, 2025
Youth in grades 8-12

TWIN FALLS

FOR MORE INFORMATION

CONTACT:

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Learn

from the past,

Prepare

for the future,

Live

in the present!



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Save the Date!
Enrollment opens
December 1st in ZSuite



Know Your Government 2025

IDAHO MAKE IT WITH WOOL



Make It With Wool

is a sewing competition, scholarship opportunity and growth opportunity - inspired by the beauty and diversity of wool.

Sponsored by the Idaho Wool Growers Association sewers, knitters, crocheters, felters, and designers of **all ages** are invited to participate in the Idaho contest.



State Contest
November 9
McCall, ID

Entry Forms due
October 1



www.makeitwithwool.com
www.idahowoolgrowers.org/make-it-with-wool
kmonk8687@gmail.com



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2025

National Teen Events

www.uidaho.edu/extension/4h/events

Airfae is not included

MAR
12-16

WASHINGTON DC

Ignite by 4-H Teen Summit

Registration \$1200 opens Sept. 15 2025

Youth must be at least 14 by January 1

\$600 scholarships available

SEPT 28
OCT 2

MADISON, WI

National 4-H Dairy Conference

Registration \$1000 opens April 15, 2025

Must be at least 14 by January 1 and have two years of Dairy 4-H Projects

NOV 29
DEC 2

ATLANTA, GA

National 4-H Congress

Registration \$1100 opens May, 2025

Youth in grades 10-12

FOR MORE INFORMATION

CONTACT:

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4-H 2024 HOLIDAY ORNAMENTS ARE HERE!

Celebrate the season with these Barnyard Buddies



100% of your purchase benefits local 4-H.



UPCOMING EVENTS

PROTECTING PROPERTY: FOREST INSECTS, DISEASE & FIRE

11/11/2024 1-3 PM

Join UI Extension for a workshop covering the basics of forest management, landscaping for fire prevention, and common forest insects and diseases. This program is ideal for landowners, and anyone interested in learning more about forest health. Participants will gain practical knowledge to better understand and manage forested landscapes.

CAPTURE THE HOLIDAY FLAVOR: HERBS & SPICES

11/21/2024 6-7:30 PM

Learn how to: - Use herbs and spices to create your own international flavors - Apply best practices for herbs & spices storage - Explain how herbs & spices can be a food safety concern if handled improperly - Recognize the health benefits of cooking with herbs & spices - Taste Test the flavors in a variety of items - Take Home a resource book and premixed spice blend sample

TETON FOOD AND FARM COALITION

Wednesday, November 20, 2024

Agenda: Partner Updates, Winter planning, grant opportunities. 12-1pm MT via Zoom

Register: <https://www.tetonfoodfarmcoalition.org/>

SEWING DAY CAMP

11/25/2024 1-4 PM (15 Minute Table Runners) \$40.00

12/20/2024 1-4 PM (Pillow Cases) \$40.00

Day Camp open to all Teton County Youth ages 8-18.

SAVE THE DATE

BEEF WEIGH-IN 3/8/2025 9-10am Fairgrounds

SWINE WEIGH-IN 4/28/2025 4-6 pm Fairgrounds

ANIMAL PAPERWORK DUE TO EXTENSION 5/8/2025 4:00 PM

SHEEP/GOAT WEIGH-IN 5/27/2025 4-6 pm Fairgrounds



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