

EXTENSION NEWS ■ FCS ■ MASTER GARDENER ■ 4-H

JUST A HEADS UP!



The Extension Office and Noxious Weed Department will be moving to our new location sometime in the next couple of months. After the move, you will find us in the old NIC building, next to Far North Outfitters, 6791 Main Street. Classes will be continued in our current building till we move.

Check our Facebook page for up to date information.



Follow UI Extension, Boundary County on Facebook:
www.facebook.com/UIExtensionBoundary



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~ KEEPING OUR COMMUNITY CONNECTED ~

EXTENSION CONNECTIONS

University of Idaho
Boundary County
Extension Service
PO Box 267
Bonners Ferry ID 83805
208.267.3235 Phone
boundary@uidaho.edu

Master Gardener Column



Managing Diseases and Insects Without Using Pesticides



There are many cultural and biological techniques you can use to manage or prevent disease and insect damage.

- Choose the proper cultivar for your climate and soil. Wet springs prevent apricot fruit set and cause disease.
- Choose disease resistant cultivars. For example, Liberty, Prima, Akane, and Chehalis apples are resistant to apple scab, while Granny Smith and Gala are not.
- Water and fertilize the right way. Overwatering can cause root rot, and over fertilizing can increase disease and insect problems. A soil test is a first step in managing soil fertility, and analysis of leaf tissue samples gives you valuable information about the nutrient status of your trees.
- Proper pruning and fruit thinning. Proper pruning and fruit thinning improve fruit quality, air circulation, and pesticide spray coverage.
- Good sanitation. Remove and get rid of (burn, bury, or send to landfill) diseased branches and leaves. Remove and destroy old fruit from the tree and the ground. Do not use diseased leaves as mulch. Mow and shred or remove old leaves beneath fruit trees.
- Pest monitoring. Know which pests are likely to attack your trees and when these pests might appear. Create a routine for inspecting your orchard. Pheromone and sticky traps are useful pest management tools.
- Biorational pesticides. Insecticidal soaps and oils are effective against a wide range of tree fruit pests. You can use microbial pesticides like *Bacillus thuringiensis* (Bt) to control certain caterpillars.
- Biological control. You can enhance control by the pests' natural enemies by limiting how many times you use pesticide sprays and by using selective pesticides when possible.
- Exclusion. In the home orchard, excluding certain pests can be a practical method. For example, bag individual apples in mesh baggies (fruit sox/orchard sox) to protect fruits from codling moth, apple maggot, and stink bugs. Another tactic is to cover entire trees in screen material to exclude pests.
- Tolerance. Some pests, such as leafrollers, are rarely a problem for the tree or the crop and they are heavily targeted by natural enemies. It's a good idea to tolerate the presence of some pests at non-damaging levels.

Source: Adapted from Managing Diseases and Insects in Home Orchards; <https://extension.oregonstate.edu/pub>

Decomposition of Coffee Grounds

Left outdoors over the course of several months, bacteria and fungi break down the various chemical components of coffee grounds. Nitrogen-rich compounds including proteins and caffeine break down quickly, releasing plant-available nitrogen into the soil.

Some larger bio-consumers, including earthworms, use coffee grounds as a food source. The fact that earthworms pull coffee grounds deeper into the soil may account for noted improvements in soil structure such as increased aggregation following the application of coffee grounds.

Carbon-to-nitrogen ratios change during coffee ground degradation, generally starting out high (e.g., 25-26:1) and decreasing over time to about 10:1. The latter is an ideal ratio for plant and soil nutrition.

How Coffee Grounds Affect Soils

Coffee grounds used as mulches or amendments have mostly positive effects on soils. Coffee grounds will

moderate soil temperature and help retain soil water like any other good mulch material. Coffee grounds bind pesticide residues and toxic heavy metals, such as cadmium, preventing their movement into the surrounding environment. They can also increase the availability of essential plant nutrients, such as nitrogen, phosphorus, iron, and zinc, especially in more alkaline soils.



Q: Will coffee grounds make my compost or soil too acidic?

A: Many gardeners assume that coffee grounds are acidic, but this does not hold true experimentally. Studies on coffee ground composting have reported pH levels ranging from mildly acidic to somewhat alkaline. The pH of decomposing coffee grounds is not stable and one shouldn't assume that it will always, or ever, be acidic. Also keep in mind that pH changes will only be in the immediate vicinity of the coffee grounds, not throughout the entire soil profile.

Source: Adapted from WSU publication; Using Coffee Grounds in Gardens and Landscapes



Cardiac Arrest: What You Need to Know

Good nutrition and other lifestyle choices can help reduce the risk of your heart stopping suddenly.

Every year in the U.S., more than 356,000 people of all ages suffer sudden cardiac arrest at home, at work, or while otherwise going about their daily lives. That's almost 1,000 people a day. Nearly 90 percent are fatal.

What is Cardiac Arrest? Your heart runs on electrical signals. A small cluster of specialized cells called the sinus node, known as the "pacemaker of the heart," generates nerve impulses that drive the coordinated contractions of the rest of the heart muscle. While a heart attack is caused by blockage of blood flow to part of the heart muscle, sudden cardiac arrest is caused by electrical disturbance that interrupts those nerve impulses and causes the heart to stop beating.

Cardiac arrest is marked by loss of consciousness, absence of breathing, and lack of a pulse. At least half the time there are no symptoms before the heart stops beating, although some people have chest pain, light-headedness, vomiting, or palpitations (hard, fast, or irregular heartbeats).

Sometimes abnormalities or conditions present at birth are

the cause of cardiac arrest, but heart attacks and coronary heart disease (narrowing of the blood vessels supplying the heart) can also lead to irregular heart rhythms that trigger cardiac arrest.

What to Do. Taking care of your cardiovascular health reduces your risk of cardiac arrest, along with heart attack, stroke, and vascular dementia. That means eating a healthy diet, staying physically active, not smoking, getting adequate sleep, avoiding excessive consumption of alcohol, and managing stress, diabetes, high blood pressure, and dyslipidemia (abnormal cholesterol and triglyceride levels) as directed by your healthcare provider.

A heart-healthy dietary pattern includes plenty of unprocessed or minimally processed plant foods (fruits, vegetables, beans and lentils, nuts and seeds, and whole grains), along with seafood, yogurt, and lean cuts of poultry and meats. It limits or avoids processed meats (like hot dogs, sausage, and lunchmeats), high sodium foods, added sugars, and highly processed foods (especially those made with refined grains).

These healthy lifestyle choices can help protect you from sudden cardiac arrest. If you want to be empowered to save others, seed the "*Save a Life—It's in Your Hands*" box for information on learning cardiopulmonary resuscitation (CPR). Learning CPR is especially important if you live with or spend time with children, older adults, or someone with a history of heart disease.

Save a Life—It's in Your Hands

Cardiopulmonary resuscitation (CPR) can triple a person's chances of surviving a sudden cardiac arrest. CPR involves rhythmically compressing the chest of the victim with your hands, which manually pumps the person's blood through the body in the absence of a heartbeat. This provides blood flow to the organs, including the brain, until emergency medical services (EMS) or other trained professionals arrive.



While CPR used to involve a combination of chest compressions and rescue breathing, guidelines now recommend just focusing on pumping the heart, rather than blowing air into the individual's mouth.

"For most bystanders in good health, performing 'hands only' CPR after calling 911 shouldn't be associated with any personal risk," according to Amanda Vest, MD, medical director of the Cardiac Transplantation Program at Tufts Medical Center.

You may have seen automated external defibrillators, known as an AEDs, attached to a wall in public locations. AED devices analyze the rhythm of the heart and provide a shock when necessary to try to restore a normal heartbeat. Use of an AED along with CPR can significantly increase the survival of someone experiencing sudden cardiac arrest. "Using an AED is really easy," says Vest. "Simply turn it on and follow the prompts."

Contact the American Heart Association, the American Red Cross, or your local hospital for help finding CPR/AED training near you. A variety of courses are available online, in-person, or a combination of both. Training is just a few hours and is free or low cost. "In my opinion, everyone in the population should be trained," says Vest. To find a free or low-cost CPR class, go to [cpr.heart.org](https://www.cpr.heart.org) or [redcross.org/take-a-class/cpr](https://www.redcross.org/take-a-class/cpr).

Source: May 2022 Tufts University Health & Nutrition Letter

Spring Veg Paella

Not your traditional paella, this vegetarian version gets its savoriness from mushrooms. For an evenly crispy base, use a large pan.

Makes 6 cups

INGREDIENTS

- 1 lb. mushrooms, any kind
- 3 Tbs. + 1 Tbs. extra-virgin olive oil
- 1 large onion, finely chopped
- 1 Tbs. Worcestershire sauce
- 2 Tbs. Reduced-sodium soy sauce
- 3 cloves garlic, minced
- 2 cups short-grain brown rice
- 4 cups mushroom or vegetable stock (preferably homemade)
- ½ tsp. kosher salt
- 2 cups frozen peas
- 1 bunch scallions, sliced



DIRECTIONS

1. Preheat the oven to 325°F. Slice 6 mushrooms and set them aside. Finely chop the remaining mushrooms. In a large, heavy, oven-safe pan over medium-high heat, heat 3 Tbs. oil until shimmering. Sauté the chopped mushrooms and onion until they start to brown, 5-7 minutes.
2. Add the Worcestershire sauce, soy sauce, and garlic. Cook, stirring, for 1 minute. Stir in the rice and stir-fry for 2 minutes. Stir in the stock and salt. Bring to a boil.
3. Cover tightly with a lid or foil. Place in the oven and bake until the rice has absorbed all the stock and has started to crisp at the bottom, 41-50 minutes.
4. In a medium pan over medium-high heat, heat the remaining 1 Tbs. oil until shimmering. Sauté the reserved 6 sliced mushrooms until lightly browned, about 3 minutes. Add the peas and scallions and stir-fry until hot, 1-2 minutes. Spoon over the rice.

PER SERVING (1 cup); calories 390; total fat 11g; saturated fat 1.5g; carbohydrates 64g; fiber 6g; total sugar 7g; added sugar 0g; protein 11g; sodium 460mg

Source: May 2022 Nutrition Action

Pick it!

- Peas are a member of the legume or bean family.
- Pea plants develop pods that enclose fleshy seeds. Pod thickness depends on the variety.
- Fresh green peas should be refrigerated to keep their sugar from turning to starch making them less sweet.
- Store in the refrigerator in a plastic bag for 2-3 days. Eat them as soon as possible.



Try It!

- Peas can be eaten fresh or cooked by steaming, sautéing, or stir-frying.
- Trim the stem from the snow peas prior to cooking.
- Remove the string and stem end from small, flat, sugar snap peas prior to eating.
- Wash before eating.
- All cooking methods should be done quickly to retain as many nutrients as possible.

Types of Peas

- Garden: smooth starch seeds in pods that is removed before eating, may be dried
- Snap peas: pods low in fiber, snap pods and eat with peas inside
- Snow peas: flat, tender pods, great in stir-fry

Source: <https://extension.sdstate.edu>

Nutrition Information

All types of peas are good sources of vitamin A, vitamin C, thiamin, folate, iron, and phosphorus. One cup of shelled peas has 125 calories, and one cup of edible-pod peas has 65 calories.

Only about 5 percent of all green peas grown come to the market fresh. Frozen peas retain their color, flavor, and nutrients better than canned peas, and are lower in sodium. Snow peas are lower in protein since their seeds are very small; however they provide twice the calcium and slightly more iron than shelled peas.

Source: <https://extension.umaine.edu/publications/4256e/>

With the snow beginning to melt our minds shift to the garden season and the upcoming canning season. There are several ways to prepare and process foods for long-term storage. The boiling water bath and atmospheric steam canner are used for fruits, jams and preserves, pickled foods and salsa. The pressure canner is used for low acid foods such as vegetables, meats, fish, and poultry.

Begin by taking inventory of your canned foods to see how much you have left and how much you may want to preserve this year to fit your family's needs. Make sure to use up to date canning instructions and recipes from approved sources.



Inspect the water bath canners for signs of wear and corrosion on the body and lid. Make sure the lid fits correctly and the canner is deep enough for water to cover the jars by two inches when the water is boiling. For pressure canners, the gaskets and gauges, petcocks, vents and safety valves need to be inspected and in good condition to hold the pressure. The dial gauges need to be tested every year for accuracy. Check with your local extension office to see if they offer this service. Dial gauges that are off by two pound or more need to be replaced with a new dial gauge

Pre-season Canning Checklist

- Canners inspected.
- Jars: need to be inspected for cracks, chips, and blemishes. If a jar has a chip or crack, recycle it, or throw it away. Purchase new jars if you need more.
- Lids: New lids need to be purchased. A lid can only be used one time, then recycle it or throw it away. Purchase enough lids to use this canning season. Don't buy too many, as lids do not have along shelf life, even when new in a box.
- Ring bands: These need to be free from rust, dents, and blemishes. A ring that has rust on it does not fit and tighten as well as a new ring band.
- Pots and saucepans: for steaming and blanching. Make sure to have the correct size of saucepan when preparing jams and jellies. If the pan is too small, the jam or jelly can boil over, and if the kettle is too large, the juece could steam off before it boils.
- Canning equipment: jar lifter, bubble freer, headspace gauge, funnel, and ladle. While traveling out of town, I was asked to five a jelly making demonstration for a gardening club and the group was surprised at all the canning equipment I brought with me. All this specialized equipment makes canning so much simpler, safer, and efficient.
- Utensils: peelers, knives, long-handled spoons, cooking thermometer, vegetable brush. They make peelers and knives with large handles; these may be useful for you if you find it difficult to grip the small handled ones for long periods of time.
- Researched-based recipes: these are recipes that have been tested and are safe for home canning and are shelf stable.

Make a list of recipes you want to use and make a grocery list also. Sugar and pectin for jams, jellies, and preserves. If you want to make a low sugar jam or jelly, you need to purchase low sugar pectin or sure-jell. For pickled foods, purchase vinegar that is 5 percent of higher, appropriate spices and pickling/canning salt.

If you are able to grow all of your own produce to preserve, that is wonderful. If you order some of your produce, make sure you have the correct contact information and know when you need to put in your order. Every vendor enjoys happy customers. So as the customer, we need to stay on top of our special canning orders also.

Soon the rhubarb will be starting to sprout, the fruit trees will start to bud and grow, the seeds need to be started soon for transplanting outside into the garden, and the food preserving season will begin!

Tina Goettl Imlay, MFSA

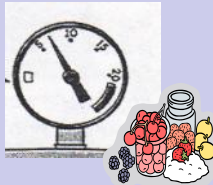
Workshops, Programs, Bulletins & Classes

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.

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.
- ❖ Dial gauges need tested every year.



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

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.



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 **REGISTER TODAY!**

Contact Paul Lewin with questions at dreambuilder@uidaho.edu.

PNWHRI PROBLEM WEEDS SURVEY:

A survey of Pacific Northwest producers to determine priority problem weeds and their location under different management systems.

As an initial step of the new Pacific Northwest Herbicide Resistance Initiative (PNWHRI), we are launching a **BRIEF** small grains producer survey to learn about problem weeds in their farming systems.

An overview of the PNW Herbicide Resistance Initiative can be found at the recent **Weeders of the West** Blog post.

Hold your phones camera up to the code and select the pop-up link to access the survey. No personal data is requested or collected.



FREE—Drought Resources for Livestock Producers

Video Collection Link: <https://bit.ly/UIDrought>
These videos are provided to help livestock producers address challenges in times of drought.

- Possibilities of Grazing CRP in Times of Drought
- Drought Resources for Livestock Producers
- Early Weaning; A Drought Management Strategy
- Feeding Straw During Drought
- Ammoniating Straw for Beef Cows
- Strategic Supplementation for Drought and Dormant Season Grazing
- Utilization of Drought Damaged Feeds
- Culling and Marketing Strategies for Drought

IF YOU ARE MOVING OR HAVE A CHANGE OF ADDRESS- PLEASE CALL US AT 208-267-3235 OR EMAIL boundary@uidaho.edu



Workshops, Programs, Bulletins & Classes

Soil Blocking for Seedlings & Using Indoor Grow Lights



Tuesday, March 7, 2023
1:00 PM-2:30 PM
Boundary County Extension Office
6447 Kootenai Street
COST: \$5

Learn how to save space and time by starting your seedlings in soil blocks. These are small cubes of compressed soil that serve as both the container and the soil medium all-in-one. This technique allows seeds to rapidly germinate and creates vigorous seedlings with healthy root systems that can be transferred to the garden without transplant shock. We will also discuss a simple and inexpensive grow light system that can be used for seedlings started in soil blocks or in containers.

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

Boiling Water Canning Basics

Thursday, March 16, 2023
11am-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 <https://bit.ly/boiling23>.

Basic Orchard Care

Thursday, March 23, 2023
1:00 AM-4:00 PM
Boundary County Extension Office
6447 Kootenai Street
COST: \$5



Kyle Nagy, with the U of I Sandpoint Organic Agriculture Center, will be sharing information on how to properly care for your home orchard. In this class you will learn some of the basic tips and tricks to take care of your fruit trees successfully.

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

Fermentation: Sauerkraut and Other Veggies

Wednesday, March 15, 2023
1:00 PM-3:00 PM
Boundary County Extension Office
6447 Kootenai 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!

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

Plan the Garden, Preserve the Harvest

Wednesday, March 22, 2023
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, go to <https://bit.ly/PlanPreserve23>.

Short Season Gardening

Monday, April 17, 2023
1:00 PM-3:00 PM
Boundary County Extension Office
6447 Kootenai Street
COST: \$5



Introduction to short season gardening in Boundary County. Learn tips and tricks to getting the most from our garden whether you are growing vegetables or flowers.

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

Workshops, Programs, Bulletins & Classes

Pressure Canning Basics

Thursday, April 20, 2023

11:00 AM-Noon

Via Zoom

FREE



Learn the basics to safely using your pressure canner to process shelf-stable foods! In this class important safety factors will be addressed, and safe recipe options will be shared! To **register**, go to <https://bit.ly/pressure23>.

Gardening 101

Thursday, May 11, 2023

1:00 PM-3:00 PM

Boundary County Extension Office
6447 Kootenai Street



This class is geared towards those new to gardening or desiring to brush up on the basics. Participants will learn about site selection and preparation, proper soil and plant fertility needs, crop rotation and spacing, and what types of plants grow well in North Idaho.

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

LIFTING WOMEN TO BETTER HEALTH



STRONG WOMEN PROGRAM

Please join us for new strength training sessions
Mar. 24— May 25, 2023

The objective of the Strong Women Program is to improve the health of women by increasing access to safe, structured and effective strength training exercises and nutrition programs.

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, 6447 Kootenai St.
(208)267-3235**

Mason Bees

Tuesday, April 25, 2023

1:00 PM-3:00 PM

Boundary County Extension Office
6447 Kootenai Street

COST: \$5



Mason bees are very effective pollinators. Just two or three females can pollinate a mature apple tree! As a homeowner, you can play an important role in attracting these gentle, non-stinging bees as well as other pollinators. In this class, you will learn how to build your own mason bee hotel and learn where you can order cocoons.

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

Smoking & Grilling

Friday, May 12, 2023

10:00 AM-2:00 PM

Memorial Hall @ Boundary County
Fairgrounds

6571 Recreation Road

COST: \$20



This hands-on class will feature demonstrations as well as hands-on activities. We will learn how to prepare a variety of foods using either a smoker or grill. We will also share tips and tricks on how to make sure your food is both safe and delicious!

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

Making Jerky

Thursday, May 18, 2023

11:00 AM-12:00 PM

Via Zoom

Cost: FREE



In this class you will be learning how to safely make your own jerky using an electric food dehydrator. This class will cover how to make jerky from a variety of meats including beef and wild game. You will also learn some techniques for drying other foods at home such as fruits and vegetables.

To **register**, go to <https://bit.ly/jerky2023>.

Workshops, Programs, Bulletins & Classes

Landscaping for Fire Prevention

Post Falls

Saturday, March 4, 2023

11:00 AM-1:00 PM

UI Research Park

958 S. Lochsa Street, Room 302

208-292-2525



St. Maries

Tuesday, March 21, 2023

1:00 PM-4:00 PM

Community Presbyterian Church

1100 College Avenue

(208) 245-2422

Landscaping for Fire Prevention will help forest homeowners modify their houses and landscapes to make them less likely to burn and easier for firefighters to access in the event of a local forest fire.

A \$10 registration fee covers handouts and refreshments. Class size is limited. For **registration** questions, contact the UI Extension Office listed for the program you wish to attend.

Map & Compass for Forestry

Sandpoint

Saturday, March 18, 2023

9:00 AM-3:30 PM

UI Sandpoint Organic Agriculture Center

10881 North Boyer Road



Foresters have traditionally verified locations and distances using a map and compass. It is now common to accomplish these tasks using a Global Positioning System (GPS) receiver, but it can be dangerous to over rely on this technology. Magnetic compasses do not rely on batteries or electronic signals. Both approaches require a solid ability to read and interpret maps.

This program features 2-3 hours indoors for lecture and practical exercises with maps, followed by field activities using magnetic compasses.

To **register**, contact the Bonner Extension Office @ 208-263-8511.

Identifying Idaho's Trees

St. Maries

Tuesday, March 14, 2023

1:00 PM-4:00 PM

Community Presbyterian Church

1100 College Avenue

(208) 245-2422



Post Falls

Saturday, April 8, 2023

11:00 AM-1:00 PM

UI Research Park

958 S. Lochsa Street, Room 302

208-292-2525

Because we have such a varied range of geography, soils, and precipitation patterns, Idaho has a wider variety of native trees than most other Rocky Mountain states. The first step in caring for these trees, whether they be in a landscape or in a forest, is correct species identification.

A \$10 registration fee covers handouts and refreshments. Class size is limited. For **registration** questions, contact the UI Extension Office listed for the program you wish to attend.

Backyard Forests

St. Maries

Thursday, March 23, 2023

1:00 PM-4:00 PM

Community Presbyterian Church

1100 College Avenue

(208) 245-2422



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 Benewah County Extension Office.

Workshops, Programs, Bulletins & Classes

LEAP Update 2023

Lewiston (March 7, 2023)

8:00 AM-3:30 PM (check-in opens 7:15 AM)
LCSC Williams Conference Center, Room 801-899
4th Street
(208) 885-7718

St. Maries (March 8, 2023)

8:00 AM-3:30 PM (check-in opens 7:15 AM)
Elks Lodge, 628 Main Avenue
(208) 245-2422

Sandpoint (March , 2023)

8:00 AM-3:30 PM (check-in opens 7:15 AM)
Ponderay Events Center, 401 Bonner Mall Way, Suite E
(208) 263-8511

LEAP Update is an annual opportunity for loggers to build on LEAP with in-depth training on forestry topics. The program also helps loggers meet Idaho Pro-Logger BMP training and continuing education requirements.

COST: A \$45 registration fee includes a catered lunch, resource materials, and refreshments. To **register** and pay online, go to www.uidaho.edu/leapupdate, then click on the LEAP Update location you wish to attend.

Ten Acres and a Dream

Learn how to thrive in a rural setting and make your land ownership dreams come true.



Sandpoint

Saturday, May 13, 2023

8:30 AM-4:30 PM

**Sandpoint Organic Agriculture Center
10881 N. Boyer Road**

People who move to the country often have many ideas as to what they want from their land, but many may be less aware of how to achieve those goals or the tasks associated with living on and maintaining rural property.

University of Idaho Extension is offering this one-day program to help owners of small rural acreages manage their land to meet their goals.

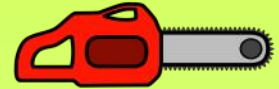
COST: A \$15 registration fee includes publications and refreshments.

To Register: Contact the Bonner County Extension Office @ 208-2263-8511.

LEAP 2023

Post Falls (April 4-6, 2023)

UI Extension—Kootenai County Office
University of Idaho Research Park
958 S. Lochsa St., Room 302
208-292-2525



Moscow (April 18-20, 2023)

UI Pitkin Forest Nursery
1025 Plant Science Rd.
(208) 885-6356

Logger Education to Advance Professionalism (LEAP) is a nationally acclaimed Extension program designed to strengthen loggers' ability to interpret and apply timber harvest prescriptions and regulations. By participating in this program, logging operators will be better able to communicate with landowners, foresters, and other natural resource professionals, enabling them to operate more efficiently and protect environmental values more effectively.

Register early! Each LEAP session has limited capacity.

COST: A \$75 registration fee includes refreshments and a large binder of resource materials. Registration forms can be picked up at the Boundary County Extension Office and must be returned with payment to the Extension that you wish to attend by March 24, 2023. Online registration with a credit card is also available (\$75 per person) at www.uidaho.edu/leap and click on the LEAP program you wish to attend. It is possible both sessions may be combined if one or both sessions have low enrollment.

For specific program questions, contact Randy Brooks at (208) 885-6356, Audra Cochran at (208) 937-2311, or Chris Schnepf at (208) 292-1288.

**Visit Us On The Web @
uidaho.edu/boundary**



University of Idaho
Extension
Boundary County

4-H CLOVER TALK MARCH/APRIL 2023



Debbie Higgins
4-H Program Coordinator

It's a little soggy outside but we are pushing through the mud. Things are kicking up and several groups have already met and soon others will be meeting as well. I have tons of excitement for this 4-H year! We are up in numbers on several projects and have lots of new members. The fair theme this year is "Sew It, Grow It, Show It." Start thinking about how we are going to decorate the barns, cakes and cookies for an awesome display.

4-H/FFA Livestock Quality Assurance Training is under way again. This year it is members with last names that start with H-O, and all first-year market animal members. We had our first training on February 24th and the next ones are scheduled for March 1st & March 10th, please don't miss this required opportunity or you will be unable to complete your market animal project. Call 208.267.3235 to register, pre-registration is mandatory as space is limited.

Mark your calendars for the market animal weigh-in dates: Beef is March 25th @ 9:00 am, Swine is May 20th @ 7:00 am, and Sheep/Goat is June 7th @ 5:30 pm. All weigh-ins take place at the Boundary County Fairgrounds. Remember to have proper documentation for your animals including haul slips, brand inspections, and/or scrapie tag. If your animal came from out of state, you will need to bring your vet check paperwork from that state. If you do not have your vet check paperwork from the state you purchased your animal, get it now or you will not be allowed to weigh-in your animal. Having the proper paperwork is the law when crossing state lines. Please be aware that your local vet can't provide this. Also, your animals need to be vaccinated and dewormed/deloused before bringing them to the initial weigh-in. Please help us in our efforts to keep from spreading diseases. At our spring weigh-ins we ask that breeders in the county go first, this is necessary for biosecurity, and we want to keep them as breeders for the future.

All 4-H members must attend 50% of their

Organizational Club meetings and 75% of their project meetings to meet the requirements for project completion. If a Club meeting is scheduled at the same time as a project meeting, call your Organizational Club leader prior to the meeting time and let them know that you have a project meeting at the same time. They will work with you to make sure you meet the requirements. If you call after you miss the meeting, this may be counted as an unexcused absence, and you will need to make arrangements with your leader to make up that meeting.

Every member must give an oral presentation at one of their project meetings. There are three ways to do this. One is a speech, that is where you deliver information without any props or pictures. Another is a demonstration, this is where you build, trim, bake or assemble something. The last is an illustrated talk, you can have pictures, posters, power point, or books to help deliver your message. If you have a good presentation, I encourage you to participate in the Boundary County Oral Presentation contest on April 24th. Call me (Debbie) for more details.

Follow our Facebook page (Boundary County 4-H) for the most current happenings as I post all events there. Also, be sure to get started on those record books in Zsuite. Now is the time to write your goals down and start inputting any expenses you may have. Don't wait to work on your record books as this is a very important part of your project and will lead to less stress as you prepare for fair.

All 4-H volunteers, please attend the Leader's & Livestock meetings held the 2nd Tuesday of each month. It is very important for all leaders to attend to make sure you are up to date on what is happening in Boundary County 4-H.



March

March 1-Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With H-O 5:30 p.m. Ext. Office


March 10-Ownership/possession Deadline for ALL MARKET BEEF (150 Days)

March 10-Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With H-O 9:30 a.m. Ext. Office

March 12-Daylight Savings Begins

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

March 17-St. Patrick's Day 

March 20-Spring Begins 


March 25-Market Beef Weigh In @ Fairgrounds

April

April 1-National 4-H Congress Applications Opens

April 1-STAC/Camp Registration Opens

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

April 9-Easter 

April 11-Awards Committee Meeting 5:30 p.m. Ext. Office

April 24-Oral Presentation Day 4:30 p.m. Ext. Office

April 30-Ownership/possession Deadline for ALL MARKET SWINE (100 Days)

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/4-h/parent-completable.pdf) to assist in evaluating the reasonable accommodation request at least two weeks 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 Phone 208-885-6307, Fax 208-885-9404



2023 WEIGH-IN DATES

Please be sure to mark these dates on your calendar!

BEEF-Saturday, March 25, 2023
9:00 a.m.

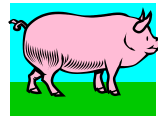
SWINE-Saturday, May 20, 2023
7:00 a.m. (Breeders go first)

LAMB & GOAT-Wednesday, June 7, 2023, 5:30 p.m.

Rabbit-Thursday, July 6, 2023 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!



- **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, 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

2023 Mandatory 4-H/FFA Market Quality Assurance Training

All trainings will be held at the Boundary County Extension Office meeting room, 6447 Kootenai St. Training is mandatory for first time 4-H and FFA Market Animal members and returning members with last names starting with H-O. There are three dates to choose from:

- 3:00 PM-4:30 PM, Friday, February 24**
- 5:30 PM-7:00 PM, Wednesday, March 1**
- 9:30 AM-11:00 AM, Friday, March 10**

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

Trainings are limited to 25 persons. Registration is mandatory.

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

Avian Flu Testing will be held on Wednesday, July 26, 2022 between the hours of 2:00 p.m.-6:00 p.m. in the back parking lot of the Extension Office.

Avian Flu Testing is **required** for all 4-H/FFA and Open Class birds in order to display at the fair.

Displaying waterfowl at the fair is not allowed at this time.

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, 2023.**

Days on Feed 2023

WEIGH-IN DATES	DAYS ON FEED
Beef March 25-August 7	(135)
Swine May 20-August 7	(80)
Lamb/Goat June 7-August 7	(61)



Project Leader Tips

As a 4-H project leader, you should be able to deal effectively with all age groups, but most importantly the 4-H age group. Encourage their self-esteem and growth through positive motivation. Congratulate the members for learning new skills and knowledge, for achieving goals, and for being attentive and enthusiastic. Criticism in any form is usually nonproductive. The members will make mistakes and should be corrected in a positive manner. Teach them to learn from their mistakes and past experiences, and encourage them to go forward with that new experience.

Leaders also need other skills and traits when dealing with 4-H members:

- Always be honest and fair. Treat every member equally. Give the members an honest assessment of their strengths, as well as areas in which they need improvement.
- Teach them that each member is an important part of the project group.
- Give each member an equal opportunity for group involvement. This helps them feel accepted and involved in the learning process.

Communicate with the project member's parents.

- Tell them about their child's progress. Parents are interested in their children and can greatly help motivate them as well as aid in the physical needs of conducting the project and related activities. Do not be afraid to ask parents for help. Most are happy to assist.
- Always bear in mind that the leader's own attitudes and behaviors affect the attitudes and behaviors of the members.

Calling all 4-H'ers!!! Boundary County Oral Presentation Day will be held on Monday, April 24, 2023 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, Demonstration 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.



**PLEASE CALL THE
EXTENSION OFFICE AT
208-267-3235 BY
FRIDAY, APRIL 21
TO PRE-REGISTER!**



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

Boundary County Fair—August 8-12, 2023



LOOKING FOR KINGS & QUEENS!!! FAIR ROYALTY

Applications are now available at the Fair office or the Extension Office. Fair Royalty is open to both girls and boys. So stop by and pick up an application now!

The Boundary County Fair Board will sponsor two \$500 Awards—one \$500 award to be awarded to the individual named as Fair Queen and one \$500 award to the individual named as Fair King.



Leaders Needed

Join the 4-H Community as a member or volunteer leader today!

The start of a new 4-H year is just around the corner and leaders are needed in many different areas. If you are interested in joining as a leader or Volunteer contact the Extension Office at 208-267-3235.



If you are moving or have a change of address please let us know.
208-267-3235



Oral Presentations

One of the greatest fears identified by many people is that of speaking in front of others!
4-H members can develop their communications skills through public presentations.

Plan

Choose a topic that you know and can do well. Be sure you can show or tell others about the topic in the given time frame (Juniors 3-5 minutes, Intermediates 5-7 minutes, and Seniors 8-10 minutes). The times listed here are for project meeting demonstrations. Pick a topic that you think others will be interested in learning about. Select a catchy title for your talk or demonstration. Having an organized oral presentation has three key ingredients; an introduction, body, and conclusion, your recipe for success!

Introduction

- Opportunity to catch your audience's attention
- Inform your audience of what is to come
- Don't forget to include a transition from the introduction to the body. Makes for an easy transition to your main points
- Introduce yourself and your topic (if there is a host/hostess do not need to do so)

Body

- These are the main points, or the substance of your presentation
- Know your material, be prepared
- Show & Tell

Conclusion

- Show the finished product if there is one
- Summarize main points
- Do not introduce new material
- Prompt your audience to ask questions; if you can't answer a question say so. Use complete sentences
- After Q/A add a courteous ending. "Thank you for the opportunity to share". This is intended to let the audience know this is the end.

In preparing for your talk or demonstration, memorize your presentation, use note cards or a combination. If you are giving an illustrated speech or demonstration, you may want to utilize a poster. When using posters:

- Be sure they are attractive, brief, and clear
- Stress important points
- Be simple and uncluttered
- Have large letters
- Use the posters in your presentation

Practice

Plan for your allotted time limit. Use a timer to keep track of how long you talk and how fast you talk. Practice in front of a mirror first and then practice for family or friends. Often when you get nervous, you will talk faster than if you are speaking in front of the mirror. Be sure you have enough material to fill up your time allotment.



Present

Confidence is very important to your presentation, it affects your voice and your body language during your presentation, speak clearly with a loud voice. Pause now and then for effect. Speak with excitement and enthusiasm. Keep good eye contact with the audience, scan the room. Smile and have good posture. If you use your hands keep gestures subtle and to a minimum, don't let these become a distraction. Show you are glad to be present.

When you give your presentation it is your time to shine and you have one opportunity to make your first impression; through how you look. You have to wear clothing that is appropriate for your presentation. It conveys professionalism on your part. What would the judge's think if you are giving a demonstration on how to clean a horse's hoof and you showed up in a t-shirt, shorts, and flip flops? (You may see horse leader's fainting to the floor) What if you arrive late? Does that give the judges a good impression? Arrive early, things happen...you may be in a rotation where the presentations prior to yours went short. Give yourself enough time to set up and prepare yourself for your presentation.

Oral presentations are fun! If you stick with what you know, prepare, organize, and PRACTISE, your confidence will grow with each presentation you give, making your best better!

If you are moving or have a change of address-
please let us know. 208-267-3235



Boundary County 4-H/FFA Event Dress Code

This dress code has been developed to ensure that participants and spectators are not offended or uncomfortable during 4-H/FFA events and activities. As the Idaho State 4-H Family Handbook, and the FFA Code of Ethics states, members should be their own best 'exhibit'. This includes their personal manners, attitudes, and courtesy, as well as appropriate dress and physical appearance. If you choose to dress inappropriately, you will be asked to change or leave the event until proper dress is obtained. Please dress responsibly to ensure that you contribute to a pleasant 4-H/FFA atmosphere.

As a rule, a 4-H/FFA member's clothing should be neat, clean, modest, acceptable in repair and appearance, and be in good taste and decency as appropriate for the specific event. The member is a representative of 4-H/FFA programs, and their appearance should reflect professionalism.

Examples of prohibited dress or appearance include but are not limited to:

- Bare midriff shirts
- Exposed undergarments
- Excessively short or tight garments, including spankx, tube tops, and short shorts
- Shirts with less than a 1-inch strap, including strapless and one-shoulder tops
- Shirts that reveal navel, back below the shoulder blades or cleavage
- Attire with messages or illustrations that are vulgar, indecent or advertise any product or service not permitted by law to minors
- Any adornment such as chains or spikes that could be perceived as a weapon
- Any symbols or styles associated with gangs or intimidation

Livestock Exhibitor Dress Guidelines

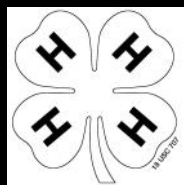
These guidelines for dress must be observed whenever exhibitors are in the show ring and during the Market Animal Sale.

A shirt or blouse must be worn. It may be sleeveless, short sleeved or long sleeved, but must have a collar. If the shirt has buttons it must be buttoned to the collar bone. Full Length slacks, pants, or jeans are appropriate. "Grubby", holey or tight worn out jeans as well as excessively baggy pants are not acceptable. Hard soled boots or laced tennis shoes must be worn to meet safety standards. **NO** sandals, flip flops, or heels more than 1 ½ inches high. Western hats are appropriate unless otherwise noted by the judge. **NO** baseball caps. All Dairy projects, (goats, cows, etc.) members must wear white pants and white shirts. 4-H club shirts, vests or jackets must have collars and shirttails must be tucked in. Decorating of exhibitors or animals by means of costume, signs, glitter, body paint, etc. **WILL NOT** be tolerated at any time while competing or during the Market Animal Sale.

NOTE: *Please take pride in your personal appearance, represent yourself respectfully to support the group you are associated with. *Fair Royalty (4-H & FFA) will **NOT** wear sashes or tiaras while competing. They may be worn during the Market Animal Sale.

If during any 4-H/FFA event you are asked to change by a Leader or Advisor, please do not argue and comply as asked. If you think you have been asked unfairly, please change for the time being and follow the guidelines for filing a complaint to the Leader's council and Livestock committees to be dealt with in a reasonable manner as the 4-H Code of Conduct states.

**ADVERTISE YOUR CLUB &
PROJECT MEETINGS IN THE
CLOVERTALK!!!**



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MARCH/APRIL 2023

KEEPING OUR COMMUNITY CONNECTED



BOUNDARY COUNTY EXTENSION STAFF

Amy Robertson	Extension Educator Family & Consumer Sciences
	Extension Educator Agriculture & Horticulture
Debbie Higgins	4-H Program Coordinator
Mindy Summerfield	4-H Friday Friends Program Coordinator
Angela Tucker	Administrative Assistant
Sheila Pruitt	Secretary
Shalonda Miller	4-H Robotics Instructor

*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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