A Message from the Director

University of Idaho Extension faculty and staff are working with individuals, businesses and communities to solve problems and develop skills as together we are building a thriving, prosperous, healthy Idaho.

During 2017, we completed a needs assessment to learn from you what you want from your University of Idaho Extension. Common themes revealed a recommendation that during the next five years, UI Extension should focus on delivering educational programming in the areas of water, agriculture and horticulture, health and nutrition, and youth. In addition, you indicated we should focus on diversity and the need to increase awareness of UI Extension. We are responding to the input you provided and are exploring innovative ways to meet the needs of the people of Idaho, including a new quarterly newsletter. If you would like to receive this newsletter, please subscribe at www.uidaho.edu/cals-newsletter.

In this publication you will learn of the highlights of the past year. We are responding to the input you provided and are exploring innovative ways to meet the needs of the needs of our traditional audiences. We look forward to working with you as together we increase awareness of UI Extension.

Barbara Petty
Director, University of Idaho Extension

UI Extension
BY THE NUMBERS

4-H
Idaho youth participated in 4-H programs.
FIRST Robotics teams across the state.
Youth learned to cook a healthy beef meal on a budget. Survey results showed an average pre-test score of 50 percent and an average post-test score of 90 percent, indicating an increase in knowledge.

Family and Consumer Sciences
Over 300 people participated in the Preserve@Home online food preservation course.
Health and nutrition educators conducted more than 740 events in 15 counties.
Credit Score Millionaire was presented 1,178 times to a total of 1,113 participants, 226 of whom were Hispanic. About 98 percent self-reported an increase in knowledge.
4-H school presentations of Smart Lunchbox reached 954 youth.

Community Development
150 people enrolled in the online course Start Your Own Business which is offered in English and Spanish.
15 & 12 15 IKemaw and 12 members of a youth/huskies committee participated in the Leadership to Make a Difference Institute from rural areas in northern Idaho.

Agriculture
92% of the Idaho Young Cattle Producers Conference participants plan to implement new knowledge learned at the conference.
$1,687,850 economic impact of UI Extension Farm and Ranch Management School.
50 small acreage producers started or maintained sustainable business enterprises that contribute to local food systems after participating in UI Extension programs.

Natural Resources
100% Survey of Idaho family forest owners revealed that 100% were satisfied or very satisfied with UI Extension.
37 workshops and classes were delivered to 1,052 learners by UI Extension forest management team members.
83 stakeholders were reached in 4 counties via IDAH2O workshops while tours and field days reached 1,113 learners.
Over 50 pivots were retrofitted to low elevation sprayer application as a result of UI Extension work in 2017.

Horticulture
29 Idaho Master Gardener programs, including 102 beginning classes and 200 additional horticulture classes, were taught with 1,727 hours contributed by volunteers.
$300,000 The estimated potential value of local produce collectively in Idaho Victory Garden graduates’ home gardens every year exceeds $300,000.

Practical Education You Can Trust
University of Idaho Extension improves people’s lives by engaging the University and our communities through research-based education.
Our areas of expertise are Agriculture, Community Development, Family and Consumer Sciences, Natural Resources and Youth Development.

www.uidaho.edu/extension
The Pacific Northwest Pest Alert Network founded by University of Idaho Extension and Oregon State University Extension professionals has helped growers better understand pests’ threats to their crops.

As a result of information received through the network, a quarter of farmers surveyed reported using nearly 30,000 fewer gallons of pesticides annually in the Treasure Valley, and nearly half said they applied pesticides more effectively.

In addition to the environmental benefits, this pesticide reduction is saving nearly $6.2 million each year.

Farmers have fine-tuned their usage of the web/email-based network since its founding in 2002. Another of the pest alert network’s significant benefits for growers is warning them of a pest’s presence in the region, which lets them know when to scout their own fields.

In the past, field spraying was sometimes more of a regularly scheduled program whether or not the pests were actually in the farmer’s fields. Thanks to the network, farmers have a better idea of when a pest begins showing up and threatening their crops.

Scouting fields to determine if pest presence warrants pesticide application is where the reduction in farm chemical use originates, said Jerry Neufeld, a UI Extension educator based in Canyon County.

Although farmers are major users of agricultural chemicals to control pests, Neufeld said he is most optimistic about the impact of the network on urban homeowners. There are a lot of urban homeowners in the valley using pesticides in their landscapes, and this network provides them educational information necessary to help them use these products more judiciously.

The Pacific Northwest Pest Alert Network launched an urban horticulture program recently that is led by UI Extension educator Rich Guggenheim in Canyon County and Ariel Agenbroad, UI Extension’s small farm area educator based in Ada County.

Neufeld said urban homeowners typically have less training and experience in pesticide application practices. Most commercial growers have taken extensive training to help them use pesticides correctly when responding to pest problems challenging crops, Neufeld said. For homeowners, pesticide use is less based on experience or training and more based on word of mouth advice or sales clerk recommendations. The result is often a “more is better” approach.

With a steady growth in the pest alert network’s urban users, the potential for educating these users and further focusing and reducing their pesticide use is promising, Neufeld said.

The Pacific Northwest Pest Alert Network can be found at tvpestalert.net.
A University of Idaho Extension demonstration project at the U of I Harbor Center in Coeur d’Alene shows how protecting water quality can yield multiple benefits.

The project by UI Extension water educator Jim Ekins created a bioinfiltration swale. The bioswale converts a shallow depression in the ground into a multipurpose landscape feature that slows storm runoff and removes pollutants from the water before it enters the Spokane River.

Capable of treating nearly 50 million gallons a year of stormwater running off from the streets and parking lots, the bioswale serves another important purpose, Ekins said. An adjacent outdoor classroom explains the importance of protecting water quality from a host of everyday threats, including debris from cars, trucks and busses that most visitors used to get to the classroom.

The bioswale captures oil, rubber and other particles that vehicles shed. Basically as a temporary pond, water filters through dozens of feet of sand and coarse soil to reach the river. Natural processes in the soil can destroy or neutralize most of them.

Wildlife benefits, too. Planted with a variety of native grasses, flowers and shrubs, the bioswale will become a self-watering garden for pollinators and other animals.

The outdoor classroom provides a vantage to observe the water cycle and the life that depends on it.

And all of that educational opportunity exists next to one of U of I’s main academic centers, U of I Coeur d’Alene, and along the popular biking and walking path, the Idaho Centennial Trail.

The classroom is nearing completion and will provide a place for Ekins’ main mission, teaching children and adults about the importance of water quality and ways to protect it.

His IDAH2O program trains people to better understand and monitor the health of the streams and lakes they care about. Hundreds of school children each year learn the fundamentals of water science each year through UI Extension efforts. The outdoor classroom will offer a readily accessible location to provide that education.

Beyond the U of I Harbor Center, Ekins also produced and installed a series of information stations along 60 miles of the Centennial Trail as it follows the Spokane River from Coeur d’Alene to Long Lake, Washington.

He worked with 26 multi-state agencies to create the stations and help people better understand the challenges to keeping water clean and the ways people can help that task.

Learn more about IDAH2O at: www.uidaho.edu/watertrends.
From its beginning, science has been incorporated into 4-H curriculum. While some may think of cows and pigs at the county fair when they think of 4-H, what they don’t know is that those projects are rooted in a firm science foundation.

As our society evolves from agrarian to urban and as new technologies emerge, greater emphasis is being put on Science, Technology, Engineering and Math (STEM) programs. 4-H is once again at the forefront, with programs focused on robotics, rocketry, environmental science and biotechnology, to complement traditional programs in agri-science and veterinary science.

In Idaho, the 4-H robotics program has blossomed under the guidance of Tim Ewers, University of Idaho Extension 4-H Youth Development specialist, and Robin Baumgartner, program coordinator. Approximately 3,000 youth participate in 4-H robotics programs each year in Idaho.

Although the program is thriving, there is still work to be done to provide robotics and other STEM opportunities to interested youth in Idaho. Recruiting and training qualified volunteers continues to be an area of need.

“One of the key limiting resources for every single county in terms of offering programs is access to qualified and eager volunteers,” Ewers said. “We may have a whole bunch of children who are interested in robotics, but if a county doesn’t have a volunteer to run it, those kids don’t participate.”

One way that Ewers has identified to address the need for more trained volunteers is the development of STEM centers across the state. This would provide the support system to offer more science programs locally and would offer access to specialized equipment and trained staff and volunteers. The centers would also serve as a community-wide resource for those wanting to learn more about technology.

Eureka! Palouse, Inc. in Moscow is serving as a pilot for UI Extension to learn more about how to implement STEM centers across the state. Eureka! Palouse is its own non-profit corporation and a 4-H affiliate organization.

“What we’ve started here is developing collaborations with other entities like libraries and schools and exploring the idea of how do we, within a community, maximize our use of limited resources,” Ewers said.

With the pilot program in place, UI Extension is now working on developing staff positions to be located in communities that have expressed an interest in STEM centers. Ewers is also working on a National Science Foundation grant.

“I would like us to start envisioning that STEM education is as equally important for our communities as recreation facilities,” Ewers said.

Read the full article at www.uidaho.edu/extensionstories.
IDAHO YOUTH ATTEND NASA SOLAR ECLIPSE CAMP

The total solar eclipse in 2017 drew thousands of people to the path of totality to glimpse the memorable event. Ten youth from the Coeur d’Alene Tribe travelled to Warm Springs, Oregon to experience the solar eclipse first hand through the NASA Youth Solar Eclipse Camp with the assistance of University of Idaho Extension educator Yolanda Bone.

The opportunity for Coeur d’Alene tribal youth to participate in the camp was presented to Chris Meyer, director of education with the Coeur d’Alene Tribe Department of Education. She was tasked with finding individuals in the community to chaperone and help facilitate lessons prior to the trip. UI Extension was a natural fit.

The group travelled from the Coeur d’Alene Reservation to Warm Springs on August 19, 2017. They participated in a variety of activities including star gazing and Lego robotics. The following morning was a full day of workshops geared towards aerospace and rocketry, including a planetarium and activities related to the different phases of the moon and sun.

The biggest activity during the weekend involved the construction of a payload. The Coeur d’Alene Tribe youth collected feathers and made a dream catcher from scratch, which consisted of 10 beads to signify each youth, and an additional five beads to represent the chaperones. Tom and Laura Reece, Ernie Campbell and teen mentor Taidyn Daniels helped Bone serve as chaperones for the trip.

At the event, the youth worked with NASA volunteers and youth from the Confederated Tribes of Warm Springs to finalize their payload and prepare it for launch.

“They had to be thoughtful about it because it couldn’t be super heavy, or it would drag and wouldn’t carry to it’s full potential,” Bone said.

A total of four balloons with payloads were launched into space during the eclipse.

“It was really neat to have the payload going up while the solar eclipse was happening,” Bone said. “There was a lot of excitement surrounding the entire thing.”

Bone sees the biggest impact of the camp on the youth as the interest in science that was sparked.

“Even at a very basic level of experiencing this and being in a positive atmosphere around other kids that were excited about science, it really sparked their interest,” Bone said. “I have one kid that is talking about being an engineer now. I have three others at the tribal school who have joined my advanced robotics group.”

Bone is hoping to coordinate a trip to Ellensburg, Washington in June 2018 as a follow up for the youth. A social gathering and Pow Wow is being organized and will include rocketry deployment and other hands on STEM activities.

“I think the sky is the limit for the kids here and I want them to see their potential,” Bone said.
Becky Hutchings purchased her first electric pressure cooker nearly four years ago — a few years before Instant Pot became a trending appliance. And even though she’s a family and consumer sciences educator for University of Idaho Extension, she was still intimidated by the appliance.

“When I first got mine, I took it out of the box and then I put it right back in for six weeks before I pulled it out again,” Hutchings said.

Electric pressure cookers are not a new concept, but the development and marketing of the popular Instant Pot has thrust this versatile appliance into the spotlight in recent months. But with the rise in popularity comes the need for citizens to know how to properly use their cookers.

When Hutchings joined the UI Extension, Minidoka County office in 2016 she noticed a lack of adult cooking classes in the area. But a quick survey in the community showed demand for the courses was high. Hutchings wanted to go beyond cooking courses and equip clients with tools and tips to create healthy meals easily and quickly.

Hutchings launched the Cooking Under Pressure class in June 2017 as an intimate environment where participants could learn more about electric pressure cookers through hands-on activities. Hutchings takes the class through all the features and buttons on the cookers, describes the step-by-step process of a recipe and then allows the participants to cook the recipe in class.

“It’s a less scary process because they have someone that’s experienced there in the room with them,” Hutchings said.

The classes are two hours long and cost $10 per person to cover the cost of food and a small booklet that Hutchings created featuring tips, tricks and starter recipes.

Hutchings first eight classes reached 120 participants. She offers evening classes at the UI Extension, Minidoka County office and also has partnered with the MC Fitness Center in Rupert to offer day classes.

Hutchings presented the class to other UI Extension educators who are taking the curriculum back to their local communities to implement across the state, and she has conducted three sessions on Facebook live to reach a broader audience. In these classes, she focused on healthy lunch options and make ahead freezer meals.

Declo resident Wendie Redman attended a class with her husband and ended up purchasing two pressure cookers after the experience.

“My husband and I decided to take that class because we’d seen on Facebook all the hype about the Instant Pot and how easy it was to cook with,” Redman said. “It was really nice instead of going to class and someone lecturing about it, actually getting to prepare the meal and then eating it afterward.”

Hutchings will continue with her Cooking Under Pressure classes to meet the local demand and is hoping to develop additional lessons focused on one pot meals, homemade yogurt and homemade pure vanilla extract.
NATURAL RESOURCES

SAGEBRUSH SATURDAYS

Nearly half of Idaho’s lands are classified as rangeland and as decisions are made on how to care for that land, there is a growing need to educate the public.

University of Idaho Extension and the U of I Rangeland Center are utilizing Rock Creek Ranch nearly Hailey as a venue to provide family-friendly educational workshops. These workshops are designed to create an atmosphere where the general public can learn about the value and diversity of Idaho’s rangelands.

Five Sagebrush Saturdays were held in summer 2017 with 175 adults and 32 youth attending. U of I faculty and partners from various agencies presented information, led walks and provided hands-on activities.

UI Extension educators Tim Prather and April Hulet were joined by Karen Launchbaugh, director of the U of I Range-land Center for a program on wildflower identification and the important role pollinators play.

The Cowboy Days on the Range program drew a large crowd with presentations by UI Extension educators Jim Sprinkle, Sarah Baker and Carmen Willmore and Wyatt Prescott of Prescott Cattle. Participants learned about wild horses and cattle management.

Other programs focused on birds; beavers, bugs and streams; and earth, fire and wildfire.

Plans for 2018 include programs on wildfire and the importance of grazers like cows and sheep. All pro-grams are free and open to the public.

Learn more at www.uidaho.edu/rangetrends.

FORESTRY

Approximately 1.7 million acres in Idaho are family forests. They are one of Idaho’s largest private land uses, particularly in northern Idaho. Family forests are an important source of logs for Idaho lumber mills and many public values such as wildlife, water quality and recreation. University of Idaho Extension pro-vides many different programs aimed at family forest owners to give them the tools they need to properly steward their land.

In 2016-17, 569 family forest owners attended UI Extension programs in the Idaho panhandle. Participants indicated that they would implement many im-proved forest management practices, including 247 owners who will now moni-tor for forest insect, disease or animal damage; 142 will thin forest trees; 80 will harvest non-timber forest products more sustainably; and 25 will complete a forest management plan.

A recent survey of Idaho forest landowners found that most owners are more active managers than those in other parts of the country and those that sought agency assistance or participated in UI Extension programs were more active managers than those that did not, as evidenced by more past and planned ac- tions overall. Landowners who had received assistance reported a 100 percent satisfaction with UI Extension programs.

The survey results also found that landowners rely heavily on forestry infor-mation from their peers. The UI Extension Idaho Master Forest Stewards program is well positioned to strengthen such peer-to-peer interactions.

Learn more about this program at www.uidaho.edu/foresttrends.