

EXTENSION NEWS ■ ENP ■ MASTER GARDENER ■ 4-H



Take a New Look at Your Money Habits

The ringing in of a new year, creates a feeling of starting fresh and encourages us to set new goals. Setting new financial goals should be on the top of our lists. As you reflect on the past year, focus on your experiences—build on what worked and what didn't—to shape this year's money habits. Here are some ideas to consider as you set your financial goals.

NEW SAVINGS ACCOUNT

Think about what you want to save for the coming year and commit to opening a savings account to reach that goal, whether it's creating an emergency fund or setting money aside for your kids' future college tuition. There are many types of savings accounts available to save for both short term and long term goals.

Small Step: Decide on the type of savings account that will meet your goal and commit to depositing a set amount on a regular basis to get into the habit of saving. For example, if you open a basic savings account, deposit \$25 every month and sign up for direct deposit or automatic withdrawals from your checking account to ensure that amount is saved. Once you're comfortable with saving a small amount consistently, you can increase it.

PAY DOWN THAT OLD DEBT

Confronting your debt and thinking about how to pay it off can be scary and overwhelming. Make a list of your debts, noting the monthly payment, current balance, and interest rate, and make a plan to start paying down the debts. Many experts recommend focusing on either debts with the highest interest rates or debts with the lowest balances to pay off. While you will likely save more money paying off debts with the highest interest rates, it may be faster to pay off the smallest balances first, and seeing this progress may help keep you motivated.

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~ KEEPING OUR COMMUNITY CONNECTED ~

EXTENSION CONNECTIONS

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Small Step: Whichever method you choose for paying down debt, start by adding a small amount to one of your current payments. For instance, if you are focusing on paying off a credit card with a minimum monthly payment of \$100, add \$25 to that amount to start (for a total monthly payment of \$125). Once you are comfortable with that new amount, add more when you're able and stay focused on the goal.

GET ORGANIZED

Keeping your finances organized will help you control your money and achieve your financial goals. Some basic tasks to help you get organized include making a budget, tracking your spending, and putting a system in place to ensure you pay your bills on time every month. Be sure to monitor your credit card and bank statements for any unexpected fees or unusual activity too. The sooner you find mistakes or unauthorized transactions, the easier it is to correct those issues.

Small Step: Like dealing with debt, organizing your finances can be daunting, so start small by picking one organizational task and focus on that task for one month before adding another. For example, you might start by setting up automatic bill pay from your bank account in order to make sure your bills are paid on time. Give yourself

one month to learn about it, set it up, and get comfortable using it. Next month, focus on creating a budget, which gives you several weeks to learn about budgeting and working on it.

PROTECT YOUR MONEY

With so many financial transactions occurring electronically, it's important to proactively protect your personal information, including your credit card and bank account numbers. Take charge of protecting your money. Never provide your personal information in response to an unsolicited request, whether it is over the phone or over the Internet. Always track your bank and credit card statements and your credit reports for unusual activity. Catching abnormal transactions early will allow you to take steps to prevent more harm if your information has been stolen.

Small Step: One important step to protect yourself from online scams and theft is to change your passwords regularly. If you have been using the same passwords for your financial accounts for awhile, create new, difficult-to-guess passwords and change them often to keep your money safe.

Source: Adapted from <https://www.fdic.gov/resources/consumers/consumer-news/2021-05.html>



Gourds are Grrreat!

Gourds have much going for them. They are hardy vines with beautiful flowers and pollinators love them. What makes them even better is, they are great fun to carve, paint, and craft

into many useful and creative objects. One problem is they need a long, hot summer to fully ripen into useable craft gourds. To get a jump on the growing schedule here in Idaho, they really can benefit by being started indoors in early spring.

Several of the larger varieties of gourds (birdhouse, turtle, and snake) have instructions that suggest nicking the seed coat and soaking in warm water for 24 hours prior to planting. The smaller two (cannonball and nest egg) do not have those recommendations on their seed packets (Livingston Seed Co.).

Gourds have delicate roots and don't transplant well, therefore, if you start them early indoors, it is recommended to plant them in peat pots with a quality seed starting medium. Using a heat mat underneath, as well as an appropriate grow light system about 3 inches above the growing seedlings, will invigorate the small plants and help keep the seedlings from becoming "leggy". Keep the soil slightly moist, but not wet.

Once the threat of frost is past, gourds need to be planted in an area with well-drained soil that gets full sun. The plants in the peat pots can be set directly into the soil, pot

and all. Cut or carefully tear the peat pots to allow the roots easier access to the soil as they grow. The vines of the larger gourds need plenty of room, so plant 6 feet apart. The smaller gourd plants can be planted closer together, about 2 to 3 feet apart.

Gourds are related to squash so they will naturally attract the dreaded squash bug. Treat these pests as you would when they attack any zucchini or other squash. Being vigilant and removing by hand is the best method for small gardens.

Gourds are generally considered ripe when the stem becomes dry and brown. They can be left on the vines to continue drying long after the vines have died back and are ready to be taken out. Be sure to leave a good stem on the gourd when removing it from the parent vine as that will add to the natural effects of your future gourd craft.

Gourds should be stored in a cool, dry area with plenty of air circulation for several months prior to crafting. They will begin to show some surface mold, but don't worry. That will wash off when you clean your gourds before starting on your craft projects.

For a fun and local source of more complete information about gourds and craft ideas, visit the Idaho Gourd Society's website: idahogourdsociety.org.

Source: Adapted from Canyon County Horticulture News for Master Gardeners & Friends: Dig In!

Tasty Tots

Preparation Time: 30 minutes
Cooking Time: 35 minutes
Makes 36 Tots (serving size 6 tots)

INGREDIENTS

5 cups Fresh sweet potatoes, peeled, coarsely shredded
2 1/3 cups Canned low-sodium garbanzo beans (chickpeas), with liquid
1/2 cup Fresh green onions, finely chopped
2 Tbsp Vegetable oil
1/2 tsp Salt
1/2 tsp Granulated garlic
1/4 tsp Ground black pepper
1/2 tsp Onion powder
1/2 tsp Ground cinnamon



DIRECTIONS:

1. Preheat oven to 350°F.
2. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350°F for 20 minutes or until slightly tender. Do not overcook.
3. Increase oven temperature to 400°F.
4. In a food processor or blender, purée garbanzo beans, including the liquid, until smooth.
5. In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.
6. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400°F for 10-12 minutes or until lightly brown. Serve hot.

Per serving 172 calories; Protein: 4g; Carbohydrate: 28g; Dietary Fiber: 5g; Total Fats: 5g; Saturated Fat: 0g; Cholesterol: 0mg; Vitamin A: 12609 IU (630RAE); Vitamin C: 13mg; Iron: 1mg; Calcium: 46mg; Sodium: 377mg

Source: TeamNutrition.usda.gov

What is the Difference Between a Sweet Potato and a Yam?

Several decades ago when orange flesh sweet potatoes were introduced in the southern United States producers and shippers desired to distinguish them from the more traditional white flesh types. The African word "nyami" referring to the starchy, edible root of the *Dioscorea* genus of plants was adopted in its English form, "yam". Yams in the U.S. are actually sweet potatoes with relatively moist texture and orange flesh. Although the terms are generally used interchangeably, the U.S. Department of Agriculture requires that the label "yam" always be accompanied by "sweet potato".

As a main dish or prepared as a dessert, the sweet potato is a nutritious and economical food. One baked sweet potato (3 1/2 ounce serving) provides over 8,800 IU of vitamin A or about twice the recommended daily allowance, yet it contains only 141 calories making it valuable for the weight watcher. This nutritious vegetable provides 42 percent of the Recommended Daily Allowance percent of the RDA for thiamine for healthy adults. It is low in sodium and is a good source of fiber and other important vitamins and minerals. A complex carbohydrate food source, it provides beta carotene which may be a factor in reducing the risk of certain cancers.

For the most food value, choose sweet potatoes of a deep orange color.

When buying sweet potatoes, select sound, firm roots. Handle them carefully to prevent bruising. Storage in a dry, unrefrigerated bin kept at 55-60° F is best. DO NOT REFRIGERATE, because temperatures below 55°F will chill this tropical vegetable giving it a hard core and an undesirable taste when cooked.

Before cooking sweet potatoes, scrub skin and trim off any bruised or woody portions.

Source: Adapted from <https://aggie-horticulture.tamu.edu/plantanswers/vegetables/sweetpotato.html>



Music, Anyone?

Can music affect how quickly you eat? People took, on average, 38 seconds to eat a piece of chocolate when listening to music. Without music, they took 25 seconds. And they took a few seconds longer with slower music than with faster music.

What to do: Want to eat more slowly? Music may help.

Source: March 2021 Nutrition Action Healthletter



New Research on Canning Elderberries

Though they are not widely known, elderberries are one of the most versatile and productive plants in the garden world. Native to many parts of Europe and the United States, including northern Idaho, they offer shade, protection, beautiful flowers, and a tasty berry to their foragers and gardeners as well as the local wildlife. And, they require very little care. Now-days, you can even grow them in your garden, and this plant is hearty enough for even first-time growers to master. (Some of the best tree and shrub varieties for the home gardener include: Adams, Black Beauty, Black Lace, Blue, European Red, Lemon Lace, and York.)

First though, unlike other berries, elderberries cannot be eaten raw: their stems, leaves and bark contain a toxic substance which can lead to stomach upset, vomiting and diarrhea. Therefore, elderberries must always be cooked before eating.

The tiny purple elderberries generally become ripe in late August. Because elderberries are low in acid, they cannot be safely preserved using standard home-canning recommendations for fruits or berries.

The one exception is the canning of elderberry jam or jelly as long as you weigh the ingredients and follow the following special precautions: For Jam, the weight ratio of elderberry pulp to sugar must be no more than: weight of fruit/ weight of sugar = $47/55 = 0.85$. For every 16 ounces (1pound) of fruit pulp for Jam, your recipe must include at least 18.9 ounces, by weight, of sugar. (It is not acceptable to use dry measure cups or assume that a 1-cup measure of fruit or sugar weighs 8-ounces, it will not. You must weigh ingredients.) For Jelly, the weight ratio of elderberry



*juice to sugar must be no more than: weight of fruit juice/ weight of sugar = $45/55 = 0.82$. For every 16 ounces (1 pound) of fruit juice for Jelly, your recipe must include at least 19.5 ounces, by weight, of sugar. A lower ratio is acceptable; this means that you are adding more than the minimum amount of sugar and that is great for safety. Lemon juice added in some jam and jelly recipes is to help pectin form a gel; it can not be relied on to provide a pH low enough to prevent botulism but is essential for a quality product. Besides fruit/juice and sugar, add lemon juice and pectin if you are making elderberry jam or jelly. Do not use honey as a sugar source. Do not use low-sugar or no-sugar added pectin or vary these weight proportions of fruit/juice to sugar, as an unsafe product may result. What about adapting recipes for canning berries by adding acid, or perhaps pressure canning? Extension-recommended recipes rely on laboratory research to ensure that recommendations produce products that are safe and of high quality. There are no research studies that have been conducted to indicate how much acid, or what kind, would be needed to safely can elderberry products using a boiling water or an atmospheric steam canner.**

Traditional recipes for home canning of elderberry jam or jelly were developed long before the latest research, so do not assume that a traditional recipe is 'safe'.

* From "Elderberries: Beautiful to look at, not safe for canning" by Barbara H. Ingham, University of Wisconsin-Madison Extension, June 5, 2020.

Submitted by Lester Bevan, MFSA

Which foodborne germ is LEAST likely to be killed by alcohol-based hand sanitizer?

- a. Salmonella
- b. Campylobacter
- c. Norovirus
- d. Listeria



Answer: c. (Norovirus) Norovirus is the leading cause of foodborne illness. Alcohol-based hand sanitizer doesn't kill *Cyprosporidium* or *C. diff* either.

Source: October 2021, Nutrition Action

Please Say 'NO' to Dry Canning

If you look on the internet, you can find instructions on how to 'dry can' foods such as pasta, dried beans, and flour, in an attempt to increase storage life. While this method does use traditional canning jars, it is not true canning and can actually be quite unsafe.

What is dry canning? Dry canning techniques instruct people to put dried food such as beans, grains, or nut into canning jars, screw on the lids and bands, and heat the jars in an oven, usually around 200 degrees F. Other directions may included to heat the food in the jars first, then place the lids on the jars after removing them from the oven.

Why is dry canning unsafe? Dried shelf-stable foods still contain moisture. For example, dry flour, dried fruits, and dry beans contain 11-30% moisture (water). Placing these foods in a heating oven causes the moisture to migrate towards the surface of the food so the moisture can evaporate. The movement of moisture through these foods can cause pockets of moisture within the food or create condensation on the inside of the jar. Once sealed, this moisture in the jars could support the growth of mold, bacterial spores including *Clostridium botulinum* (botulism), and pathogens such as *Salmonella*.

Dry canning may cause food quality to deteriorate. The fats found in nuts and grains show increased oxidation when heated; thus, nuts and whole grains may go rancid more quickly if 'dry canning'.

What are safe ways to store dried foods? Thoroughly dried foods such as nuts, beans, and flour may be stored in airtight containers at moderate room temperature (50-70 degrees F) or in the freezer. You can also vacuum seal dry foods to help preserve them and maintain their quality. When doing this make sure to use a reliable vacuum-sealing machine with a jar adapter and insert food-grade oxygen absorbers into the jar.

Submitted by
Amy Robertson, Extension Educator

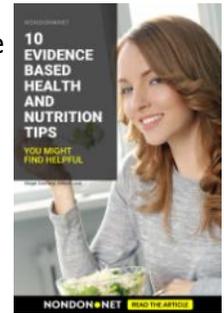
Dial Pressure Gauge Testing

- ❖ 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 jigglers, it does not need to be tested.

Q I do my best to keep up with the latest nutrition advice, but it seems like the experts keep changing their minds. Why does nutrition advice keep changing?



A Judith C. Thalheimer, RD, LDN, managing editor of Tufts health & Nutrition Letter, answers: "There are several factors that lead to confusion around nutrition advice. One is that nutrition science, like any other scientific disciplines, is always evolving. A more significant cause of confusion is the way this evolving research is conveyed to the public. The media often reports on a single study as if it represents new advice, when what it really represents is one more small piece of a very large and complex puzzle. Let's say yesterday you saw a news report that drinking coffee is good for health, but today the press is reporting on a study that says it's bad. The studies could have looked at the effects of different amounts of coffee intake, different populations, and/or different health outcomes, or one (or both) studies could be flawed. It's also possible that coffee drinking (for example) could have some positive and some negative impacts on health. Remember that one study with a surprising or controversial result will get lots of media attention, even if 99 other well-conducted studies reached the opposite conclusion. Rather than change your behavior based on the latest headline, wait for official guidelines, such as recommendations from government agencies (including the Dietary Guidelines for Americans) and independent organizations like the American Heart Association, American Diabetes Association, and American Cancer Society. These expert committees review ALL of the research on a topic, so you don't have to. They draw conclusions based on the TOTALITY of the evidence.

"The most concerning reason for confusion around dietary advice is marketing. People who want to sell you something (be it a food, a supplement, or a diet book or program) have a financial motivation to cherry pick research, or even bend the facts to fit their theories. It can be very difficult to separate good advice from suspect information. A truly trustworthy source would include an open discussion of research that disagrees with their point, not just studies that back up their claims.

"It may feel like nutrition advice is always changing, but true nutrition experts will tell you that basic dietary advice has not changed in many decades."

Source: December 2021 Health & Nutrition Letter, Vol. 39, No. 10

Master Gardener Column



Environmental Injury: Cold Temperature Injury of Landscape Woody Ornamentals



Causes of Cold Temperature Injury

Cold temperature injury occurs from internal dehydration when ice crystals form either within or between the cells of plant tissues. Damage can be caused

if a plant is drought stressed going into winter or if the freezing temperatures are well below 32°F (0°C).

If the onset of cold weather is sudden, water may not have a chance to move out of plant cells. When this happens, depending on the severity and length of the freeze, ice can form within the cells and cause them to burst.

Cold temperature injury occurs when:

- Unseasonably low temperatures occur in the fall before plants are fully dormant and have not become fully acclimated.
- Temperatures drop below a plant's maximum midwinter hardiness. Fully cold hardy plant tissues vary in their individual hardiness. Flower buds are less hardy than leaf buds, which are less hardy than woody tissues. Roots are one of the least hardy tissues, but soil provides protective insulation when planted in the ground.
- Unseasonably low temperatures occur in late winter and early spring, often referred to as a "cold snap," when the plants have started to deacclimate in response to warming temperatures.
- Tree or shrub growth is stimulated by late summer to early fall fertilization and pruning. Plants with active growth late in the season experience delayed dormancy and acclimation, making them more susceptible to cold temperature injury.
- Trees or shrubs are weakened by drought stress and are more vulnerable to cold temperature injury going into fall and winter.

Identification and Treatment of Cold Temperature Injury

When some injured plants are slow to leaf out, gardeners should not rush to prune off injured tissues. Scratch a small portion of the bark with your fingernail or the edge of a small knife blade to determine if there is any green tissue underneath the bark. If green tissue is visible, wait to see if growth resumes in the spring. Once it becomes obvious what tissue is still alive and what is not, you should remove

the damaged branches immediately using proper pruning techniques.

Prevention of Cold Temperature Injury

Select Hardy Plants

Selecting cold hardy plants for the local climate is the best insurance against freeze damage.

Many books and catalogs rate woody plants for winter hardiness using the USDA Plant Hardiness Zone System or a system of their own, such as *New Sunset Western Garden Book*. The USDA's Plant Hardiness Zone Map rates plants according to the range of hardiness zones in which they survive. An updated USDA Plant Hardiness Zone Map was released in 2012, and can be found at <http://planthardiness.ars.usda.gov>.

A plant is more likely to be severely damaged or killed by a winter cold if it is only marginally hardy in a particular zone. Marginally hardy plants are those that may experience winter damage; typically, they are rated as hardy in one zone but not in the next colder zone where they are marginally hardy. They may survive in the colder zone, especially if situated in a warmer microclimate within the landscape or given protection from cold winter temperatures.

When growing marginally hardy plants, it is especially important to avoid cultural practices in late summer that will encourage late season growth. These practices include fertilizing and pruning. Also, stressed plants are more susceptible to cold temperature injury, so keep plants as healthy as possible during the growing season.

Avoid Drought Stress

Roots do not cease growth in response to shortening day lengths and will continue to grow as long as soil temperatures are above freezing. Because moist soil stays warmer than dry soil, be sure that the soil is not dry going into cold weather. If fall and early winter weather is mild and dry, check the soil moisture and irrigate if needed. By watering and mulching you can provide some protection to the roots of plants growing in the ground.

For more information and to read the article in its entirety, go to ext.wsu.edu, Environmental injury: Cold Temperature Injury of Landscape Woody Ornamentals, FS196E.

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.

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.



Help us strengthen our own local economy by shopping from local farms, crafters, and businesses in Boundary County! Check out the new, updated website at www.b-local.net. Interested in getting on the map? Applications for local producers and business owners are available on the website.

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.



Pesticide Math Online Training for Pesticide Applicators

The UI Extension Pesticide Safety Education Program has produced three educational ONLINE TRAINING courses. Get FREE access now!

Simply, create your account at the National eXtension website by using this address: <https://campus.extension.org/course/view.php?id=1588>. Each user must have their own identification name and password. Once you confirm your free account, you will have UNLIMITED access to these online educational materials.

The Calculate Pesticides series includes real-world pesticide calculations in the following courses:

- General Math—you will review basic math concepts needed for calculating pesticides.
- Using Sprayers—you will develop math skills for calibrating yourself to application equipment.
- Application Rates—you will identify the math formulas necessary to calculate pesticide application rates.

For More Information:

Pesticide Safety Education Program CALS-IPM@uidaho.edu
www.uidaho.edu/extension/ipm



University of Idaho
Extension
Pesticide Safety Education

Workshops, Programs, Bulletins & Classes

Boundary County Cereal School -And Hosted Lunch



Tuesday, January 25, 2022

Sign-in 7:45am, Program 8:00am-2:00pm

The event will take place at the Boundary County Extension Office, 6447 Kootenai St., Bonners Ferry, with presenters Zooming in.

Cost: Free

Cereal School is sponsored by the Idaho Wheat Commission, the Idaho Barley Commission, and the University of Idaho. This educational workshop provides an opportunity for producers to learn about issues in their region, including insect issues, disease updates, variety trials, weed control, canola issues, markets, and more.

There is no charge for the workshop, but we need an accurate head count by Friday, January 21, for the lunch order. To **register** to attend in person, contact the Boundary County Extension Office at 208-267-3235 or email boundary@uidaho.edu. To receive the Zoom link, contact Doug Finkelnburg at dougf@uidaho.edu.

Pesticide recertification credits will be available.



Freeze Drying Class

Wednesday, January 26, 2022

1:00 PM-2:30 PM

Boundary County Extension Office

6447 Kootenai Street

COST: \$10



Want to learn about freeze dryers designed for home use? This is the class for you! During this class you will learn about the various freeze dryer models, purchasing and maintenance costs, how to operate a freeze dryer, and proper storage of freeze-dried goods. You will be given the opportunity to see how to prep food and begin the freeze drying process. We will also be sampling a variety of freeze-dried foods.

Class size is limited. To **Register:** Contact the Extension Office @ 208-267-3235.

QPR: Suicide Prevention

Thursday, February 10, Noon-1:00pm

Via Zoom

FREE

We invite you to attend the next QPR suicide prevention gatekeeper training course offered by Amy Robertson, U of I Extension. To **join the Online via Zoom training** please register by emailing amrobertson@uidaho.edu.

The need for suicide prevention efforts is increasing given the challenges of the last few months. Make a difference and help prevent suicide by becoming a trained suicide prevention gatekeeper.

For more information on QPR, visit qprinstitute.com. QPR training is brought to you by the Idaho FORM Project (IdahoFORMProject.com), funded by the Idaho Community Foundation North Idaho Action Fund.

Cooking Under Pressure

Wednesday, February 16, 2022

11:00 AM-1:00 PM

Boundary County Extension Office

6447 Kootenai Street

Cost: \$10

Have an electric pressure cooker or thinking about buying one? Come join us to learn how to make quick and easy meals for your family. This is a hands-on class, so don't forget your apron. We will also be comparing various brands of electric pressure cookers and seeing how each one operates in order to help you decide which type of electric pressure cooker best meets your needs. Class size limited to 12 people. To **Register:** Contact the Extension Office @ 208-267-3235.



Plan the Garden, Preserve the Harvest

Wednesday, March 9, 2022

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**, email amrobertson@uidaho.edu.



Workshops, Programs, Bulletins & Classes

Pressure Canning Classes

Bonnors Ferry

Wednesday, January 19, 2022

1:00 PM-4:00 PM

**Boundary County Extension Office
6447 Kootenai Street, Bonnors Ferry**

COST: \$10

To Register: 208-267-3235



Sandpoint

Wednesday, February 23, 2022

1:00 PM-4:00 PM

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

COST: \$10

To Register: 208-263-8511

Learn how to safely make and preserve low-acid foods at home such as vegetables, meats, dried beans, and mixed foods. This hands-on class will also teach participants the basics of pressure canning and proper care for your canner. Each participant will make their own jar of product which they can pick up the day after the class.

Each class size is limited to 12 people.

Farm and Ranch Family Succession Planning

Wednesday's, January 12-February 16, 2022

6:30 PM-8:30 PM

Online, \$40 per operation (includes mailed materials)

Six-class series will help you answer these questions:

- Will there be a successor for the farm/ranch?
- Is the farm/ranch financially viable to transition?
- What transfer strategies will work for you and the farm/ranch?
- What are the next steps in the succession planning process?

Register by January 3:

tiffany@uidaho.edu or 208-878-9461.

Questions?

Contact ashleew@uidaho.edu



Basic Dehydration

Thursday, March 24, 2022

2:00 PM-3:30 PM

Boundary County Extension Office

6447 Kootenai St.

Cost: \$5

In this class we will be sampling different dehydrated foods and making fruit leather. You will learn specific techniques for using your home oven or dehydrator to dry fruits, vegetables, herbs and meats. Your family will love these healthy snacks.

Class size is limited to 12 people. Contact the UI Boundary County Extension Office to **register**, 208-267-3235.



Water Bath Canning

Wednesday, March 30, 2022

1:00 PM-4:00 PM

Bonner County Extension Office

4205 N. Boyer Rd., Sandpoint

COST: \$10

Learn how to safely make and preserve your own high-acid foods including jams, jellies, tomato products, pickled vegetables, and fruits. This hands-on class will also teach participants about canning basics as well as proper storage and handling of home canned foods. Each participant will make their own jar of product which they can pick up the day after the class.

Class size is limited to 9 people. Contact the Bonner County Extension Office to **register**; 208-263-8511.



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www.facebook.com/UIExtensionBoundary

Workshops, Programs, Bulletins & Classes



2021-22 Heritage Orchard Conference

The Heritage Orchard Conference was established in 2019 with an in-person conference held at the University of Idaho's Sandpoint Organic Agriculture Center. The conference attracted a diverse group of heritage tree fruit enthusiasts for a day of presentations ranging from heritage fruit exploration to apple identification.

This year's conference will be a **free** monthly webinar series. The series will begin in October 2021 and continue through March 2022, with topics ranging from conservation to preventing disease of varieties. Tune into the Zoom webinars by **registering today**. You will be able to submit questions through our moderator to be directed to the speaker during the Q & A session at the end of the presentation. *All webinars will be recorded and available for viewing following the live presentations.*

Wednesdays, 10-11:30 AM Pacific Time (U.S. & Canada)

Jan. 19-NCPN Tree Fruit-Preventing Disease Spread in the U.S. Fruit Tree Industry

Speakers: Tanner Hall, National Clean Plant Network and Scott Harper, Washington State University & Clean Plant Center Northwest

Moderator: Kyle Nagy, University of Idaho, Sandpoint Organic Agriculture Center

Feb. 16-Preserving Historic Orchards in the National Parks: History and Methods

Speakers: Susan Doan, National Park Service and Fritz Maslan, Capitol Reef National Park

Moderator: Katrina Mendrey, Montana State University, Western Agricultural Research Center

March 16-Fruit RegisTREE and Cultivar Databases: Mapping and Cataloging Heirloom Cultivars

Speakers: Jude Schuenemeyer, Montezuma Orchard Restoration Project and Cameron Peace, Washington State University

Moderator: Richard Uhlmann, The Lost Apple Project

Register @ <https://www.uidaho.edu/cals/sandpoint-organic-agriculture-center/conference>

Annual Family Foresters Workshop to be offered online in two Friday segments, January 21 and 28, 2022

Family-owned forests are vital to the economy and quality of life in the Inland Northwest. The *Family Foresters Workshop* is designed to strengthen the skills of consulting foresters, state—employed service foresters, and other natural resource professionals who work with family forest owners. It serves as a forum to provide updates on emerging technology and knowledge applicable to family forestry. Due to COVID precautions, the 2022 *Family Foresters Workshop* will be split into two, three-hour Zoom webinars.

There is no registration fee this year, but those wishing to participate should **register** at www.bit.ly/familyforesters2022 by Friday, January 14, 2022. For questions on the program, contact Sean Alexander at sean.alexander@wsu.edu / (509) 680-0358; Audra Cochran at audrac@uidaho.edu / (208)885-7718; Andy Perleberg at andyp@wsu.edu / (509)667-6540; or Chris Schnepf at cschnepf@uidaho.edu / (208)292-1288.

Presentations will include:

- **Sustainable Forest Management as a Natural Climate Solution to Help or Achieve Global Net Zero Emissions:** *Thomas Fox*, Rayonier
- **Assisted Migration Adaptation Trial:** *Greg O'Neill*, British Columbia Ministry of Forests
- **Family Forest Economics/Policy Update:** *Gregg Latta*, University of Idaho
- **Podcasting in Forestry:** *Sean Alexander*, Washington State University Extension
- **Elk and Variable Density Thinning:** *Kyle Garrison*, Washington Dep. Of Fish and Wildlife
- **Managing Risk in Prescribed Fire:** *John Weir*, Oklahoma State University
- **Smoke Trends:** *Susan Prichard*, University of Washington
- **Effects of Prescribed Fire on Soil Health:** *Tom Deluca*, Oregon State University
- **Prescribed Fire for Inland NW Family Forests (Panel)** *Heather Heward*, Idaho Prescribed Fire Council; *Aaron Rowe*, Washington Prescribed Fire Council; *Amanda Rau*, Oregon Prescribed Fire Council

Each of the two sessions for the program is eligible for 2.5 Society of American Foresters continuing forestry education credits, and 2.5 Idaho Pro-Logger continuing education credits.

Workshops, Programs, Bulletins & Classes



**Winter Session starts
January 20, 2022
Registration Deadline: January 18**

Do you want to learn how to safely can, dry or freeze your garden's bounty? University of Idaho Extension invites you to enroll in Preserve@Home, an in-depth online food preservation class to teach individuals how to safely preserve a variety of foods. Participants learn how to produce high-quality, preserved foods and the science behind food preservation and food safety.

The registration deadline is **Tuesday, January 18, 2022**. The first lesson of the 6-week course opens online on **Thursday, January 20 at 1 pm MT**. Each lesson includes online text (that can be downloaded and printed), online bulletin board to facilitate participant discussion, and a real-time weekly chat to interact with classmates and instructors. The weekly online chat session for the first lesson will be on **Thursday, January 27 from 1:00 to 1:45 pm MT**. Topics to be covered include: Foodborne Illness—causes and prevention, Spoilage and Canning Basics, Canning High Acid Foods, Canning Specialty High Acid Foods—pickles, salsa, jams, jellies, Etc., Canning Low Acid Foods, and preservation, cold storage and root cellaring.

The cost is \$35 plus the cost of supplemental materials. Many of the supplemental materials are available free, online.

For More Information Contact:

Laura Sant, MS RD, UI Extension Educator Franklin County: lsant@uidaho.edu or call the Franklin County Extension Office, 208-852-1097.



STRONG WOMEN PROGRAM

**Please join us for new strength training sessions
Jan. 11 — Mar. 17 , 2022**

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**



DROUGHT RESOURCES FOR LIVESTOCK PRODUCERS

These videos are provided to help livestock producers address challenges in times of drought.

The video collection can be found and accessed at <https://bit.ly/UIDrought>

- **Possibilities of Grazing CRP in Times of Drought**
Joel Packham—Extension Educator, Cassia County
- **Drought Resources for Livestock Producers**
Ashlee Westerhold—Extension Area Economist, AERS Department
- **Early Weaning; A Drought Management Strategy**

- Dr. John Hall—Extension Beef Specialist, AVFS Department
- **Feeding Straw During Drought**
Shannon William—Extension Educator, Lemhi County
- **Ammoniating Straw for Beef Cows**
Jim Church—Extension Educator, Idaho County
- **Strategic Supplementation for Drought and Dormant Season Grazing**
Dr. Jim Sprinkle—Extension Beef Specialist, AVFS Department
- **Utilization of Drought Damaged Feeds**
Carmen Willmore—Extension Educator, Lincoln County
- **Culling and Marketing Strategies for Drought**
Dr. Hernan Tejeda—Extension Specialist, AERS Department
- Dr. Jim Sprinkle—Extension Beef Specialist, AVFS Department



University of Idaho
Extension
Boundary County

4-H CLOVER TALK
JANUARY/FEBRUARY 2022



**All Dates are
Tentative & Subject
to Change**

Debbie Higgins
4-H Program Coordinator

HAPPY NEW YEAR!

Winter is here along with a new 4-H year! I hope everyone had a nice holiday season, with lots of hot cocoa, and good food. Please be aware that if you want to be able to exhibit and compete at the 2022 fair as a 4-H member, membership fees are due on or before January 10th, 2022. Online enrollment is due by that date as well and can be completed by logging into 4h.zsuite.org. Call me if you have questions or need assistance.

Attention all leaders- please renew your enrollment as soon as possible. If you are a considering being a 4-H leader, give me a call and we can find how to share your knowledge and passion with our 4-H members. Being a 4-H volunteer leader is a great way to be a mentor, share knowledge and skills, and give back to the community. Not to mention all the great memories you will make.

Our Super Saturday 4-H Leader Training event is scheduled for February 5th, 2022. Boundary County is hosting this year and it will be held at Naples Elementary School, 145 Schoolhouse Road in Naples. Check in is from 8:30 am to 8:50 am with programming starting at 9:00 am. We have great presenters coming, and it's an easy way to get your training hours in for the year. New Leaders require 3 hours and returning Leaders require 2 hours annually. We will be serving lunch afterwards and drawing for lots of great

door prizes. It's well worth your time and a great way to reconnect and kick off the year. A detailed description of the classes can be found in this newsletter or on our Facebook page. Registration is easy, just call our office at 208-267-3235 and pick your classes. New leaders will be attending new leader training for all sessions.

Member record books are on Zsuite and if you have picked your projects, you can start your record books now. You will use the same email and password to log in that you used last year. We encourage you not to wait and get started on your books now to save you from stress in July.

We need all swine leaders to sign up right away as we are having a mandatory Swine Leader Meeting on January 11th, 2022, at 5:30 pm. We will be discussing the upcoming year, assigning members to groups, and discuss plans for improvement.

All 4-H leaders are invited to the monthly Leader's Council and Livestock Committee meetings that are held the second Tuesday of each month starting at 6:30 pm in the back room of the Extension Office. We hope to see all your smiling faces in attendance!

December 24-January 2
Christmas Holiday Ext. Office
Closed



January

January 1-New Year's Day

January 10- Signup Deadline
For 2022 Fair Participation

January 11-All Swine Leaders
Meeting 5:30 p.m. Ext. Office

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

January 17- Human Rights Day
Ext. Office Closed

February

February 5-Super Saturday @
Naples School 8:45 a.m.-1:00
p.m.

February 8- Livestock & Leaders
Meeting 6:30 p.m. Ext. Office

February 14-Valentine's Day



February 18-Mandatory Quality
Assurance Training For All New
Market Animal Members & Re-
turning Market Animal Members
Last Names Starting With A-G
3:00 p.m. Ext. Office

February 19-21-KYG In Boise

February 21- President's Day
Ext. Office Closed

February 23-New Leader
Training 5:30 p.m. Ext. Office



**Follow Boundary County 4-H
on Facebook:**
[www.facebook.com/
boundarycounty4h](http://www.facebook.com/boundarycounty4h)

★  **ATTENTION ALL 4-H LEADERS**—Please mark **January 11**
★ **& February 8** on your calendar! Come to the meetings to stay on
★ top of what is going on in 4-H. Livestock committee meets first at 6:30
★ p.m. followed by Leaders' council starting at 7:00 p.m. at the Extension
★ Office. All parents, members, and community members are welcome to
★ attend meetings.
★



March

March 4-Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With A-G 3:00 p.m. Ext. Office

March 8- Livestock & Leaders Meeting 6:30 p.m. Ext. Office

March 17-St. Patrick's Day 

March 19-Market Beef Weigh In @ Fairgrounds

March 21-Mandatory Quality Assurance Training For All New Market Animal Members & Returning Market Animal Members Last Names Starting With A-G 5:30 p.m. Ext. Office

2022 WEIGH-IN DATES

Please be sure to mark these dates on your calendar!

BEEF-Saturday, March 19, 2022
9:00 a.m.

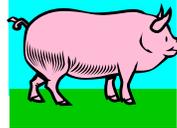
SWINE-Saturday, May 14, 2022
7:00 a.m.

LAMB & GOAT-Monday, June 6, 2022,
5:30 p.m.

Rabbit-Friday, July 8, 2022 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 TREE FRYERS, ALLOWED ALTERNATE PEN OF THREE FRYERS

2022 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 A-G. There are three dates to choose from:

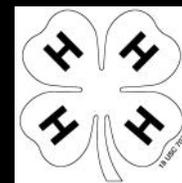
- 3:00 PM-4:30 PM, Friday, February 18**
- 3:00 PM-4:30 PM, Friday, March 4**
- 5:30 PM-7:00 PM, Monday, March 21**

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.

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





BOUNDARY COUNTY 4-H

Welcome New and Returning 4-H Families

4-H enrollment period is October 10, 2021-January 10, 2022.

All of us with Boundary County 4-H are excited for the beginning of a new 4-H year. We look forward to seeing all of our returning members and meeting our new members.

As in prior years, 4-H year, all enrollments for new and returning members and leaders need to be done online. <https://4h.zsuite.org> is the platform that is used for record books with the exception of cloverbuds. Returning families will log-in and new families will create a log-in when enrollment opens after October 10, 2021. After that date, when you log in there will now be an enrollment tab on the left hand side of the screen. Zsuites is accessible by Smartphone, or if using a computer, you must use Firefox or Google Chrome, as Internet Explorer is not compatible. For any families without internet access we will have a computer available at the Extension Office for enrollment use.

The program costs are listed to the right.

All program fees still need to be paid in cash or check at the Boundary County Extension Office, 6447 Kootenai Street or mailed to PO Box 267, Bonners Ferry. Unpaid enrollments will remain in pending status until program fees have been paid.

To enter the online enrollment, go to <https://4h.zsuite.org>. The Participation Deadline for 2021/2022 is January 10, 2022 for 4-H projects to be part of the 2022 Boundary County Fair.

If you have any questions, comments or concerns, please feel free to contact Debbie Higgins or Amy Robertson at the Boundary County Extension Office: 208-267-3235.

CLOVERBUD \$25
MEMBER \$25
HORSE \$27
Dirt Bike \$27
Jewelry Extra \$5 to cover cost of materials
Dutch Oven Extra \$5 to cover cost of materials
4 or More Projects add \$3.00 per project

Did your child attend CLOVERBUDS &/OR CAMP CLOVER in 2021? If you didn't pick up their display after fair we have it here at the Extension Office.

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, 2022.**



Rotary Scholarship

The Rotary Scholarship is offered to any deserving citizen of Boundary County who is graduating or has graduated from Bonners Ferry High School or Home School Program, and wishes to pursue higher education at any accredited college in the State of Idaho. **Applications and deadline will be available early 2022.**

Bonner/ Boundary County 4-H Super Saturday

Naples, Idaho
February 5, 2022

Held at Naples Elementary (145 Schoolhouse Road, Naples, ID)

8:30 a.m. to 8:55 a.m.	Registration & Water (cafeteria)					
9:00 a.m. to 9:50 a.m.	ZSUITE TRAINING FOR ALL LEADERS <i>Gail Silkwood & Teresa Tverty</i> <small>(Teaching leaders how to access reporting, adding events, creating notes)</small>					
10:00 a.m. to 10:50 a.m.	U of I Website <i>Gail Silkwood & Teresa Tverty</i>	Volunteer Opportunities <i>Tawna Tracy</i>	Animal Science check list & lessons <i>Jim Wilson</i>	Record Book Standards/Requirements <i>Amy Robertson</i>	(Youth Activity) <i>Jennifer &</i>	New Leader Training <i>Debbie Higgins/Rhea Scott</i> <i>Boundary & Bonner County 4-H Program Coordinators</i>
11:00 a.m. to 11:50 a.m.	U of I website <i>Gail Silkwood & Teresa Tverty</i>	Volunteer Opportunities <i>Tawna Tracy</i>	<u>Cloverbud</u> Project <i>Jen Jensen</i>	Conducting Productive Meetings <i>Jim Wilson & Amy Robertson</i>		
12:00 p.m. to 1:00 p.m.	Lunch & Closing Lunch will be provided. There will be many drawings for door prizes. All attendees are eligible to win. Must be present to take home the prize. Clean up immediately following, help is always welcome.					

Pre-registration is requested, but not mandatory for this event to insure we have an adequate supply of materials. Please call the Boundary County Extension Office by February 3rd at 208-267-3235 to sign up. Your participation in this event will fulfill your leader training requirements for 1 year. Parents and members are welcome to attend any of these sessions; we simply request that they pre-register too. Activities will be provided for younger children.

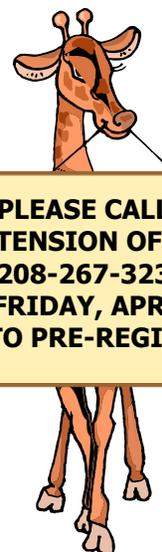
Calling all 4-H'ers!!!

Boundary County Oral Presentation Day will be held on Monday, April 25, 2022 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 are 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 22
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

Northern District 4-H Ambassador Retreat



January 15-17, 2022
Arrive at 1pm on Saturday, Depart at 12pm on Monday

UI Sandpoint Organic Agriculture Center (SOAC)
10881 N Boyer Rd, Sandpoint, ID 83864

Open to 4-H Members 7th Grade and Up

Cost is \$60.00 (Chaperones are \$30.00)
Register Now on ZSuite - Go to Events
Space Limited - Register Now!

The goal of this event is to bring the youth of the Northern District closer together. You will have the opportunity to expand and develop your leadership skills, focus on healthy living and give back through community service.



Register Today!

<https://4h.zsuite.org/events>



University of Idaho
Extension

Idaho 4-H

Know Your Government Conference

February 19-21, 2022

Boise, Idaho

Youth Experience

Open to youth grades 8 and 9

Participants in the **Legislative Workshop** learn about the state government decision making process by participating in mock committee meetings with guidance from legislators at the Capitol then participating in a mock legislative session.

Participants in the **Judicial Workshop** learn about the Idaho court system, how laws affect teenagers and participate in mock trials held at the Ada County Courthouse. They take tours of the Supreme court building and visit with judges and attorneys.

Learn how the state government decision making process works.

Learn how teens can participate politically to influence state government.

Action to improve communities requires knowledge of government and how it works. Join 4-H'ers from across the state to see our government in action.

Mission

- Provide 4-H members an opportunity to become knowledgeable about the decision-making process in their communities and state. This strengthens the connection between youth and our political

Get Involved!

For more information about the Know Your Government Conference:

- **REGISTER** and learn more at the KYG Conference website: <https://www.uidaho.edu/extension/4h/events/know-your-government>
- Delegates that have attended at least one year and are currently in the 9th grade can apply to become members of the Know Your Government Steering Committee. The following positions (the numbers indicate number of positions needed) are selected each year:
 - Legislators (6)
 - Judges (6)
 - Reporters (8)
 - Justice (1)
 - Speaker of the House (1)
 - Video Producer (1)
 - News Editor (1)



Conference Program

Mike Knutz
Area 4-H YD Educator
208-736-3608
mknutz@uidaho.edu

Support & Sponsorships

James Lindstrom
4-H Youth Dev. Director
208-885-6321
jlindstrom@uidaho.edu

**REGISTER
STARTING DEC. 2**



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.

<https://www.uidaho.edu/extension/4h/events/know-your-government>

Fun with Robotics!

Friday, January 14 & 21

12:15 pm – 1:45 pm

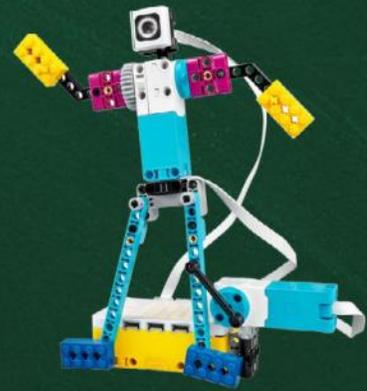
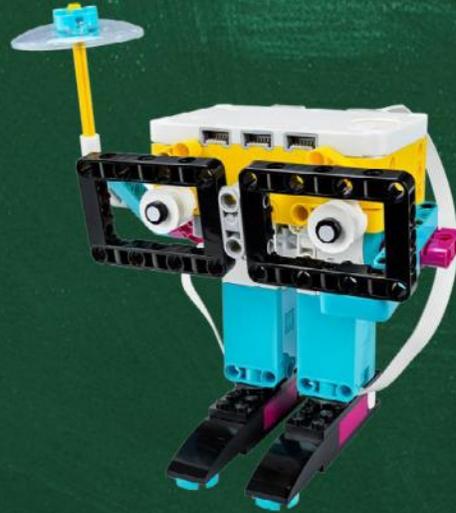
OR

2:00 pm – 3:30 pm

For Youth Ages 10-12

**Class Fee: FREE
pre-registration required**

**Boundary County Extension
6447 Kootenai St.
Bonners Ferry, ID**



Interested in robotics? Join us for this free 2-part class using the Lego-based SPIKE prime Robotics program. Class size is limited to 12 participants for each time slot. Call the Boundary County Extension Office to reserve your spot, 208-267-3235



**University of Idaho
Extension**



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Boundary County Leaders Council Meeting Minutes

October 5, 2021

The meeting was called to order at 7:04 p.m. by President Maureen Mai. There were 31 people present. The meeting was led off with the pledge of allegiance and the 4-H Pledge. After this, Maureen opened the floor with Officer Nominations.

New Business:

- A. 1st nomination: President. Liz Wood nominated current president Maureen Mai. Shelby Cowley seconded. Maureen Mai will remain President.
- B. 2nd nomination: Secretary. Shelby Cowley motioned for Brenda Kerttu to remain in this position. Brandy Warren seconded. Amy Tye nominated by herself, Brandy Warren seconded. A ballot was cast, with Amy Tye winning the majority vote.
- C. 3rd nomination: Treasurer. A motion was made for Sarah Carver to continue training in a one year term to take over this position with the help of current Treasurer, Tammy Hedrick. Brandy seconded. Sarah Carver will assume all responsibilities of Treasurer.

A motion was made to close nominations, motion seconded.

Officer Reports:

- No Officer Reports

Committee Reports:

- No Committee Reports

No Old Business was discussed.

There was no other business.

Liz Wood moved to close the meeting at 7:18 p.m. It was seconded by Shelby and the motion passed.

Next meeting: November 9th, 2021, 6:30 p.m., Extension Office

Members Present:

- Kate Wood
- Bert Wood
- Debbie Higgins
- Liz Wood
- Tammy Hedrick
- Julie Stuber
- Joan Poppino
- Sharon Comer
- Jaycee Atkins
- Leah Sandelin
- Mike Westumberland
- Amy Tye
- Aaron Tye
- Sarah Carver
- Monique Russell
- Renee Murphy
- Maureen Mai
- Ryan Mai
- Pat Murphy
- Brandy Warren
- Josh Warren
- Tyler Russell
- Todd Carver
- Kody Atkins
- Paula Burt
- Chad Burt
- Shyann Hoover
- Chris Hoover
- Shelby Cowley
- Will Hedrick

4-H Friday



The new year is upon us and with that we are wrapping up the first half of 4-H Friday Friends. This past Fall and Winter we have focused on different themes. In September we learned all about Harvest and had guest speaker Jordan Dyke bring us fresh veggies from Homestead Produce. October was all about Halloween. We had guest officers from the sheriff's office teach us about trick or treat safety. In November we learned about the Mayflower and had a STEM boat challenge. We

also had our first Friday STEM challenge with Ms. Jenn, who is the 4-H Youth Development AmeriCorps Member for Boundary County this year. Ms. Jenn had our Friday Friends invent their own board games! December has been all about Christmas. We have been making Christmas Tree ornaments all December and for the last Friday in December we will be making soap! Ms. Amy will also be joining us to talk with us about germs! Friday December 17th is the last Friday Friends of the year, but we will be back January 7th! As always you can find us at the Middle School. Your child can be dropped off/picked up anytime between, 7:30 am and 5:30 pm. We welcome kids grades K-6th and have open enrollment, so its any Friday that works for you and your family! To register ahead of time, stop by the Boundary County Extension Office to fill out the paperwork. Friday Friends is \$12 per child per Friday, however there is a sliding fee scale available. For more information you can always call the Boundary Country Extension office at (208) 267-3235. We hope to see you there!

Dates: First Semester

January: 7, 14, 21, 28

Dates: Second Semester

February: 4, 11, 18, 25

March: 4, 11, 18, 25

April: 1, 15, 22, 29

May: 6, 13, 20, 27

June: 3, 10

UI EXTENSION BOUNDARY COUNTY
P.O. BOX 267
BONNERS FERRY, ID 83805

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JANUARY/FEBRUARY 2022

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
Catherine Abrego	4-H Friday Friends Program Coordinator
Angela Tucker	Administrative Assistant
Sheila Pruitt	Secretary

*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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