



## CANYON COUNTY

# EXTENSION UPDATE

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

### INSIDE THE ISSUE

#### 4-H YOUTH DEVELOPMENT

Clover by 4-H

Stay busy with educational activities during school breaks with Clover by 4-H.

#### HORTICULTURE

Now accepting Canyon County Apprentice Master Gardener applications. Contact the Canyon County Extension Office for more information.

#### LIVESTOCK & SMALL ACREAGE

Curious about pasture management, grazing, or water rights? Learn more about our upcoming pasture management classes!

## December's Note:

With the end of the 2023 year approaching, we look back and reflect on events, changes, and accomplishments during the year.

This year UI Extension, Canyon County was able to support a lot of new and continuing programs. This included Master Gardener new, continuing and advanced programs, 4-H programs in schools, day camps, and club events. We also started new programs like Dementia Friends and Livestock Nutrition series. Through these direct education events we were able to reach 22,018 residents in Canyon County.

This year included quite a few staff changes and updates. In August Debbie Lowber retired after 29 years of service to UI Extension. Diana Hoffman took on a new role as Senior Administrative Specialist and we hired McKinsey Smith as administrative support for the 4-H Program. We also said goodbye to our Horticulture Program Assistant Ruth Givens, who also retired this year. Leslie Harvey started this week as our new Horticulture Program Assistant. Finally, we have all 5 educator positions filled! Our new Cropping Systems educator, Dr. Jemila Chellappa started in November, we are excited to have her as part of our team!

We are grateful for continued support and look forward to an exciting 2024 year. Our goals include continuing programs, creating more opportunities for education online, and supporting the needs of our community.

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.



University of Idaho  
Extension

DECEMBER 2023							JANUARY 2024						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30	31			
31													

### CLOVER by 4-H

CLOVER by 4-H is a national program that provides at home activities for youth and families.

CLOVER creates impactful learning experiences in partnership with 100+ top-tier universities.

Download the CLOVER app through the Apple App Store or Google Play or check out the website: <https://4-h.org/clover/about/>

### 4-H Event Calendar

#### December

#### January

25-26 Closed - Christmas 1 Closed - New Years

### Interested in 4-H?

To be placed on our **member interest list**, please fill out this survey [here](https://uidaho.co1.qualtrics.com/jfe/form/SV_7976EnbDw6oMEMm) or [https://uidaho.co1.qualtrics.com/jfe/form/SV\\_7976EnbDw6oMEMm](https://uidaho.co1.qualtrics.com/jfe/form/SV_7976EnbDw6oMEMm)

If you're interested in becoming a **volunteer**, please email [canyon@uidaho.edu](mailto:canyon@uidaho.edu) and we'll send you an application.

### Idaho 4-H Roundup Podcast

It's FUN! It's ENGAGING! It's the Idaho 4-H Roundup PODCAST!

Join hosts Jeremy Hampton and Joe Stanley as they discuss what's happening throughout Idaho in 4-H.

Don't miss their latest podcast episode "On Your Mark (State Hunting Project)". You can find the episode on most podcast-friendly platforms and is available under "Idaho 4-H Roundup".

### Canyon County 4-H Clubs Serve the Community

Sunny Ridge 4-H club donate to Advocates Against Family Violence!



Ranchers and Riders 4-H club rake up 27 bags of leaves!



Follow us on Social Media!



Facebook



Twitter



Instagram



### Know How to Grow - Become a Master Gardener

Become an Idaho Master Gardener in Canyon County - learn the art and science of horticulture. Our series of classes provides you with a variety of ways to improve your gardening skills...and share your passion and knowledge with others. Do you want to connect with other gardeners in your community? Then you will not want to miss this opportunity!



**Accepting Applications Now  
for the 2024 Master Gardener  
Program!**

**Deadline is December 22,  
2023**

**Call 208-459-6003 or email  
canyon@uidaho.edu**



### Growing Herbs for Holiday Meals...and as Gifts!

Do you love using fresh herbs in your culinary creations? Consider growing your herbs indoors where you can snip a fresh branch as you're cooking your meals! PSST- they're wonderful gifts for that hard-to-shop-for person! To learn more, click [here](#) for the full article.

### Congratulations to Our Newest Master Gardeners

A graduation ceremony was held on November 3rd for the Canyon County Master Gardener class of 2023. We are happy to gain 13 new members to the Master Gardener team!



### Choosing Deicers That are Friendly to Plants, Animals, and the Earth

While applying products to keep our walkways clear of snow and ice, it's important to remember the nearby plant life. Deicing products, primarily composed of salt, can injure plant material, but is there a safer product to use around desirable vegetation? What about around pets? What about the run-off in our rivers and watershed? So you may be thinking salt is salt, right? No, not all salt is the same. [Read more](#) to learn what type of products you should try to avoid and which ones are a safer choice.

**Check Out Our  
Upcoming Events and  
Horticulture Classes  
This Month!**

**Click [HERE](#)  
for the Full Calendar  
(Then Click on Agenda)**



## Family & Consumer Sciences

### Mental Health Tip of the Month

The holidays can be a hard time for a lot of people. If you find yourself feeling more stressed out during the holiday season here are some tips to help.

1. Plan ahead - gameplan for what you can and are able to do. Sticking to this plan will help you manage stress.
2. Say no - we often feel pressure to do more during the holidays. This season instead of over-doing it, say no, set boundaries, and stick to what you know.
3. Maintain healthy habits - it can be hard to keep your schedule of habits during the holidays but sticking to your healthy habits is one of the healthiest things you can do.



Dementia Friends is a part of a global movement that is changing the way people think act, and talk about dementia. You can become a Dementia Friend for FREE by joining our next an information session!

**Date: Wednesday, January 17th,**

**Time: 6:30-8:00pm**

**Location: Online**

Register today by emailing [canyon@uidaho.edu](mailto:canyon@uidaho.edu).



### Coping & Stress Management

Start your new year off right learning how to manage stress and cope with all of life's unique challenges!

**Date: Wednesday, January 31, 2024**

**Time: 6:00-7:30pm**

**Cost: \$5 per person**

**Location: 501 Main Street, Caldwell**



## LIVESTOCK & SMALL ACREAGE

### Annie's Project Empowering women in agriculture for over 20 years!

Annie's Project uses a methodology that builds confidence, develops networks and creates lifelong learners among women farmers, ranchers, and growers.

**If you are interested in participating on the Idaho Annie's Project Advisory Committee please email [cheyannem@uidaho.edu](mailto:cheyannem@uidaho.edu)**



### Do you want to increase your knowledge of:

- Pasture establishment and management
- pasture grass varieties and grass seed
- the weeds you have and how to manage them
- different soil types, care, and management
- water rights and responsibility
- irrigation and irrigation systems
- grazing practices and fence building
- animal care and feeding
- properly housing livestock on your property

**Then please inquire about the upcoming pasture management course beginning in January 2024**

## CROPS

### Welcome Dr. Chellappa!

The position of Canyon County Area Crops Educator has been filled. Dr. Jemila Chellappa has a Ph.D. in Soil Science, a MS in Soil Science and Agricultural Chemistry, and a BS degree in Agriculture. She worked as a post-doctoral fellow at Clemson University and most recently has taught agriculture courses at Oregon State University in La Grande, OR. She has considerable technical training in soil conservation, nutrient and manure management, and plant disease management. She is expected to start on November 20, 2023.

### Need Pesticide Credits for 2023?

Enroll in the University of Idaho Extension Pesticide Safety Education Program (PSEP) for the 2023 Fall Recertification Webinar Series (held via Zoom: no camera/no account required). Attend for \$10 per applicator/per webinar. Completed webinar(s) receive one Idaho State Department of Agriculture pesticide credit(s)  
\*Note: ALL webinars are held at Mountain Time (MT). Click [HERE](#) to see the remaining dates and times of each webinar and learn how to register.

## Canyon County

**EXTENSION UPDATE**

## UPCOMING EVENTS

**Master Gardener Program**

Wednesday, January 10 - April 24 | 9:00am - Noon

**Canyon County Extension Office**

Become part of the exciting Canyon County Master Gardener Volunteer network, a valuable team member and expert! Join more than 75+ individuals in helping the public in diverse ways. Applications due by Friday, December 22.

**Growing Microgreens**

Tuesday, January 23 | 5:30 - 7:00pm

**Middleton Public Library**

Come learn how to grow your own microgreens that have a fun and nutritional punch. This will be hands on class and you will walk away with your own tray of easy to grow microgreens. Spruce up your salads and sandwiches with these little powerhouses of nutrition.

**Dementia Friends - Spanish**

En línea

Jueves, 11 de Enero | 5:30 - 7:00pm

Come learn about dementia through interactive activities. Receive a workbook and certificate. To register for this free class, contact the Canyon County Extension Office.

**Planning Your Garden**

Saturday, January 27 | 9:30 - 11:00am

This free class will cover gardening basics necessary to get started on growing an abundant and successful garden.

**Coping & Stress Management Workshop**

Wednesday, January 31 | 6:00 - 7:30pm

Learn about the four types of coping skills, finding your best self and creating an individualized stress management plan. Email [canyon@uidaho.edu](mailto:canyon@uidaho.edu) or call the Canyon County Extension office at 208-459-6003 to register. Cost is \$5.00/person.

## FOLLOW US ONLINE!

[WWW.UIDAHO.EDU/CANYON](http://WWW.UIDAHO.EDU/CANYON)[FACEBOOK.COM/UIEXTENSIONCANYON/](https://FACEBOOK.COM/UIEXTENSIONCANYON/)[FACEBOOK.COM/2CMASTERGARDENER/](https://FACEBOOK.COM/2CMASTERGARDENER/)[FACEBOOK.COM/CANYONCOUNTY4H/](https://FACEBOOK.COM/CANYONCOUNTY4H/)[CANYON@UIDAHO.EDU](mailto:CANYON@UIDAHO.EDU)[@UIEXTENSION\\_CANYONCO](https://www.instagram.com/@UIEXTENSION_CANYONCO)[@2CMASTERGARDENER](https://www.instagram.com/@2CMASTERGARDENER)[@CANYONCOUNTY4H](https://www.instagram.com/@CANYONCOUNTY4H)

**University of Idaho**  
**Extension**  
**Canyon County**