



EXTENSION UPDATE

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

INSIDE THIS ISSUE . . .

We've Moved and Year-End Gratitude
.....page 1 & 3

Teton County 4-H helps serve community needs through new STEAM offeringspage 2 & 3

Growing the master gardener program using hybrid online/in-person learning.....page 4

Welcome Hannah Dosenpage 5

Seasonal Recipespage 6

Strengthening the Teton area food system through the Teton Food and Farm Coalition.....page 7

Upcoming Extension Classes
.....page 8-10

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

Teton 4-H Calendarpage 11

4-H Eastern District News ...page 12

4-H State Newspage 13

4-H Club News.....page 14

4-H Save the Datespage 15

Extension & 4-H Save the Dates and Contact informationpage 16



We've Moved and Year-End Gratitude



By Jennifer Werlin,
Community Food
Systems Extension
Educator & County
Chair

Reflecting on our University of Idaho Extension and 4-H programs the past year, I would have never imagined we would currently still be dealing with the COVID-19 pandemic. I am learning to not take anything for granted and find opportunities and the light even in hard times. I recognize the difficulties and tremendous loss that many others have experienced; yet I have much hope for a better year ahead and am excited about all we have accomplished at our Extension office in Teton County.

Over the past couple of years, we have had to pivot and adapt by getting creative with program delivery. As an Extension team, we have made great efforts to offer programming that is timely and adaptable to changing circumstances, whether it be delivering remote webinars and meetings online via Zoom, to offering affordable summer day camps for youth on Fridays or collaborating with other organizations to accomplish shared goals. For instance, we are now offering 4-H programming to many youth in the community who may have never had access to it before. Last year, we began to partner with the Above and Beyond the Classroom (ABC) in Teton Valley afterschool and summer program and ramped up efforts to deliver STEAM (science, technology, engineer-

ing, art, and math) programs. This past summer, we were fortunate to receive an \$80,000 Idaho Health and Welfare community grant to expand our 4-H program capacity, purchase state of the art STEAM equipment, and expand program delivery and accessibility to underserved youth. We have also increased our enrollment scholarship program for 4-H youth (contact us at 208-354-2961 for details). We hired a full-time county 4-H coordinator Abby Grundler, as well as a part-time Horticulture/Small Farms Assistant Hannah Dosen, both of whom are proving to be tremendous assets to our office.

Earlier this month, we also moved office locations for our UI Extension office! After 10 years of “temporarily” renting office space from the City of Driggs, we have now moved to 445 N. Main Street next door to the tennis courts and TSD-401 administrative/ABC building and Teton Valley Food Pantry (we’re in the previous district admin office). We are gracious to the city for hosting us all of these years and supporting our educational programs. Our 2019-2020 4-H AmeriCorps Service Member Stefan Merriam owns the new building we’re now renting. Being familiar with our programming, he saw our need for office space and continues to support the work of Extension and 4-H. We are thrilled and grateful for this opportunity!

Thank you to everyone who has supported our local food system and agri-

(Continued on page 3)

Teton County 4-H helps serve community needs through new STEAM offerings



By Jennifer Werlin, Community Food Systems Extension Educator

AT A GLANCE

Enthusiasm for STEAM programming in Teton County leads to creation of new 4-H club, summer camps, and community partnerships.

The Situation

Teton County is a small county in eastern Idaho nestled on the western slope of the Teton mountains. While rich with tourism and recreation, growing economic inequality leaves many community members struggling to meet basic household needs. Finding reliable and affordable childcare is one of those needs. There are limited childcare facilities for elementary age youth available afterschool during the academic year and on Fridays during the summer.

Likewise, the demand and need for science, technology, engineering, art, and math (STEAM) offerings continues to grow, with out-of-school programming presenting a valuable and accessible opportunity for youth to broaden their educational experiences. STEAM learning promotes critical thinking skills and innovation. Underserved youth and minorities often do not have the same access and support in these fields. The University of Idaho Extension office staff in Teton County has tackled these needs through big picture thinking—using experiential STEAM learning as a theme for new programs and by partnering with community organizations to reach underserved youth.

Our Response

Beginning in 2020, Teton 4-H combined the strengths of hands-on experiences with the excitement of learning about natural phenomena with our day camps, STEAM club, and Cloverbud groups. By incorporating STEAM subjects into out-of-school activities, these subjects can be taught in a welcoming and fun environment, free from academic pressure. Teton 4-H enrollment fees are intentionally kept low (\$25-35 per year), and participation scholarships are offered, helping to lessen barriers to participation. In late summer 2021, STEAM programs were evaluated by parents and guardians through a Qualtrics™ online survey.

Program Outcomes

4-H STEAM Clubs and Cloverbud Groups-

To increase outreach and resources for 4-H STEAM, we partnered with the Valley of the Tetons Library and the Above and Beyond the Classroom (ABC) Teton Valley program. For example, in the summer of 2021, 4-H Coordinator Leslie Sandefur taught ten robotics lessons to ten female minority middle schoolers at the ABC summer program, helping to reach this underserved demographic. With a couple youth at first reluctant to participate, observing behavior changes and knowledge gained during the classes, all youth exhibited increased understanding and enthusiasm of subject matter, with a couple students taking on leadership of showing and building their own creations to other participants.

In February 2020, AmeriCorps youth instructor Stefan Merriam began a 4-H STEAM club. Three meetings were in-person with seven meetings taught online due to COVID-19. Seven youth ages 6-12 initially participated, although participation dropped off to about half once meetings transitioned to Zoom. Feedback indicated that online only meetings were difficult to manage with homeschool and other pandemic pressures, especially for the younger participants who need more guidance with each activity.

Learning from this experience and meeting increased demand for afterschool activities for Cloverbud age youth (ages 5-7), in the spring of 2021, UI Extension educator, Jennifer Werlin offered four weeks of afterschool, in-person STEAM-based Cloverbud meetings reaching six youth. Lessons covered biology, Lego™ robotics, and aeronautics. Participants delighted in learning about wildlife in the Yellowstone-Teton ecosystem, with one participant giggling, “I liked learning about the differences in scat and finding their (animal) poop and tracks outside in the mud and snow.” Other participants immersed themselves into paper airplane creation while informally learning engineering concepts. The most popular activity was Lego™ robotics.

4-H Summer Camps-Four Friday half-day camps were taught by the AmeriCorps instructor in the summer of 2020. Attendance was capped at eight participants to allow for social distancing. Participants learned about science and explored healthy living through physical activity and outdoor games. Due to popularity of the camps, in the summer of 2021 our 4-H Coordinator, Extension educator, and county Extension assistant executed six Friday STEAM camps, reaching 11 youth. One parent messaged on Facebook, “As a parent in

(Continued on page 3)



Photo: Extension Educator Jennifer Werlin discusses differences in animal tracks with 4-H Cloverbud members.

(Continued from page 2)

southeastern Idaho, I appreciated learning about the Teton County STEAM 4-H day camps.” Activities included watershed science, biology, robotics, gardening, pollinators, yoga, art, and community service.

Parent Participant Evaluation Results

In late summer 2021, the 2020-2021 4-H STEAM programs were evaluated through a parent online survey (N=9; 30% survey response rate). Before child participation, the average knowledge of Teton 4-H programming was 2.22 on a scale of 1-5, with five being a high level of knowledge and one being little to no knowledge. Fifty-five percent of respondents had little to no knowledge of 4-H before participation. After participation, the average response was 3.3 (some knowledge). Sixty-seven percent of parents indicated that they participated because of child interest; 67% reported content/subject matter; and 33% reported convenience, affordable price, and parent/guardian interest. On a scale of 1-5, with 5 being highly likely, 89% of participants indicated that they are highly likely to participate in 4-H in the 2021-2022 year, with a median response of 5 and average response of 4.56. Scheduling conflicts were the most common reason for why a child wouldn't participate in the future.

The Future

The popularity of 4-H STEAM programming is timely to help meet society's needs in the 21st century. Demand for STEAM programming is increasing, and there is a tangible need for more volunteers and instructors. UI Extension, Teton County received a 2021 Idaho Health and Welfare Community Grant to expand STEAM-based learning and reduce participation barriers. We will continue to expand outreach to minority and at-risk youth through partnership with ABC in Teton Valley and increase advertising and participation scholarships.



(Continued from page 1)

culture education programs in the valley! In 2021, we saw record enrollment in our biannual High-Altitude Victory Garden series, as well as our monthly Teton Food and Farm Coalition meetings all of which were hosted remotely via Zoom meeting. For 2022, we are once again offering the 12-week Teton Valley Master Gardener program, which will be held online Wednesday evenings starting January 19th (Register at: <https://tinyurl.com/2p9h6ubr>). We will also host a 5-part small farms class series on crop production entitled, “Digging Deeper: Growing Your Idaho Market Garden.” The crop production class will be held online Thursday evenings starting January 13th (<https://www.cultivatingsuccess.org/digging-deeper>). Early registration for both courses is due before January 1st. Starting this spring through next fall, we will be offering more outdoors, hands-on and on-farm learning opportunities about poultry production and market gardening in partnership with the Teton Valley Community Garden at the Fairgrounds and Dusty Hound Farms in Teton.

For Teton County 4-H, we are continuing to grow and have brought in amazing new members and volunteers over the past few years. We also thank the Teton 4-H Advisory Council who helped plan a successful Bar J Wrangler's 4-H fundraiser in November and their work to support our 4-H clubs. Thank you to all of the business and individuals that donated to the cause! Starting in 2022, we are expanding leadership opportunities for community members interested in 4-H by implementing a 4-H Leader's Council, where all 4-H volunteers and club leaders are invited to participate. Join us on January 11th from 4-6pm for an open house at our new location.

For information about our county Extension office programs, including 4-H youth development, please visit: uidaho.edu/teton. Have a happy, healthy, and safe holiday season!

Warm regards,

Jennifer Werlin, Extension educator and staff: Tammy Sachse, Extension assistant; Abby Grundler, 4-H Coordinator; and Hannah Dosen, Horticulture/Small Farms assistant

UI-UWYO-USU Extension Sheep & Goat Monthly Webinars

If you missed the December 2021 **UI-UWYO-USU Extension Sheep & Goat Monthly Webinar** you can catch up on our YouTube Channel! Visit <https://youtu.be/UdUFri-p-s> to watch the video.



Our next **UI-UW-USU Extension Sheep & Goat Webinar** will be on *January 12th* at NOON (Mountain time), where we will be taking all of your sheep and goat related questions during our "Specialist Q&A"! Register for the webinar: https://uidaho.zoom.us/webinar/register/WN_fWiLWKvuS2-dx3AJnWotNw.

Growing the master gardener program using hybrid online/in-person learning

By Jennifer Werlin, Community Food Systems Extension Educator

The Situation

There is growing interest in gardening and horticulture throughout Idaho and nationally. Yet, it's difficult to deliver the Idaho Master Gardener (IMG) Program to many rural counties in part



Photo: Using Meeting Owl 360° and Zoom technology, Stephen Love, delivers an in-person and remote presentation to students.

due to remote locations, limited funding and staff capacity, and hazardous winter weather impacting travel.

Further, in the past little to no horticulture programming was offered online with University of Idaho Extension, which limited participant outreach. In 2019, Extension educators Andy West and Jennifer Werlin proposed to expand the Idaho Master Gardener Program in eastern and central Idaho by utilizing a hybrid online/in-person format.

Participants of hybrid classes can benefit from in-person classroom experiences and presentations delivered remotely by skilled faculty. There are also added benefits of program efficiency and cost savings.

Our Response

West and Werlin led an in-person training in November 2019 for regional Extension educators who wanted to participate in a hybrid IMG program in January 2020. Educators divided curriculum topics and received training on utilizing Meeting Owl 360° video technology to conduct classes. Two class times for the course were chosen

to accommodate staff and participant schedules at seven sites.

Midway through the course, the COVID-19 pandemic necessitated the transition from face-to-face classes to solely online delivery. Having a hybrid program made for a relatively seamless transition since participants could login to the course remotely via Zoom.

An online course evaluation was conducted so that course instructors could learn about the successes and challenges, including the transition to at-home Zoom delivery.

Program Outcomes

This program instructed 87 potential new volunteers across Idaho. The data showed that the hybrid format was a successful delivery format, but participants missed the personal interaction when no in-person classes were held. Fortunately, participants all had access to online streaming. Analysis of the data provided information on the effectiveness of the delivery method and areas where improvements are needed.

Student and instructor suggestions for improvement include: 1) increase picture quality and size of slide visuals; 2) involve remote locations with information discussed from other locations; 3) follow-up and review assignments and quizzes; and 4) incorporate more hands-on activities and demonstrations.

When classes were changed to remote meetings, additional challenges arose. Course facilitators and presenters need a prerequisite training including formatting and scheduling of classes and assignments. Both instructors and students should receive technology instruction on how to use Zoom and its main features. Handouts should be made available prior to the night of class so individuals can have time to print them for note taking. Last, using the Zoom breakout room feature could provide more intimate group discus-

sions.

Implementing small adjustments throughout the course improved overall course outcomes. Using a designated facilitator to mute participants and monitor the chat feature helped the presenter focus on the presentation. Each site facilitator was designated as a co-host to quickly remedy issues. All presentations were recorded and made available for reference.

Overall, 70% of the participants indicated that they were satisfied with the use of Zoom delivery.

Evaluation comments included:

“Good platform that could be used effectively with live classes.”

“The presenters were well prepared. The chat and audio capabilities for asking real-time questions made the class on Zoom seem more like an in-person classroom experience.”

One facilitator stated: “Glad I participated in this hybrid course experiment; without it, I would have canceled my IMG course mid-course due to COVID-19.”

The Future

Educators plan to develop an IMG facilitator's guide with course templates, lesson outlines and PowerPoint presentations. Extension specialists and educators can continue to collaborate and offer IMG program assistance to new educators. Not only do the educators benefit by learning from and working together, more Idahoans in underserved areas can also learn and explore the IMG program.





University of Idaho Extension, Teton County Welcomes Hannah Dosen to the Team

Hello Teton Valley Community. My name is Hannah Dosen. I am the Small Farms Assistant for Teton County. I help manage the community garden at the Fairgrounds and work with the amazing 4-H staff.

I studied Forest Resource Management at the University of British Columbia. I enjoy being outdoors and being a steward for responsible land management. As an avid skier and hiker, I want to see the places I cherish used in a respectful manner. I am grateful to work and play in this valley and these mountains.

Join the “Teton Valley Beekeepers Association”

Join the “Teton Valley Beekeepers Association” and receive 25% discount on beekeeping classes, opportunities to check-out equipment, network with others, and more. We have spring and fall meetings focused on educational tips and best practices for local beekeepers.

\$15 per Year (Individual) \$20 per Year (Couple/
Family)

Contact: Jen Werlin at jwelin@uidaho.edu for more information or 208-354-2961

To join the association, cash or checks made to “Teton County” can be sent to:

UI Extension, Teton County, 150 Courthouse Way
Suite 208 Driggs, Idaho 83422 or in-person at 445
N. Main Street in Driggs.



Recipe showcasing Teton Valley Online Farmers Market items

Carrot Apple Bread

Local organic carrots, Calville Blanc apples, pasture raised eggs, and whole wheat flour can be purchased for this recipe at <https://tvfm.localfoodmarketplace.com/Products>

Ingredients

- 1 ¾ cup flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 ½ teaspoons ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- 3 eggs
- ¾ cup vegetable oil
- 1 medium apple peeled and grated
- 2 cups grated carrots
- 1 cup light brown sugar packed
- 1 teaspoon vanilla extract
- ¾ cup chopped pecans

Instructions

1. Preheat oven to 350 degrees. Grease a 9×5-inch loaf pan.
2. Whisk together the flour, baking soda, baking powder, salt, ground cinnamon, ground ginger, and ground nutmeg in a medium bowl. In a large bowl stir together the eggs, vegetable oil, grated apple, grated carrots, brown sugar, vanilla extract, and chopped pecans.
3. Stir the flour mixture into the carrot mixture just until combined. Pour into prepared pan.
4. Bake for 50-60 minutes or until a toothpick inserted in the center comes out clean. Do not overbake. Cool the bread in the pan on a wire rack for 5-7 minutes before carefully inverting it on to the wire rack and gently rolling it over. Cool 2-3 hours before slicing.

Adapted from recipe found at <https://www.smalltownwoman.com/carrot-bread>



Christmas Pasta Salad

Thanks to its festive colors, this pasta salad will shine bright on your holiday table. For the vibrant green dressing, we jazzed up traditional basil pesto with spinach and almonds. A couple tablespoons of white wine vinegar go into the whole dish for extra tang. The pesto can be made three days ahead and refrigerated in an airtight container.

Ingredients

- Kosher Salt
- 2 heads broccoli (about 1 ½ pounds), cut into florets
- 1 pound mezze rigatoni or other short tubular pasta
- ⅓ cup plus 2 tablespoons olive oil
- 1 ½ cups baby spinach
- ½ cup freshly grated Parmesan (about 1 ounce)
- ¼ cup almonds
- ¼ cups packed fresh basil leaves
- Juice of 1 lemon (about 3 tablespoons)
- 2 tablespoons chopped fresh chives, plus more for serving
- 2 roasted red peppers, drained and sliced (about 1 ½ cups)
- ½ cup sun-dried tomatoes packed in oil, drained and thinly sliced
- 8 ounces small mozzarella balls (or pearls)
- 2 tablespoons white wine vinegar

Directions

- 1) Bring a large pot of generously salted water to a boil. Fill a large bowl with cold water. Drop the broccoli into the boiling water and cook until crisp-tender and bright green, about 2 minutes. Remove with a slotted spoon and plunge into the cold water to stop the cooking. Let sit until cool, then drain and set aside.
- 2) Return the water in the pot to a boil and cook the rigatoni according to the package directions for al dente. Drain in a colander and transfer to a large bowl. Toss the pasta with 2 tablespoons of the olive oil to coat evenly and refrigerate until cooled completely, about 10 minutes.
- 3) Meanwhile, add the remaining ⅓ cup olive oil to a blender with the spinach, Parmesan, almonds, basil, lemon juice, chives and ¼ cup water and puree until completely smooth. Pour the pesto over top of the pasta and add the reserved broccoli, red peppers, sun-dried tomatoes, mozzarella, vinegar and 1 teaspoon salt. Toss gently until well combined. Transfer to a serving bowl and sprinkle with more chopped chives. Cover and refrigerate until ready to serve, up to 4 hours.

Strengthening the Teton area food system through the Teton food and Farm Coalition

By Jennifer Werlin, Community Food Systems Extension Educator

The Situation

The Teton Food and Farm Coalition (TFFC) is a Teton-based group (Jackson Hole and Teton Valley) formed as result of a handful of grassroots meetings held beginning in 2016 with chefs, farmers, and others initially interested in having farm-to-table events and a local food directory in Teton Valley, Idaho. Since then, the TFFC has broadened their focus to coordinate local food system efforts in the Teton Idaho/Wyoming “foodshed” moving forward under the larger umbrella of a food and farm coalition. They did this to also link their regional efforts with other food coalitions and policy councils. As a coalition of businesses, farmers/ranchers, nonprofits, and other individuals, they recognize that there is strength in numbers, leading to increased social and economic resources.

After two years of regular meetings formally facilitated by University of Idaho Extension, the leadership team decided that an evaluation of the organization, as well as strategic planning, was warranted.

Our Response

In October 2018, the coalition’s core leadership and representatives from the main partnership organizations (UI Extension in Teton County, High Country Resource Conservation & Development Council, Slow Food in the Tetons, Teton County, City of Driggs, Teton Valley Farmers Market, and other local farmers) conducted a Ripple Effects Mapping (REM) evaluation of the group, followed immediately by a strategic planning session. REM evaluation is group process that requires bringing together participants to discuss posi-



Photo: Teton Food and Farm Coalition participants begin the REM Evaluation Process, October 2018.

tive effects of a program through the process of storytelling and conversation. The motivation for using a REM evaluation was to articulate the positive ripple effects of the group’s formation, partnerships, and projects. The REM was also the first formal evaluation of the coalition. Due to the fluid structure and unilateral leadership structure, the young group sought more, so the REM evaluation was also intended to reenergize and reengage group members and served as a segue for a more formalized strategic plan.



Graphic: A visual of the “positive ripple effects” identified by TFFC evaluation participants.

Program Outcomes

Just over a half-a-dozen participants attended the REM evaluation. The participants identified numerous ripples from the coalition’s activities, most notably, an increase in awareness of local food system activities and increased collaboration amongst nonprofit and government organizations, although most of these activities were not directly identified as a TFFC activity. Some findings included that many nonprofit organizations were now holding farm-to-table fundraiser events utilizing locally grown and produced produce, bread, dairy and meat products. A local food directory had also been developed for the region. Some farmers and nonprofit organizations had also developed increased collaboration, as well as new avenues for farmers to direct market their goods to customers. National and local grant applications with coalition membership partners were also completed over a two-year period.

Overall, the REM provided a useful venue to identify ripples that wouldn’t have been captured in a traditional paper or online survey.

Participants also were equipped with necessary energy to develop strategic planning goals and activities for the organization moving forward. Progress towards TFFC goals has been slow and steady, with consistent and steady increased participation at meetings.

In March 2020, the TFFC had to swiftly pivot meeting formats due to the COVID-19 Pandemic. With Zoom teleconference and video meetings already an option for group participation, the group moved to solely remote meetings. Meeting primarily over Zoom allowed the group members to conveniently connect in a time of rapid societal change and stress to food and agriculture supply chains. With participants primarily at home, there was increased group participation, including participation from more regional food system leaders in communities as far as a four-hour drive away.

The Future

The Teton Food and Farm Coalition continues to meet primarily for networking opportunities over remote format, albeit with some breaks during the busy summer months. The group has also conducted some outside summer “field trips,” including a visit to the Jackson Hole Community Gardens. Learning from the positive successes identified in the 2018 REM, these outside meetings are intended to be fun and informative, helping to keep group members engaged in local food system issues. Moving forward, this food coalition will continue to serve as a resource hub for professionals, farmers, and volunteers interested in strengthening the Teton Foodshed.

Cooperators and Co-Sponsors

Thank you to Dr. Lorie Higgins, University of Idaho Extension Community Development Specialist, and Mary Martin, University of Wyoming Extension Educator in Community Development, for their help in facilitating the REM Evaluation and Strategic Planning sessions. Thank you to the Teton Food and Farm Coalition members for their participation and support.

Funding from Western SARE and Silver Star Communications’ Caring for the Community Grants helped make the REM evaluation and strategic planning possible.



UI EXTENSION,
TETON COUNTY

Teton Valley

Master Gardener Program

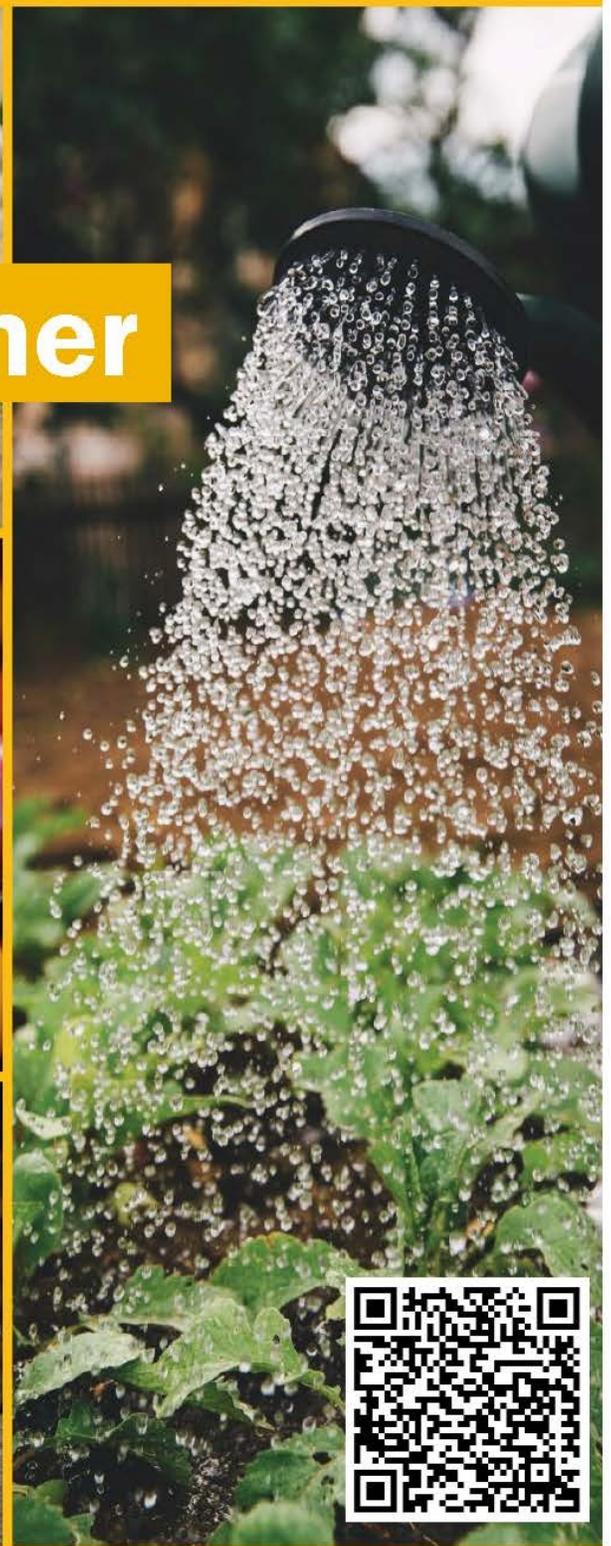
Date: Classes are held for 12 weeks,
January 19, 2022 until April 6, 2022
Time: Wednesdays, 6-9 PM via Zoom

Cost: Before December 31st: \$150 (\$225/couple)
Audit only (no volunteering required): \$400.00
Fees Increase by \$50 after December 31st

Registration Deadline: 5pm on January 14th, 2022
Cash or check made to "Teton County,"
or Credit Card via Eventbrite:
<https://tlnyurl.com/2p9h6ubr>
Mailing Address: UI Extension, Teton County;
150 Courthouse Dr. Suite 208, Driggs, ID 83422

This program offers 30 hrs. of university instruction in horticulture principles. No pre-requisite required, just a willingness to learn.

If certified as a Master Gardener, you will work extensively with the public and have the opportunity to participate in volunteer activities and/or develop special horticultural programs within your community.



Registration Information:

Jennifer Werlin, Extension Educator
208-354-2961
jwerlin@uidaho.edu



University of Idaho
Extension



PRESERVE @ HOME

University of Idaho Extension

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 online 6-week food preservation class to teach individuals how to safely preserve a variety of foods.

Each lesson includes online text (that can be downloaded and printed), online discussion boards, a weekly real-time chat with instructors & classmates, and open book quizzes.

Start Date: January 20, 2022

Lessons

- Foodborne Illness
- Canning Basics
- Canning Acid Foods
- Canning Low Acid Foods
- Canning Specialty Foods
- Freezing and Drying



COST: \$35 REGISTRATION FEE

CONTACT

LAURA L. SANT, MS, RDN

LSANT@UIDAHO.EDU

(208) 852-1097 TO RESERVE YOUR SPOT

OR REGISTER ONLINE AT [HTTPS://BIT.LY/3EHY41W](https://bit.ly/3EHY41W)

REGISTRATION DEADLINE:

JANUARY 18, 2022

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

Reasonable accommodations will be made for persons with disabilities and special needs contact Laura Sant, Franklin County Extension Educator, lsant@uidaho.edu, 208.852.1097.



Digging Deeper: Growing Your Idaho Market Garden

5 **Thursday** Class Sessions Live on Zoom

January 13 to February 10, 2022

5:30-7:30pm PST / 6:30-8:30pm MST

Cost: \$100 | \$85 early registration (before January 1st)

Are you ready to “dig deeper?”

This course is for growers who want to take their market garden crop production and planning to the next level.

The course includes:

- Five weeks of interactive Zoom class meetings
- 10 hours of presentations, discussions and Q&A
- University educators and Idaho farmers instructors with extensive backgrounds in market garden production
- Topics covering farm profitability, growing conditions, irrigation choices, production planning and strategies for harvesting systems
- Resource library of recommended readings, videos, activities, planning templates and more

Visit <https://www.cultivatinguccess.org/digging-deeper> or scan the QR code to register!

Course Contact

Jennifer Jensen

jenjensen@uidaho.edu or 208-263-8511



Funding provided by:
2019-49400-30034



4-H news, calendar of events, & updates



HEAD



HEART



HANDS



HEALTH

Calendar

DECEMBER

12/1/2021 STEAM ABC Victor Elementary School

12/2/2021 STEAM ABC Driggs Elementary School

Crochet Club 3:00-5:00 UI Extension Office

12/3/2021 4-H STEAM Club 3:30-5:00 UI Extension Office

12/8/2021 STEAM ABC Victor Elementary School

12/9/2021 4-H Crochet Club 3:00-5:00 UI Extension Office

STEAM ABC Driggs Elementary School

12/10/2021 4-H Steam Club 3:30-5:00 UI Extension Office

12/15/2021 4-H Cooking Club 6-7 PM Fair Grounds

STEAM ABC Victor Elementary School

12/16/2021 4-H Crochet Club 3:00-5:00 UI Extension Office

12/17/2021 4-H STEAM Club 3:30-5:00 UI Extension Office

12/19/2021-1/1/2022 Christmas Break No School

12/25/2021 **Christmas**

12/31/2021 **New Year's Eve**

JANUARY

1/1/2021 **Happy New Year**

1/5/2021 STEAM ABC Victor Elementary School

1/6/2021 STEAM ABC Driggs Elementary School

1/7/2021 4-H Craft Club 3:30-5:00 UI Extension Office

4-H STEAM Club 3:30-5:00 UI Extension Office

1/8/2021 4-H Quilting 1-4 pm UI Extension Office

1/10/2021 4-H Leathercraft Club 3:30-5:00 UI Extension Office

1/11/2021 **4-H & Extension Open House 3:30-6:30 445 N Main in Driggs**

1/13/2021 4-H Quilting Club 6:45-9 pm UI Extension Office

STEAM ABC Victor Elementary School

1/13/2021 STEAM ABC Driggs Elementary School

1/14/2021 **No School**

4-H STEAM Club 3:30-5:00 UI Extension Office

1/17/2021 **No School**

Leathercraft 3:30-5:00 UI Extension Office

1/18/2021 **4-H Volunteer Leader Training 7-8:30**



Farewell to a Legacy

On November 6th the 4-H Advisory Council hosted the ever popular Bar-J Wranglers fundraiser. The event was one of the last performances for the Bar-J Wranglers as they enter into retirement. The fun kicked off at 5:30 with

a baked potato bar dinner planned and sponsored by the Advisory Council. Hats off to the 4-H youth and volunteers who pitched in to prepare and serve the yummy dinner.

Advisory Council Members Regina Beard, Hailey Beard, Tracy Beebe, Missy Matkin and Katie Murdock are commended for their efforts in planning and executing this successful event. From securing sponsorships, raffle donations, and the venue their dedication to making this event successful for Teton County 4-H is appreciated. They pulled out all the stops in decorating and preparing the venue to ensure an authentic Bar-J Experience for the 700 folks who attended!

The event raised over \$5,000 for 4-H Youth Development in Teton County. The outpouring of support for our 4-H youth is remarkable. We wish to thank our 2021 Sponsors and Donors:

- RAD Teton Valley Curbside
- Bruce Tonks Trucking LLC
- Matkin Brothers Excavation
- Wilkinson Montesano Builders
- Tammy Sachses and Lou Vrabec
- Get Baked Food Emporium
- Upper Valley Processing
- Teton Springs Lodge
- Standard Plumbing
- Jackson Pediatrics
- Crowfoot J Meats
- Ears the Place.
- The Loft

Best wishes go out to the Bar-J Wranglers from University of Idaho Extension 4-H Youth Development, Teton County, the Advisory Council and all of your friends and family on this side of the hill. Happy Trails to You...

4-H Eastern District News

District Invitational Livestock Skillathon

Saturday, January 8, 2022

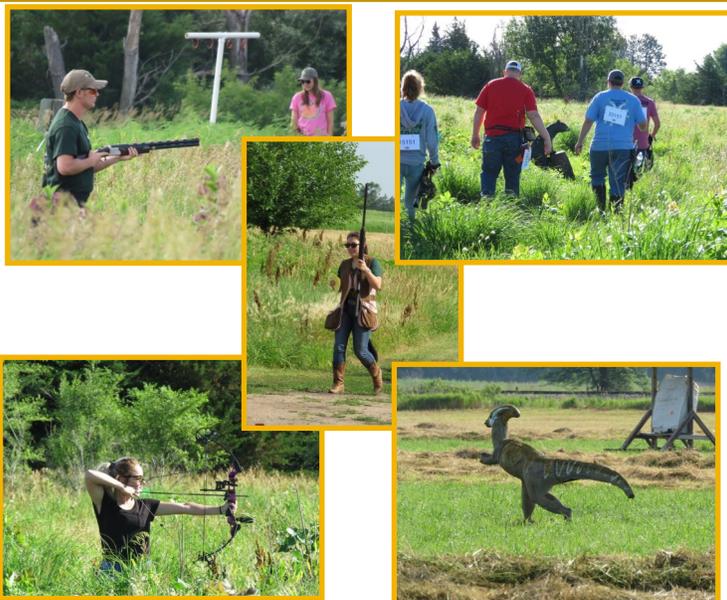
Jefferson County Fair Grounds

9:30 Check-in

10:00 Contest begins

Costs \$5.00 per person-Lunch will be provided

To register: email Amanda Hickman at
ahickman@uidaho.edu



Shooting Sports

A Letter From Jim Wilson

There has been a flurry of 4-H Shooting Sports Level 1 training requests received. I am working with the various host sites to try getting all the details worked out so that registration flyers can get posted to the Idaho 4-H Shooting Sports website in a timely manner and enable greater publicizing of each opportunity and have attached that flyer for your reference due to the short turnaround. Please be sure to share this information with your respective volunteers that might be interested.

Level 1 confirmed shooting sports trainings

January 8th Archery training in Rupert
(registration deadline of December 17th)

February 12 – Archery training in Rigby
February 4 & 5 – Pistol and Rifle training in Rigby

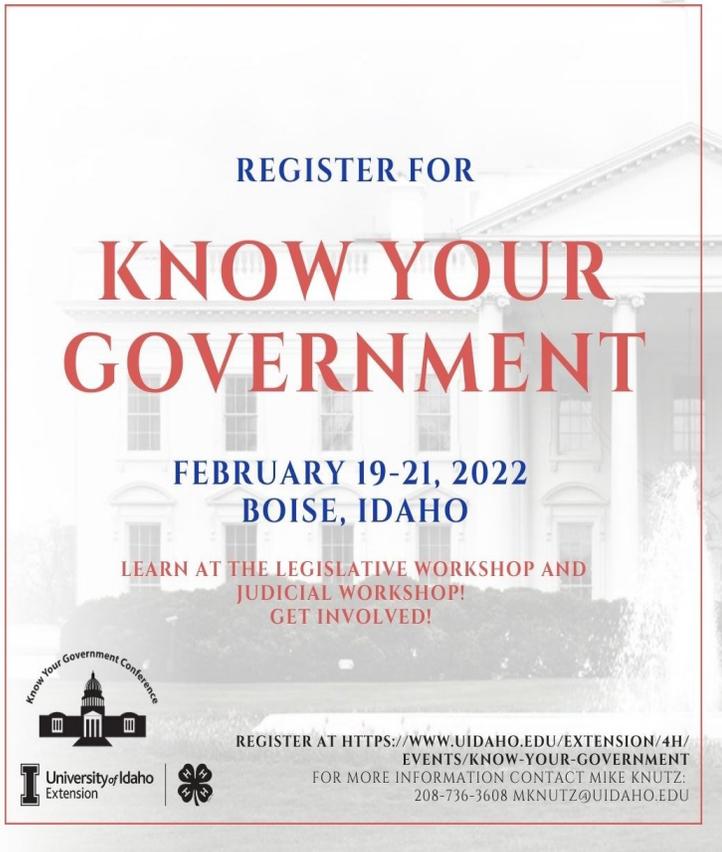
February 5 – Rifle training in Jerome

February 6 – Hunting Training in Jerome

The Eastern district is looking for a potential date/location to conduct Shotgun training in early spring.

Hopefully, this advanced notice will help you communicate with interested instructors, so they can plan to attend a training session that meets their interests. While other potential requests may still be forthcoming, in some cases, individuals may have to travel several hours to attend a specific discipline session. If you are wanting to host a specific training, please contact your respective District 4-H Shooting Sports coordinator Dana Miller. Thanks and Happy Holidays.

Jim Wilson
Regional Youth Development Educator
1031 N. Academic Way
Coeur d'Alene, ID 83814
Office: (208) 292-1401
Cell: (208) 651-7984



REGISTER FOR

KNOW YOUR GOVERNMENT

FEBRUARY 19-21, 2022
BOISE, IDAHO

LEARN AT THE LEGISLATIVE WORKSHOP AND
JUDICIAL WORKSHOP!
GET INVOLVED!

Know Your Government Conference

REGISTER AT [HTTPS://WWW.UIDAHO.EDU/EXTENSION/4H/EVENTS/KNOW-YOUR-GOVERNMENT](https://www.uidaho.edu/extension/4h/events/know-your-government)
FOR MORE INFORMATION CONTACT MIKE KNUTZ:
208-736-3608 MKNUTZ@UIDAHO.EDU

University of Idaho Extension

We are excited to announce the opening of registration for the Know Your Government Conference. This program is a great way to invite 8th and 9th grade teens in and out of 4-H to learn more about their state legislative and judicial systems. (Those not already enrolled in 4-H will need to do so before they can register).

All Delegates, Chaperones and KYG Steering Committee members will need to register via Zsuites. Prior to registering, all youth and volunteers will need to be enrolled in 4-H. In order to register for KYG the following items MUST happen:

- Participants must have enrolled (or re-enrolled) for the current 4-H year.
- Any necessary enrollment fees must be paid to county office.
- All participants must be in an “**Active**” status to register for events.
- Chaperones **must** have completed the enrollment process, minor protection training and background screen.

Chaperones are expected to assist with District Orientation and help youth complete their project.

Registration – Registration for KYG will be facilitated through Zsuites. Once all items have been completed, an individual can register for the event. Registration for KYG will be open from December 2nd to January 14th. There will be items for registrants to download such as the conference schedule, bills, judicial items etc.

Orientation – Counties/Districts will provide orientation between Jan. 20th and Feb. 10th. This is an extremely critical pre-conference piece. Orientations will be done with chaperones, delegates, and selected alternates. This provides a great opportunity for everyone to meet each other and start the dialogue of becoming a county/district delegation. In addition, this helps with the overall communication process.

Participation- The 4-H Know Your Government Conference is for 8th and 9th graders who are currently enrolled in 4-H. 2021 delegates, who are now in the 9th grade, and who completed *Exploring Citizenship, My Government*, may apply to attend if they participate in a different workshop (legislative or judicial). Registration will be limited by district on a first-come-basis. It is important delegates and chaperones register in a timely manner in case all the slots become filled. A total of 175 youth from the state will be attending, 45 of those youth will be from Eastern District. One adult chaperone is needed for every ten delegates the Eastern District will need five chaperones. Final chaperone approval and acceptance is at the discretion of the State Office.

KYG County Payments -Registration is payable to State 4-H Office online during registration, NOT to local county Extension offices. The total registration cost is \$195 for each delegate; this now includes the busing fee*. Registration cost for adult chaperones** and Steering Committee members is \$125.00. There is a scholarship application within the Zsuites registration process.

Zsuite Update for Volunteers

All volunteer training is now available via zsuite.org. Just sign in to your account and go to Clover Academy. If you have any trouble just give us a call 208-354-2961. If you completed the training prior to the update to Zsuite, please let us know the dates of completion so we can complete your enrollment. Once your "Leader Enrollment" is complete please enter club meeting dates into the club calendar. Thank you for all you do.

Quilting Club

2020-2021 Quilting club donated 10 quilts to Subs For Santa

A warm Thank you to all the 4-H Quilters and 4-H Leader Teresa Roberts

4-H Steam Club Meets on Fridays

December 3-February 24



The club has had the first 2 meetings with much more to come. Zoey Matkin was elected President with Jaysten Grover as Vice President, and Oliver long being elected as Secretary. The club launched with [Galactic Quest STEM Challenge](#).

Clubs Starting In January

- Crafting Club starts on January 7th 3:30-5:00
UI Extension Office 445 N Main Street Driggs
- Quilting Club starts on January 8th 1-4 pm
UI Extension Office 445 N Main Driggs
- Leathercraft Club starts on January 10th 3:30-5:00
UI Extension Office 445 N Main Street Driggs
- Sewing Club Starts February 1st 3:30-5:00
UI Extension Office 445 N Main Driggs

Remember:

Make sure you have signed up for a club you are interested in joining prior to the start date. Dues must be paid prior to the first meeting, or a scholarship application must be turned in.

ABC Above and Beyond the Classroom

Update on Idaho Department of Health and Welfare Grant Teton County 4-H Partnership with ABC

By Abby Grundler, 4-H Coordinator

Students attending ABC at Victor Elementary School experienced six weeks of [Mars Base Camp](#). Twelve 2nd and 3rd grade students modeled the general process of Mars exploration. They were introduced to the engineering design process by building and driving a Mars rover. Students encountered concepts like natural resources, environmental science, biology and agriculture. The 4-H STEM Challenge wraps up on December 15th.



Students attending ABC in Driggs participated in the 4-H STEM Challenge [Galactic Quest](#). Twenty-four youth began their space adventure by looking at stars and constellations through a simple refracting telescope they built.

Youth were introduced to the concept of cybersecurity and protecting assets in space. They went on an [Astro Adventure](#) where they attempted to expand their influence on our solar system. Minds were opened as students embraced the engineering design process by building and operating a robotic claw. The 4-H STEM Challenge wraps on December 16th.

We didn't forget the 23 Kindergartners and First graders in Victor and Driggs. While the older students were emersed in the STEM Challenges they took part in a 6-week STEAM Park Lego hands on play group.

After the holiday break all ABC students in Victor and Driggs K-5 will be participating in a 6-week 4-H Art program.

University of Idaho Extension & 4-H invites you to our
Open House

January 11, 2022

445 North Main Driggs Idaho

3:30 PM—6:30 PM



Visit our new location & learn more about our 2022
programs!

Save-the-date:

4-H Volunteer Leader Training

Please join us on January 18, 2022

7:00 PM—8:30 PM

445 North Main Driggs Idaho

Please RSVP 208-354-2961 or at

teton4h@uidaho.edu



TETON COUNTY

EXTENSION UPDATE

UPCOMING EVENTS

TETON VALLEY MASTER GARDENER

Date: January 19, 2022—April 6, 2022
Wednesdays, 6-9 pm Via Zoom

This program offers over 30 hrs. of university instruction in horticulture principles. No pre-requisite required, just a willingness to learn.

Register: <https://tinyurl.com/2p9h6ubr>

DIGGING DEEPER: MARKET GARDEN

Date: Thursdays, January 13 to February 10, 2022; Five classes live on Zoom 6:30-8:30 pm MST

This course is for growers who want to take their market garden crop production and planning to the next level. <https://www.cultivatingsuccess.org/digging-deeper>

TETON FOOD & FARM COALITION MEETING

The 4th Wednesday of every month; unless noted; 12-1 pm

Anyone interested in strengthening our local food economy is invited to participate!

<https://tetonfoodfarmcoalition.org>

4-H & EXTENSION OPEN HOUSE

Date : January 11, 2022 3:30-6:30 pm
Location: 445 North Main Street, Driggs, ID.
Come and tour our new location and learn about youth development and UI Extension programming.

4-H LEADER TRAINING

Date: January 18, 2022 7-8:30 PM
Come meet Abby the new 4-H coordinator, learn about volunteer requirements, the Zsuite record book, and more!



CONTACT US

**UNIVERSITY OF IDAHO EXTENSION,
TETON COUNTY**

Mailing Address:

150 Courthouse Dr. #208. Driggs, ID 83422

Physical Address:

445 N. Main St., Driggs, ID 83422

Phone: 208-354-2961

Fax: 208-354-3516

Email: teton@uidaho.edu

Web: www.uidaho.edu/extension/county/teton/4-h

Staff:

Jennifer Werlin, Extension Educator

Tammy Sachse, Extension Assistant

Abby Grundler, 4-H Coordinator

Hannah Dosen, Horticulture/Small Farms Assistant

