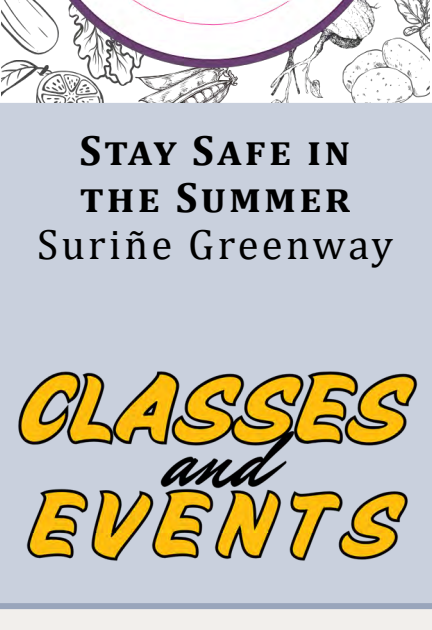


# UI OWYHEE COUNTY EXTENSION NEWSLETTER

APRIL 2025

~ IN THIS ISSUE ~

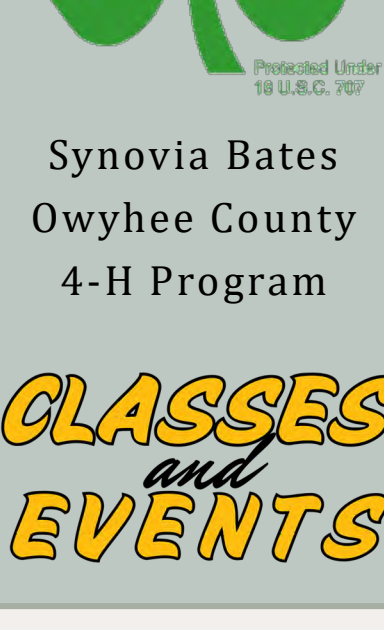
## FAMILY & CONSUMER SCIENCE



**STAY SAFE IN THE SUMMER**  
Surine Greenway

**CLASSES and EVENTS**

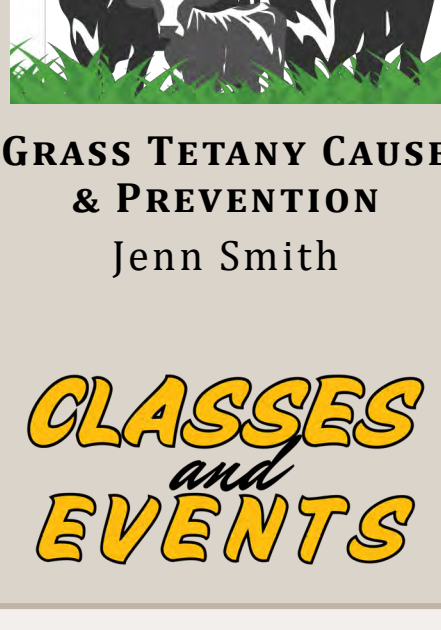
## OWYHEE COUNTY 4-H



Synovia Bates  
Owyhee County  
4-H Program

**CLASSES and EVENTS**

## LIVESTOCK & RANGE



**GRASS TETANY CAUSE & PREVENTION**  
Jenn Smith

**CLASSES and EVENTS**

# I University of Idaho Extension Owyhee County

(208)896-4104

Owyhee@uidaho.edu

# FAMILY & CONSUMER SCIENCE NEWSLETTER

Surine Greenway -  
UI Owyhee County Extension Educator

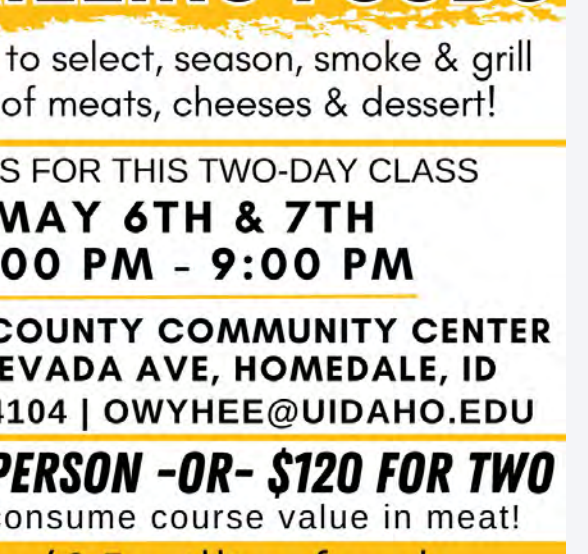


## Stay Safe in the Summer Sun!

Summer is almost here and with it comes longer days, many outdoor adventures, and, plenty of sunshine. While enjoying the weather is one of the highlights, it's important to protect yourself from the harmful effects of the sun's rays. A few simple precautions can keep you and your loved ones safe while you make the most of summer fun, please check them out below.

- **Use Sunscreen Every Day:** Choose a broad-spectrum sunscreen with SPF 30 or higher. Remember to apply it generously 15 minutes before going outside, and to reapply every two hours — more often if you're swimming or sweating. Don't forget often-missed spots like your ears, the back of your neck, and the tops of your feet.
- **Dress for Protection:** Wear lightweight, long-sleeved shirts, long pants, and wide-brimmed hats whenever you can, so that you can shield your skin. Sunglasses that block UVA and UVB rays are essential to protect your eyes and skin.
- **Stay Hydrated:** Increased temperatures can lead to dehydration. Drink plenty of water throughout the day to make sure your body stays hydrated. Avoid excessive caffeine, which can dehydrate you more quickly.
- **Seek Shade:** The sun's rays will be the strongest between 10 a.m. and 4 p.m. For best results, you can try to stay in the shade during these peak hours. If shade isn't available, carry an umbrella or pop-up canopy when spending long periods outdoors. Sometimes it is impossible to avoid the sun during peak hours when work needs to be done, including timely agricultural tasks. This can be done by following the recommended steps above and limiting the time in the sun during these peak hours as much as possible.

Lastly, it is important to note that sunburn isn't the only risk that you can encounter when out in the sun. Heat exhaustion and heat stroke are serious dangers that can impact individuals of all ages. Be mindful and watch for symptoms like dizziness, headache, nausea, or rapid heartbeat, and seek immediate shade and medical help if needed. This summer, make sun safety part of your routine. With a little preparation, you can enjoy all the best parts of the season — safely and comfortably!



# up coming CLASSES

## Looking to master the art of Smoking and Grilling Foods?

Ready to take your outdoor cooking skills to the next level? Join us for an exciting Smoking and Grilling Foods class on **May 6th and 7th, from 6:00 p.m. to 9:00 p.m.** in Homedale, Idaho.

Whether you're a seasoned grillor or a beginner eager to learn, this two-night workshop will cover the fundamentals of smoking and grilling a variety of delicious foods. You'll learn about different types of smokers and grills, meat preparation techniques, flavoring tips, food safety practices, and much more — all in a fun, hands-on environment. Participants will leave the class with a fully belly (both nights), new skills, recipes, and the confidence to wow family and friends at their next barbecue.

Spots are limited, so nab a seat by registering at: [bit.ly/25grillingfoods](https://bit.ly/25grillingfoods)

If you have any questions or need more information, contact the University of Idaho, Owyhee County Extension office at [owyhee@uidaho.edu](mailto:owyhee@uidaho.edu) or (208) 896-4104.



# SMOKING & GRILLING FOODS

Learn how to select, season, smoke & grill a variety of meats, cheeses & dessert!

JOIN US FOR THIS TWO-DAY CLASS

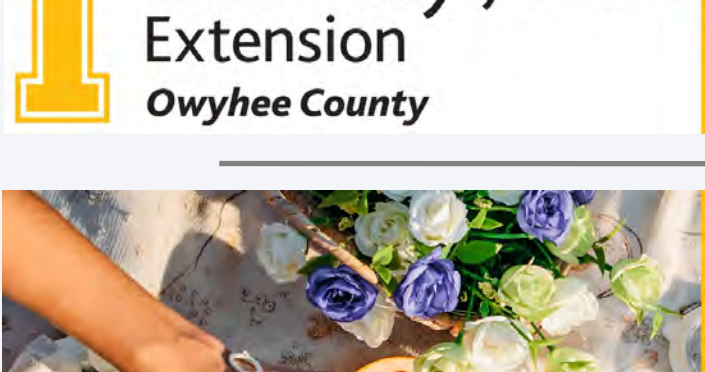
**MAY 6TH & 7TH  
6:00 PM - 9:00 PM**

**OWYHEE COUNTY COMMUNITY CENTER  
432 W NEVADA AVE, HOMEDALE, ID  
(208)896-4104 | [OWYHEE@UIDAHO.EDU](mailto:OWYHEE@UIDAHO.EDU)**

**\$65 PER PERSON -OR- \$120 FOR TWO**  
You will consume course value in meat!

[bit.ly/25grillingfoods](https://bit.ly/25grillingfoods)

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# I University of Idaho Extension Owyhee County

# HANDS-ON CLASS SOME LIKE IT HOT

Learn to make your own spicy foods at home! Participants will make, sample, and take home boiling water canned foods made in class.

**\$25 PER PERSON -OR- \$40 FOR TWO**

[bit.ly/25likehot](https://bit.ly/25likehot)

**SATURDAY, MAY 17TH  
10:00 - 1:00 PM**

**OWYHEE COUNTY EXTENSION OFFICE  
238 8TH AVE W MARSING, ID  
(208)896-4104**

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# I University of Idaho Extension Owyhee County

# HANDS-ON CLASS BASKETS & BITES

A new twist on classic picnic fare with global flavors, creative bites, and unexpected pairings.

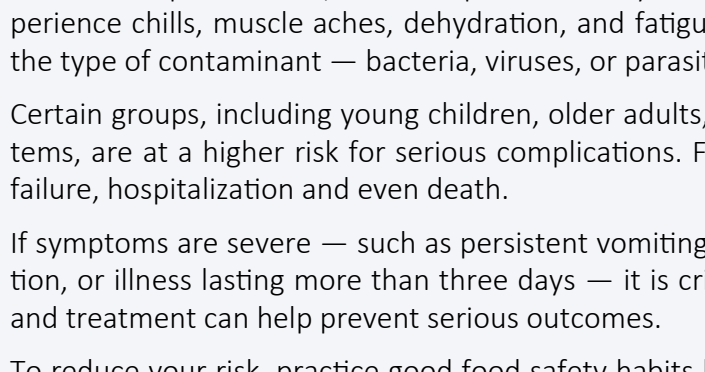
**\$25 PER PERSON -OR- \$40 FOR TWO**

[bit.ly/25picnicbites](https://bit.ly/25picnicbites)

**WEDNESDAY, JUNE 18TH  
6:00 PM - 8:00 PM**

**OWYHEE COUNTY EXTENSION OFFICE  
238 8TH AVE W MARSING, ID  
(208)896-4104**

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# I University of Idaho Extension Owyhee County

# FREE CLASS VIA ZOOM JERKY MAKING 101

Learn how easy and fun it can be to safely make jerky at home!

**THURSDAY, MAY 15TH  
NOON PM - 1 PM MT 11 PM - NOON PT**

Register at: [bit.ly/Jerky25](https://bit.ly/Jerky25)

Other course offerings available at [uidaho.edu/food-safety](https://uidaho.edu/food-safety)

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## Recognizing the Signs of Foodborne Illness

Foodborne illness which is often referred to as "food poisoning" affects millions of people each year. Recognizing the early signs can be key in order to determine if you need to seek treatment in a timely manner to prevent complications. Foodborne illnesses are caused by consuming contaminated foods or beverages, and symptoms can range from mild discomfort to severe health concerns.

Common symptoms include nausea, vomiting, diarrhea, stomach cramps, and fever. These symptoms can appear within a couple of hours, or even up to a few days after eating contaminated food. In some cases, people can experience chills, muscle aches, dehydration, and fatigue. The severity and length of illness can vary depending on the type of contaminant — bacteria, viruses, or parasites — and the individual's health status.

Certain groups, including young children, older adults, pregnant women, and people with weakened immune systems, are at a higher risk for serious complications. For them, foodborne illness can lead to dehydration, kidney failure, hospitalization and even death.

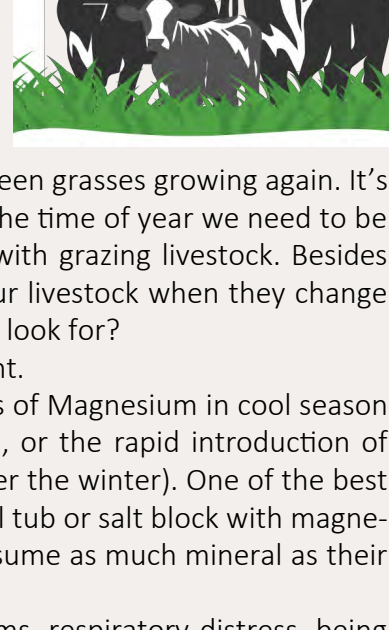
If symptoms are severe — such as persistent vomiting, bloody diarrhea, high fever (over 102°F), signs of dehydration, or illness lasting more than three days — it is critical to seek medical attention immediately. Early diagnosis and treatment can help prevent serious outcomes.

To reduce your risk, practice good food safety habits like washing hands and surfaces often, cooking foods to the proper temperature using a food thermometer, and promptly refrigerating perishable items. Being aware of the signs and acting quickly can make all the difference in protecting your health and the health of those around you.

Surine Greenway  
UI Owyhee County Extension Educator  
(208)896 - 4104 | [SurineG@uidaho.edu](mailto:SurineG@uidaho.edu)

# LIVESTOCK & RANGE NEWSLETTER

Jenn Smith -  
UI Owyhee County Extension Educator



It seems spring is finally upon us!

The weather has begun to warm up with flower bulbs and trees in bloom and the green grasses growing again. It's time to move our livestock back onto pasture and green forage and off hay. This is the time of year we need to be vigilant about mineral supplementation and potential metabolic issues that arise with grazing livestock. Besides looking out for potentially toxic weeds, we need to consider what happens with our livestock when they change from dry forage (hay) to green forage. What are some of the important situations to look for? Let's talk about grass tetany, the cause and prevention, the symptoms and treatment.

Grass tetany is a metabolic issue often seen in the spring. It's caused by lower levels of Magnesium in cool season grasses— those quickly growing grasses that green-up first after the winter season, or the rapid introduction of "fresh" high moisture, green forage after being on hay for a long period of time (over the winter). One of the best ways to reduce the incidence of grass tetany is to provide a high magnesium mineral tub or salt block with magnesium prior to turning out livestock on growing, green forage. Most animals will consume as much mineral as their systems need and will then reduce intake as they reach a balance or "homeostasis".

Some symptoms of grass tetany may include a stiff gait, muscle twitching or spasms, respiratory distress, being overly skittish or nervous, and excessive vocalization (bellowing). Many animals are found after it's too late, lying on their side with stiff legs outstretched and evidence of "paddling" prior to death.

Grass tetany is easily treatable when found in time by providing a good oral source of magnesium. Some good options to prevention include providing salt blocks or mineral tubs that have been fortified with magnesium early in the season and before moving to fast growing, high-moisture, green forage, ensuring animals have access to good quality roughage (like hay and silage), adding legumes like alfalfa to your permanent pastures, and when possible, waiting until spring grasses reach an average height of

8-10" before grazing them, as well as and eliminating factors that may reduce magnesium absorption such as high potassium feeds like wheat.

There are a few metabolic diseases that resemble grass tetany and can be seen in the early spring. These include Nitrate/nitrite poisoning, Bloat, and white muscle disease.

Nitrite/nitrate poisoning can happen on heavily fertilized pastures, especially in younger and stressed plants. Some of the symptoms include difficult or rapid breathing, weakness and intolerance to exercise, muscle tremors, diarrhea, cyanotic (blue tinged) membranes and collapse.

Treatment for nitrite/nitrate poisoning requires a veterinarian and often includes intravenous methylene blue. Death can occur quickly — within 30 minutes to four hours after symptoms appear. If you suspect nitrite/nitrate poisoning, call your vet immediately.

Prevention can be as easy as delaying harvest/cutting or grazing until the plants are no longer stressed (from lack of water and/or rapid growth), setting your mower/sweeper to a higher stage to leave more stem on the ground when haying or pasturing and are concentrated in places closer to the ground. Dilution of contaminated feed with other low nitrite/nitrate feeds and adding energy sources like molasses or corn and providing iodized salt and vitamin A can help reduce the toxicity of higher nitrite/nitrate concentrations.

Bloat is another issue often seen in the springtime. Bloat happens when livestock are quickly switched to heavy concentrations of fresh legumes like alfalfa. Gases created by the rapid fermentation of legumes combined with the slowed passage of forage through the rumen can cause a dangerous build up that can cause death.

Symptoms include distended abdomen (especially on the left side), difficulty breathing, signs of discomfort like kicking at their belly or laying down and getting up repeatedly or trying to roll over.

Bloat is relatively easy to treat when caught early. If symptoms are noticed quickly, Thera-bloat, poloxalene, can be administered orally. In severe cases, your veterinarian will need to use a bloat trocar to puncture the rumen and release the built-up gases.

Methods of prevention include limiting or delaying grazing of fresh legumes (alfalfa) until the plants are more mature. In some situations, offering free access to sodium or calcium bicarbonate may help reduce the buildup of gases before it becomes dangerous.

The last disease to mention is white muscle disease. This metabolic disorder can be seen year-round and is caused by a lack of selenium in the diet. Common knowledge in most livestock operations is that our soil is severely deficient in selenium, which is essential for muscle health and development and aids in supporting a healthy immune system. The only way to combat selenium deficiency is provide an external source of this mineral. Most commercial salt blocks and mineral tubs are available with sufficient concentrations of selenium which should be approximately 0.2 parts per million (ppm) of daily intake for grazing livestock. Keep in mind, as little as 5-10 times of the recommended dose can result in toxicity.

Symptoms of white muscle disease can be seen as weak or still born calves and increased illness or decrease immunity in adult animals. Selenium supplementation should be considered for all grazing livestock to prevent potential deficiencies.

Springtime is a picturesque time of year- the weather is enticing us outside and the foliage is popping with color. With all these beautiful distractions, we need to make sure we are paying close attention to potential problems with our livestock. A little bit prevention can go a long way to ensuring our animals are healthy, happy, and productive.

Jenn Smith  
UI Owyhee County Extension Educator  
(208)896 - 4104 | [JennSmith@uidaho.edu](mailto:JennSmith@uidaho.edu)

# LOST RIVERS GRAZING ACADEMY

University of Idaho  
Extension

## REGENERATIVE MANAGEMENT OF IRRIGATED PASTURES

SEPTEMBER 9 -12

You will not be disappointed in this boots-on-the-ground workshop for livestock operators who want to increase their forage production, stocking rates, animal performance, and net income.

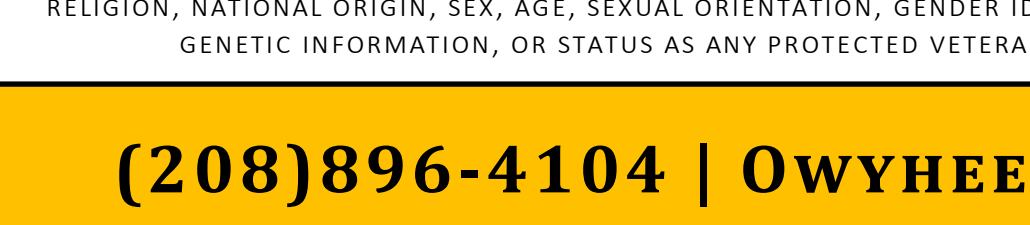
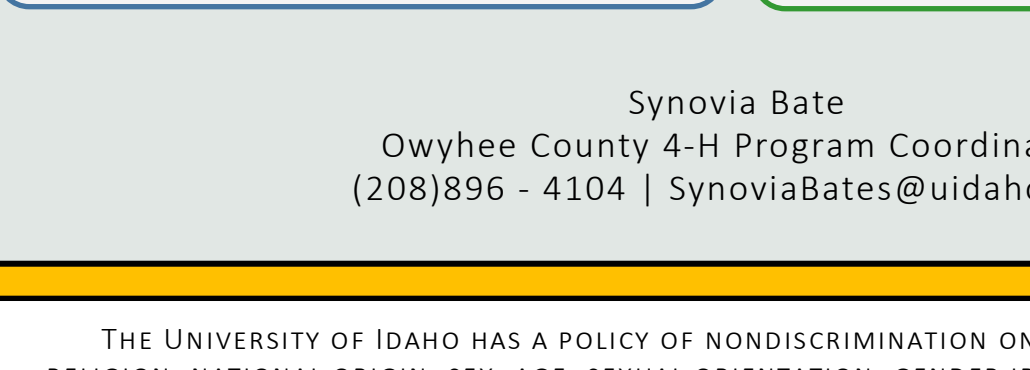
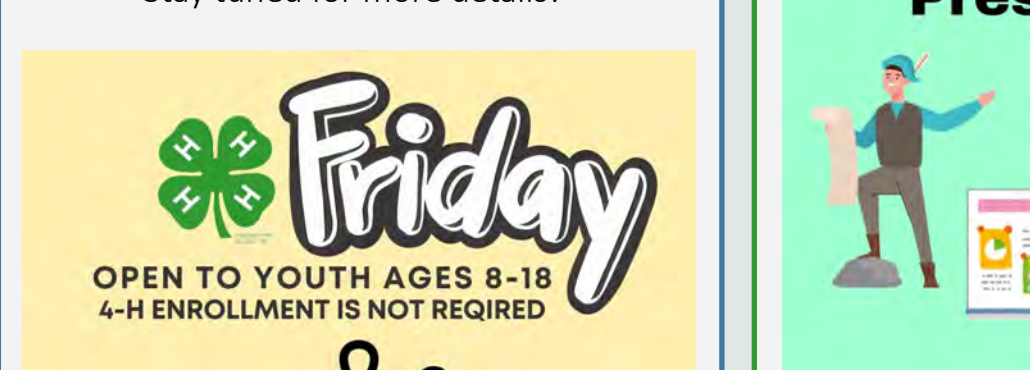
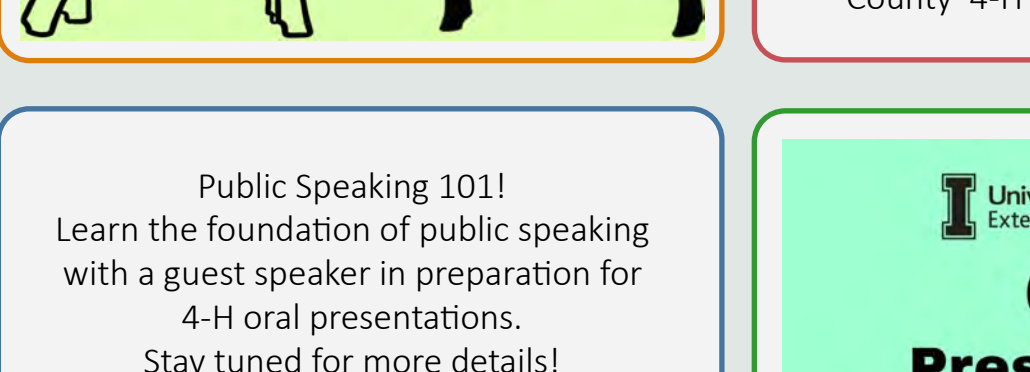
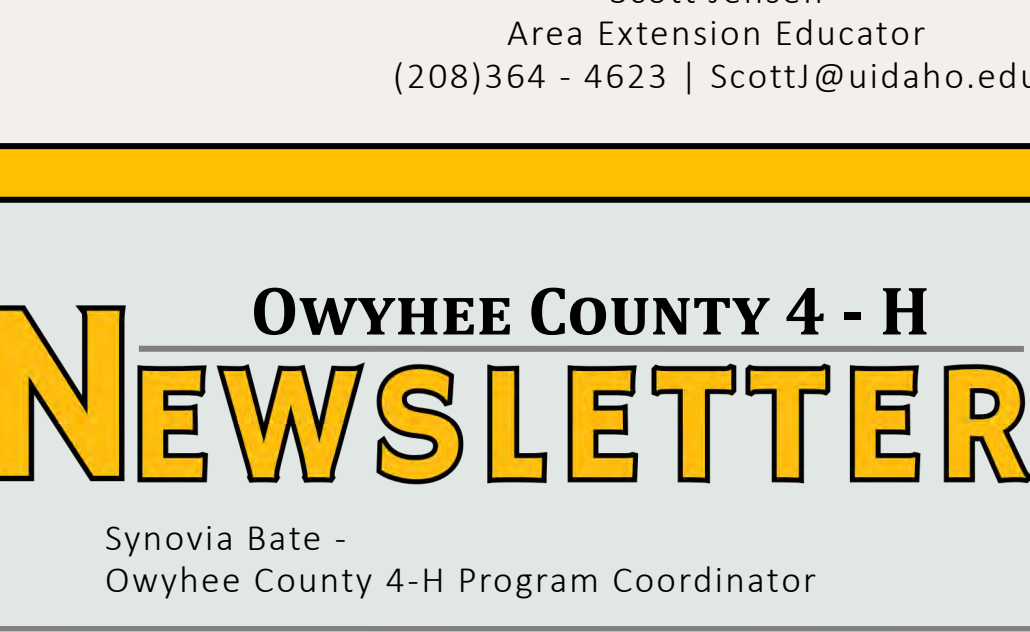


**FOR MORE INFORMATION**

**Click Here**

~ or ~

Register at [bit.ly/lowyheelrga](https://bit.ly/lowyheelrga)

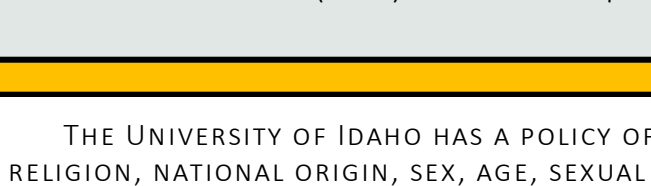


Scott Jensen  
Area Extension Educator  
(208)364 - 4623 | [ScottJ@uidaho.edu](mailto:ScottJ@uidaho.edu)

Sheep & Goat Initial Weigh-In  
Initial Weigh-Ins for Sheep and Goat will take place on **Friday, May 9th**. Starting at 7 AM at the Owyhee County Fairgrounds. The east side of the county, we will begin at 4:00 PM at 33994 Mud Flat Road, in Grand View.  
Please remember to bring your \$5 per youth, tag fee to the scale.

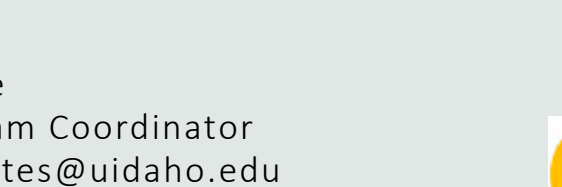
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**Sheep & Goat Initial Weigh-In**



**Friday**  
OPEN TO YOUTH AGES 8-18  
4-H ENROLLMENT IS NOT REQUIRED  
**Hooked on Fishing!**

Hooked on Fishing!  
Come to Marsing Island Park on May 23rd and learn the basics of fishing! We will learn how to tie knots, bait a hook, and use easy fishing techniques. Watch the Owyhee County 4-H Facebook page for more information.



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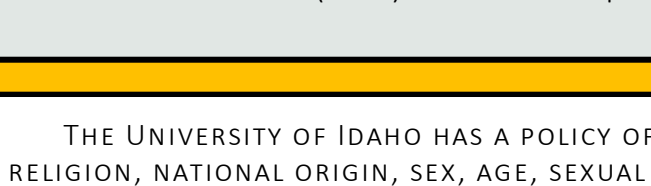


Synovia Bate  
Owyhee County 4-H Program Coordinator  
(208)896 - 4104 | [SynoviaBates@uidaho.edu](mailto:SynoviaBates@uidaho.edu)

Public Speaking 101!  
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Stay tuned for more details!

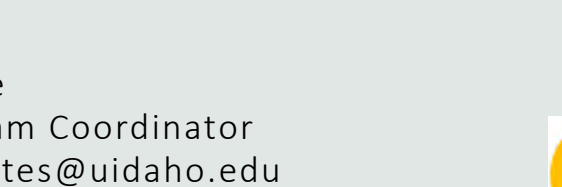
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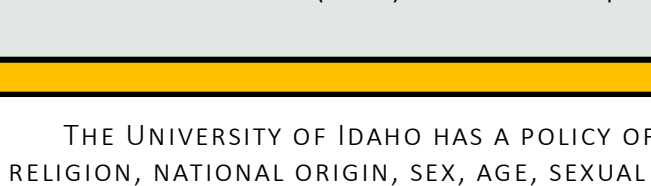
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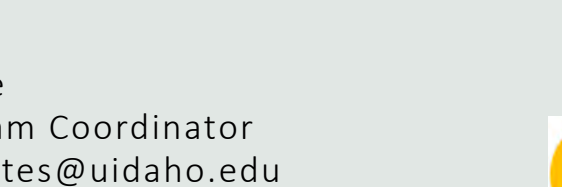
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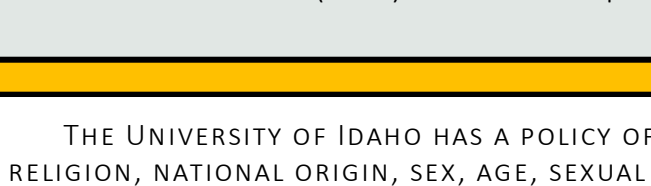
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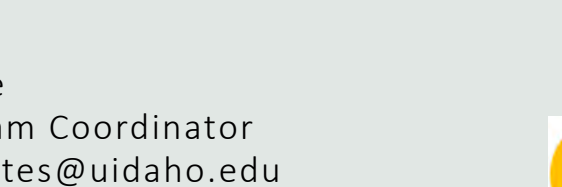
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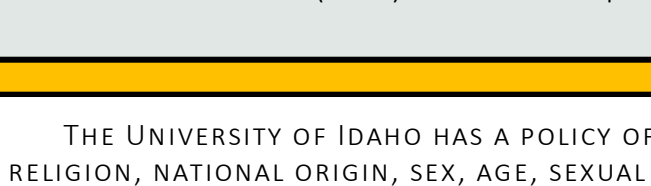
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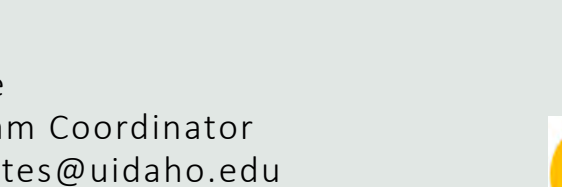
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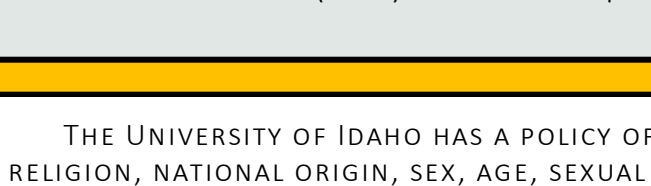
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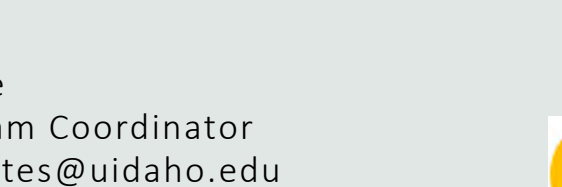
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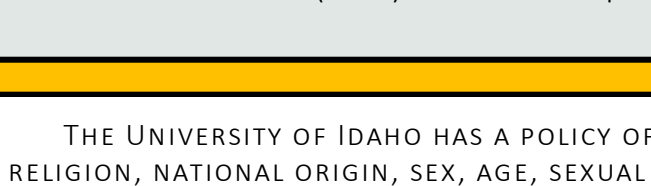
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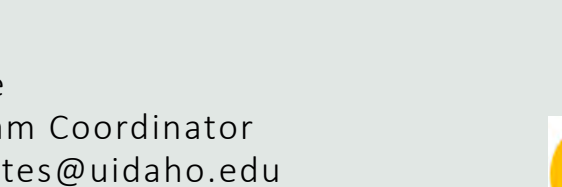
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