

EXTENSION NEWS ■ FCS ■ MASTER GARDENER ■ 4-H

'Tis the Seasoning.

Salt is a common way to add flavor to food, but it also adds sodium to the diet, increasing risk for high blood pressure. Salt-free seasonings enhance flavor in a heart-friendly way. For an attractive, easy, delicious, and healthy gift, give your friends and family home-made spice mixes! Create your own combination of favorite herbs or try recipes like the ones in this article. Be sure to package the mix in an airtight container for longer lasting flavor.

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**The Extension Office
will be closed
Nov. 28 & 29 &
Dec. 24 through
January 1 for the
Holidays.**

HAPPY HOLIDAYS!



Italian Seasoning

This blend of herbs is a great way to perk up flavor in your favorite savory dishes.

For each 4-ounce (1/2-cup) jar (about 4 x 2 inches), mix:

- 2 Tbsp dried basil
- 1 Tbsp dried marjoram
- 2 Tbsp dried oregano
- 1 Tbsp dried parsley
- 1 Tbsp dried rosemary
- 1 Tbsp dried thyme



Chinese 5-Spice

Use this fragrant, peppery-sweet mixture as a rub on poultry or lean meats or to add a bold savoriness to stir-fries.

For each 4-ounce (1/2-cup) jar (about 4 x 2 inches), mix:

- 1 Tbsp ground cinnamon
- 1 Tbsp ground cloves
- 2 Tbsp ground fennel
- 1 Tbsp ground ginger
- 1 Tbsp ground star anise
- 2 Tbsp ground Szechuan pepper, or black pepper

Source: Adapted from Tufts University Health & Nutrition Letter, December 2023, VOL. 41, No. 10

~ KEEPING OUR COMMUNITY CONNECTED ~

EXTENSION CONNECTIONS

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Master Gardener Column

Winter Injury on Evergreens

Boxwood, arborvitae, and other evergreen species have leaves and needles that transpire water all year long, even in winter. When water exits the plant faster than it is absorbed, winter burn occurs in desiccated needle and leaf tissue. Water loss happens more quickly in windy or sunny conditions, even in low

temperatures. Without wind protection, more damage may be noticed on the windward side of the plant, typically the south or southwest.

When autumn doesn't provide adequate rainfall, deep watering before winter increases moisture to the roots before the ground freezes. Provide water during brief thawing on warmer days in winter to further lessen winter burn. A ring of mulch around the base of the plant provides a layer of insulation that helps maintain moisture, reduce drastic soil temp fluctuations, and prevent frost heaving. Mulch should stay a few inches away from the trunk.

Burlap or canvas windbreaks may reduce injury from wind, however, if injury is sustained year after year this greatly impacts the overall health of a plant, and different species may be considered for the site. High levels of stress, such as repeated winter injury, increase susceptibility to biotic pests and pathogens. Anti-desiccant sprays help retain moisture and protect plants from some fungal diseases. Prune away any damaged tissue before new growth emerges in spring.

Sunscald and Frost Cracking

Frost cracking occurs when the sun warms bark and outer wood, causing it to expand. In the absence of sunlight, temps cool, and that same tissue will contract. These sudden temperature fluctuations result in vertical fractures along the trunk, called frost cracks.

Sunscald is a result of the same conditions, but causes a different type of damage. Tree cells enter dormancy during winter months. Dormancy can be disrupted by direct sunlight warming cells, only for temps to drop again and kill tree cells.

These phenomena occur in young, thin-barked species such as maple, ash, linden, apple, and peach. Young trees with no barrier from elements are more susceptible. Providing adequate water through fall and winter will help prevent sunscald.



Planting trees where they will be protected from the late afternoon sun helps to prevent sunscald and frost cracking. If using tree wraps, apply wraps in November and be sure to remove them in April. Leaving wraps on all year can cause damage or restrict growth.

Broken Branches

Winter often brings snow, ice, and high winds. Removing snow loads by shaking branches is not recommended. In fact, it can lead to further damage in frozen, brittle branches. Gently remove snow by using a broom and sweeping upward, but do not stand under the branch. It is best to wait for a warmer day or until ice melts.

Some trees are more susceptible to broken branches in winter conditions, like multi-stem trees, upright evergreens, and especially trees with included bark from co-dominant stems or narrow branch angles. Prevent storm damage before the risk of breakage is present by pruning deciduous trees while they are young. Remove co-dominant stems and promote an appropriate scaffolding structure. Avoid pruning late in summer as it promotes new growth that cannot harden off before winter. This can lead to frost damage dieback on branch tips. If branches break in young trees during a storm, prune them back to the main branch or trunk. Seek help from tree care professionals to prune limbs of larger trees.

Trees are a large part of any landscape and keeping them healthy by using good cultural practices is the best preventative measure against pests, pathogens, and natural disasters. Use these methods to prevent winter damage and protect the health of your trees.

Source: <https://extension.illinois.edu/newsletters/gardeners-corner/gardeners-corner-winter-2022-23>



Don't Touch Your African Violets

There's no doubt that African violet plants are beautiful. In looking at and caring for them, it's tempting to touch the fuzzy leaves and colorful flowers. While most plants can take this attention with no adverse results, African violets seem to be sensitive to the touch.

Researchers at Oklahoma State University tested the sensitivity of African violets to "brushing". While it's known in some cases, such as with tomatoes, that brushing plants can be used to control plant size and prevent legginess,

researchers found that African violets didn't like it at all. Two cultivars of African violets were brushed five times a day. They were brushed for 30 to 90 seconds each time. Control groups were compared to groups brushed with a naked hand treated with hand lotion and with a gloved hand. They found plants brushed with the lotion-treated hand had higher damage ratings and smaller and lower quality leaves when compared to the gloved hand. Both treatments created more damage than the control group. So next time you're tempted to pat your African violets, resist!

Source: <https://garden.org/learn/articles/view/3233/Don't-Touch-Your-African-Violets/>



With the holidays approaching, I have been seeing recipes pop up on how to make 'canned' breads and cakes for your family and friends that can be kept on the shelf for several months. While this may seem like a fun gift idea, these are not shelf-stable and cannot be safely stored at room temperature. The directions for making these typically included pouring the batter into canning jars, baking in the oven, then applying lids and rings to the still hot jars. Due to the heat and steam coming from the baked goods, the lids do typically seal creating the illusion of a safe product. Unfortunately, this is not the case.

Baked goods made this way are at risk of causing food poisoning from the botulism toxin. Research at Penn State has shown that canned bread or cake products are low enough in acid they may support the growth of Clostridium botulinum spores. There are also other heat-resistant bacteria that could survive the baking process and then multiply once the product is removed from the oven and stored at room temperature.

In addition to food safety concerns, research has shown that placing canning jars in the oven, whether to bake or can food, is very dangerous. These jars are not designed to withstand the intense dry heat from an oven. The dry heat may cause the jars to shatter in the oven or worse, cause breakage and burns when removing the jars from the oven.

The good news is there are some great alternatives if you want to give out baked goods during the holidays. You could bake and then freeze an item in a food safe container, like a small loaf pan or baking foil. If you want to give a shelf-stable gift, there are a wide variety of recipes for mixes you can prepare in jars ranging from cookies to breads to cakes. You can also give gifts of approved canning recipes such as jams and jellies. Any of these options would be greatly appreciated by the recipients, and the added bonus is that your gift will not put them at risk of getting a foodborne illness.

Submitted by Amy Robertson, Extension Educator

HOW CLEANING WORKS

No matter the type of product you are using (soap or detergent), good cleaning takes a lot of energy. Three different kinds to be exact:

- Chemical energy, provided by the soap or detergent
- Mechanical energy, provided by machine or by hand
- Thermal energy, provided by heating water. Let's look at how all these elements work together.

Assume we have a great, big, oily, greasy stain on one of our favorite shirts. Water alone is not enough to remove the stain and get our shirt clean. That's why soap was invented.

Now let's add some laundry detergent.

The laundry detergent provides chemical energy. This energy is created by the composition of the soap or detergent and because of the way the ingredients in the detergent interact with the stain on our shirt. You cannot see it with your eyes, but the molecules in the detergent are attracted to the stain and help pull the dirt from the shirt to the wash water.

Next, let's see what happens when we add mechanical energy.

Inside a washing machine, clothes move back and forth rubbing together with other items. This is mechanical energy. The rubbing actions helps to loosen the stain and free it from the surface of our shirt. When you look in your washing machine and see laundry moving, you are watching mechanical energy in action.



Mechanical energy can even be created by hand.

Thermal energy means temperature. Warm or hot water can help the stain dissolve quicker. While warm water can help speed things along, most laundry detergents today can work just as well at colder temperature.

All three types of energy need the right amount of time to work best. The more one type of energy is used, the less others are needed.

For example, delicate clothes would be damaged by the mechanical energy of the washing machine and hotter water. So instead we can use chemical energy—detergents—and increase time to get them clean.

Source: <https://www.cleaninginstitute.org/understanding-products/science-soap/how-cleaning-works>



Holiday Turkey Safety Tips

Thawing your turkey in the refrigerator is the preferred method for safety reasons, but you can also thaw it in cold water. The thing to remember about both methods is that they keep your turkey *cold* while thawing—the key to preventing excessive bacterial growth.

Thawing in the Refrigerator

Simply place the turkey in its original wrap on a tray or in a pan to catch moisture that accumulates as it thaws. A thawed turkey may remain in the refrigerator for 1-2 days.

Approximately 24 hours per 5 pounds (whole turkey)	
4-12 pounds	1-3 days
12-16 pounds	3-4 days
16-20 pounds	4-5 days
20-24 pounds	5-6 days

Thawing in the Microwave

Follow the microwave oven manufacturer's instruction when defrosting a turkey. Plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwaving. Holding partially cooked food is not recommended because any bacteria present wouldn't have been destroyed.

Roasting Your Turkey

Set your oven to no lower than 325°F. Place the turkey on a rack in a shallow roasting pan. For more even cooking, cook your stuffing outside the bird in a casserole and use a food thermometer to insure stuffing reaches an internal temperature of 165°F.

If you stuff your turkey, ingredients can be prepared ahead of time; keep wet and dry ingredients separate. Keep the wet ingredients chilled (butter/cooked celery/ onions, broth etc.) Mix the wet and dry ingredients just before filling turkey. Fill cavity loosely. Cook the turkey immediately. Use a food thermometer to insure the center of the stuffing has reached an internal temperature of 165°F.

A whole turkey is safe when cooked to a minimum internal temperature of 165°F. Check the internal temperature in the innermost part of the thigh and wing and thickest part of the breast. If the turkey has a "pop-up" temperature indicator, also check the internal temperature with a food thermometer.

Let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve easier. Finally remove all of the dressing from the turkey cavity.

Oven Bag Roasting (Easy)

If you want to cook your turkey the easy way, but a little faster, use an oven bag. The oven bag will save cooking and cleanup time. Follow the cooking directions on the box; add 30 minutes to the recommended cooking time if you choose to stuff your turkey. Your turkey is safe to eat when the thermometer registers 165°F in the innermost part of the thigh, the innermost part of the wing, the thickest part of the breast and the center of the stuffing.

Thawing in Cold Water

Check the wrapping to make sure there are no tears, and place the bird in its unopened bag in the sink or in a large container and cover it with cold water. If the wrapping is torn, place the turkey in another plastic bag, close securely, and then place in water. You will need to change the water every ½ hour as a rule of thumb. Cook the turkey immediately after it is thawed.

Approximately 30 minutes per pound (whole turkey) Change water every ½ hour	
4-12 pounds	2-6 hours
12-16 pounds	6-8 hours
16-20 pounds	8-10 hours
20-24 pounds	10-12 hours

Remember! Always wash hands, utensils, sink and anything else that comes in contact with raw turkey and it's juices with soap & water.

Times tables for Roasting-(325°F oven) Unstuffed	
8-12 pounds	2¾-3 hours
12-14 pounds	3-3¾ hours
14-18 pounds	3¾-4¼ hours
18-20 pounds	4¼-4½ hours
20-24 pounds	4½-5 hours
Stuffed	
8-12 pounds	3-3½ hours
12-14 pounds	3½-4 hours
14-18 pounds	4-4¼ hours
18-20 pounds	4¼-4¾ hours
20-24 pounds	4¾-5¼ hours

Times table for Roasting Chicken Parts-(325°F)	
2-3 pounds Breast, half	50 to 60 minutes
4-6 pounds Breast, whole	1½-2¼ hours
6-8 pounds Breast, whole	2¼-3¼ hours
Drumsticks-¾-1 pound	2-2¼ hours
Thighs-¾-1 pound	1¾-2 hours
Wings, wing drumettes 6-8 ounces each	1¾-2¼ hours

For more information about food safety call:

USDA Meat and Poultry Hotline,
1-888-674-6854, Monday-Friday, 10:00am-6:00pm, Eastern
Time
E-mail: MPh hotline.fsis@usda.gov

**The hotline is open on Thanksgiving Day from
8:00am-2:00pm, Eastern Time.**

Candied Cranberries

For Soaking the Cranberries

- 1 cup granulated sugar
- 1 cup water
- 12 ounces fresh cranberries

For Cooking the Cranberries

1 cup granulated or superfine sugar



Bring first measurement of sugar and water to a boil, then let cool to about 105°F. Add cranberries to simple syrup and let sit at room temperature for 8 hours. Place a plate or screen overtop of cranberries to ensure they are completely submerged in syrup.

Remove cranberries using a slotted spoon and place them on a screen on a baking sheet or a baking sheet lined with parchment paper. (The simple syrup can be reserved and used for holiday cocktails or another dessert). Dry for about 1 hour, then toss in sugar until evenly coated. Store in air-tight container at room temperature for up to about three days.

Source: <https://magazine.wsu.edu/web-extra/cranberry/recipes/>

Did you know the cranberry is named after a crane?

- A long time ago German and Dutch settlers thought the flower that grows on the cranberry vine looked like the head and bill of a bird called a crane. They called them "crane berries".
- Each cranberry has four tiny air pockets inside. The pockets allow it to float on top of water.
- There are about 450 cranberries in one pound.

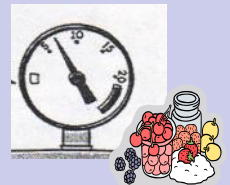
Source: Ocean Spray Cranberries, Inc., Cranberries in the Classroom Series

Green beans—which originated in South and Central America—are legumes, but not actually beans. If creamy green beans with processed fried onions on top is your Thanksgiving go-to, try recipes that roast, steam, or sauté instead, or take only a small portion of the creamy casserole to limit saturated fat, sodium, and calories.



Source: Adapted from Tufts University Health & Nutrition Letter, November 2023, Vol. 41, No. 9

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.

If your pressure canner only has a weighted jigler, it does not need to be tested.

Visit Us On The Web @ uidaho.edu/boundary

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.



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.

STRONG WOMEN PROGRAM January 7—March 13, 2025

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, 6791 B Main St.
(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.

Get the Dish!

A Virtual Cooking Series

Tuesdays, October 1-November 19, 2024

11:00 AM-Noon PT, Noon-1:00 PM MT

Online via Zoom

FREE

Join us and learn exciting culinary skills! To see the full schedule and to **register** go to bit.ly/Dish24.



Holiday Food Hacks

Thursday, November 7, 2024

11:00 AM-12:00 PM

Online via Zoom

FREE

Learn the tips and tricks of planning holiday dishes so you'll be ready to go when the holidays arrive.

Register at www.bit.ly/holidayfood24



Selecting Seeds for Your North Idaho Garden

Wednesday, November 20, 2024

1:00 PM-3:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$5

It's time to start planning your garden for next spring. The seed catalogs start arriving in January giving you lots of ideas, but how do you select seeds that will thrive here in North Idaho? Boundary County Advanced Master Gardeners will share tips to help you understand how to choose the best varieties for your garden, as well as how to organize and store the seeds



To **register** contact the Boundary County Extension Office at 208-267-3235. Class size is limited.

Workshops, Programs, Bulletins & Classes

Pressure Canning Basics

Thursday, November 14, 2024

1:00 PM-4:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$10



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. Class size is limited to 12 people.

Contact the Boundary County Extension Office to **register**, 208-267-3235.

Wreath Making Workshop

Tuesday, December 3, 2024

1:00 PM-3:00 PM

Paradise Valley Grange

3661 Kootenai Trail Road

Cost:\$15



Learn how to make a fresh wreath while learning about the native evergreen species that grow in our region.

To **register** contact the Boundary County Extension Office at 208-267-3235. Class size is limited.

Wreath frame, wire, and greenery will be provided. Bring your own pruners, wire cutters, scissors and any wreath embellishments you would like to use.

Safe Gifts from the Kitchen

Thursday, December 5, 2024

11:00 AM-12:00 PM

FREE

Online via Zoom



Learn fun and easy ways to prepare gifts for the holidays that come straight from your kitchen. This class will cover ways to know what are some safe practices, and what recipes should be avoided from making, based on food safety practices.

Register at www.bit.ly/safegift24.

Gifts in a Jar

Wednesday, December 11, 2024

3:30 PM-5:00 PM

Boundary County Extension Office

6791 B Main Street

Cost:\$15



In this class you will learn many different ways to create a unique gift in a jar. You'll go home with some of your Christmas gifts already made, and recipes for creating more at home.

Class size is limited to 10 people. Contact the Extension office to **register**, 208-267-3235.

QPR Suicide Prevention Class

Tuesday, December 17, 2024

2:00 PM-3:00 PM

Boundary County Extension Office

6791 B Main Street

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 in-person training** please register by emailing amrobertson@uidaho.edu or calling the Boundary County Extension office at 208-267-3235.

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.

Workshops, Programs, Bulletins & Classes



Selkirk-Pend Oreille Food Summit

The Business of Local Food

Friday, November 8, 2024

9 am - 4 pm

Sandpoint Organic Agriculture Center



The Selkirk-Pend Oreille Food Summit is a one-day event focused on growing connections between farmers, ranchers, and foragers and residents, restaurants, and retailers. Listen to 5-minute "Ignite!" presentations highlighting the amazing work being done in the region, enjoy a locally catered lunch, engage in skill building workshops, experience an organic heirloom apple and apple cider tasting, and take advantage of an abundance of opportunities for networking.

From farmers, ranchers, foragers, and gardeners to chefs, restaurateurs, foodies, and community members, this summit has something for everyone. Come to learn and share. Leave with new connections and ideas for supporting local farms and eating year-round in the Selkirk-Pend Oreille region!

I University of Idaho Extension

Questions?
Colette DePHELPS, University of Idaho Extension
cdepheps@uidaho.edu | 208-885-4003

Tickets \$35 | Students \$15

idahofoodworks.org/sp-food-summit

Register by Oct 31st



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.



Homeopathy for Plants & Garden

Thursday, January 30, 2025

2:00 PM-3:30 PM

Boundary County Extension Office

6791 B Main Street

Cost: \$5



Unlock the secrets of using non-toxic homeopathic remedies to create thriving plants and soil in your garden. This class introduces the principles of homeopathy and discusses how to use homeopathic remedies in the garden to repel pests, and to enhance plant health and resilience. Join us to cultivate your knowledge and transform your garden into a flourishing sanctuary!

Contact the Boundary County Extension Office to **register**, 208-267-3235.

Basic Dehydration

Wednesday, January 8, 2025

1:00 PM-2:30 PM

Boundary County Extension Office

6791 B Main Street

Cost: \$10



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.

Guiding Good Choices

Wednesdays, January 22-February 19, 2025

5:30 PM—7:30 PM

Boundary County Extension Office

6791 B Main Street

FREE



Guiding Good Choices is a 5-week program that provides parents of children in grades 4 through 8 (9 to 14 years old) with the knowledge and skills needed to guide their children through early adolescence. Parents who participate in this program learn valuable skills they can apply with their children to help prevent teen substance use and risky behaviors.

Contact the Boundary County Extension Office to **register**, 208-267-3235.

Growing Soil Sprouts Indoors

Thursday, February 6, 2025

1:00 PM-3:00 PM

Boundary County Extension Office

6791 B Main Street

Cost: \$10



Join our hands-on class to learn how to grow nutrient-packed soil sprouts at home. We'll guide you through selecting seeds, understanding growing methods like microgreens vs. sprouts, and harvesting your crop. Perfect for beginners, this class makes indoor gardening simple and successful.

Class size is limited to 15 people. Contact the Boundary County Extension Office to **register**, 208-267-3235.

Workshops, Programs, Bulletins & Classes

Identifying Idaho's Tree

Saturday, November 23, 2024

9:00 AM-12:00 PM

University of Idaho Sandpoint
Organic Agriculture Center
10881 N Boyer Road



Because we have such a varied range of geography, soils, and precipitation patterns, Idaho has a wider variety of native trees than most other Rocky Mountain states. The first step in caring for these trees, whether they be in a landscape or in a forest, is correct species identification.

Identifying Idaho's Trees will help participants quickly identify Idaho's most common native trees, including:

- lodgepole pine
- Ponderosa pine
- Western white pine
- Douglas-fir
- Engelmann spruce

A \$10 registration fee covers handouts and refreshments.

Class size is limited. For **registration** questions, contact the Bonner County Extension Office, 208-263-8511.

Turning Idaho Trees into Wreaths

Saturday, November 23, 2024

1:00 PM-3:00 PM

University of Idaho Sandpoint
Organic Agriculture Center
10881 N Boyer Road



Wreaths provide a beautiful decoration for the winter season. Learn to make a fresh wreath using native evergreen boughs. Many of Idaho's native evergreen trees provide the perfect material for creating evergreen wreaths. Jennifer Jensen, UI Extension Educator, will discuss several methods of making wreaths. She will demonstrate how to create a wreath using a box wreath frame and then assist you in making your own wreath.

Supplies provided include a 14-inch wreath frame, wire, and a selection of native evergreen boughs.

Plan to bring any special bows or ornaments you wish to add. Please also bring pruning shears and gloves.

A \$10 registration fee covers handouts and refreshments.

Class size is limited. For **registration** questions, contact the Bonner County Extension Office, 208-263-8511.



Winter Session starts

January 16, 2025

Registration Deadline: January 14

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 14, 2025.**

The first lesson of the 6-week course opens online on **Thursday, January 16 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 24 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.

IF YOU ARE MOVING/HAVE A CHANGE OF ADDRESS, OR WOULD PREFER TO HAVE THE NEWSLETTER EMAILED TO YOU-



PLEASE CALL US AT 208-267-3235 OR EMAIL boundary@uidaho.edu



University of Idaho
Extension
Boundary County

4-H CLOVER TALK NOVEMBER/DECEMBER 2024



Debbie Higgins
4-H Program Coordinator

November

November 1-Deadline For Beef Project Enrollment

November 12-Livestock & Leaders Meeting 6:30 p.m. Ext. Office

November 3-Daylight Saving Time Ends

November 11-Veteran's Day Observed Ext. Office Closed



November 28-29-Thanksgiving Ext. Office Closed

December

December TBA-Executive Livestock & Leaders Meeting

December 15-College Scholarships Deadline

December 24-Christmas Eve

December 24-January 1-Christmas Holiday Ext. Office Closed


December 31-New Year's Eve

January

January 1-New Year's Day

January 10-Signup Deadline For Fair Participation

January 14-Livestock & Leaders Meeting 6:30 p.m. Ext. Office

 **ATTENTION ALL 4-H LEADERS—Please**
 mark **January 14 & February 11 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.

The seasons have changed again. The time sure seems to go by quickly. 4-H enrollment has opened up for the new 4-H year, and several members are already signed up. If you have not enrolled in 4h.zsuite.org, please do so before time slips away. The deadline to enroll in Beef projects is **November 1st, 2024**. Please make sure to call the office and get added to the list, sign up in zsuites, and have your membership fees paid by November 1st. If you have any issues or need help signing up give me a call and I will walk you through the process. Fees can be paid at the Extension Office, but remember we only take cash or check. Don't forget, we moved to a new location last year to 6791 Main Street, Suite B. Enrollment fees are \$25.00 per member for 3 projects, each additional project after that is \$3.00 per project. Horse and Dirt Bike fees are \$27.00. Dutch Oven and Jewelry Making have extra costs too as all the materials for these projects are provided. **January 10th, 2025**, is the deadline to be fair eligible to exhibit and compete. Now is also a great time to start your record book, get those goals in place.

We held our Carnival and Awards Banquet on October 23rd, if you were not able to make it, please come by the Extension office and pick up your award. We also have some market animal sale checks that still need picked up, please come by, and get those. Did you know you get paid for your ribbon placement in static projects? Yes, its true! All 4-Hers that entered projects in the fair have checks waiting to be picked up too. Each Blue ribbon is \$3.00, Red is \$2.00 and White is \$1.00.

Thank you to all the leaders that make 4-H a success each year. We held a wonderful dinner in appreciation for all their efforts with a good turnout. We enjoyed some delicious food and everyone walked away

with 4-H swag. If you are a returning leader, please sign up in zsuite as soon as possible. I have sent out background check requests for leaders that need to renew their background checks. Please follow the link and get that done asap! If they are completed by December 31st the state 4-H office will pick up the cost, so let's get them done. Leaders also please watch Protecting Minors and the Learning Modules in Clover Academy. These can be found on the first page in zsuite, scroll down on the left, and this is where you will find Clover Academy. Remember, completing this is a requirement for being a 4-H volunteer.

The Market Lamb Contest is back again this year. It is open to any 4-H'er ages 8-18 that is signed up in zsuite and enrolled in the market sheep project. The applications are at the office, or I can email them to you. This is a fantastic way to get started in the sheep project.

4-H always has a need for volunteer leaders, if you are interested in being a leader, please reach out to me and we can get you started. It is fun and extremely rewarding.

I also want to mention that for the second year in a row, Boundary County has had a 4-H member that competed at the State Oral Presentation Contest and won at the State Level. This year Katie Vader is headed to the National Contest to give her presentation. Way to go Katie! We are all rooting for you.

Stay warm and safe over the holidays to come.

Persons with disabilities have the right to request and receive reasonable accommodations. Please complete the form found at [reasonable-accommodation-for-4-h-parent-completion.pdf \(uidaho.edu\)](https://www.uidaho.edu/extension/4h/parent-completion-form) to assist in evaluating the reasonable accommodation request at least two week prior to the event. Accommodation applications cannot be approved without supporting documentation. Submit the request form found in the link above along with supporting documentation to Center for Disability Access and Resources 875 Perimeter Drive Moscow, ID 83844-4257 cdar@uidaho.edu Phone 208-885-6307, Fax 208-885-9404



Bill of Sale vs. Receipt

When we sell items which can range from livestock to a piece of farm equipment it is important that the sale of those items is recorded properly. In 4-H we refer to a **bill of sale** in a livestock project. It is extremely important that you have a bill of sale to show ownership of an animal. A bill of sale is a legal document made by a "seller" to a purchaser, reporting that on a specific date, at a specific locality, and for a particular sum of money or other "value received", the seller sold to the purchaser a specific item of personal, or parcel of real, property of which he had lawful possession.

Is a bill of sale a legal document for a livestock transaction? Yes, if the bill of sale is valid and current.

Note: A brand inspection must be done within 10 days after the date of the sale. A bill of sale does not replace a brand inspection for Cattle & Horses **only**.

A valid bill of sale must include:

- Date of the sale.
- Complete description of livestock sold.
- Name of the purchaser.

- Signature of the seller.



A **receipt** is a written acknowledgement that a specified article or sum of money has been received as an exchange. An example, a receipt from a grocery store lists the items that were purchased and has the date, store information, and amount of money paid. A receipt is not sufficient documentation to establish livestock ownership.

So what do I need in 4-H?

You need to make sure you obtain a bill of sale, this information must be brought with you to initial weigh-ins and needs to be kept in your record book. Given the C.O.O.L. regulations (Country of Origin Labeling) it is really important that you are getting adequate information from the producers. On page 18 is an example of the information that needs to be captured. If you have questions regarding Bill of Sale please do not hesitate to contact the Extension Office at 208-267-3235.

C.O.O.L.

Important Information for all Market Animal Members and Leaders!

As part of the Farm Bill, effective September 30, 2008; individuals who are selling whole muscle retail cuts of meat are required to identify where that animal was born and raised. This labeling is known as Country of Origin Labeling or C.O.O.L.

So what does this mean to you as a livestock member? As a producer of meat animal you will be required to keep records regarding the country the animals you sell were born and raised in. If you are purchasing animals for your 4-H projects you will need this information at the time of purchase. This information must be kept in your records for 1 year after the sale of the animal.

We will utilize the same Quality Assurance form from last year. The form covers the C.O.O.L. requirements for our market animal sale. However, it is important that you can provide the information on your animal (s). It is important you use a good bill of sale and ask the producer questions when you go to purchase your animal(s). If you have any questions regarding C.O.O.L. please contact Debbie at the Extension Office.

Project Requirements

As planning is underway for the 2024/2025 4-H year, please remember that project requirements and exhibit standards are fully described in project materials. All leaders will receive copies of these requirements. If you take the time to review the project and exhibit requirements at the beginning of a project that helps eliminate a lot of problems when a project is submitted for the Fair.

Remember:

- All projects have a record book
- All record books must include a story-(project focused)
- Photographs are required in Boundary County
- All projects require a demonstration
- All projects have an exhibit standard

Leaders -if you have questions about the exhibit standards or project requirements please contact Debbie at the Extension Office, 208-267-3235.



The annual 4-H Leader's Recognition Banquet was held on Tuesday, October 4th at Memorial Hall to recognize all the efforts of the 4-H Volunteer Leaders. The evening included a delicious buffet dinner, awards presentation, and election of the Leader's Council Vice President and Treasurer. Congratulations to Liz Wood who agreed to stay on as Vice President and was duly re-elected and Sarah Carver accepted to stay in the Treasurer position and also was elected into office. A very special thank-you to all the volunteers who helped make this program year a huge success through their support and dedication to Boundary County 4-H.

Scholarships

The FAFSA application opened on October 1, 2024.

Those who are interested in attending a college or university and would like to apply for a 4-H college scholarship will need to complete their online FAFSA and submit an application through the University of Idaho. All applications must be received by the **Dec. 15, 2024 deadline**. This means, students will need to submit an application and all applicable documents (e.g. unofficial transcripts) to UI prior to the December 15th deadline as well. Applications and materials received after December 15th will not make it in the application selection pool. Applying for a 4-H College Scholarship **does not** mean that you have to accept the University of Idaho as your institution for higher education to receive the 4-H scholarship, unless specified with the scholarship requirements.

You can find useful information in the APPLYING FOR 4-H COLLEGE SCHOLARSHIPS, *A Guide for Idaho 4-H Scholarship Applicants* manual located at www.uidaho.edu/extension/4h/programs/scholarships.

Visit https://uidaho.co1.qualtrics.com/jfe/form/SV_ELPI5RZlnK4rZzS to access the application.

Please be prepared and apply EARLY! Contact the University of Idaho Extension, 4-H Youth Development Office if you are unsure or have any questions: fourh@uidaho.edu or 208-885-6321.



O.M. Plummer Memorial Scholarship

The Oregon Community Foundation offers an annual scholarship to an Idaho 4-H member who has participated in livestock showing or judging beyond the county level. Applicants must be a senior in high school, a member of a 4-H livestock club and have taken livestock projects for at least three years. The amount of the scholarship has varied from \$300-\$570 in recent years. Completed applications must include an achievement story, a transcript and a photo. Applicants must apply through the 4-H College Scholarship application process by the **December 15** deadline. For instructions on how to apply, please follow *the Applying to the University of Idaho Guide* (PDF) instructions

Idaho Friends of 4-H College Scholarship

The Idaho Friends of 4-H offers \$1,000 college scholarships to Idaho 4-H members attending post-secondary schools in Idaho. Scholarships will be offered for first year students at Idaho universities, colleges, technology or trade schools. Applicants must be between the ages of 16 to 20 and have been a 4-H member for four years, with at least two of those years during high school. Applicants must apply through the 4-H College Scholarship application process by the **December 15** deadline. For instructions on how to apply, please follow *the Applying to the University of Idaho Guide* (PDF) instructions.

Roy and Mamie Jones

A \$1000 college scholarship is available to graduating 4-H members from the Northern District (Benewah, Bonner, Boundary, Clearwater, Idaho, Kootenai/Shoshone, Latah, Lewis, and Nez Perce Counties), who have been in 4-H at least 5 years. Leadership and 4-H achievement in projects other than livestock shall be the primary consideration.

Community involvement and academic achievement are secondary considerations. The award is not based on financial need. Applicants must apply through the 4-H College Scholarship application process by the **December 15** deadline. For instructions on how to apply, please follow *the Applying to the University of Idaho Guide* (PDF) instructions.

Johannesen Leadership Scholarship

A \$1,000 college scholarship is available to graduating Idaho 4-H members who have been in 4-H at least four years and are currently enrolled in 4-H. Overall leadership and 4-H achievement shall be the primary considerations. Community involvement, academic achievement and financial need are secondary considerations Applicants must have a high school GPA of 2.8 or higher. Preference will be given to students attending the University of Idaho. Applicants must apply through the 4-H College Scholarship application process by the **December 15** deadline. For instructions on how to apply, please follow *the Applying to the University of Idaho Guide* (PDF) instructions.

Ruth Shane Memorial Scholarship

A \$1000 scholarship is available to any Idaho graduating high school senior, who has been in 4-H at least 4 years and is currently enrolled in 4-H. Applicant must attend the University of Idaho and have a minimum cumulative GPA of 2.5. Primary consideration will be given to applicants based on their Family and Consumer Sciences project achievement and leadership experience in 4-H and their community. Applicants must apply through the 4-H College Scholarship application process by the **December 15** deadline. For instructions on how to apply, please follow *the Applying to the University of Idaho Guide* (PDF) instructions.

Scholarships Continued

Scholarships Cont. From Page 12

Lillian Jeanette Craig Memorial Scholarship

A \$1000 college scholarship is available to a graduating high school senior, or someone currently enrolled in an institution of higher education, who has been involved in 4-H in Idaho and is a childhood cancer survivor or the sibling of someone who has had childhood cancer. If a sibling, the applicant must have lived in the same household and been between the ages of 4 and 18 when his/her sibling was diagnosed and treated. The scholarship may be used at any college, university or vocational institution. Preference will be given to applicants attending academic institutions in Idaho. Applicants must apply through the 4-H College Scholarship application process by **December 15**. For instructions on how to apply, please follow *the Applying to the University of Idaho Guide* (PDF) instructions.

Murdoch Ranch and Home Supply 4-H Scholarship

The Murdoch's Ranch & Home Supply Scholarship offers \$1,000 college scholarships to Idaho 4-H members attending post-secondary schools. This is not limited to Idaho only. Scholarships will be offered for first year students at any university, college, technology or trade school. Applicants must be between the ages of 16-20 and have been a 4-H member for four years, with at least two of those years during high school. Applicants must apply through the 4-H College Scholarship application process by the **December 15** deadline. For instructions on how to apply, please follow *the Applying to the University of Idaho Guide* (PDF) instructions.

Quinn Family 4-H Food Preservation Scholarship

The Quinn Family 4-H Food Preservation Scholarship shall provide eligible Idaho 4-H students who have participated in food preservation projects with scholarships to support their post-secondary education. Applicants must provide 250-words detailing their participation in food preservation projects during their 4-H Career. This scholarship is available to students planning to attend a two-year trade school, two-year associates degree program, or a four-year college or university of the student's choice. Applicants must apply through the 4-H College Scholarship application process by **December 15**. For instructions on how to apply, please follow *the Applying to the University of Idaho Guide* (PDF) instructions.

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, 2025**.

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 2025.**

Know Your Government

February 15-17, 2025

Boise

Registration opens December 8, 2024

The Know Your Government (KYG) program mission— Empowering youth to be well-informed citizens who are actively engaged in their communities and the world.

KYG is held each Presidents Day weekend in Boise while the legislature is in session.

The conference is designed for youth in **grades eight to ten** to:

- Learn how state government decision-making works.
- Influence state government.
- Learn how the state judicial system works.
- Find out how cases are brought to court.

- Observe the legislative process in action.
- Share ideas with legislators, judges, and other elected officials.
- Have breakfast with legislators and judges.
- Meet teens from across the state.

The 2025 KYG conference will be held at the University of Idaho College of Law, the Boise Centre, Ada County Courthouse and the Capitol.

The registration fee is \$225 for delegates and \$175 for steering committee members and chaperones. Attendees register through Zsuite and must be enrolled in 4-H for the current year.

If you have questions regarding the KYG conference, please contact Mike Knutz at mknutz@uidaho.edu or call 208-736-3608.



BOUNDARY COUNTY 4-H

Welcome New and Returning 4-H Families

4-H enrollment period is October 10, 2024-January 10, 2025.

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.

All enrollments for new and returning members and leaders need to be done online @ <https://4h.zsuite.org>. This is also 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, 2024. 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, 6791 B Main Street or mailed to PO Box 267, Bonners Ferry. Unpaid enrollments will remain in pending status until program fees have been paid.

The Participation Deadline for 2024/2025 is January 10, 2025 for 4-H projects to be part of the 2025 Boundary County Fair. There is a special date for beef projects of November 1, 2024.

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 (10 & up) \$27
Jewelry Extra \$5 to cover cost of materials
Dutch Oven Extra \$10 to cover cost of materials
4 or More Projects add \$3.00 per project



4-H Friday Friends

4-H Friday Friends is in full swing! Our Fridays have been full of fun crafting, science experiments, field trips, and the kids' favorite Open Gym! 4-H Friday Friends is a day youth program for kids K-5th. We meet on Fridays at the Middle School during the school year calendar. Its \$15 a child per attendance, though we do have a sliding fee scale! We are also drop-in so you come any or all Fridays. Drop off is any time after 7:30 am and pick up is by 5:30 pm. On top of chalk full days of hands-on activities, we also enjoy Ms. Terri from the library every other Friday for story time and other community visitors that teach the kids about fun and exciting topics. In September we had Mr. Jason from the Department of Lands come and teach the kids about topography and the kids got to make their own mountains! This month we are taking a walking field trip to the University of Idaho Extension Office to learn about the life cycle of apples and make applesauce with Ms. Amy. Next month we have lots of fun Thanksgiving themed activities lined up! It's a great time to join us at 4-H Friday Friends! For more information follow us on Facebook!



<u>Dates: First Semester</u>	<u>Dates: Second Semester</u>
September: 6, 13, 20, 27	February: 7, 14, 21, 28
October: 4, 11, 18, 25	March: 7, 14, 21
November: 1, 8, 15, 22	April: 4, 11, 18, 25
December: 6, 13, 20	May: 2, 9, 16, 23, 30
January: 10, 17, 24, 31	June: 6

LIVESTOCK BILL OF SALE

Livestock Bill of Sale

****This must be completely filled out in order to be accepted****

Seller Name:	Buyer Name:
Address:	Address:
City, State & Zip:	City, State & Zip:
Phone:	Phone:

Animal #1	Animal #2
Species:	Species:
Breed:	Breed:
Sex:	Sex:
Color:	Color:
Birth date:	Birth date:
State of Origin:	State of Origin:
Tag or ID #:	Tag or ID #:
Out of State permit #:	Out of State permit #:
Parasite Treatment:	Parasite Treatment:
Vaccines given:	Vaccines given:
Purchase Price:	Purchase Price:
Breeding Information:	Breeding Information:
As an affidavit is deemed by the USDA as an official record of Country of origin, I attest through first hand knowledge, normal business records, or producer affidavit (s) that all livestock referenced by this "bill of sale" are of _____ (list country) origin.	As an affidavit is deemed by the USDA as an official record of Country of origin, I attest through first hand knowledge, normal business records, or producer affidavit (s) that all livestock referenced by this "bill of sale" are of _____ (list country) origin.

Signature of Seller	Signature of Buyer
Date:	Date:

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

RETURN SERVICE REQUESTED

NON-PROFIT
PRSR STD
U.S. POSTAGE
PAID
PERMIT NO. 145
BONNERS FERRY, ID

NOVEMBER/DECEMBER 2024

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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