



CANYON COUNTY EXTENSION UPDATE

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

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Meet the Team

UI Extension, Canyon County operates with 5 educators, 3 support staff, a program coordinator, and two program assistants. With everyone, we are able to provide programming for 4-H Youth Development, Horticulture, Cropping Systems, Livestock & Small Acreage, as well as Family and Consumer Sciences. We would like to share our team with you.

Tasha Howard is your Canyon County Family and Consumer Science Educator. Tasha received her Master of Family & Human Development (MFHD) at Utah State University. She is bilingual, speaking both Spanish and English. Tasha serves and the County Chair for our office. She is our beacon that leads Canyon County with our municipalities.

Tasha's expertise is in behavioral health. She has a passion for teaching and helping others live healthy and fulfilling lives. Just this year Tasha added mother of twins to resume.

Feel free to contact Tasha with all your Family Consumer Science needs at thoward@uidaho.edu or 208-459-6003.





INTERESTED IN BECOMING A 4-H VOLUNTEER?

Volunteers play a vital role in the ongoing growth and development of those in the Canyon County 4-H program! Click **HERE** for the cover letter + application!

4-H ENDOWMENT

Want to support your 4-H community, but don't know how? Consider donating through the Canyon County 4-H program through the University of Idaho website: https://uandigive.uidaho.edu/project/22000/donate?des_id=152386

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

4-H EVENT CALENDAR

December

7 Babysitter's Training
25-26 Closed - Christmas

Our office will be closed
New Years Day, January 1st, 2025

INTERESTED IN 4-H?

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

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

CLOVER SPARKS! CLOVERBUD PROGRAM!

\$25 per participant and ZSuite enrollment required.

Join us for these fun filled evenings of Cloverbud focused activities! Ages 5-7 as of Jan 1st, 2025.

Dates: January 23, February 20, March 20, April 17, & May 15, 2025

Location: Bowmont Community Church (7263 Second St., Nampa)

Times: 6:00-7:00pm



Follow us on Social Media!



[Facebook](#)



[The X](#)



[Instagram](#)



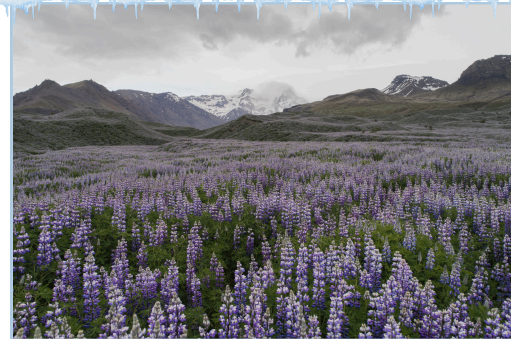
Cozy Up, Little Bugs! The Quest for Perfect Winter Hideaways

In this region, insects have diverse overwintering strategies. Many butterflies and other beneficial insects overwinter as eggs, caterpillars (larvae), or chrysalises rather than as adults. For instance, monarch butterflies migrate to warmer areas to survive the winter, while others may find refuge in leaf litter or within protective layers of plants. Given this, the role of butterfly houses in supporting overwintering populations can be limited, particularly for species that do not remain as adults during colder months. [Bug snugs](#) can offer more significant benefits. By providing cozy spaces filled with natural materials like dried leaves, straw, and twigs, bug snugs can create ideal microhabitats for overwintering insects, including solitary bees and ladybugs. These insects often seek out sheltered spots to hibernate, and well-constructed bug snugs can help meet that need. [Read more](#) to get ideas of what can be used build a shelter for the native insects in your garden to ensure a healthier ecosystem for years to come.



Canyon County Master Gardener Movie Nights!!

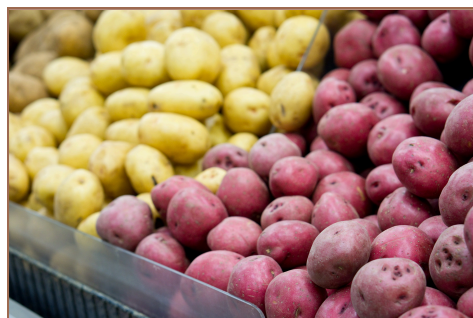
Movie nights are starting up once again! The next free horticulture themed movie shown at UI Extension, Canyon County, 501 Main St. in Caldwell will be Friday, February 21, 6-8pm. February's featured film is "[Food Forest Abundance](#)" & "[Being the Change.](#)" *Click on the movie titles to see the film trailers.* To register, call 208-459-6003 or email canyon@uidaho.edu.



Chill Out! Cold Stratification for Native Plants

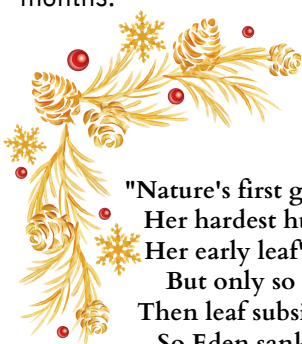
Cold stratification is an important step for growing many [native plants](#) in USDA Hardiness Zone 7. This process mimics winter conditions, helping seeds break dormancy and ensuring they germinate at the right time in spring. In the Boise area, which is situated in [Ecoregion Level III 12](#) (Snake River Plain) and borders [Ecoregion Level II 10.1](#) (Cold Deserts), you have a unique opportunity to cultivate a variety of native plants. Whether you're interested in wild sunflowers, asters, goldenrods, lupines, purple coneflowers, milkweed, or penstemon, following these steps will help you successfully propagate these beautiful species in your garden.

Understanding the Ecoregion Ecoregion 12 features a mix of desert and semi-arid environments, characterized by cold winters and warm, dry summers. The region's soils vary from sandy to clayey, which influences the native plant communities that thrive here. [Plants in this area](#) have adapted to withstand drought and temperature extremes, making them well-suited for home gardens that aim to support local wildlife and conserve water. Read full story by clicking [HERE](#).



Storing Potatoes for Winter Enjoyment

Potatoes are vegetables that are [easy to grow](#) and also store well over winter if handled properly. The time between planting and harvesting of mid-season and late varieties of potatoes typically ranges from 90 to 120 days. Once harvested, Idaho potatoes require careful harvesting and storage to ensure they remain fresh and flavorful through the winter months. [In this article](#) you will learn tips and tricks on the best way to harvest and store your potatoes. With the right care, you will receive the best results of your garden's bounty throughout the winter months.



"Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf,
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay."

by Robert Frost



Family & Consumer Sciences



Health Tip of the Month

Tech Toys for Christmas?

When considering giving a tech gift to your children for the holidays this year, University of Idaho Extension recommends parents ask themselves if the toy fosters positive interactions with others, encourages exploration and problem-solving, and sparks the child's imagination. Courtesy.

Each holiday season brings new fancy games and technology gadgets targeted to children. Whether it is the latest cell phone model, the newest gaming system, or educational games for your toddler, it can be hard to make an informed decision. If you are wondering about purchasing a tech toy this season, here are some things to consider.

For younger children:

1. Is this toy going to help my child developmentally? Flashing lights and multiple sounds and buttons might make it entertaining for your child, but research tells us that when choosing a toy for younger children, it is important to assess how the toy will be used and if it will support development. The American Academy of Pediatrics recommends choosing toys that are not over-stimulating and that promote imagination and problem solving.
2. Is this toy versatile? Children grow quickly, and just like they outgrow clothes, they also outgrow toys. It is important that you look for a toy that is long-lasting, versatile, and will keep children engaged at many different ages. One guideline the American Academy of Pediatrics suggests is choosing a toy that can grow along with your child and understanding that simple toys can be just as useful and fun as toys with all the bells and whistles.

For older children:

1. Are my children ready to handle the technology I am giving them? Do they have the skills to navigate it safely? Especially when giving internet-enabled gifts, it is important to make sure your children know how to appropriately behave in an internet setting. To help them learn to be safe online and navigate technology appropriately, visit commonsensemedia.org.
2. Does my child need the newest technology version? Even though the latest version of the iPhone is on his or her list, it may be a better idea to buy an older version or a used phone. With the cost of such a gift comes responsibility, and it is easy to forget that we are placing thousands of dollars of technology into the hands of children for everyday use.

With all the things to consider when purchasing a tech toy for Christmas, one of the most helpful suggestions, according to research, is that parents ask themselves if the toy fosters positive interactions with others, encourages exploration and problem-solving, and sparks the child's imagination.

by Tasha Howard, University of Idaho FCS Extension Educator

PREVENT2

Diabetes Prevention Program

Join us for a yearlong Diabetes Prevention Program (26 classes) to reduce your risk of developing Type-2 diabetes through modest lifestyle changes.

\$75 registration fee per person with eligibility to bill insurance. Financial assistance is available.

Weekly classes begin Tuesday, January 21st, 2025, 6-7pm

Call UI Extension,
Canyon County at
208-459-6003 or email
canyon@uidaho.edu
for more
information

Please give a warm welcome back to our FCS Extension Educator, Tasha Howard! Tasha has been out on maternity leave caring for her newborn twins.

LIVESTOCK & SMALL ACREAGE EDUCATION

keeping livestock **WARM**

Cheyenne Myers
Livestock & Small Acreage
Extension Educator

cheyannem@uidaho.edu



When temperatures drop -- livestock nutrient requirements increase. Animals have a thermal neutral zone. This zone is the range in which animals can comfortably maintain their body temperature using the least amount of energy possible. The lower end of this zone is known as the lower critical temperature (LCT). Livestock can experience cold stress when temperatures are below the LCT – causing their bodies to work harder to stay warm. Livestock energy requirements tend to increase by 1% for each degree below the LCT. Animals that are fed high quality hay may be able to increase their feed intake to stay warm. If low quality forages are your only option, then adding an energy supplement can help keep weight on your animal. It is important to always provide fresh clean water that is free of ice and in an adequate supply. Animals tend to drink more water as their metabolic rates increase. Do not assume that your animal will have enough water by eating snow or liking ice. Water intake has a direct correlation with feed intake. If you see a decrease in feed intake, always check your water first. Check water sources daily to make sure they are not frozen!

Rain and mud can increase the LCT in animals that have hair, like cattle, goats, and horses. Water and mud decrease the insulating ability of hair causing an increase in energy requirements to stay warm.

Animal age, weight, and stage of production can all influence an animals LCT. If concerned, keep an eye on your animal's performance and body condition throughout the winter. If you notice any negative changes increase the energy provided in the diet.

The LCT for common livestock: Cattle in the winter is generally 32°F, goats 32°F, sheep who are freshly shorn 50°F, sheep with around 2.5 inches of fleece 28°F, chickens 50°F, swine 59°F, and 18°F for horses with a winter coat.

Chickens

It's important that you keep your coop draft free, while also keeping ventilation. Try to have the coops ventilation up higher – away from where your chickens will roost. Covering any windows with feedbags or mesh like material can keep drafts down while also allowing ventilation. You can test the ventilation and air flow of your coop by the smell. If you enter and the smell of ammonia is high – you may need to increase your ventilation. Offering high protein feeds can help keep the chicken's metabolic rate higher, allowing them to stay warmer. You can use a heated lamp – but be careful of fires within the coop.

Swine

Providing warm bedding is essential for pig as they do not grow a winter coat like other livestock. Provide thick and dry beds of straw or hay. Clean bedding weekly! Adding some extra calories to their diet can also help them create a fat layer to help them stay warm during the winter. Pigs will also eat hay – so adding some clean fiber to their pen could be beneficial.

Cows and horses

Cows will typically do just fine in the winter. They have, like horses, grow a thicker coat during colder weather. If possible, provide shelter to protect them from the elements when they bed down, provide plenty of dry thick bedding. Provide high protein/high quality hay during the winter.

Snow on animals

Snow on an animal's back is a good thing! Snow can act as an insulator and help keep animals warm. It shows than an animal is retaining their body heat and not losing it to the elements.



CROPPING SYSTEMS

Dr. Jemila Chellappa
Area Cropping Systems Educator

Stay Informed with the *Pacific Northwest Pest Alert Network*

pnwpestalert.net

The **Pacific Northwest Pest Alert Network** is here to help you stay ahead of pest outbreaks! Our mission is to provide timely and accurate pest outbreak information to the agriculture industry, empowering field-men and growers to make better pest management decisions. By increasing communication, we aim to promote more judicious pesticide use, reduce crop losses, and improve overall pest management.

The network connects farmers, industry field representatives, and university and government personnel across the Pacific Northwest, ensuring broad participation for the greatest impact. Pest alerts include links to control information, helping you take swift and informed action.

Have you subscribed to the PNW Pest Alert Network yet?

- If **yes**, we invite you to take a quick survey tailored for our subscribers:
 - Agriculture Subscribers (Crops and Small Farms) - https://uidaho.co1.qualtrics.com/jfe/form/SV_6M7izVGWJ1pDGKy
 - Horticulture Subscribers (Landscape and Garden) - https://uidaho.co1.qualtrics.com/jfe/form/SV_7af2iQJTcXSVZMq

Take the 2024 Pest Alert Network Annual Survey and win!

We're inviting you to participate in the 2024 Pest Alert Network Annual Survey focused on pest management. Your valuable input will help us understand pest trends and control methods and improve the Pest Alert Network!

Why Participate?

- Share your experience in pest control & management
- Help improve our pest alert services
- 3 lucky participants will be randomly selected to win a \$50 gift card as a token of appreciation!

Who Should Take the Survey: PNW Pest Alert Network Subscribers

Time: Only 5-8 minutes to complete

Thank you in advance for taking the survey and for making pest management more effective and sustainable

- If **no**, don't miss out—subscribe now <https://pnwpestalert.net/user/join/> and stay tuned for timely pest alerts for the next growing season. Protect your crops and fields with the most up-to-date pest management information!

For more details, visit <https://pnwpestalert.net>

Let's work together for smarter pest management in the Pacific Northwest!

Growing Together: Your Partner in Idaho Agriculture

Anyone had a severe devastation at your farm due to pests, diseases, weeds, and/or nematodes and have stories to tell? Need to discuss crop production, protection, and productivity management strategies and all about Idaho cropping systems?

Do write @ jemila@uidaho.edu or call us at **208-459-6003**. Let us chat and find ways to manage.

Let us "Grow Together" and strengthen the cropping systems of Southwest Idaho. Stay Connected!

pnwpestalert.net

We are here to help the farming and its well-being.

Stay tuned for more information on the upcoming Western Idaho Ag Show and Crop Schools this winter!



Canyon County

EXTENSION UPDATE

UPCOMING EVENTS

Living on the Land

Tuesdays, starting January 7 | 6:00 - 8:30pm

UI Extension, Ada County

This 12-week course explores the topics needed to successfully and sustainably live on small acreage. This course is designed for current small acreage owners as well as those dreaming of ownership. Cost for this course is \$240 per unit (2 people). This cost includes a notebook of resource materials 1 soil test and 1 water quality test. Click [HERE](#) to register for this course.

Growing Micro-greens

Thursday, January 9 | 7:00 - 8:00pm

Caldwell Public Library

Come learn how to grow your own micro-greens that have a fun and nutritional punch. This will be a hands on class and you will walk away with your own tray of easy to grow micro-greens. Spruce up your salads and sandwiches with these little powerhouses of nutrition. Contact the Canyon County Extension Office to register for this **FREE** course.

How to Make an Easy Terrarium

Wednesday, January 22 | 6:00 - 7:00pm

Nampa Public Library

Learn the basic concepts of creating a terrarium ecosystem. Learn to choose the right plants for an open or closed terrarium. Learn to create the correct soil balance to meet the environmental requirements of your chosen plants. Contact the Canyon County Extension Office to register for this **FREE** course.

Planning Your Garden & Start Winter Sowing

Saturday, January 25 | 10:00am - Noon

Canyon Springs Community Garden **OR**

Tuesday, January 28 | 5:30 - 7:00pm

Middleton Public Library

This class will cover the gardening basics necessary to get started growing an abundant and successful garden and get started with winter sowing. Contact the Canyon County Extension Office to register for this **FREE** course.

FOLLOW US ONLINE!

WWW.UIDAHO.EDU/CANYONCANYON@UIDAHO.EDUFACEBOOK.COM/UIEXTENSIONCANYON/FACEBOOK.COM/CANYONCOUNTY4H/FACEBOOK.COM/2CMASTERGARDENER/[@UIEXTENSION_CANYONCO](https://WWW.INSTAGRAM.COM/@UIEXTENSION_CANYONCO)[@2CMASTERGARDENER](https://WWW.INSTAGRAM.COM/@2CMASTERGARDENER)[@CANYONCOUNTY4H](https://WWW.INSTAGRAM.COM/@CANYONCOUNTY4H)[EXTENSION CALENDAR](#)

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