



## CANYON COUNTY

# EXTENSION UPDATE

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

### INSIDE THE ISSUE

#### 4-H YOUTH DEVELOPMENT

Cloverbud programming starting. Cloverbud programs are for youth 5-7 years old as of January 1, 2024.

#### HORTICULTURE

University of Idaho Extension offers research based information. Check out common online gardening myths.

#### CROPPING SYSTEMS

Dr. Chellappa is looking for feed back from local producers. Check out her quick survey below.

## February's Note:

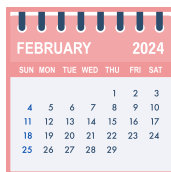
On February 2nd, the groundhog saw his shadow! This predicts an early spring. Spring brings a lot of new beginnings and opportunities. UI Extension in Canyon County offers a lot of programs that can help you get your spring off to a great start. Check out the offerings below! From gardening classes to health classes to ways to support animal nutrition, and more, we want you to have the skills to be successful. While the temperatures may still be cold, sunshine and spring days are around the corner!



Scan the QR Code or click the link to provide feedback.

[tinyurl.com/UIExtfeedback](https://tinyurl.com/UIExtfeedback)





### 4-H Event Calendar

#### February

- 19 Closed - President's Day
- 26 Beef Declarations Due Date

### Interested in 4-H?

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

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

### Idaho 4-H Roundup Podcast

It's FUN! It's ENGAGING! It's the Idaho 4-H Roundup PODCAST! Join hosts Jeremy Hampton and Joe Stanley as they discuss what's happening throughout Idaho in 4-H. You can find the episode on most podcast-friendly platforms and is available under "Idaho 4-H Roundup".



### 4-H Adventure Camp!

At 4-H Adventure Camp, we believe in providing a fun and safe environment where children can learn, grow, and make lasting memories!

**Activities at Camp include:** Tie Dye, Archery, Kayaking, Crafts, Gaga Ball, and much more!

*Teen Camp: \$360 - Kids Camp: \$310*

#### June Kids Camp:

- Dates: June 10-13
- Ages: Grades 3rd-5th

#### July Kids Camp:

- Dates: July 9-12
- Ages: Grades 3rd-5th

#### July Teen Camp:

- Dates: July 22-26
- Grades: 6th-8th



**For more information and to register, go to [www.4Hadventurecamp.com](http://www.4Hadventurecamp.com)**

*Youth do not need to be 4-H members to attend camp.*

### Clover Sparks Cloverbud Program!

Cloverbud is a fun, educational program for younger children! Join Clover Sparks for 4 evenings of fun filled hands-on activities.

**Ages:** 5-7 as of Jan 1st 2024

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

**When:** Thursdays, February 22nd, March 21st, April 18th & May 16th

**Where:** Bowmont Community Church  
Cost: \$25 (4-H enrollment fee - Scholarships available!)

To enroll, contact 208-459-6003 or [canyon@uidaho.edu](mailto:canyon@uidaho.edu)



### Babysitters Trainings!

The babysitting curriculum includes fun, hands-on, informational activities. Participants receive a flash drive containing all the class material as well as a student guide and a certification of completion. We provide the basics of CPR & First Aid but certification is not included. Participants need to bring a bagged lunch.

**Learn about:** Nutrition Foods/Snacks, Handling Emergencies, Babysitting Do's & Don'ts, Child Development, The Business of Babysitting

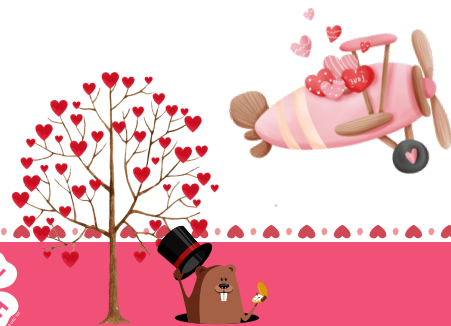
Date: March 27th  
Time: 10 am - 3:30 pm  
Place: Roberts Recreation Center Classroom (504 Grant St. Caldwell)



Date: March 21st  
Time: 10 am - 3 pm  
Place: Riverbarn (960 Main St. Star)

### CLOVER by 4-H

CLOVER by 4-H is a national program that provides at home activities for youth and families. CLOVER creates impactful learning experiences in partnership with 100+ top-tier universities. Download the CLOVER app through the Apple App Store or Google Play or check out the website: <https://4-h.org/clover/about/>



Follow us on Social Media!



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### “Dig In” to the Mystery of our Treasure Valley Soil

What is the mystery of soil in the Treasure Valley? Actually, it isn't mysterious at all if you're willing to "dig in". With a little bit of investigation, you can learn how simple soil really is, even in the Treasure Valley. All types of soil consist of sand, silt and clay. "Soil texture" is the ratio of sand, silt and clay in your soil. Soil texture can determine things like drainage, water retention and the amount of nutrients the soil can store. Read more by clicking [HERE](#).



### How to Get Sprouting

You probably have seen bean and alfalfa sprouts in the grocery store and thought how can I grow my own and is it hard? The answer to these questions is yes you can grow sprouts and no it is not hard. Doesn't this sandwich look better with sprouts? Click [HERE](#) to learn the easy steps to start growing your own sprouts!



### Social Media Gardening Myths: The Top Five

How many of you have checked out social media internet sites? There are some great ideas...and some not so great ideas! Let's tackle just a few and remind readers of the importance of getting your information from a known, reputable source. Your local Land Grant University provides you with research-based solutions for your life. The University of Idaho Extension is your go to source for answers about gardening in Idaho. Click [HERE](#) for a list of things to avoid.

So, while you may be prone to seeing these wonderful articles that tell you how easily you can have amazing gardens on the internet, the reality is that any garden worth having is going to require work. If you want to find out what shortcuts you can take and do work in your area, the best place to start would be from a trusted, reliable source. Your [2C Master Gardeners Facebook](#) page is a daily source for reliable and accurate information, [Instagram](#), and [Twitter \(X\)](#) too!



Mark your calendar to see the next free horticulture themed movie

shown at the UI Extension, Canyon County Office, 501 Main St., Caldwell on February 23, 6-8pm. February's featured films are "Together we grow", a 38 min. documentary from New Zealand about growing a community, and "Just eat it", a 73 min. documentary about food waste from the farm, back to our own fridge. Call 208-459-6003 if you want to attend.

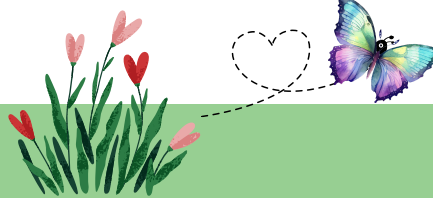


### Winter: The Best Time to Ponder the Bones of your Yard & Garden

Are you thinking of creating or converting to a backyard forest garden? Here's a bridge over a dry river rock bed that flows through a wildlife area - even in a small yard! With the leaves on deciduous plants gone, you can see where you need structure, where you could plant evergreens, and where you need to prune. Click [HERE](#) to read the full article and [HERE](#) for more suggestions.

Check Out Our Upcoming Events and Horticulture Classes This Month!

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



# Family & Consumer Sciences

## Health Tip of the Month

February is heart health month. There are some quick tips to help improve your heart health.

**Tip #1** - Move more, sit less! It is recommended that adults try to get at least 150 minutes of physical activity a week. You can do this in a lot of different ways, figure out what works best for you and how to add physical activity to your day.

**Tip #2** - Choose your drinks wisely. We don't always think about our drinks as having an affect on our health, but sugary drinks can have extra calories. Try reducing calories by limiting your sugary drink intake as well as drinking water.

**Tip #3** - Eat a healthy diet. Try to get vegetables at each meal. Whole grains, lean meat, and low fat dairy products are also helpful for your heart. Improving your heart can have benefits to your overall health. Try some of these tips today! (Taken from CDC)



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

**Date: Thursday, February 29th**  
**Time: 5:30-7:00pm**  
**Location: Online**

OR

**Date: Thursday, March 21**  
**Time: 5:30-7:00pm**  
**Location: Online**

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



## Mental Health First Aid

Mental health first aid teaches you how to understand and respond to signs of mental health and substance use challenges among adults.

The class consists of 2.5 hours of online work to be done before 5.5 hours of in-person instruction.

**Date: Saturday, March 2**  
**Time: 9:30am - 3:30pm**  
**Cost: \$10 per person**  
**Location: 501 Main Street, Caldwell**

## LIVESTOCK & SMALL ACREAGE

### 2024 Animal Nutrition Educational Series

registration open!

Swine Nutrition

February 17th

Poultry & Small Animal Nutrition

March 16th

Beef Cattle Nutrition

May 11th

Dairy Cattle/Goat Nutrition

May 25th

4-H and FFA members invited  
 Parents are welcome as well!

## 2024 Pasture Management Series



*Caretakers of acreage large and small are encouraged to attend!*

- pasture establishment and management
- pasture grass varieties and grass seed
- weed management and identification
- soil types, care, and management
- water rights and responsibility
- irrigation and irrigation systems
- grazing practices and fence building
- animal care and feeding

**The 2024 Pasture Management Series registration is now open.**

**Wednesdays, February 28 to May 1st**

**UI Extension, Canyon County Meeting Room**

**\$150/Unit** (individual or 2 people w/ shared materials and a single soil sample)

## CROPS

Do you farm in Southwest Idaho?

What and where do you farm?



Dr. Jemila Chellappa, Area Educator for Cropping Systems, is looking for your input on Emerging Issues and Recent Advances in Idaho cropping systems.

Complete the survey listed below or scan the QR code to provide your input.

[https://uidaho.co1.qualtrics.com/jfe/form/SV\\_1QRKkDWM4kL26](https://uidaho.co1.qualtrics.com/jfe/form/SV_1QRKkDWM4kL26)



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**EXTENSION UPDATE**

## UPCOMING EVENTS

**Planning your Vegetable Garden**

Saturday, February 17 | 9:30 - 11:00am

Canyon Springs Community Garden, Middleton

Learn the basics to grow a successful vegetable garden. Taught by Advanced Master Gardener, Suzanne Ubry. Contact the Canyon County Extension office to register for this FREE class.

**Sprouting a Successful Spring Garden!**

Saturday, February 24 | 9:00am - Noon

UI Extension, Canyon County

Early spring in the garden is the best time to get your garden ready for a successful year. Come learn how to start your growing season off right! Contact the Canyon County Extension Office to register for this FREE class.

**Gardening 101**

Tuesday, February 27 | 5:30 - 7:00pm

Middleton Public Library OR

Wednesday, February 28 | 6:00 - 7:00pm

Nampa Public Library

Come learn the basics of vegetable gardening in the Treasure Valley. Taught by Advanced Master Gardener, Ruth Givens. Contact the Canyon County Extension Office to register for this FREE class.

**Succulents - Indoor Gardens**

Tuesday, February 27 | 6:00 - 7:00pm

Ada Community Library, Star

Learn how to grow succulents, indoors, overview of succulent varieties, care, fertilization, propagation, & container choice/design. Contact the Ada Community Library to register for this FREE class at 208-286-9755.

**Mental Health First Aid**

Saturday, March 2 | 9:30am - 3:30pm

Canyon County Extension Office

Learn about the four types of coping skills, finding your best self and creating an individualized stress management plan. Contact the Canyon County Extension Office to register for this class. Cost is \$5.00/person.

## FOLLOW US ONLINE!

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

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