



## CANYON COUNTY

# EXTENSION UPDATE

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

### INSIDE THE ISSUE

#### 4-H YOUTH DEVELOPMENT

Check out Idaho's own 4-H podcast. Idaho 4-H Round Up podcast. Found on most podcast platforms.

#### HORTICULTURE

Read about what to expect from your evergreen trees as the seasons change.

#### LIVESTOCK & SMALL ACREAGE

Curious about pasture management, grazing, or water rights? Learn more about our upcoming pasture management classes!

## January's Note:

In January we set goals, make resolutions and build our intentions for the upcoming year. At University of Idaho Extension in Canyon County, we are excited to be working on a variety of goals. With all 5 of our education areas offering classes and programs we expect 2024 to be a busy, eventful, and impactful year. One of our goals for 2024 is to better serve the community by listening to you and finding out what you need. To help us understand what you need and would like to see, we are collecting feedback. Click on the link or scan the QR code below to provide your feedback.



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

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





# Welcome January



## 4-H Event Calendar

### January

- 1** Closed - New Years
- 15** Closed - Martin Luther King Jr. Day
- 27** Market Beef Tag Pick-Up Day - CC Fair

## 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.

## 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/>



## 4-H STEP Short Term Project - Available Now!

Canyon County 4-H is happy to present our winter 4-H STEP Project for Winter 2024. All youth are welcomed. You must pay the 4-H annual enrollment fee of \$25 as well as the project fee (listed below).

**Registration is limited! Save your spot now!**

Call the Canyon County Extension office at 208-459-6003 to register.

### Air Rifle!

Learn about proper firearm safety, handling, competition positions and more from certified 4-H Shooting Sports volunteers. Shooters who complete the STEP will have option to continue as part of the ongoing Treasure Valley 4-H Rifle Program.

Ages: Youth 12 years +

Project Cost: \$60 per participant

Dates: Thursdays starting Jan. 18, Jan. 25, Feb. 1, Feb. 8, Feb. 15, Feb. 22

Time: 6:00pm - 8:30 pm

Place: Fish and Game's Nampa Indoor Shooting Range (222 E Railroad, Nampa)

## 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".



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## Yes! Pine Trees Dropping Needles in Autumn is Normal

Homeowners will often see the needles on their evergreen trees turning brown and falling off in the late summer or fall. Needle drop on pine trees is a naturally occurring phenomena. If pine needles turn brown from the interior of the tree, and outer needles stay green, there is no cause for alarm. Most people know that deciduous trees such as cottonwood, oak or maple trees lose their leaves in the fall, but fewer people understand that evergreen trees also lose their old needles. Read on by clicking [HERE](#) to learn more.

**Check Out Our Upcoming Events and Horticulture Classes This Month!**

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



## Fun Indoor Plants for the Holidays and Beyond

Cooler temperatures mark the end of the gardening season for many, but for people who love plants, winter is just an excuse to move our favorite hobby indoors, and holiday seasonal plants can be a fun place to start. While gardening outdoors may have been placed on pause for the winter months. Click [HERE](#) to learn about several different varieties of holiday plants that might inspire you to try growing at your home.



## Repurpose your Christmas Tree After the Holidays!

Christmas trees can be useful even after they are taken down. Trees can be placed in the yard to add greenery, treats, stringed cranberries, and act as a bird haven until spring. Click [HERE](#) for lots of ideas and see the recipe for Bark Butter for birds.



## Fungus Gnats in Your Indoor Houseplants

Fungus Gnats can become a problem on potted house plants, especially during the holiday season because we are bringing in flowering plants from nurseries, and big box stores, as well as receiving them as gifts. They are difficult to control because of their tiny size and life cycle. [Read the full article](#) to learn some effective ways on how to manage these pesky creatures.



## 2024 Canyon County Spring Home Show

Be sure to visit the Canyon County Master Gardener booth at the show. For more information about the dates and times, click [HERE](#).



Mark your calendar to see the next free horticulture themed movie

shown at the UI Extension, Canyon County Office, 501 Main St., Caldwell on January 19, 6-8pm. January'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.





# Family & Consumer Sciences

## Mental Health Tip of the Month

Tackling a New Year’s resolution can be pretty daunting. Here’s two helpful tips on how you can keep yours.

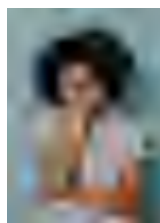
1. Be specific. Although “losing weight”, “budget better”, and “exercise more” are great goals, they lack specificity of how you are going to achieve your goal. Adding specifics like lose X amount of weight or spend X amount less will actually help you achieve goals faster.
2. Try splitting your goal in half. Goals often derail due to discouragement from not accomplishing them, so splitting them in half can provide motivation as you’ll see progress much faster.
3. Don’t get discouraged when progress doesn’t seem like it is happening all at once. Remember that regardless of which goal you make small steps can help you achieve them.



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: Wednesday, January 17th,**  
**Time: 5:30-7:00pm**  
**Location: Online**

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



## Coping & Stress Management

Start your new year off right learning how to manage stress and cope with all of life’s unique challenges!

**Date: Wednesday, January 31, 2024**  
**Time: 6:00-7:30pm**  
**Cost: \$5 per person**  
**Location: 501 Main Street, Caldwell**

# LIVESTOCK & SMALL ACREAGE

## Annie’s Project

*Empowering women in agriculture for over 20 years!*

6 Live Friday Morning Zoom Sessions  
 January 26 - March 1, 2024  
 Cost: \$35 | Registration Deadline:  
 January 21, 2024

Partial scholarships available.

Participants in the course will gain a better understanding of a variety of topics such as; business, financial planning, marketing, retirement planning, insurance, and working with interns, and employees.

This Annie’s Project course is open to all Idaho producers.

[Learn More & Register Here](#)

### Questions?

Contact **Colette DePhelps**  
[cdephelps@uidaho.edu](mailto:cdephelps@uidaho.edu)

or **Jen Werlin**  
[jwerlin@uidaho.edu](mailto:jwerlin@uidaho.edu)



## 2024 Pasture Management Series



Caretakers of acreage large and small are encouraged to attend!

- Pasture establishment and management
- pasture grass varieties and grass seed
- the weeds management and identification
- different soil types, care, and management
- water rights and responsibility
- irrigation and irrigation systems
- grazing practices and fence building
- animal care and feeding
- properly housing livestock on your property

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

**Tuesday, January 31 - April 3**  
**6:30 - 9:30 PM**

**UI Extension, Canyon County Meeting Room**

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

# CROPS

**Stay tuned for more from our new crops educator**



## Canyon County

**EXTENSION UPDATE**

## UPCOMING EVENTS

**Growing Microgreens**

Thursday, January 11 | 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 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 class.

**Dementia Friends Information Session**

Thursday, January 17 | 5:30 - 7:00pm

Online

Come learn about dementia through interactive activities. Receive a workbook and certificate. Contact the Canyon County Extension office to register for this FREE class.

**Growing Microgreens**

Tuesday, January 23 | 5:30 - 7:00pm

Middleton Public Library

Come learn how to grow your own micro-greens that have a fun and nutritional punch. This will be 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 class.

**Planning Your Garden**

Saturday, January 27 | 9:30 - 11:00am

Canyon Springs Community Garden

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

**Coping & Stress Management Workshop**

Wednesday, January 31 | 6:00 - 7:30pm

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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