



CANYON COUNTY EXTENSION UPDATE

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

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Fall Pasture Care

The following tips are geared towards preparing fall pastures to increase productivity next spring.

Properly caring for your pasture in the cooler months is important as it can impact plant health throughout winter and ultimately the production of forage in the spring.

1. *Test soil*
2. *Applying fertilizer and lime*
3. *Control weeds*
4. *Mowing and dragging*
5. *Reseeding*

For more in-depth information on these tips check out the Livestock & Small Acreage section below.

Follow us on social media for the most current information



www.instagram.com/uiextension_canyonco/



www.facebook.com/UIExtensionCanyon/





Sweet AUTUMN

NOVEMBER 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

4-H Event Calendar

November

- 11 Closed - Veteran's Day
- 19 New Volunteer Orientation
- 28-29 Closed - Thanksgiving



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

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.

Interested in becoming a certified 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!

2024-2025 4-H Volunteer Recognition

Canyon County 4-H loves to honor it's volunteers, the true pulse of the program. A couple of weeks ago, we held our annual 4-H Volunteer Recognition Night to recognize some of our outstanding volunteers, members and supporters, as well as long serving volunteers and members.





Follow us on Social Media!



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Growing Raspberries in Southwest Idaho

Southwest Idaho provides an exceptional climate for cultivating raspberries, making it an excellent region for growing these delectable fruits. The area's climate, characterized by warm summers and well-draining soils, is particularly well-suited to raspberry cultivation. Raspberries can be divided into two primary categories: summer-bearing (floricane) and fall-bearing (primocane). Summer-bearing varieties produce one bountiful crop in early to midsummer, while fall-bearing varieties offer two harvests—one in mid-summer and another in late summer or early fall. Additionally, raspberries come in four distinct colors: red, yellow, black, and purple, each bringing unique flavors and aesthetic appeal to your garden. Click [HERE](#) to learn tips and tricks on how to care for your raspberries to receive a plentiful and satisfying harvest.

Check Out Our Upcoming Events and Horticulture Classes This Month!

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



Almost Time to Put Your Garden to Bed for the Winter

"Every gardener knows that under the cloak of winter lies a miracle... a seed waiting to sprout, a bulb opening to the light, a bud straining to unfurl. And the anticipation nurtures our dream."
- Barbara Winkler

Some of you, at the end of the gardening season, are so ready to be done and put your tools away. However, placing your garden to rest for the winter is planting the best seed for success in the next year. [Read on](#) to learn more about:

- [Clean Up](#)
- [Soil Testing](#)
- [Cover Crops](#)
- [Leaf Mulch](#)
- [Tool Maintenance](#)
- [Garden Journaling](#)

[Help your garden thrive, not just survive, with these few tips to get ready for next spring...](#)



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, November 15, 6-8pm. November's featured film is "Common Ground". [Click on the movie title to see the film trailer.](#) To register, call 208-459-6003 or email canyon@uidaho.edu.



Jelly, Jam, Preserves, and Marmalade - Yummy!

Jelly, jam, preserves, conserves and marmalades are fruit products that are jellied or thickened. Most are preserved by sugar. Their individual characteristics depend on the kind of fruit used and the way it is prepared, the proportions of different ingredients in the mixture and the method of cooking. The characteristics of clarity or clearness, color, consistency and flavor are used to determine the quality of jellied products. They have long been used as a traditional method for preserving seasonal fruits, effectively prolonging their shelf life while encapsulating the vibrant essence of fresh, ripe flavors. [Read more for homemade tested recipes](#) that allow for a variety of fruits, spices, and flavorings to be combined to create unique and delightful spreads.

[A Guide to Making Jams and Jellies.](#)

[Finding answers to common questions.](#)

IN ALL
Things
GIVE
Thanks



Family & Consumer Sciences



Health Tip of the Month

Show Gratitude for Your Partner This Season (and Always!)



This month, we celebrate the joy that comes from sharing gratitude. According to research from Harvard Health, gratitude can truly make a person happier. In recent years, psychologists have focused on the benefits that come to individuals when they create a habit of being thankful and showing gratitude. These benefits, however, are not just for the individual. This research shows that couples who show gratitude for their partner, and who express it regularly, feel more positive toward the partner. Research also shows that expressing gratitude releases oxytocin, or the “love hormone,” which builds a greater connection and bond between two people.

Although showing gratitude to your partner has many benefits, it can be difficult to find a way to do it regularly and in a meaningful way. Consider these tips to help you cultivate gratitude in your relationship.

1. **Share compliments out loud.** Have you ever caught yourself thinking something nice about your partner? Instead of keeping the thought to yourself, say it out loud. Tell your partner what you appreciate about what he or she did, right in the moment.
2. **Pitch in and give your partner a break.** It can be easy to forget or not notice how much effort your partner is putting into his or her job or at home. Show your gratitude and appreciation for those contributions by giving your partner a break and helping where you can to lessen the load.
3. **Involve your children in thanking and letting your partner know of your appreciation.** Getting children in on the joy of practicing gratitude can be fun and worthwhile. Help your children recognize how much work your partner puts in by encouraging them to show thanks through notes, words, or chores.
4. **Write a note, text, or letter expressing appreciation and gratitude.** Can you remember the last time you wrote a love message to your partner? Go deeper than merely expressing your love; explain the reasons for your love and share the small things that he or she does to make your life better.
5. **Express gratitude for your partner, especially when he or she isn't there.** It can be easy to get into a routine of complaining about our significant others when they are not present. For example, if your coworkers are talking about what bothers them about their partners or expressing frustration about a home situation, your instinct may be to join in and share your complaints. Next time this happens, turn the complaining session into a gratitude session. Even though your partner may not be present to hear what you appreciate, you will have an increased level of gratitude and may even be able to influence those around you to have an increased level of gratitude for their partners as well.

No matter how you choose to show gratitude and cultivate a greater sense of appreciation in your relationship, remember that it is a simple way to build and strengthen your bond. In this month of November, when we focus on gratitude and giving thanks, remember that you can strengthen your relationship by sharing your appreciation for your partner, with your partner. For references and citation links, visit <https://extension.usu.edu/relationships/faq/index>.

CROPPING SYSTEMS

Dr. Jemila Chellappa
Area Cropping Systems Educator

TREASURE VALLEY PESTICIDE PRE-CERTIFICATION TRAINING

Prepare for your Idaho Pesticide License Exam! Walk through strategies to better prepare you for your Idaho pesticide License. For just \$15 you will receive:

- Education on Idaho State pesticide regulations
- Training on how to effectively read and interpret pesticide labels
- Review exam preparations strategies
- Exclusive access to online practice modules and exams!

Click [HERE](#) to
preview the agenda.

For questions or to register, email canyon@uidaho.edu or call 208-459-6003.

WORLD SOIL DAY CONTEST

Join us in celebrating World Soil Day on December 5. Create a piece of artwork. Capture your thoughts on soil health and conservation through a photo sketch, or painting. **Prizes for 1st, 2nd and 3rd place winners in each age division.**

Submit your entry via email (canyon@uidaho.edu) or to your local extension office by November 30. Include your name, age, category and a brief description of your work (50 words or less).

LIVESTOCK & SMALL ACREAGE EDUCATION

Cheyenne Myers
Livestock & Small Acreage
Extension Educator
cheyanne@uidaho.edu

Fall Pasture Care continued..

1. **Test soil**

a. Soil quality is extremely important for any pasture management program. High quality soils will provide essential nutrients for plant growth. Submitting a soil sample for testing can determine the quality of your soil. Soil samples can tell you the pH of your soils, and if you need to supplement any nutrients like phosphorus, nitrogen, or potassium. To learn more about taking a proper soil sample click the link below.

b. [UI Analytical Sciences Laboratory Procedure for Collecting and Submitting a Soil Sample](#)

2. **Applying fertilizer and lime**

a. Applying fertilizer in the fall will provide nutrients to ensure health growth come spring. Pastures fertilized in the fall can be hardier and see quicker grass growth once the temperatures start to rise.

b. Applying lime can alter the pH levels of your soil bringing pH levels about 6.0. 1 to 1.5 tons of lime per acre of pasture should be applied. Soils with higher pH levels are more nutrient dense which can create better conditions for plant growth.

3. **Control weeds**

a. Improving forage production by applying fertilizers, multiple specie selection, and controlled grazing can reduce open space and decrease the competition between grass and weeds. Fall is a great time to control weeds in your pasture. Once you have positively identified weeds you can create your strategy for control. Be sure to apply herbicides before the first frost for best results. Always pay attention and read herbicide labels before application. Ensure the product is labeled for pasture use and has grazing and hay restrictions.

4. **Mowing and dragging**

a. Mowing your pasture can be beneficial for pastures. Mowing can increase plant growth by making your pasture more uniform. Longer plants decrease plant growth of smaller plants. Mowing to a 4-inch height will stimulate grass growth and increase plant quality.

b. If manure has accumulated – dragging your pasture can disperse nutrients and organic matter evenly throughout your pasture.

5. **Reseeding**

a. Reseeding pastures with perennials can reduce bare spots and decrease the chance of weeds. Reseeding pasture can introduce new plant species that can improve pasture productivity. Introducing a legume like white clover or alfalfa can enhance forage quality with the addition of nitrogen that can replace nitrogen fertilizers.

Is a Small Farm in Your Future?

Interested in starting a small farm in the city, suburbs or country? This 3 hour intensive workshop will help you determine if you are ready for small farming! This virtual workshop is designed to help you explore the development of a small farm enterprise and create a plan of action. for achieving your small farm dream!

Friday, December 6 | 10:00am - 1:00pm

Online via Zoom

Click [HERE](#) to register

Cost: \$10 per household

Heifer Development Workshops

Join UI Extension for a heifer development workshop offered on three dates at three locations. Learn about selecting better heifers, effective and economical heifer development and strategies for improved reproduction.

Wednesday, Nov. 6 | Cambridge
Washington County Fairgrounds

Thursday, Nov. 7 | Malad
Oneida County Event Center

Friday, Nov. 8 | Salmon
Nancy M. Cummings Center

Check in is at 8:30am local times; event is 9:00am - 3:00pm.

Questions? Contact John B. Hall: jbhall@uidaho.edu.

Click [HERE](#) to register

Cost: \$10 per person; lunch is included
(payment will be taken at the door)



Canyon County

EXTENSION UPDATE

UPCOMING EVENTS

Treasure Valley Pesticide Pre-Certification Training

Friday, November 8 | 8:00am - Noon

Caldwell R&E Classroom

Join us in-person for a comprehensive training program designed to help you and your team get ready for the Idaho State Department of Agriculture (ISDA) pesticide exams.

Get the Dish!

Tuesdays | Noon - 1pm

Online

FREE weekly virtual cooking series. Join us and learn exciting culinary skills! Click [HERE](#) to register

November 12 - Spice Up Your Life

November 19 - Healthy Habits Start with Breakfast

Master Gardener Movie Night: Common Ground

Friday, November 15 | 6:00pm

Canyon County Extension Office

From the filmmakers of 'Kiss the Ground' (Netflix) come the follow-up documentary '[Common Ground](#),' recipient of the Tribeca Film Festival 2023 Human/Nature Award. Check out the official trailer by clicking the film title. This is a **FREE** event open to everyone.

Youth Babysitting Training

Saturday, December 7 | 10:00am - 3:30pm

Roberts Recreation Classroom

The babysitting curriculum includes fun, hands-on, informational activities. Participants receive all class materials, a student guide, and a certificate of completion. We provide the basics of CPR and First Aid but certification is NOT included. Participants need to bring a bagged lunch. Click [HERE](#) to register for this training. Cost is \$20 per youth.

FOLLOW US ONLINE!

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