



## CANYON COUNTY

# EXTENSION UPDATE

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

### INSIDE THE ISSUE

#### 4-H YOUTH DEVELOPMENT

Learn what an impact the 4-H has on youth and how youth are becoming leaders in 4-H.

#### FALL FOLIAGE

Now accepting Canyon County Apprentice Master Gardener applications. Contact the Canyon County Extension Office for more information.

#### FAMILY CONSUMER SCIENCES

Start off the fall season by distressing. Learn how de-cluttering can reduce stress.

## Welcome to Our Newsletter!

This newsletter is a new way to share information on what is happening in the University of Idaho Extension office in Canyon County. You are receiving a copy of it because you have expressed interest in learning about one or more of our educational program areas. This letter will be sent out monthly and contains information on all the program areas in our county.

All About Extension: Canyon County Extension provides programming for five areas of education. Those categories include; 4-H Youth Development, Crops, Small Acreage & Livestock, Horticulture, and Family & Consumer Sciences. Each program area is supported by a University of Idaho Educator. The purpose of Extension programming is to bring the knowledge and research of the University of Idaho to you, where you live, when it's convenient for you. This is done by providing community programming to the community.

The first week of October is National 4-H Week. 4-H is delivered by Extension - a community of more than 100 public universities across the nation that provide experiences where youth learn by doing. Youth complete hands-on projects in areas like health, science, agriculture and citizenship. 4-H provides a positive environment where they receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Canyon County 4-H Youth Development programs have been ongoing since the first Extension agent was hired in 1913. In fact, the 1st 4-H club leader in the state was from Canyon County.

Youth in 4-H and Extension programs are 2x more likely to give back to their community and make healthier choices. In 2022 8,680 Canyon County youth were empowered to give back to their community, county and world.

Continue reading to learn more about what University of Idaho Extension, Canyon County has to offer you and the community.



### 4-H Event Calendar October

- 1-7 National 4-H Week - #opportunity4all
- 9 Closed - Columbus Day
- 16 4-H STEP Project - Archery Begins
- 17 4-H STEP Project - Quilting Begins
- 27 Trick or Treat Party - Canyon County Admin Public Meeting Room
- 28 Trunk or Treat - Sacajawea Elementary



### ZSuite is Now OPEN for Enrollment!

As of October 1, all 4-H enrollment will be rolled over to an inactive status. Zsutes is open for Members and volunteers to begin **re-enrolling** at [4h.zsuite.org](http://4h.zsuite.org).

Once a member has completed the online enrolled AND paid their member fees (\$25/member or \$32/horse member) they will be made active. Remember to select **ALL PROJECTS** you will be participating in when enrolling.

Volunteers are required to complete "University of Idaho Protecting Minors" and their public records review with Sterling Volunteers every 3 years. If you are unsure when those expire feel free to reach out to the Canyon County Extension Office at 208-459-6003.

Step by step instructional assistance for families and volunteers is available online. Assistance can be found [HERE](#), by reaching out to the ZSuite chat or by calling Canyon County Extension.



Join us for  
Sacajawea Elementary's  
**TRUNK OR TREAT**  
Saturday, October 28th 2023  
10am - 12pm

There will be prizes, activities, FREE books, and raffling items.

Flu shots will be available from 9:30am until 12:30pm



### Babysitters Training!

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.

**Date:** October 27th  
**Time:** 10 am - 3:30 pm  
**Place:** Roberts Recreation Center Classroom (504 Grant St. Caldwell)  
Click [here](#) to register. Find the class under Youth Activities.

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

Canyon County 4-H is happy to present our fall 4-H STEP Projects for Fall 2023. 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.

#### You Can Quilt!

Participants will learn the basics of quilting, the tools needed, use a rotary cutter, how to piece fabric, and complete a small size quilt.

**Ages:** 9-18  
**Project Cost:** \$15 per participant plus fabric and supply expenses  
**Dates:** first 3 meetings dates are Oct. 17, Oct. 24 and Nov. 7. Additional meetings will be scheduled and will continue upon completion of quilt.  
**Time:** 6:30 - 8:00 pm  
**Place:** Bowmont Church of the Brethren (S. Nampa) 7263 3rd Ave, Nampa.

#### 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 Nov. 9, Nov. 16, (skip Nov.23), Nov. 30, Dec. 7, Dec. 14, Dec. 21.  
**Time:** 6:00pm - 8:30 pm  
**Place:** Fish and Game's Nampa Indoor Shooting Range (222 E Railroad, Nampa)

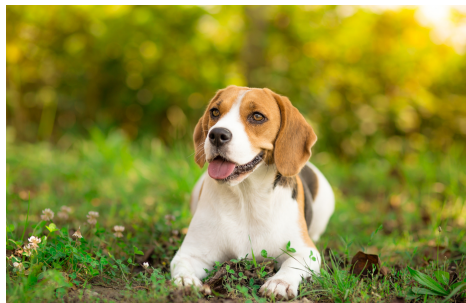


Just click logos for hyperlinks to our pages:



## Interested in Becoming a Canyon County Master Gardener?

If so, contact the UI Extension, Canyon County (Caldwell) location to be added to the interest list to receive an application. Applications will be sent out during the first week of October. Classes will be held weekly on Wednesdays from 9am-12pm, January - April. Additional information can be found at [uidaho.edu/canyon](http://uidaho.edu/canyon) or by calling 208-459-6003.



## Pet-Safe Gardening this Fall

What do Lilies, Tulips, Azaleas, and Daffodils have in common besides being favorites in the garden? They are toxic to pets. Keep your pets in mind when planning your garden! You will both be much happier with the end result. There are tons of options when it comes to mulch, plants, and pest management, but some of those options are deadly to your pets. The ASPCA has a highly inclusive list of toxic and non-toxic plants for dogs, cats, and horses too. Penn State has some really good ideas for pet-scaping and pet friendly gardens. Most importantly, do your research and plan before putting anything in your garden. Watch this short video where Kelly McGowan, horticulture specialist with MU Extension, talks about keeping dogs like Buddy safe around plants.



## Jelly, Jam, Preserves, and Marmalade

Fresh, spreadable fruit in the form of jam, jelly, preserves, or marmalade, might possibly be summer's sweetest reward. The best part is that they are easy to make and can be enjoyed long after you put your garden to bed. So, what is the difference between each of these spreadable options? Before we dive in, it helps to know that there are two main factors that turn fruit into a thick, spreadable texture: heat (from cooking) and pectin. When fruit is heated, it will lose liquid, causing the fruit to reduce to a firmer state. Pectin is naturally-occurring in fruit and happens to also make fruit thicken when cooked. However, not all fruit contains enough pectin to reach a firm texture, so many spreadable fruit recipes call for additional pectin. Read more to learn the difference between jam, jelly, preserves, and marmalade.

## Movie Night

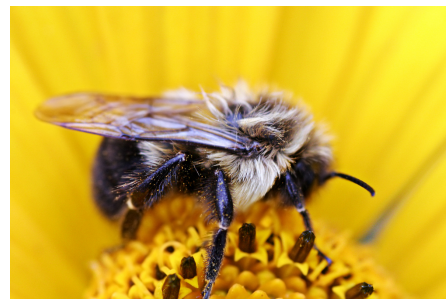


You are invited to join the Canyon County Master Gardeners to watch a movie on the following dates: October 20th, January 19th, and February 23rd. All movies will be held at the UI Extension, Canyon County Office - 501 Main St., Caldwell, from 6-8pm. *Seed: The Untold Story* will be featured in October. Call the extension office at 208-459-6003 to reserve your seat. Feel free to bring a snack!



## Let My Kids Help in the Garden? Why Not?

Share your love and passion for gardening with your kids by bringing them into the garden to discover the pleasure of growing food. Gardening may be the solution for parents struggling to find ways to encourage their kids to eat a healthy and balanced diet. Allowing your child to pick fresh produce from your garden will increase their desire to eat fresh vegetables. Read more to learn about the many benefits of getting children involved with gardening.



## What Pollinators Need in the Fall

Pollinators feed us as we feed them. Now is a critical time for Pollinator Bee Care! Here's what we need to do to keep the bees and the butterflies in our garden and help them prepare for winter.

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

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

## Family & Consumer Sciences

### Dementia Friends

A Dementia Friend learns about dementia and then turns that understanding into action. Dementia Friends USA 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, October 26th**

**Time: 5:30-7pm**

**Location: Online**

**Date: Wednesday, November 15th,**

**Time: 6:30-8:00pm**

**Location: 501 Main Street, Caldwell**

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



### Amigos de Demencia

Un amigo de la demencia es alguien que, a asistir a una sesión interactiva en vivo, aprende cómo es vivir con demencia y luego convierte esa comprensión en acción. ¡Puedes convertirte en un amigo con demencia GRATIS uniéndote a nuestra próxima sesión informativa!

**Fecha: 7 de Diciembre**

**Tiempo: 6:00-7:30 pm**

**Lugar: 501 Main Street, Caldwell**

**Fecha: 11 de Enero 2024**

**Tiempo: 5:30-7:00pm**

**Lugar: En línea**

Registrarse por correo electrónico: [canyon@uidaho.edu](mailto:canyon@uidaho.edu)



### Mental Health Tip of the Month

Did you know that sometimes less is more? Science has shown that decluttering can provide a sense of self worth and build energy. This comes because decluttering uses the decision-making part of the brain and exercising this part can provide energy and confidence. Some easy steps to declutter include setting a timer or only choosing a small space to work on. This will help you feel less overwhelmed and make it easier to get started! Another tip may be to involve others and have friends and family help you declutter. Whatever you do to make your space clutter-free you can be sure that you'll receive the benefits of less anxiety, more focus, and even a better mood! Learn more about the mental health benefits of decluttering [here!](#)



### Coping & Stress Management Workshop

We all get stressed, and we all need ways to cope with that stress. This stress management workshop is a hands on workshop designed to help you learn about stress, develop coping skills, and create a personalized plan to manage the unique stress you face in life.

**Date: Wednesday, January 31, 2024**

**Time: 6:00-7:30pm**

**Cost: \$5 per person**

**Location: 501 Main Street, Caldwell**



## LIVESTOCK & SMALL ACREAGE

Nutrition is an important topic for anyone who owns animals. Animals need a mix of different nutrients in a balanced way to make sure their needs are met. Learning more about animal nutrition can help promote help, improve productivity and performance, save money and resources, and support sustainability.



### 4-H Cattle Nutrition Education Workshop

Join us to learn more about basic nutrition, supplementation, animal health, and carcass quality.

**Date: Saturday, October 20th**

**Time: 10am-12pm**

**Location: 501 Main Street, Caldwell**

Register by calling 208-459-6003 or emailing [cheyannem@uidaho.edu](mailto:cheyannem@uidaho.edu)

## CROPS

USDA CROP PROGRESS AND CONDITIONS ENDING 10-10-2023

There were 5.4 days of suitable for fieldwork in Idaho, equal to the 5.4 days reported the previous week. Central Idaho had average temperatures. Jerome and Twin Falls Counties experienced rain early in the week, which slowed field activity. The fourth cutting of alfalfa hay was noted to have substantial rain damage. The main sugarbeet harvest was underway despite challenging conditions. The first corn combines were sighted over the week. Potato harvest continued after fields dried out. Fremont, Madison and Teton Counties experienced some frost and heavy rain on Tuesday,

## Canyon County

**EXTENSION UPDATE**

## UPCOMING EVENTS

**Putting Your Garden to Bed for the Winter**

Tuesday, October 24 | 5:30 - 7:00pm

Middleton Public Library

Get a head start on your next season's spring planting. fall is the best time to get your garden ready for the winter and next year's garden. Call or email Canyon County Extension to register.

**Succulents - Enjoy Winter with your Indoor Succulent Garden**

Wednesday, October 25 | 6:00 - 7:00pm

Nampa Public Library

Learn how to grow succulents indoors, overview of succulent varieties, including care, fertilization, propagation, & container choice/design. Call or email Canyon County Extension to register.

**Dementia Friends Information Session**

Thursday, October 26 | 5:30pm

Online - ZOOM

Anyone can be a Dementia Friend. We all have a part to play in creating dementia friendly communities. A Dementia Friend learns about dementia and then turns that understanding into action. Dementia Friends USA is a part of a global movement that is changing the way people think, act, and talk about dementia. Call or email Canyon County Extension to register.

**Babysitter Training**

Friday, October 27 | 10:00am - 3:30pm

Roberts Recreation Center Classroom



The babysitting curriculum includes fun, hands-on, informational activities. You will learn about nutritional foods/snacks, handling emergencies, babysitting do's & don'ts, child development, the business of babysitting and much more. Scan the QR code to register.

## 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)

**University of Idaho**  
**Extension**  
**Canyon County**