



CANYON COUNTY EXTENSION UPDATE

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

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HORTICULTURE

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Helpful Tips - Putting Your Garden to “Rest”

As the gardening season comes to an end and the cooler nights (frost) approach it's time to consider putting your garden to “rest” with some helpful tips.

1. Make sure and harvest all the produce on your plants. Sometimes leftover fruits or produce may be hidden within your garden, you took the time to plant it, water it and manage it so don't let it go to waste and do a final pass before frosts become more normal.
2. Remove hardware, including labels, cages, stakes and makeshift single-season trellises from the garden. It is also a good idea to clean hardware with a water:bleach solution (1 gallon water:2-4 tablespoons bleach) before putting it away for the winter months – this also applies to all hardware/tools etc. for your entire landscape (consider sharpening tools as well, including your lawn mower blade).
3. Remove the majority of the plant, if it was infected or you suspect it to be infected with any pathogen (virus, fungi or bacteria) make sure this organic material ends up in the trash and not the compost pile. Healthy plant material can be directly added to the compost pile. The base of the stem and root system being left intact in the garden can help with moisture retention, nutrient decomposition, organic matter and soil erosion over the winter months.
4. Consider testing your soil! Gardens in general can remove 4-6 lbs. of nitrogen per season, depending upon the specific crop planted and harvested. That's a lot of nitrogen! This also doesn't include the other essential macro- and micro-nutrients needed for proper plant growth and development. Fall or spring are great times to check on your garden soil, providing you with invaluable insight into the nutrient composition for next year. A garden soil test bag can be found at the Canyon County Extension Office, Brad recommends a soil test locally from Western Laboratories in Parma (\$57 [complete soil test], includes a free interpretation from Brad by e-mailing soil results directly to him: bstokes@uidaho.edu).
5. Make a record! Garden journaling during this time is a great way to reflect – which plants or varieties did well, which didn't? Did you document where you planted your tomatoes, sweet corn or zucchini? Making a record now will help with your garden plans (and crop rotation) next year – so do it now before you forget!

Brad Stokes, Horticultural Extension Educator



THE NEW 2024/2025 4-H YEAR STARTED OCTOBER 1ST!



OCTOBER 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	31		

4-H EVENT CALENDAR

October

- 6-12 National 4-H Week
- 14 Closed - Columbus Day
- 26 Trunk or Treat - Sacajawea Elementary
- 31 Trick or Treat Party - Canyon County Admin Public Meeting Room

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.

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 25th

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.

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!

PARMA LEARNING CENTER FUN!

Every Friday, UI Extension, Canyon County 4-H goes out to the Parma Learning Center to work with youth, 1st-8th grade. We did a STEAM activity with the youth. Using turmeric, baking soda, water, and rubbing alcohol, check out their spooky work below!

ELEMENTARY SCHOOL BOARD



MIDDLE SCHOOL BOARD



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Enjoy the Pleasure of Homegrown Tea

Imagine savoring a cup of tea made from your own garden's bounty, crafted from dried herb leaves and blossoms of beautiful seasonal plants. With a bit of planning and knowledge, you can create a tea garden that provides a personalized tea blend year-round. Click HERE for a guide to some delightful tea plants and tips for cultivating them. By cultivating these herbs, you can enjoy the pleasure of homegrown tea throughout the year. Happy gardening and brewing!



Gardening - Art or Science?

Gardening is a fascinating blend of art and science, combining elements of both in a way that makes it uniquely compelling. On the scientific side, gardening involves an understanding of plant biology, soil chemistry, and environmental conditions. Gardeners need to grasp how plants grow and what they need to thrive. But gardening isn't just about science. It also has a strong artistic component. Many gardeners view their gardens as living canvases where they can express creativity and design skills. Garden design involves more than just planting seeds; it's about creating a visually appealing and harmonious space. Learn more about how the combination of art and science makes gardening a rich, multifaceted activity that offers both practical benefits and creative fulfillment.



Protecting Your Plants from Root Rot

If you've ever pulled up a suffering plant only to find a dying, rotting root system, you know how damaging root rot can be. However, root rot can take many forms and often causes symptoms similar to those of other plant diseases and pests. In this article, we will explore what root rot is and how to protect your plants from it.



What do Dahlias and Corn Have in Common? Corn Root Beetle Damage, That's What!

The corn root beetle is not confined to large agricultural crops; it can also invade home gardens and ornamental flowers. Fortunately, this pest has a limited life cycle, with only one generation per year. Effective management of corn root beetles involves integrated pest management strategies. Rotating corn crops annually, maintaining a distance of at least 10 feet from previous crop sites, helps break the beetle's life cycle. Additionally, using biologics, managing weeds, and applying select soil pesticides can assist in controlling infestations. For agricultural producers, corn root beetles pose significant economic challenges, and for home gardeners, they can severely impact flower yields and health. With some planning and proactive mitigation efforts, it is possible to keep the corn root beetle populations in check. Read the full article to learn more.



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 Wednesday, October 23, 6-8pm. October's featured film is "The Seeds of Vandana Shiva". Click on the movie title to see the film trailer. To register, call 208-459-6003 or email canyon@uidaho.edu.

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

Holiday Season & Importance of Traditions



The past few years have thrown many new challenges to parents. Maintaining a routine and helping your family stay stable during times of chaos can be hard. We've gone from knowing when school, ballet and soccer are scheduled to needing to find activities for your children to do, make sure they can get online and participate, and try to maintain some sort of normal. If you are struggling to keep a level of sanity during this time, you are not alone.

According to researchers at BYU, traditions provide a sense of identity, a source of strength, and a sense of connection for families (Newell, n.d.). As we enter the holiday seasons for the year 2024, it may be a good idea to think through traditions you currently have and work on ways to adapt them based on your local guidelines and family traditions. For example, if you live in an area where trick or treating is restricted, or you do not feel comfortable going trick or treating like normal, you could find a local organization with a safe trunk or treat. If you are unable to travel to visit family for the holidays, you can utilize technology and have a game night via Zoom or set an extra place at the table and Facetime during dinner. You also have the option of adopting completely new traditions.

Some of the best traditions are born from spontaneity. For example, one Christmas Eve at my home, there were some circumstances out of our control that left my mom feeling tired and needing a new dinner option. The solution she came up with was ordering Chinese take-out. This has now become a yearly Christmas Eve tradition we all look forward to each year. With all the changes that have happened over the past few years, it may be a perfect time to start a new tradition like a costume fashion show or a Thanksgiving baking contest.

Starting a new tradition may seem challenging, but this year may be a great time to begin! Being able to implement traditions can provide your family with strength, connection, and a sense of identity. It can also give parents the ability to control something, even if it may seem small, and know they are making a difference. Whether your traditions will need to be adapted, built, or can stay the same this year, remember traditions can be powerful tools to bring your family closer together.

Tasha Howard, FCS Extension Educator, will be on maternity leave through the end of the year.

LIVESTOCK & SMALL ACREAGE

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!

Click [HERE](#) to register
Cost: \$10 per household

Annie's Project 101

This six-week course is designed to meet the educational needs of women farmers and ranchers. Topics covered include, problem solving, record keeping, and decision making skills.

Click [HERE](#) to register
Cost: \$35 per person

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 starts at 9:00am and ends at 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)

CROPS

Dr. Jemila Chellappa
Area Cropping Systems Educator

208-459-6003
jemila@uidaho.edu



ADVANCING INTEGRATED CROP-LIVESTOCK SYSTEMS: A Day of Learning in the Treasure Valley

On September 19th, the Treasure Valley Integrated Crop-Livestock Systems (ICLS) Field Day took place at McIntyre farms in Caldwell, Idaho, bringing together a diverse group of agricultural enthusiasts from Southern Idaho. The event focused on innovative practices that promote sustainable farming through the integration of livestock into crop systems.

Participants enjoyed a day filled with informative presentations and hands-on demonstrations, all highlighting the crucial role of livestock in enhancing soil health. Dr. Jemila Chellappa, Area Extension Educator-Cropping systems, University of Idaho Extension, Southern Districts led the discussions on integrating livestock as the fifth principle of soil health, stressing its significance in creating resilient farming practices.



A standout session was presented by Brad McIntyre, CEO of McIntyre Farms, who shared his firsthand experiences of incorporating livestock into crop rotations. He emphasized the benefits of grazing cover crops, stating, “By using livestock as a tool rather than just an endpoint, we can close the nutrient loop and improve soil structure.” His insights inspired many attendees to consider new approaches to soil management.

Dr. Udayakumar Sekaran, a Soil Fertility and Irrigation Specialist from the Malheur Experiment Station at Oregon State University, also engaged the audience with an exploration of the economic benefits of integrating livestock. He presented compelling case studies illustrating how reduced fertilizer costs and enhanced soil fertility can lead to greater farm profitability.

Throughout the event, participants participated in lively discussions, sharing their successes and challenges. Many echoed the importance of collaboration in the agricultural community, reinforcing the idea that learning from one another is essential for growth.



The day concluded with a farm tour, allowing attendees to witness integrated crop-livestock systems in action. Observers noted the significant improvements in soil quality and biodiversity, confirming that livestock integration is not only beneficial but vital for sustainable agriculture.

As participants departed, they carried with them a wealth of knowledge and practical strategies for implementing integrated practices on their own farms. The consensus was clear: integrating livestock into Idaho’s agricultural systems is a forward-thinking strategy that enhances soil health, promotes sustainability, and strengthens our local agricultural economy.

For more information on future events and resources, stay tuned to our county newsletter!

Canyon County

EXTENSION UPDATE

UPCOMING EVENTS

Get the Dish!

Tuesdays | Noon - 1pm

Online

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

October 8 - Dutch Oven Cooking

October 15 - Family Friendly Snacks

October 22 - Sourdough: Science and Tradition

October 29 - Cooking Traditional Comidas(Foods) Using Peppers

Fall Rose Care & Planting Bulbs for Spring

Wednesday, October 23 | 6:00 - 7:00pm

Nampa Public Library

Now is the time to plan ahead for a beautiful spring garden. Join us to learn about putting your roses to bed for the winter and how to add more color to your spring garden by planting bulbs in the fall.

Youth Babysitting Training

Friday, October 25 | 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.

From the Garden to the Table - Sweet & Savory Tarts & Gallettes

Wednesday, November 6 | 6:00 - 8:00pm

Canyon Springs Garden Outreach, Middleton

Discover the art of making and freezing sweet and savory tarts and gallettes. This hands-on class covers preparing various fillings and doughs, ensuring you can enjoy these delicious treats anytime. Participants will learn techniques for creating, freezing, and baking perfect tarts and gallettes at home. Cost is \$15 per person. Click [HERE](#) to register for this event. Please contact the Owyhee County Extension Office at 208-896-4104 or owyhee@uidaho.edu for additional information.

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