



# CANYON COUNTY EXTENSION UPDATE

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

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## How can my family join 4-H?

The Canyon County Fair is one of the biggest events of the year we have. Youth raise animals, work on projects, and participate in a variety of events all year long and we love seeing their exhibits and watching them show. We also know that in open class, community members work hard each year to show their work, whether that is growing plants, art, or another type of project. With fair week, we are reminded again of how great the volunteers, youth, staff, parents, and community are in Canyon County! We appreciate the Canyon County Fair Department for their hard work, the Canyon County Facilities team for keeping our spaces clean and set up, and the many sponsors and supporters who make sure the fair is a great place to be. As the summer winds down, school starts back up and we prepare for another year we look forward to a bit of rest before the next year begins.

Follow us on social media for the most current information



[www.instagram.com/uiextension\\_canyonco/](https://www.instagram.com/uiextension_canyonco/)



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The new 2024/2025 4-H Year Starts October 1st!

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

# BACK TO SCHOOL



## 4-H EVENT CALENDAR

### October

14 Office Closed -  
Indigenous Peoples' Day

## 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!



## 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.



## DONATIONS FOR BEEF CARCASS CONTEST!

Donations Needed for the 2024 Canyon County 4-H and FFA Market Beef Carcass Contest!

To donate online, go to: [my-site-100817.square.site/shop/canyon-county-4-h/8](https://my-site-100817.square.site/shop/canyon-county-4-h/8) (select the amount you would like to donate and designate Beef Carcass Contest under "4-H Donation").



## 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.**

## 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](https://uandigive.uidaho.edu/project/22000/donate?des_id=152386)





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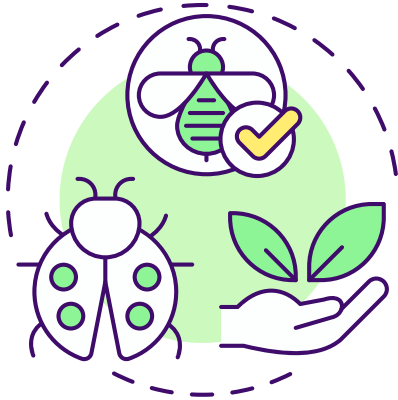
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### Organic Pest Control For Your Home Garden

The definition of Organic Pest Control is very broad. Generally, organic pest control means discouraging or destroying insects or pests without using manmade or synthetic chemicals that will be harmful to humans or animals. There are many means of pest control beyond the use of synthetic or natural chemicals. In this article, learn about different methods that can be used to reduce or eliminate the expense, preparation, storage and general need for any chemicals.

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

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



### What to do with those Giant Cukes!

Have you ever been surprised with a huge behemoth of a cucumber that wasn't there two days ago? What do you do with huge cukes? Does the flavor change as they get so large? Super large cucumbers are often hard to transform into crispy pickle spears and are often quite seedy. However, they still have so much potential! Click HERE for some harvesting tips and an easy Sweet Pickle Relish recipe.



### Embrace the Buzz: Mason Bees in Idaho

If you're exploring the diverse landscapes of Idaho, from its lush forests and towering mountains to sprawling farmlands, you might come across a tiny but mighty pollinator—the mason bee. These solitary bees, part of the genus *Osmia*, are not just fascinating but also crucial for keeping our ecosystems and gardens thriving. Unlike honeybees, which live in large colonies, mason bees prefer to go solo. They nest individually in natural cavities or man-made sites like hollow reeds or wooden tubes. What's really cool is that mason bees are super active in early spring, just when many of our native and agricultural plants start to bloom. This makes them fantastic at pollinating fruit trees, berries, and wildflowers, especially in Idaho's often chilly and wet spring weather where they excel. Read the full story HERE.



### University of Idaho Extension, Canyon County Master Gardeners

Have you been by the Indian Creek grape vineyard at the corner of Blaine & Kimball in Caldwell recently? A major change happened on August 1st when the 2C Master Gardener volunteers trimmed back the overgrown vines. About 1,500 pounds of vines and leaves were removed in total. Be sure and walk past the vineyard now to see how beautiful it looks!



welcome  
Autumn



### Canyon County Fall Home Show

Come and visit the Master Gardener & Food Safety Master booth at the Canyon County Home Show. We will be located in booth #26, section 2. Click HERE for dates, times and more details.



# Family & Consumer Sciences

**LEARNING  
EVERYDAY**

## Health Tip of the Month Eliminating New School Year Stress



With the start of a new year comes a lot of transitions. The following are some tips for parents to make sure the transition into the new school year is a healthy and happy one!

- **Get to know your child(ren)'s teacher(s):** You've heard the quote "It takes a village to raise a child." Part of that village includes the teachers your children interact with during their school time. Building a relationship with their teachers will also help your children to be able to feel more comfortable in the classroom.
- **Get organized:** Set aside locations for where school supplies will be kept and homework will be done. For younger children, this can be something like assigning a "backpack spot" where they are responsible for placing their backpacks. For older children it can be keeping a desk fully supplied where they are able to sit down each day and work on their homework. Whatever this means for your family, it is important to get ready for the next school day and keep routines regular so that children will know what is expected and have a place to do it.
- **Ease into routines:** Try to remember that routines take time to establish. It may take you a little bit longer to get everything ready the first few weeks of school. This is all normal. As you and your family are both transitioning into new schedules, remember that it is important to take it easy on yourself and ease into the new schedules.
- **Keep your safety in mind:** It doesn't matter if your children drive, take the bus, walk, or ride a bike to school, it is important to be safe and to teach them safe principles. Make sure they wait for the bus in the designated areas and do not step into the street before the bus arrives. Teach your children to obey all traffic laws and, if they are carpooling with friends, to encourage their friends to do the same. Helping your children learn about safety is important to ensure the safety of everyone in the community.
- **Set technology limits with your children:** With the advancement of technology in the classroom comes challenges for parents in how to set limits and discuss media usage with their children. Learning how to set limits, talk about media, and create a routine for technology during the school year is very important.
- **Stay calm and positive:** With all new things come all new fears. Whether it is a teenager starting their first day of high school and being nervous about the experience, or a third grader being in a class that is different from their best friend, starting a new school year can be a stressful time. Children will look to you to be the example and to help keep them calm. By remaining positive about the experiences they have and helping them understand that you are excited for them and that it will be okay, you can help your children have a good experience starting the year.

By following some of these tips you can eliminate some of the stress and make this the best school year yet!



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



## LIVESTOCK & SMALL ACREAGE

Livestock & Small Acreage Extension Educator, Cheyanne Myers will be taking leave  
July - September

Reach out to one of the following for support in her absence:

### 4-H Questions

Carrie Clarich: [carriej@uidaho.edu](mailto:carriej@uidaho.edu) or 208-459-6003

### Pasture & Animal Questions

Tyler O'Donnell: [tylero@uidaho.edu](mailto:tylero@uidaho.edu) or 208-414-0415

### Weed Management Questions

Jemila Chellappa: [jemila@uidaho.edu](mailto:jemila@uidaho.edu) or Brad Stokes: [bstokes@uidaho.edu](mailto:bstokes@uidaho.edu) or 208-459-6003

# CROPS

**Dr. Jemila Chellappa**  
Area Cropping Systems Educator

**208-459-6003**  
[jemila@uidaho.edu](mailto:jemila@uidaho.edu)



## CROP OF THE MONTH Beans - *Phaseolus vulgaris*

The United States is the sixth-leading producer of dry edible beans, behind Brazil, India, China, Burma, and Mexico. Approximately 20% of American-grown beans are shipped to international markets. Beans are one of the longest-cultivated plants. The common bean has been grown for about six thousand years in the Americas.

For more History of beans - <http://www.republicofbeans.com/history.php>

Idaho is currently fifth in the nation in dry bean production, representing approximately 8% of all beans grown in the United States (<https://usdrybeans.com/industry/production-facts>)

A long growing season, rich volcanic soil, clear mountain water and a unique quality control program allow Idaho to produce the highest quality, disease-free bean seed in the world.

Beans contain the nutrients and benefits found in both vegetable and non-meat protein sources.

Idaho Beans: Black Beans, Dark Red Kidney Beans, Garbanzo Beans, Great Northern Beans, Light Red Kidney Beans, Navy Beans, Pink Beans, Pinto Beans, Seed Beans, Small Red Beans, Small White Beans

For more information on Idaho Beans - <https://bean.idaho.gov>



### Cropping System in Southwest Idaho

*Evaluating the Significance of Crop  
and Livestock Integration in  
Modern Agricultural Systems of  
Idaho*

University of Idaho Extension is interested to get insights on Integrated Crop-Livestock Systems and taking it a way forward in Idaho

The purpose of this study is to explore how integrating crops and livestock on farms can improve agricultural practices in Idaho. We aim to understand the benefits and challenges of this integration from the perspective of local farmers and agricultural experts. By combining crop and livestock farming, we believe it could lead to more efficient use of resources, better soil health, and increased farm productivity.

**Seeking Growers' Perspective on Crop and Livestock Integration**

The University of Idaho Extension is seeking the insight, perspective and experiences of growers, like you, to better understand the benefits and challenges of integrated farming systems.

We want to hear from you!

Share your story and contribute to our research by:

- Participating in interviews
- Providing feedback through surveys
- Joining focus group discussions

For more information  
Contact Dr. Jemila Chellappa  
Area Extension Educator- Cropping Systems  
University of Idaho Extension, Southern District

[jemila@uidaho.edu](mailto:jemila@uidaho.edu) 208-459-6003

SCAN ME

## Canyon County

**EXTENSION UPDATE**

## UPCOMING EVENTS

**Integrated Crop-Livestock System Field Day**

Thursday, September 19 | 9:00am - 1:00pm

McIntyre Farms, Caldwell

Get farmer input on the of integrated crop-livestock system (ICLS). The benefits and barriers of adding manure and other livestock production elements to crop production operations and the experience of integrated cover crops into ICLS. This field day will feature a farm tour and conversation about strategies and approaches to ICLS. Click [HERE](#) to register for this **FREE** event. Registration closes Sunday, September 15.

**Growing Garlic in Your Backyard**

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

Middleton Public Library **OR**

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

Nampa Public Library

Come learn from Canyon County Advanced Master Gardener, Don Benson, about how easy it is to grow garlic in your home garden. Everyone who attends will receive free garlic! Contact the Canyon County Extension Office to register for this **FREE** class.

**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/participant.

## FOLLOW US ONLINE!

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