

# UI OWYHEE COUNTY EXTENSION NEWSLETTER

MARCH 2025

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## FAMILY & CONSUMER SCIENCE



**PRESERVING  
ELDERBERRIES**  
Suriñe Greenway  
FCS Educator

**CLASSES  
and  
EVENTS**

## OWYHEE COUNTY 4-H



Synovia Bates  
Owyhee County  
4-H Program  
Coordinator

**CLASSES  
and  
EVENTS**

## LIVESTOCK & RANGE



**SPRING HAS SPRUNG!**  
Jenn Smith  
Livestock & Range  
Educator

**CLASSES  
and  
EVENTS**



**University of Idaho**  
Extension  
Owyhee County

(208)896-4104

[Owyhee@uidaho.edu](mailto:Owyhee@uidaho.edu)

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# FAMILY & CONSUMER SCIENCE NEWSLETTER



Suriñe Greenway -  
UI Owyhee County Extension Educator

## Elderberries at your House!

Elderberries have been a long-time cherished berry for their rich flavor and potential health benefits. However, recent research completed by Oregon State University at the end of 2024 highlights the importance of proper handling and preservation to ensure safety while minimizing health risks.

## Elderberry Varieties and Their Risks

Elderberries are native to North America and can be commonly found in home gardens and natural landscapes. While there is a lot of emphasis in the culinary realm, many elderberry varieties contain cyanogenic glycosides—compounds that can release cyanide when metabolized. Consumption of raw or improperly prepared elderberries has led to poisoning incidents. Therefore, it is essential to always cook elderberries thoroughly before consumption to neutralize these toxic compounds.

## Preservation Challenges

Preserving elderberries presents individuals with unique challenges. Research indicates that certain elderberry species, such as the European elderberry (*Sambucus nigra ssp. nigra*) and the American elderberry (*Sambucus nigra ssp. canadensis*), have a pH level above 4.6, classifying them as low-acid foods. In home food preservation, the general threshold for a high-acid product that can be safely processed in a boiling water canner with a research-based recipe is a pH of 4.6 or lower. The lower the pH, the more acidic the food is. This awareness of low acidity in elderberries makes them unsuitable for traditional boiling water bath canning methods, as it may not effectively prevent bacterial growth, including *Clostridium botulinum*, which causes botulism.

## Safe Preservation Methods

Given these considerations, here are recommended methods for safely preserving elderberries:

- **Freezing:** This is the safest and simplest method. After thoroughly washing and destemming, spread the berries in a single layer on a baking sheet to freeze individually. Once frozen, transfer them to airtight containers or freezer bags.
- **High-Sugar Preparations:** For those interested in canning, certain high-sugar recipes, such as elderberry jams or syrups, can be safe. The added sugar acts as a preservative. However, it's essential to use tested recipes that specify the correct sugar-to-berry ratios and processing times.
- **Avoid Unverified Canning Methods:** Due to the low acidity of many elderberry varieties, standard canning methods without sufficient sugar or acidification are not recommended. Always rely on research-based recipes and guidelines to ensure safety.

## Preparing Elderberries

Elderberries can be a delicious addition to your pantry, but only when preserved correctly. Always prioritize safety by thoroughly cooking the berries and choosing appropriate preservation methods. For detailed guidelines and tested recipes, refer to the Oregon State University Extension Service's publication, "Play it Safe When Preserving Elderberries." This publication can be found here: [Play it safe when preserving elderberries | OSU Extension Service](https://bit.ly/25planpreserve)

By adhering to these research-based recommendations, you can enjoy elderberries while ensuring the well-being of those who savor your homemade foods.

# up coming CLASSES

This free class on Zoom will help you get garden ready, and then share what you should do with the abundance! Register here: <https://bit.ly/25planpreserve>



**FREE CLASS VIA ZOOM**

## Plan THE GARDEN Preserve THE HARVEST

Learn how to plan so you are prepared when it is time to plant and harvest your garden.

**MONDAY, MARCH 24TH**  
12PM-1:30 PM MT 11AM - 12:30 PM PT

Register at: [bit.ly/25planpreserve](https://bit.ly/25planpreserve)

**Other course offerings available at [uidaho.edu/food-safety](https://uidaho.edu/food-safety)**

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Due to high demand, a second Sausage Making class has been scheduled. The workshop offers participants hands-on experience in learning homemade sausages. Participants will be able to learn the basics of sausage making, sample a variety of sausage products and stuff their own sausage to take home! Visit: <https://bit.ly/25sausage> to register for this class today.



**HANDS-ON CLASS**

## SAUSAGE MAKING

Learn the basics of making sausage, sample different sausage products, and stuff your own sausage to enjoy at home!

**\$30 PER PERSON -OR- \$50 FOR TWO**  
You will consume course value in meat!

[bit.ly/25sausage](https://bit.ly/25sausage)

**TUESDAY, MARCH 25TH**  
6:00 PM - 8:00 PM

**OWYHEE COUNTY EXTENSION OFFICE**  
238 8TH AVE W MARSING, ID  
(208)896-4104

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If you are interested in learning the art of safely making pickles at home, then look no further than our upcoming class! Pickle enthusiasts and home preservers, take note, as our hands-on pickling class will offer a chance to learn the science and fun behind safe, delicious homemade pickles.

Participants will learn about selecting ingredients to proper preservation techniques. Beginner or seasoned canners are welcome; this class will provide insight into creating crisp, flavorful pickles while ensuring food safety. Spaces are limited, so register today! <https://bit.ly/25pickling>



**HANDS-ON CLASS**

## WE CAN PICKLE THAT!

Learn how to safely pickle home-grown goodies and store your food for the best quality result. You will take home a jar completed in class.

**\$25 PER PERSON -OR- \$40 FOR TWO**

[bit.ly/25pickling](https://bit.ly/25pickling)

**WEDNESDAY, MARCH 26TH**  
6:00 PM - 8:00 PM

**OWYHEE COUNTY EXTENSION OFFICE**  
238 8TH AVE W MARSING, ID  
(208)896-4104

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**FREE CLASS VIA ZOOM**

## BOILING WATER CANNING

*made easy*

Learn important steps to safely process food from your garden for shelf stable storage.

**THURSDAY, MARCH 27TH**  
NOON PM - 1 PM MT 11 PM - NOON PT

Register at: [bit.ly/boilingwater25](https://bit.ly/boilingwater25)

**Other course offerings available at [uidaho.edu/food-safety](https://uidaho.edu/food-safety)**

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**HANDS-ON CLASS**

## TASTE OF INDIA

Learn to make a variety of foods from India! Participants will sample foods made in class.

**\$25 PER PERSON -OR- \$40 FOR TWO**

[bit.ly/25indianfood](https://bit.ly/25indianfood)

**SATURDAY, APRIL 12TH**  
10:00 AM - 1:00 PM

**OWYHEE COUNTY EXTENSION OFFICE**  
238 8TH AVE W MARSING, ID  
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**FREE CLASS VIA ZOOM**

## PRESSURE CANNING

*made easy*

Learn the basics to safely use your pressure canner to process shelf-stable foods!

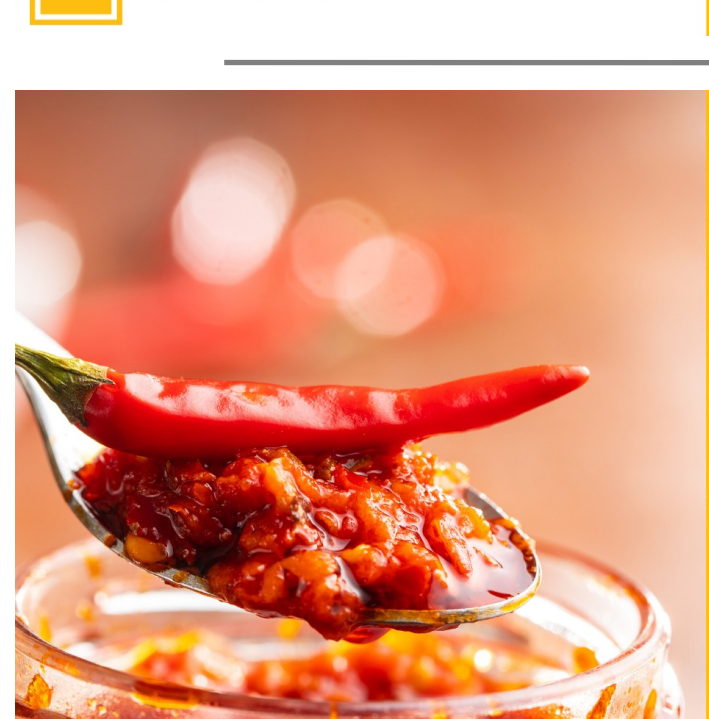
**THURSDAY, APRIL 17TH**  
NOON PM - 1 PM MT 11 PM - NOON PT

Register at: [bit.ly/pressure25](https://bit.ly/pressure25)

**Other course offerings available at [uidaho.edu/food-safety](https://uidaho.edu/food-safety)**

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**HANDS-ON CLASS**

## SOME LIKE IT HOT

Learn to make your own spicy foods at home! Participants will make, sample, and take home boiling water canned foods made in class.

**\$25 PER PERSON -OR- \$40 FOR TWO**

[bit.ly/25likehot](https://bit.ly/25likehot)

**SATURDAY, MAY 17TH**  
10:00 - 1:00 PM

**OWYHEE COUNTY EXTENSION OFFICE**  
238 8TH AVE W MARSING, ID  
(208)896-4104

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**SMOKING & GRILLING FOODS**

Learn how to select, season, smoke & grill a variety of meats, cheeses & dessert!

JOIN US FOR THIS TWO-DAY CLASS

**MAY 6TH & 7TH**  
6:00 PM - 9:00 PM

**OWYHEE COUNTY COMMUNITY CENTER**  
432 W NEVADA AVE, HOMEDALE, ID  
(208)896-4104 | [OWYHEE@UIDAHO.EDU](mailto:OWYHEE@UIDAHO.EDU)

**\$65 PER PERSON -OR- \$120 FOR TWO**  
You will consume course value in meat!

[bit.ly/25grillingfoods](https://bit.ly/25grillingfoods)

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# OWYHEE COUNTY 4-H NEWSLETTER



Synovia Bate -  
Owyhee County 4-H Program Coordinator

## Spring Break Day Camp Series:

RSVP now for the 4-H Spring Break Day Camp Series. We will be diving into LEGO Robotics, Soil Exploration, and Dutch Oven Cooking! March 26-28 from 11:00 AM to 1:00 PM each day, this series is open to youth ages 8-18, with a \$15 registration fee. Lunch will be provided each day.



## Market Swine



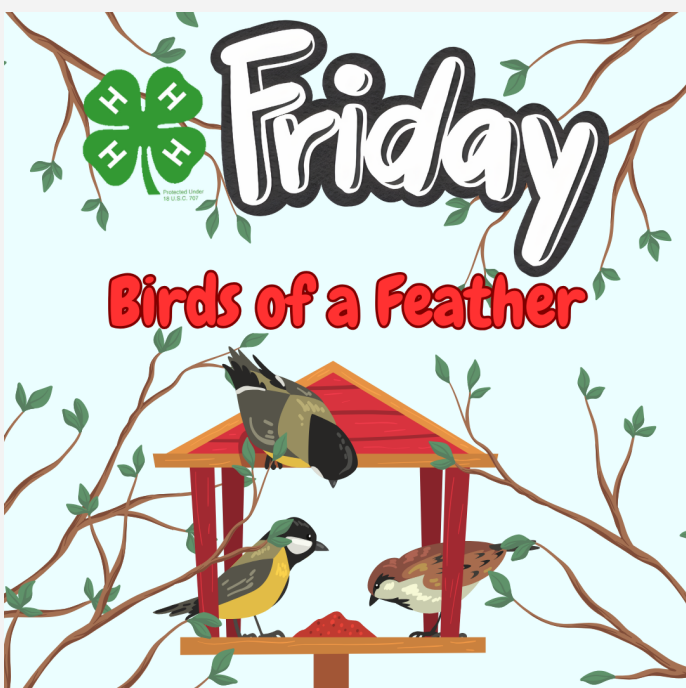
## Initial Weigh-In

### Initial Market Swine Weigh-In:

The swine weigh-in will be held at 4:00 PM on Monday, April 7th, at the Owyhee County Fairgrounds in Homedale and at Rimrock High School in Grand View.

## 4-H Friday: Birds of a Feather

April 18th from 11:00 AM to 1:00 PM at the Owyhee County Extension Office, our next 4-H Friday will be learning about local bird species and making some sustainable bird resources.



### 4-H College Scholarships:

The deadline for Owyhee County 4-H College Scholarships is Tuesday, April 15th. Scholarship forms can be found online at

<https://www.uidaho.edu/extension/county/owyhee/4-h/scholarships>



# LIVESTOCK & RANGE NEWSLETTER

Jenn Smith -  
UI Owyhee County Extension Educator



Well, Spring has almost sprung and with time change upon us March 9, we will jump into “longer” days and a flurry of upcoming events! Livestock weigh-ins for the 2025 Owyhee County Fair and Field Days begin. Our Beef Field Day will take place in Homedale at the Community Center on Saturday, March 8, 2025. Pre-registration is available on ZSuite and on-site check in will begin at 10:00 AM with the activities beginning at 11:00 AM. Lunch will be provided.

Our next field day is new to the agenda and will focus on swine. The focus of the day will be “How to pick your perfect project animal along with housing and feeding”. Swine Field Day will be offered on Friday, March 21, 2025, at the Homedale Community Center from 11:00 AM to 1:00 PM. Snacks will be provided. Swine weigh-in is scheduled for Monday, April 7, 2025. Pre-registration is available on ZSuite and on-site check in will begin at 10:00 AM with the activities beginning at 11:00 AM. Lunch will be provided.

Sheep and Goat weigh-in is scheduled for Friday, May 9, 2025. Details for the sheep and goat field day and will be released at a later date.

Field Days are a great time to learn new and important facts about livestock. We will have industry experts and Extension educators on-hand to present and teach cool and useful facts and answer questions. Field days are open to all 4-H, FFA youths and adults. We welcome anyone that wants to participate!

## SWINE FIELD DAY



**March 21, 2025**  
**11AM- 1PM**  
**Owyhee County Community Center**  
**RSVP by: March 19th**



**\$3 Pay at the door, please bring exact change.**



### SESSION TOPICS:

**How to pick the perfect pig.**  
**Along with information on proper housing and feeding**