



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

# EXTENSION UPDATE

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## The Seasonal Ritual of Putting Your Garden to Bed

By Jennifer Werlin  
Community Food Systems Extension Educator  
University of Idaho Extension, Teton County

It’s that time of year when summer’s vibrant colors fade and autumn’s crisp air moves in. Now is the time to grab your garden gloves and prepare your garden and landscape for winter. Creating a strong foundation can help ensure the health of your garden and landscape come springtime. This important seasonal ritual of putting your garden to bed can help you transition into colder months ahead.

### 1. Leave Garden Debris

For your landscape perennial plants, consider leaving herbaceous material and areas of bare soil for pollinators unless it is diseased or harboring pests. Pollinators need habitat year-round, and the succession of flowers, seed heads, ornamental grasses, and stems provide shelter, food sources for wildlife, host sites for eggs, and safe places for pollinators to overwinter. They also provide visual interest during the winter months. Allow native plants to stand in your garden to add diversity and habitat. For annual vegetable beds, remove dead plants for composting. Clean out garden pots and tools to help prevent pests and diseases from overwintering.

### 2. Prune Wisely

Consider waiting until spring to prune perennial plants. You can prune shrubs and trees but be cautious with spring-blooming plants to ensure next year’s blossoms. You can prune out this year’s floricanes shoots for summer bearing raspberries. These are the canes that had this year’s fruits. The new growth that occurred this year is known as the primocanes and shouldn’t be pruned so they can bear the fruit next year as a floricanes. Remove dead or diseased branches on your perennial plants and shrubs.



### 3. Soil Care

A thriving garden depends on healthy soil. Consider testing your soil to determine nutrient and pH levels. Apply organic matter, compost, and/or well-rotted manure to help enrich your soil and prepare for planting next year. You can add a layer of mulch around your soil to help prevent weeds and help protect against temperature extremes.

### 4. Consider Cover Crops

If you have a larger garden space, consider planting cover crops such as clover, vetch, or legumes. Cover crops provide essential nutrients like nitrogen and phosphorus to your soil which will benefit your plants in the spring when tilled under. These are also known as “green manures”. Other benefits of cover crops are that they help prevent soil erosion and suppress weeds.



### 5. Protect Vulnerable, Less Hardy Plants

Bring inside tender plants that won’t survive winter. You can apply mulch around the base of perennials and use frost blankets or other season extension techniques for plants that have a longer maturation cycle. Cold frames, cloches, and walls-of-water are also great tools to help shield less hardy plants from frost and extreme temperature fluctuations.

Finally, reflect on your garden season successes and challenges. Take notes as to what worked well and what you may change in the future. Enjoy ordering seeds over the winter months and planning your garden layout for an abundant and thriving growing season next year.



**SAVE THE DATE**

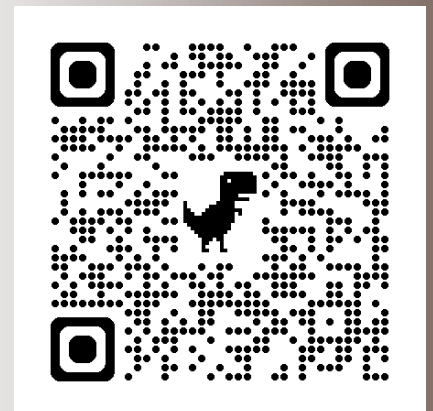
**ANNIE'S PROJECT 101**

**Risk Management for Small and Direct Marketing Farms**

6 Live Zoom Classes | Every Monday November 11 - December 16 | 9 am - 12 pm PT / 10 am - 1 pm MT  
Registration Opens: September 11, 2024

**Annie's Project is a six-week course that fosters problem solving, record keeping, and decision-making skills around five areas of agricultural risk management: production, legal, market, human and financial.** Open to all, this offering of Annie's Project is designed to meet the educational and skill-building needs of women farmers and ranchers operating small and direct marketing farms.

Every Monday November 11- December 16, 2024  
9 am - 12 pm PT / 10 am - 1 pm MT  
Registration Opens: September 11, 2024







apply now!

## WESTERN SARE FARMER/RANCHER RESEARCH & EDUCATION GRANT

The Western SARE Farmer/Rancher Research & Education Grant Program focuses on advancing on-farm sustainability solutions by funding innovative producer-driven research and outreach. This grant program involves agricultural producers (main applicants) and technical advisor(s) implementing projects to address identified needs in sustainable agriculture.

APPLY BY OCTOBER 23

<https://western.sare.org/grants/farmer-rancher/>

Projects with 1-2 producers may apply for up to **\$25,000** and projects with 3 or more producers working together may apply for up to **\$29,900**.

With a Farmer/Rancher Grant, a producer and a technical advisor work together to develop a project (**1-3 years in scope**) that conducts **both research and outreach** on a sustainable agriculture topic. With the support and guidance of the technical advisor, producers must integrate research and education to conduct on-site/on-farm experiments to address social, environmental, and economic aspects of agricultural sustainability. The goal of this program is to achieve results that can be communicated to other producers and professionals; sustain and improve the environmental quality and natural resource base on which agriculture depends; improve the profitability of producers and associated agricultural businesses; and enhance the quality of life for producers in local communities. Outreach activities may include on-farm/ranch demonstrations, farmer-to-farmer educational activities, and other approaches to assist producer adoption of sustainable agricultural practices.





Organic Certification Cost Share Program (OCCSP) provides cost share assistance to producers and handlers of agricultural products who are obtaining or renewing their certification under the [National Organic Program \(NOP\)](#). Certified operations may receive up to 75 percent of their certification costs paid during the program year, not to exceed \$750 per certification scope.

Eligible OCCSP applicants include any certified organic producers or handlers who have paid organic certification fees to a USDA-accredited certifying agent. Cost share assistance covers expenses including application fees, inspection costs, fees related to equivalency agreement and arrangement requirements, inspector travel expenses, user fees, sales assessments and postage. OCCSP pays a maximum of \$750 per certification category for crops, wild crops, livestock, and processing/handling.



Join us for 4 days of training with formal and informal educators from across Idaho!

This workshop will expose participants to innovative pedagogy and techniques for framing climate change. We will focus on how local and global environmental change is impacting wildlife. Joined by wildlife professionals, scientists, and others, we will explore:

- Effective communication techniques for climate change
- Climate change's Impact on Idaho's Wildlife
- Tested techniques for delivering place-based education and outdoor learning experiences
- The importance of fostering wonder and empathy for the natural world

**Included**

- ✓ Lodging & food
- ✓ Stipends for eligible informal educators
- ✓ 2 PD Credits through NNU, BSU, or UofI
- ✓ Travel support



Apply today!



Earth to Sky is a partnership between NASA, the National Park Service, and the U.S. Fish and Wildlife Service that enables and encourages educators to access and use relevant NASA science, data, and educational and outreach products in their work. The partnership's focus is on climate change science and communication.



# GETTING YOUR RECIPE TO MARKET

Tue, Sep 17 5:00 PM to 8:00 PM, 13 sessions ending Tue, Dec 3

A 12-week intensive program designed to provide the food entrepreneur with a solid foundation in business, organizational, and product development, as well as food safety, packaging, production and distribution. Pre-req: guided phone interview and program application. Developed by the SBDC, the Food Innovation Center, and New Seasons Market, this program combines the talents of our instructors, business advisors and food professionals to provide a rich learning environment; one that creates a foundation for the entrepreneur. The workshop sessions engage the entrepreneurs in considering the complexity and inter-relationship between business planning, product development, and launching of your product so that you produce, promote and profit from your recipe/food concept as a food entrepreneur. Fee: \$ 1995.00 To complete your reservation and pay the program fee, please contact PCC Registration Help at 971-722-8888 (Option 2) or go to: <http://www.pcc.edu/enroll/registration/non-credit-registration.html>

Scholarships may be available! To learn more, contact [jill.beaman@pcc.edu](mailto:jill.beaman@pcc.edu)

Turn your idea into a commercial-ready food product with support from food industry experts, OSU's Food Innovation Center, and New Seasons Market.



<p><b>Tuesday, November 12</b></p> <p>3:00 PM - 6:30 PM</p>	<p>Welcome to Teton Science School!</p> <p>Check-in begins at the Kelly Campus of the Teton Science School at 2:00. Opening session at 3:00. Foundations of Climate Change at 4:15. Dinner at 5:30. Panel to follow.</p>
<p><b>Wednesday, November 13</b></p> <p>8:30 AM - 4:30 PM</p>	<p>Field Day in Grand Teton National Park</p> <p>Explore local, observable climate change impacts on wildlife with local scientist. Learn field techniques for teaching about wildlife. Dinner at 5:30. Optional Evening Program to follow.</p>
<p><b>Thursday, November 14</b></p> <p>8:30 PM - 4:30 PM</p>	<p>NASA Resources</p> <p>Morning presentations on wildlife monitoring and management. Resource fair highlighting successful climate education projects from the region. Dinner at 5:30. Free time in Jackson to follow.</p>
<p><b>Friday, November 15</b></p> <p>8:30 AM - 12:00 PM</p>	<p>Applied Learning</p> <p>Work on climate communication project. Presentations lead into lunch. Departure after lunch at 12:00.</p>

**Questions?**

Email [bw@cityofboise.org](mailto:bw@cityofboise.org)

**About us**

Earth to Sky is a partnership between NASA, the National Park Service, and the U.S. Fish and Wildlife Service that enables and encourages educators to access and use relevant NASA science, data, and educational and outreach products in their work. The partnership's focus is on climate change science and communication.





FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



University of Idaho  
Extension

# HELPING YOU FEEL STRONG STEADY & SAFE Moving For Better Balance



**Idaho Falls Family YMCA**

Older adults and those with chronic health conditions often feel they must accept impaired balance and limited mobility—this is not true. You can build strength, improve balance, and gain confidence in your mobility through Moving For Better Balance. This is a 12-week evidence-based, group program designed to help you improve your strength, balance, flexibility, and mobility through slow, therapeutic movements.


**INSTRUCTOR:** Leslee Blanch, Registered/ Licensed Dietitian Nutritionist, University of Idaho Bonneville County Extension Starting December 6th.

**FREE for Members and Non-members**  
Every Wednesday 9:30- 10:30 am  
Donations are greatly appreciated.

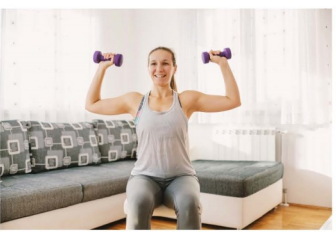
TO LEARN MORE ABOUT THE PROGRAM:  
Geetika Gupta  
[208-523-0600 EXT - 407]



\*YMCA and the National Council of Young Men's Christian Association of the United States of America (YMCA of the USA) are committed to supporting healthy lifestyles through the Moving For Better Balance program but do not guarantee any specific outcomes for program participants.



## Online Fitness Classes University of Idaho Extension



**Fitness Made Simple!**  
**Thursdays, 10:00-11:00AM MST**

Chair-based seated and standing toning/strengthening exercises. Use of hand weights, resistance bands, and/or exercise balls optional. Modifiable for a variety of fitness levels.

**Join Zoom Meeting:** <https://uidaho.zoom.us/j/85143098244>  
**Meeting ID:** 851 4309 8244  
**Passcode:** 693155

**Suggested Equipment**  
Resistance bands  
1-6-pound weights  
7-9-inch exercise ball

The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Reasonable accommodations will be made for persons with disabilities and special needs who contact Laura Sant at least two weeks prior to the event at 561 W Oneida, Preston, ID 83263; 208-852-1097; [lsant@uidaho.edu](mailto:lsant@uidaho.edu).

"We're there when you need us most."



## CAREGIVER SUPPORT GROUP

**Are you a caregiver taking care of a loved one with a memory concern, dementia, or Alzheimer's?**

Come join us for connection, support, and fun activities!



Meetings Held The 3rd Monday of Every Month.  
1:00-3:00 PM



Bingham County Extension Office  
412 W Pacific Street  
Blackfoot

To enrich education through diversity the University of Idaho is an equal opportunity/affirmative action employer and education institution. University of Idaho, U.S. Department of Agriculture and Bingham County cooperating.









## University of Idaho Extension Publications

### [Pasture Principles for Smaller Acreages](#)



Ranchettes and small farms are cropping up in rural landscapes across Idaho, spurring demand for information on pasture management. This updated publication addresses the most common concerns (scripting a pasture plan, pasture improvement and renovation, healthy soil maintenance, weed management, and balancing livestock and plant production) to help you become a more confident and capable pasture manager.

### [Sustainable Small Acreage Farming in Idaho: Finding and Evaluating Land](#)



This publication provides an overview of important considerations for people looking for land on which to establish a successful small farm or ranch. These include farm planning, natural resources, topography, climate, pests and problems, physical assets, nearby activity, site history, legal and regulatory considerations and marketing farm products.

### Documenting Idaho's Bees



University of Idaho Extension is working to build a program that will train volunteers to collect and identify bees, with the goal of establishing an atlas cataloging the rich diversity of bee species throughout the state.

### Nourishing Enterprise

U of I's Caldwell-based Food Technology Center fuels economic returns for the state by supporting the growth of Idaho food entrepreneurs.

[Read how the center helps them take their products to the next level.](#)





#4HBeyondReady



**Beyond Ready**

**National 4-H Week**

**October 6-12, 2024**

**Registration Opens October 6th**

**4h.zsuite.org**



4-HTECH Changemakers  
 4-H Livestock (Beef/Swine/Sheep)  
 Alpine 4-H Camp  
 Art  
 Babysitter  
 Beginning Weaving  
 Cake Decorating  
 Cat  
 Cloverbud: Art, Explore, STEAM, Yoga  
 Cooking

Country Dance  
 Crafting  
 Crochet  
 Gardening  
 Grand Photography  
 Hiking  
 Horse-BLM Wild Mustang  
 Horse English  
 Horse Intro to English  
 Horseless Horse

Horse-Shadow Riders Western  
 Hunting  
 Leathercraft  
 Llama Packing  
 Packgoat  
 Pistols/Handguns  
 Poultry  
 Rabbits  
 Rifle Shooting  
 Sewing

S.T.E.A.M.  
 Swine  
 4-H X-Treme Archery  
 Teen Leaders  
 Teton Quilters  
 Shotgun  
 Vet Science  
 Working Ranch  
 Yoga and Mindfulness  
 Conservation/Ecology

Teton County 4-H believes in the power of young people. Every child has valuable strengths and influence to improve the world. We invite you to explore with us.

A 4-H Club is a group that meets locally year round. Clubs focus on projects that encompass a range of activities. Club members complete one or more age-appropriate projects per year and present at Teton County Fair.



Youth ages 8-18 can join 4-H. Youth must be 8 by December 31, 2024 to enroll in 4-H. Some projects have age limits.

Cloverbud introduces children 5-7 to 4-H. They must be 5 by December 31, 2024.

Dues and fees for the 2024-2025 4-H year are \$60. Some projects have additional costs.

The 2024-2025 4-H year begins on October 6, 2024. Some projects/clubs have enrollment deadlines so enroll early.





# Beyond Ready

## 4x

more likely to make a positive contribution to their communities

## 2x

more likely to report feeling competent

## 2x

more likely to make healthier choices

4-H.org  
#4HBeyondReady



## 4-H Babysitter Club

Are you ready to learn the art and safety of babysitting? Do you want to start your own business? Then sign up for 4-H **BABYSITTER CLUB!**

4-H Club Members must be 11-18 years old. Club meetings will be held at University of Idaho Extension 445 North Main, Driggs

2024-2025 4-H year runs  
October-September  
Sign up begins October 6, 2024  
at [4h.zsuite.org](http://4h.zsuite.org)



In this 6 week course you will learn all you need to know about launching your own babysitting business. Abby Grundler, 4-H Babysitter Club leader, is excited to help you successfully navigate the ins and outs of caring for young children.

Are you already a 4-H member? Then simply sign up for the Babysitter Club in Zsuite when you enroll for the 2024-2025 4-H year

New to 4-H? Sign up at [4h.zsuite.org](http://4h.zsuite.org) on October 6, 2024. Annual 4-H dues are \$60. Need help signing up for Babysitter Club? Call us at the University of Idaho Extension office at 208-776-8235 for help navigating your way into your own

**BABYSITTING BUSINESS!**

It is U of I policy to prohibit and eliminate discrimination on the basis of race, color, national origin, religion, sex, sexual orientation and gender identity/expression, age, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities, and includes, but is not limited to, applications, admissions, access to programs and services, and employment.

 **University of Idaho**  
Extension





# Avian Influenza in Idaho

## Information for bird owners

**Avian influenza (AI)** is a virus which can infect all birds. Domesticated birds may become infected through direct contact with infected waterfowl or other infected poultry, or through contact with surfaces that have been contaminated with the viruses.

### Two different strains:

\*Both strains can occur naturally in wild migratory waterfowl.

- **Highly pathogenic avian influenza (HPAI)** – these virus strains are deadly to domestic poultry and can spread rapidly from flock to flock. This is a **reportable** disease. Disease can be slow and mild in waterfowl.
- **Low pathogenicity avian influenza (LPAI)** – these virus strains are most likely to be carried by wild migratory waterfowl and shorebirds without causing illness. LPAI can infect domestic poultry. Symptoms are usually milder.

### How is HPAI Spread?

- HPAI is spread by direct contact between birds, by coughing and sneezing and through poop.
- People can spread HPAI by moving infected birds, moving contaminated equipment and feed, and by wearing clothing and shoes that have been in contact with infected birds.

### Symptoms Include:

- Sudden death without clinical signs
- Lack of energy and appetite
- Decreased egg production or soft-shelled or misshapen eggs
- Swelling of head, comb, eyelid, wattles and hocks
- Purple discoloration of wattles, comb and legs
- Nasal discharge, coughing and sneezing
- Incoordination

### Report Sick Birds

- If you have multiple sick or dying birds, call a local veterinarian, or refer to ISDA's avian influenza flow chart for reporting guidance.
- The avian influenza flow chart and bird owner reporting form can be found at [agri.idaho.gov](http://agri.idaho.gov).

Poultry owners and growers are encouraged to always practice good biosecurity to prevent the spread of AI. Visit [agri.idaho.gov](http://agri.idaho.gov) for more information.



**University of Idaho**  
Extension



# 2025

## State Teen Events

- BOISE

**FEB**

**15-17**

Know Your Government Conference

Registration \$225 opens Dec. 1, 2024  
Youth in grades 8-10 (may only attend twice)
- MOSCOW

**JUNE**

**23-26**

State Teen Association Convention

Registration \$335 opens April 15, 2025  
Youth in grades 8-12
- TWIN FALLS

**OCT**

**3-6**

Idaho 4-H LEAD Summit

Registration \$200 opens August 15, 2025  
Youth in grades 8-12

**FOR MORE INFORMATION**

**CONTACT:**

**Mike Knutz** [mknutz@uidaho.edu](mailto:mknutz@uidaho.edu)

**Teresa Tverdy** [ttverdy@uidaho.edu](mailto:ttverdy@uidaho.edu)

The University of Idaho is an equal opportunity/affirmative action employer and educational organizations. We offer programs to persons regardless of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information or status as any protected veteran or military status. In compliance with the Americans with Disabilities Act of 1990, those requesting reasonable accommodations need to contact the University of Idaho 4-H Youth Development Office at (208) 885-7700, 875 Perimeter Drive, MS 3015, Moscow, ID 83844-3015



# IDAHO MAKE IT WITH WOOL

**Make It With Wool** is a sewing competition, scholarship opportunity and growth opportunity - inspired by the beauty and diversity of wool.

Sponsored by the Idaho Wool Growers Association sewers, knitters, crocheters, felters, and designers of **all ages** are invited to participate in the Idaho contest.

State Contest  
November 9  
McCall, ID

Entry Forms due  
October 1



[www.makeitwithwool.com](http://www.makeitwithwool.com)  
[www.idahowoolgrowers.org/make-it-with-wool](http://www.idahowoolgrowers.org/make-it-with-wool)  
[kmonk8687@gmail.com](mailto:kmonk8687@gmail.com)



**University of Idaho**  
Extension



**2025**

## National Teen Events

[www.uidaho.edu/extension/4h/events](http://www.uidaho.edu/extension/4h/events)

**Airfare is not included**

**MAR  
12-16**

### Ignite by 4-H Teen Summit

Registration \$1200 opens Sept. 15 2025

Youth must be at least 14 by January 1  
\$600 scholarships available

WASHINGTON DC

**SEPT 28  
OCT 2**

### National 4-H Dairy Conference

Registration \$1000 opens April 15, 2025

Must be at least 14 by January 1 and have two years  
of Dairy 4-H Projects

MADISON, WI

**NOV 29  
DEC 2**

### National 4-H Congress

Registration \$1100 opens May, 2025

Youth in grades 10-12

ATLANTA, GA

#### FOR MORE INFORMATION

**CONTACT:**

**Mike Knutz** [mknutz@uidaho.edu](mailto:mknutz@uidaho.edu)

**Teresa Tverdy** [ttverdy@uidaho.edu](mailto:ttverdy@uidaho.edu)





2024 NAE4-HYDP Conference

**Celebrating Connections and Success!**

October 15-17, 2024 - Boise, Idaho

Celebrating

Connections

and Success!



*Boise, Idaho*

October 15-17, 2024

## UPCOMING EVENTS

October 4-6 Idaho LEADS Summit, Cascade Idaho

October 6-12 National 4-H Week

October 6-Zsuite Registration Opens for 2024-2025 4-H Year

October 15-17 National 4-H Conference Boise

October 21; Care Giver Support Group

October 23 & 30 Yoga 4-H/Cloverbud Club Meetings

October 29: UI Extension, Teton County 4-H Open House 3:30-5:30

November 11-December 16– Annie's Project 101

November 25 4-H Sewing Day Camp 10:30-3:00

December 20 4-H Sewing Day camp 10:30-3:00



## CONTACT US

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**Phone:** 208-776-8235

**Email:** teton@uidaho.edu

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