

**EXTENSION NEWS ■ FCS ■ MASTER GARDENER ■ 4-H**

~ KEEPING OUR COMMUNITY CONNECTED ~

**EXTENSION CONNECTIONS**

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**Q.** I have recently been diagnosed with prediabetes. Should I stop eating sugary fruits?



**A.** Richard Siegel, MD, co-director of the Diabetes and Lipid Center at Tufts Medical Center, answers: "Whole fruits contain natural sugars, along with fiber (as well as vitamins, minerals, and phytochemicals that support good health). The fiber slows the absorption of the sugars, so they enter the bloodstream more slowly and are unlikely to spike blood sugar levels. Additionally, about half the sugar in fruits is in the form of fructose, which has less effect on blood sugar than other types of carbohydrates. These two factors (fiber and fructose) are the reason fruits generally have a low glycemic index (a measure of how quickly and individual carbohydrate-containing food effects blood sugar level). Riper fruit without a peel may have a higher glycemic index, but even this should not be a major issue in my opinion".

"If one has been diagnosed with prediabetes, it's much more important to cut down on intake of simple carbohydrates like sugar. This means eating less of foods like candy, cookies, cakes and other baked goods, table sugar, honey, and syrup. Eliminating sugar-sweetened beverages, (including soft drinks/sodas, energy and sports drinks, lemonade, punch, sweet teas, and sweetened coffee drinks and smoothies) is a good way to cut sugars without cutting out important nutrients. It may be wise to limit intake of alcoholic beverages and fruit juices as well. It can also be helpful to substitute whole grains and whole grain products for refined snack foods, crackers, and white bread".

*Continued on bottom of page 4*

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The Extension Office will be closed May 27th in observance of Memorial Day.

The Extension Office will be closed June 19th in observance of Juneteenth.

# Master Gardener Column



## Botrytis Blight, or Gray Mold— *Botrytis* and *Botryotinia* spp.



Gray mold is named for the brown, gray, or tan fungal spores that develop on infected tissue when conditions are humid or moist. The tiny, stalked spore-forming structures give rotted tissues a fuzzy

appearance when viewed with the naked eye. Various *Botrytis* and *Botryotinia* species cause gray mold, most commonly *Botrytis cinerea*.

### Identification

Disease often presents initially as tiny, almost translucent spots. These infected spots turn brown and appear water soaked. Infected fruit, leaves, petals, and succulent stems become dark, soft, and wilted and die. Succulent tissue of most plants is susceptible to Botrytis blight. Landscape hosts include azalea, bird of paradise, cacti, coast redwood, fuchsia, giant sequoia, hydrangea, rhododendron, and rose.

Spores germinate and produce new infections only after plants have been continuously wet for 6 or more consecutive hours or when relative humidity has been higher than about 90% for 6 or more hours. In greenhouses or outdoors in coastal areas *Botrytis* and *Botryotinia* diseases can be a problem almost any time of year. Away from the coast, gray mold generally is a problem only during the late fall through early spring rainy season. However, *Botrytis* blight can occur anywhere plants are frequently wetted by overhead irrigation, especially those growing under crowded and shaded conditions where air circulation is poor.

Azalea petal blight and rhododendron petal blight and camellia petal blight when these hosts are involved can resemble *Botrytis* blight. However, *Botrytis* blight is a drier rot that also affects dying or inactive green tissue. Azalea petal blight, camellia petal blight, and rhododendron petal blight infect and kill only blossoms.

### Life Cycle

When humidity is high or plants are wet for at least 6 hours, declining or dying, soft tissues can become infected by airborne spores of *Botrytis* and *Botryotinia* species.

Healthy, actively growing green plant parts are seldom infected directly by these fungi. However, once petals or dead or weakened tissues are infected by the fungus can move to invade adjacent, healthy green tissue that contacts diseased tissues. Gray mold fungi do not infect woody parts.

*Botrytis* and *Botryotinia* species can grow on almost any moist or decaying herbaceous vegetation. Weeds and plant debris are common sources of gray mold spores, which are produced in enormous numbers and readily spread in air to nearby plants. Gray mold is particularly troublesome under high humidity and moderate temperatures (70° to 77°F), but it is also active over broader temperature range.

### Damage

Infection by *Botrytis* and *Botryotinia* species causes herbaceous plant parts to decay, discolor, and wilt. Affected plants develop spotted flower petals and leaves and infected buds can fail to open. When infected tissues are wet, commonly grayish fungal spores develop on the decaying tissue and give the tissues a fuzzy or wooly appearance. Infected terminals may die back. On roses large, diffuse, target-like lesions can form on green canes.

### Solutions

Provide proper cultural care to keep plants vigorous. Use good sanitation practices and modify environmental conditions where feasible. Remove and dispose of old blossoms, declining green plant tissue, plant debris, fallen leaves, and weeds. Avoid wetting foliage, such as by using drip or microsprinkler irrigation. Improve air circulation around plants. For example, adequately space plants, prune canopies to eliminate some branches and foliage, and cut back nearby and overhead vegetation.

Where gray mold has been a problem, the fungicides chlorothalonil, thiophanate methyl. Or triforine can be applied before disease develops. Fungicides are only preventative and generally are not very effective in landscapes when conditions (e.g., susceptible plant material and wet conditions) favor gray mold development. Many gray mold populations are resistant to certain fungicides.

Source: <https://ipm.ucanr.edu/PMG/GARDEN/PLANTS/DISEASES/botrytis.html>

# Veggie Chow Mein

This noodle dish combines the crunch of fresh veggies with the flavors of onion, garlic, and soy sauce to create a delicious and easy stir fry. Make it a family favorite using your favorite veggies.

**Yield:** 6 Servings

## INGREDIENTS

- 6 ounces spaghetti noodles (or thin flat egg noodles)
- 4 teaspoons oil
- 1 onion (medium, finely chopped)
- 2 garlic cloves (finely chopped)
- 1 cup carrot (grated)
- 2 teaspoons chicken bouillon, low-sodium
- 1 teaspoon hot pepper sauce
- 1 cup broccoli (cut into small pieces)
- 1 cup celery (chopped)
- 1 cup bell pepper (green or red, finely chopped)
- 4 teaspoons soy sauce, reduced sodium



## DIRECTIONS:

1. Prepare noodles according to package directions. Drain and set aside.
2. Cook onion and garlic with oil in frying pan for 1 minute over medium/high heat.
3. Add carrot, chicken bouillon, and pepper sauce. Stir.
4. Add broccoli, celery, and bell pepper and continue to stir.
5. Reduce heat to low and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes.
6. Add salt and pepper to taste.

## Nutrition Facts

Per serving: 164 calories; total carbohydrate 27g; dietary fiber 3g; total sugars 3g; protein 5g; total fat 4g; saturated fat 1g; cholesterol 0mg; sodium 189mg; calcium 35mg; iron 1mg; potassium 269mg

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/veggie-chow-mein>

## MYTH OF THE MONTH: "NEGATIVE CALORIE" FOODS

"Negative-calorie" foods are said to require more energy to chew and digest than they provide when eaten. Foods that have been given this label are usually fruits and vegetables with high fiber and water content, like celery, lettuce, tomatoes, and carrots. Proponents state that eating negative-calorie foods creates a calorie deficit, and thus you can achieve weight loss by consuming more negative-calorie foods. The truth is: there is no such thing as a negative-calorie food. All foods contain calories and their consumption results in a net energy gain.



There are no magic bullets for health and nutrition. The most effective way to create a 'calorie deficit' is to eat less and move more. It is also important to acknowledge that calories—and the nutrients that come with them—are necessary for your body to function properly. People trying to lose weight by limiting themselves to so-called 'negative calorie foods' in long term are at risk of failing to meet their nutrient requirements.

Even though there are no "negative-calorie" foods, high-fiber, high-fluid fruits and vegetables are still excellent additions to your dietary pattern, particularly in place of high calorie foods with little nutritional value. Celery is a source of potassium. Tomatoes are an excellent source of vitamin C and carotenoids. Carrots are rich in beta-carotene (which is converted into vitamin A in the body).

These foods can help fill you up and nourish you, while decreasing the room you have for other foods that are higher in calories. Remember that an overall healthy dietary pattern is the end goal.

Source: Tufts University Health & Nutrition Letter, February 2024, VOL. 41, NO. 12



## FUN FACTS:

- \* Celery seeds are very small. They are smaller than these dots. ....
- \* The celery plant can grow over 3 feet tall.
- \* In the past, people used celery to treat problems like toothaches and arthritis.
- \* Nibbling on celery stalks helps clean your teeth and mouth after a meal!
- \* Celery contains Vitamin C to help heal your cuts and wounds.

Source: [s3wp.wsu.edu/uploads/sites/2088/2016/02/celery.pdf](https://s3wp.wsu.edu/uploads/sites/2088/2016/02/celery.pdf)



If you've ever attended an Extension class, you will hear us repeat multiple times that you need to use a research-based canning recipe. You will also hear us say that to ensure that you have a safe home-canned product,

you must follow all steps exactly as written. While these are true, there are a few small changes you can make to your home canned foods that will not affect safety.

Before discussing what changes can be made, you first need to know which factors affect the processing time and temperature for home canned foods.

-Acidity level of the food (pH): Adding extra vegetables to salsa or pickled products can change the pH value enough to where it is no longer safe to can in a boiling water canner. Reducing the amount of vinegar or lemon juice in a recipe can also make unsafe changes to the pH of a food.

-Density/consistency of the food: Thicker foods, or those higher in starch require longer processing times. Changing the consistency from what is recommended in the recipe can result in under processed food that is not safe for consumption. For example, wanting to can pureed vegetables when the recipe calls for cubed is not recommended.

-Water activity: The amount of water available in a canned product can make a difference for spoilage organisms. Lowering the water activity level decreases the likelihood these microorganisms can survive and multiply. Sugar in jams and jellies is an important ingredient in tying up the free water.

-Size of the jar: Research-tested recipes give specific times for various jar sizes. With most recipes, the processing time increases as the jar size increases. Always follow the

recommendation for a specific jar size and never use a larger jar than what the recipe calls for. This can result in unsafe food due to inadequate processing.

### Changes that are safe to make in a recipe:

-The salt level can be adjusted in most canned foods except when salt is used as a safety component (sauerkraut and fermented pickles). Salt in vegetables, meats, and soups is added only for flavor and does not affect overall safety.

-The sugar level in canned fruits can be adjusted. There is the option to can fruits in a light syrup or even water or fruit juice. However, there will be noticeable quality changes in both texture and color if sugar is completely omitted.

-Cider vinegar and white vinegar can be used interchangeably as long as the label clearly states 5% acidity.

-In salsa recipes, it is safe to replace vinegar with the same amount of lemon juice, but not vice versa as they have different levels of acidity.

-The amount of peppers or onions can be decreased in a salsa recipe. You can also substitute types of peppers to adjust the spiciness to a preferred level.

-The amount and type of dried spices and herbs can be changed to fit your taste; however, it is not safe to add fresh herbs to recipes as this can alter the pH level.

Submitted by Amy Robertson, Extension Educator

*Continued from page 1*

"Fruits (and vegetables) are an important part of a health promoting dietary pattern. I would suggest patients spread their fruit over the day rather than eating several servings all at once, but, other than that, I have no problem with any fruits for people with prediabetes."

Source: Tufts University Health & Nutrition Letter, February 2023, VOL. 40, NO. 12

# Workshops, Programs, Bulletins & Classes

Due to space restrictions, proper planning of handouts and trying to ensure an effective learning environment, all Extension sponsored workshops, programs and classes require **pre-registration**. Please contact the Extension office listed for the workshop, program or class you wish to attend.

The University of Idaho Boundary County Extension Office does not want anyone denied access to educational classes based on inability to pay. To inquire about scholarship availability, contact the Boundary County Extension Office at 208-267-3235.

## DreamBuilder

DreamBuilder **provides free** online entrepreneurial training in English and Spanish for **future women business owners**.



If you're thinking of **starting your own business** but don't know where to start, this course can **teach you the skills and concepts you need**. Topics such as marketing, bookkeeping and sales. You'll learn about how much it costs to start a business and about the laws and regulations you'll need to follow. By the end of the course, **you'll have a draft business plan**.

**Work at your own pace** to complete 15 online modules.

Sign up at [www.dreambuilder.org/uidaho](http://www.dreambuilder.org/uidaho)  
**REGISTER TODAY!**

Contact Paul Lewin with questions at [dreambuilder@uidaho.edu](mailto:dreambuilder@uidaho.edu).

## UI Extension Sheep and Goat Monthly Webinar:

UI Extension offers webinars on sheep and goat topics. Follow them on Facebook @UISheepandGoats for the current schedule of topics.



**IF YOU ARE MOVING/HAVE A CHANGE OF ADDRESS, OR WOULD PREFER TO HAVE THE NEWSLETTER EMAILED TO YOU-**

**PLEASE CALL US AT 208-267-3235 OR EMAIL [boundary@uidaho.edu](mailto:boundary@uidaho.edu)**



## DIAL PRESSURE GAUGE TESTING



A free dial pressure gauge testing clinic will be held on the first Tuesday of the months May-September.

- \* Please plan on bringing your canner lid in to the office and leaving for 24 hours.
- \* A \$2.00 fee will be imposed for those brought in on other days for on demand testing.
- \* Dial gauges need tested every year

If your pressure canner only has a weighted jigler, it does not need to be tested.

**Visit Us On The Web @**

[uidaho.edu/boundary](http://uidaho.edu/boundary)



**Follow UI Extension, Boundary County on Facebook:**  
[www.facebook.com/UIExtensionBoundary](http://www.facebook.com/UIExtensionBoundary)

# Workshops, Programs, Bulletins & Classes

## Planting for Pollinators

Tuesday, May 7, 2024

1:00 PM-3:00 PM

Boundary County Extension Office

6791 B Main Street

Cost: \$5



The USDA estimates that 65% of this country's pollinators are gone, and with pollinators ensuring our food crops production, we could be in trouble! *Planting for Pollinators*, a class discussing plant varieties that benefit pollinators, and habitat of the pollinator, as well as pollinator preservation. Join us to learn what you can do to increase the number of pollinators, because the salvation for pollinators is in your back yard and garden.

Class size is limited. Contact the Boundary County Extension Office to **register**; 208-267-3235.

## Basics for Family Gardening

Tuesday, May 21, 2024

1:00 PM-3:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$5



Come see how gardening can be a family affair! Learn techniques for planting kid-friendly plants that are easy to grow and fun to eat. Fee includes 2 plants ready to transplant into your garden.

Contact the Boundary County Extension Office to **register**; 208-267-3235.

## Jerky Making 101

Thursday, May 16, 2024

11:00 AM-Noon

Online Via Zoom-FREE



Learn how easy and fun it can be to make jerky safely at home! Register at: <https://bit.ly/jerky24>

## Hunting for Wild Mushrooms in Boundary County

Thursday, May 16, 2024

1:00 PM-3:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$5



This popular class will cover precautions as well as advice from a local expert, Art Church.

Class size is limited. Contact the Boundary County Extension Office to **register**; 208-267-3235.

## Smoking & Grilling

Thursday, May 23, 2024

10:00 AM-2:00 PM

Boundary County Extension Office

6791 B Main Street

COST: \$20



This hands-on class will feature demonstrations as well as hands-on activities. We will learn how to prepare a variety of foods using either a smoker or grill. We will also share tips and tricks on how to make sure your food is both safe and delicious!

Contact the Boundary County Extension Office to **register**; 208-267-3235.

## Dementia Friends

Thursday, June 7, 2024

10:00 AM-11:30 AM

Boundary County Extension Office

6791 B Main Street

FREE



Dementia Friends USA is a part of a global movement that is changing the way people think, act, and talk about dementia. Through interactive activities and information, you will learn what dementia is, how it affects people, and how you can make a difference for people touched by dementia.

Class size is limited. Contact the Boundary County Extension Office to **register**; 208-267-3235.

# Workshops, Programs, Bulletins & Classes

## Food Handlers Course

Tuesday, June 11 & Thursday June 13, 2024  
9:00 AM-1:00 PM  
Boundary County Extension Office  
6791 B Main Street  
FREE

Do you work in the food industry or have a job that involves cooking for others? Take our class and receive your Idaho Food Handlers Card. This 2-day class will be held at the Boundary County Extension Office on Mondays, May 17th & 24th from 9:00 AM to 2:00 PM. This class is offered free of charge and pre-registration is mandatory. Snacks and beverages will be provided but participants are asked to bring a sack lunch.



Class size is limited. To **Register:** Contact the Extension Office @ 208-267-3235.

## Harvesting & Storing Garden Vegetables

Tuesday, July 9, 2024  
3:30 PM-5:00 PM  
Online via Zoom  
FREE



Join us for a free online workshop on how to identify the proper stage of maturity to harvest garden vegetables for peak flavor, nutrition, and storage. Go to <https://bit.ly/HarvestStore24> to register.

Class size is limited. Contact the Boundary County Extension Office to **register;** 208-267-3235.

## Air Frying Fun!

Thursday, July 18, 2024  
11:00 AM-Noon  
Online via Zoom

Join us to learn how simple and fun it can be to use an air fryer to prepare a quick meal for you and others. This program will teach participants the basics of air fryers including settings, ease of use and considerations. This class is great for anyone looking to purchase an air fryer or wondering how to put one they own to better use. Go to <https://bit.ly/airfry24> to register.



## Integrating Fungus in Your Garden



Monday, June 17, 2024  
1:00 PM-4:00 PM  
Boundary County Extension Office  
6791-B Main Street  
Cost: \$5

Come and learn how Tony Klinkhammer, of Hammer Ridge Homestead, has integrated mushroom production into his garden. This class will focus on planting King Strapharia (Winecap) mushrooms around your fruit trees and vegetable plants. Participants will receive mushroom spawn to start a small bed in their garden. Following the class, there will be an optional and informal Q&A discussion from 4:00 pm – 5:00 pm. **This class is reserved for first-time attendees. If you have taken this class before, please do not sign up.**

Class size is limited. Contact the Boundary County Extension Office to **register;** 208-267-3235.

## Keeping Garden Pests in Check!

Wednesday, July 10, 2024  
1:00 PM-3:00 PM  
Cost: \$5



Discover how to keep away pests like gophers, mice and problematic insects while inviting friendly bugs. Learn to cultivate a strong and healthy garden by nurturing your plants and beneficial insects. Whether you're a novice or a seasoned gardener, this class will enhance your garden by giving you tools to reduce harmful pests while encouraging the helpful ones that have an important role in fostering healthy plant growth!

Class size is limited. Contact the Boundary County Extension Office to **register;** 208-267-3235.

# Workshops, Programs, Bulletins & Classes

## Ten Acres and a Dream

*Learn how to thrive in a rural setting and make your land ownership dreams come true.*

### **Post Falls**

**Saturday, May 11, 2024**

**8:30 AM-4:30 PM**

**Room 302**

**UI Research Park, 958 S. Lochsa Street**

People who move to the country often have many ideas as to what they want from their land, but many may be less aware of how to achieve those goals or the tasks associated with living on and maintaining rural property.

University of Idaho Extension is offering this one-day program to help owners of small rural acreages manage their land to meet their goals.

**COST:** A \$15 registration fee includes publications and refreshments.

To **register**, contact the Kootenai County Extension Office @ 208-292-2525.

## Forestry Shortcourse

### **St. Maries**

**9:00 AM-12:00 PM**

**June 12, 20, 26 & July 3, 10, 17, 2024**

**Federal Building Meeting Room**

**Corner of 7th Street & College Avenue**

**208-245-2422**

Many Idaho forest landowners desire a better understanding of "what makes their forest tick" and how they can better manage their forest property. The Forestry Shortcourse will help you:

- Understand basic principles of forest ecology and silviculture,
- Apply that knowledge to your forest to meet your goals, and
- Develop a written forest management plan for your property.

To ensure an effective learning environment, each session is limited to 25 people. A \$38 registration fee (\$120 for UI credit) includes a binder, USB drive of forest management resource materials, and refreshments.

For **registration** questions, contact the University of Idaho Benewah Extension office, 208-245-2422.



Do you want to learn how to safely can, dry or freeze your garden's bounty? University of Idaho Extension invites you to enroll in

Preserve@Home, an online 6-week food preservation class to teach individuals how to safely preserve a variety of foods.

**Enrollment & Payment Deadline  
June 3, 2024**

**Online Course Available/Start Date  
June 6 at 1:00 p.m. MT**

**Chats Thursday's 1:00 p.m. MT  
June 13-July 18**

**Each lesson includes** online text, online discussions to facilitate participant interaction, a video chat with classmates and instructors, and open book quizzes to assess knowledge gained.

### **Lessons**

1. Causes & Prevention of Foodborne Illness
2. Spoilage and Canning Basics
3. Canning Acid Foods: Boiling Water Canner
4. Canning Low Acid Foods: Pressure Canner-Dial/Weighted
5. Canning Specialty Foods (jams, jellies & preserves; salsas; pickled & fermented foods)
6. Drying & Freezing

### **Supplemental Materials**

7. Nutritional Value & Cost of Preserved Foods
8. Miscellaneous Food Safety & Preservation
9. Preparing for and Coping with Emergencies and Disasters.
10. High Altitude Canning
11. Starting Right-Gardening for Success
12. Root Cellaring: Storing your Garden Harvest

**Cost:** \$35 registration fee.

**Register** online at [https://marketplace.uidaho.edu/C20272\\_ustores/web/product\\_detail.jsp?PRODUCTID=2135](https://marketplace.uidaho.edu/C20272_ustores/web/product_detail.jsp?PRODUCTID=2135).

### **For More Information Contact:**

University of Idaho Extension, Franklin County at 208-852-1097 or [franklin@uidaho.edu](mailto:franklin@uidaho.edu).





University of Idaho  
Extension  
Boundary County

# 4-H CLOVER TALK

## MAY/JUNE 2024



Debbie Higgins

4-H Program Coordinator



### May

**May 12-Mother's Day**



**May 14-Livestock & Leaders Meeting** 6:30 p.m. Ext. Office

**May 18-Market Swine Weigh-In** @ Fairgrounds (80)

**May 24-Fair Royalty Applications Due To Fairgrounds Office**

**May 27-Memorial Day Parade** Ext. Office Closed



**May 28-Ownership/Possession Deadline For ALL MARKET SHEEP**

**May 29-Market Goat & Lamb Weigh-In** 5:30 p.m. @ Fairgrounds (69)

### June

**June 1-30-National 4-H Congress Application**

**June 11-Livestock & Leaders Meeting** 6:30 p.m. Ext. Office

**June 16-Father's Day**

**June 19-Juneteenth Observed** Ext. Office Closed

**June 28-30-Horse Camp @ Fairgrounds**

**June 24-27-Idaho 4-H State Teen Association Convention**

\*\*\*\*\*  
 ★ **ATTENTION ALL 4-H** ★  
 ★ **LEADERS—Please mark** ★  
 ★ **May 14 & June 11 on your** ★  
 ★ **calendar!** Come to the meet- ★  
 ★ ings to stay on top of what is ★  
 ★ going on in 4-H. Livestock ★  
 ★ committee meets first at 6:30 ★  
 ★ p.m. followed by Leaders' ★  
 ★ council starting at 7:00 p.m. ★  
 ★ at the Extension Office. All ★  
 ★ parents, members, and com- ★  
 ★ munity members are welcome ★  
 ★ to attend meetings. ★  
 ★ \*\*\*\*\*

Here we go head strong into spring! Things are turning green and growing as a new season is upon us.

The 4-H and FFA Market Beef have all weighed in with 35 steers total (including alternates). Members have been doing a great job working with their animals during these last few cold months. It really showed when they brought them to the spring weigh-in. The next weigh-in is for 4-H and FFA Market Swine. We will start at 7:00 am on Saturday May 18<sup>th</sup>. As in past years, those families who are also swine breeders in the county will go first for biosecurity reasons. After they have weighed in, it will be first come first served. Please have your paperwork in order, as you will not be offloading to weigh unless your paperwork has been checked off. You need your bill of sale filled out completely, make sure you have the seller's information on it, and it is signed. Please remember, the owner is the member not the parents. If your animal came from out of state bring your certificate of vet check, it is illegal to not have this certificate and cross state lines. Vaccines are mandatory and must be given before pigs come to weigh-in. Your pigs must also be free from lice and other parasites. Wednesday, May 29<sup>th</sup> at 5:30 pm is the Market Lamb & Goat weigh in. All the above applies to lamb and goats in addition to their Scrappies ear tag showing their origin.

The fair theme this year is "Red, White and Blue this Fairs for you!" Start planning now to save your Memorial Day and 4<sup>th</sup> of July decorations so they can be used for decorating the livestock barns at the fair. If you are a volunteer 4-H leader it is important you attend the monthly meetings. They are the 2<sup>nd</sup> Tuesday of each month starting at 6:30 pm, at the Extension office located at 6791 Main Street Suite B. This is your forum to discuss issues, ask questions, make recommendations, and vote on decisions being made.

The Family Fun Night Committee met a couple weeks ago and have added some new events

to go along with some of the old favorites. Be on the lookout for the flyers for this event as we get into summer. We are currently accepting applications for 4-H members to try out for Family Fun Night Royalty. Applications are at the Extension office or can be emailed to interested members. Applications are due to the Extension office July 17<sup>th</sup> and interviews will be scheduled for the 19<sup>th</sup> of July. This is a super fun opportunity and we encourage all 4-H members to apply! We would like to notify everyone about a change in our 4-H events schedule. The 4-H Awards Night has been moved to October 23<sup>rd</sup>, 2024, at the Fairgrounds. The start time and other details will be announced closer to the event.

We have the dates set for our summer camps and are planning fun themes for each day. All summer camps are open to any child in the county fitting the age range. We will be posting the flyers in May on our Boundary County 4-H Facebook page. We post everything happening on that page so make sure to check it often and follow the page to stay notified.

Please make sure you are attending your club and project meetings. With summer approaching it is important to keep in touch with your leaders if you are going to miss a meeting. It is your responsibility to make sure your leader knows you will miss a meeting, and your responsibility to help with a solution for project completion. If you need help meeting completion requirements, the 4-H office can assist you. We are happy to help any way we can.

Thank you to all leaders and donors to the 4-H program!



**Follow Boundary County 4-H on Facebook:**  
[www.facebook.com/boundarycounty4h](http://www.facebook.com/boundarycounty4h)

*Persons with disabilities have the right to request and receive reasonable accommodations. Please complete the form found at [reasonable-accommodation-for-4-h-parent-complete.pdf](http://reasonable-accommodation-for-4-h-parent-complete.pdf) ([uidaho.edu](http://uidaho.edu)) to assist in evaluating the reasonable accommodation request at least two week prior to the event. Accommodation applications cannot be approved without supporting documentation. Submit the request form found in the link above along with supporting documentation to Center for Disability Access and Resources 875 Perimeter Drive Moscow, ID 83844-4257 [cdar@uidaho.edu](mailto:cdar@uidaho.edu) Phone 208-885-6307, Fax 208-885-9404*

# 4-H Calendar

## July

**July 1**-Market Rabbit Weigh-In  
5:30 p.m. @ Ext. Office

**July 4**-Independence Day  
Observed Ext. Office Closed

**July 9**-Livestock & Leaders  
Meeting 6:30 p.m. Ext. Office

**July 11**- Camp Clover 8:30 a.m.  
-2:00 p.m. @ Snow Creek

**July 13**-Sheep Camp

**July 17**-Family Fun Night Appli-  
cations Due

**July 18**-Mid Summer Horse Show

**July 19**-Family Fun Night Roy-  
alty Interviews

**July 24**-Avian Flu Testing 2:00  
p.m.-6:00 p.m. @ Fairgrounds

**July 25**-C.O.O.L./Quality Assur-  
ance & Fair Entry Forms Due

**July 30**-Livestock & Leaders  
Meeting 6:30 p.m. Ext. Office

**July 31**-Style Revue 6:00 p.m. @  
Memorial Hall

## 4-H Friday



Fridays with 4-H Friday Friends have been jam packed with so many fun activities! You can join us at the Middle School every Friday during the school calendar year. At \$15 per child (a sliding fee scale is available) we are

a wonderful option for youth to explore with their peers or just to give them a safe space while you are at work. Since our program is offered through open enrollment, you can come as your schedule allows just 1 time, once a month or every week. You may drop off your K-5<sup>th</sup> graders as early as 7:30 am and pick up any time before or at 5:30pm. We spend our packed with a wide variety of activities such as crafts, science experiments, building projects, playing sports, team building challenges, and even community guest speakers.

Mrs. Terri from the library comes to read to us twice each month. We have had several community members come visit the program this spring. We had a local author Grace Robinson come to share what it is like to write a book and get it published. We had a game warden come with over 20 different animal pelts to learn about and explore, one of which was a polar bear! We also have a great time learning about Robotics from the 4-H Robotics Instructor Shalonda. We have enjoyed a virtual tour of the Emerald Isle in Washington and learned about the indigenous tribes that call it home. We have explored birds of prey, made an origami falcon, and shared our own experiences with birds of prey. These are just a few of the fun learning activities that we do every week during the school year. Please phone the Boundary Extension Office at (208) 267-3235 for more information, or to register your student for Friday programming. We hope to see your students there!

### Dates: Second Semester

- \* May 3, 10, 17, 24, 31
- \* June 7



# 2024 BOUNDARY COUNTY FAIR

## RED, WHITE, AND BLUE

# THIS FAIR'S FOR YOU !

### LOOKING FOR KINGS & QUEENS!!!FAIR ROYALTY

Applications are now available at the Fair office or the Extension Office. Fair Royalty is open to both girls and boys. So stop by and pick up an application now!



The Boundary County Fair Board will sponsor two \$500 Awards-one \$500 award to be awarded to the individual named as Fair Queen and one \$500 award to the individual named as Fair King.



# Livestock News



## 2024 WEIGH-IN DATES

Please be sure to mark these dates on your calendar!

**BEEF**-Saturday, March 16, 2024  
9:00 a.m.

**SWINE**-Saturday, May 18, 2024  
7:00 a.m. (Breeders go first)

**LAMB & GOAT**-Wednesday, May 29, 2024, 5:30 p.m.

**Rabbit**-Monday, July 1, 2024 5:30 p.m.

Members, it is your responsibility to be at weigh-in and to arrive promptly. You will need to make sure you have the appropriate paperwork with you such as bill of sale and health certificate (required if your animal is obtained out of state).

- **Do not forget to bring your paperwork to the weigh-ins**
- **BEEF**-HAUL SLIP, BILL OF SALE
- **SWINE**-BILL OF SALE, HEALTH CERTIFICATE (IF PURCHASED OUT OF STATE)
- **LAMB/GOAT**-BILL OF SALE, HEALTH CERTIFICATE (IF PURCHASED OUT OF STATE)
- **RABBIT**-PROOF OF OWNERSHIP OF TWO OR MORE DOES, MUST BRING DOE, LITTER MUST HAVE THREE FRYERS, ALLOWED ALTERNATE PEN OF THREE FRYERS

## Days on Feed 2024

### WEIGH-IN DATES

**Beef** March 16-August 5

**Swine** May 18-August 5

**Lamb/Goat** May 29-August 5

### DAYS ON FEED

(142)

(80)

(69)



## WE WANT YOU!

Memorial Day is on Monday, May 27, 2024. Every year the Boundary County 4-H program participates in the Memorial Day Parade. Benjamin Apo, with the American Legion, encourages everyone to participate! Your signage should say thank you to the vets for their service to our country. Wear your red, white, and blue! Due to the popularity of the parade, anyone participating needs to be at the Boundary County Fairgrounds at 9:00 a.m. for staging. The parade starts promptly at 10:00 a.m., route will go from the Fairgrounds to downtown.

**Avian Flu Testing** will be held on Wednesday, July 24, 2024 between the hours of 2:00 p.m.-6:00 p.m. at the indoor arena at the Boundary County Fairgrounds.

Avian Flu Testing is **required** for all 4-H/FFA and Open Class birds in order to display at the fair.

Displaying waterfowl at the fair is not allowed at this time.

**WANTED**

**CLUB REPORTS!!!**  
Publish them in the Clover Talk!!!

## Oral Presentation Day

Congratulations and thank you to everyone who participated in this year's Oral Presentation Day event! All of the presenters chose great topics. Every day I am impressed with the talent and creativity within our program.

A very special thank you to our guest judges Sarah Carver, Tammy Hedrick and Todd Carver.

I had a great time putting the event together this year and I am looking forward to the great new topics and members who will join us next year!

### **2024 Oral Presentation Day results are as follows:**

<b>NAME</b>	<b>RIBBON PLACEMENT</b>
Katie Vader	Grand Champion
Cameron Kerttu	Reserve Champion
Katie Vader	Top Senior
Emma Robertson	Top Intermediate
Kristien Dye	Top Junior

**CONGRATULATIONS !!!**

## Completion Requirements

For Boundary County 4-H all Organizational clubs have begun their meetings. I would like to remind everyone that members must attend a minimum of 50% of the organizational meetings. A majority of the clubs meet once a month up. This provides ample time to fulfill the completion requirements. Members must also participate in at least one community service activity, attend 75% of their project meetings, give an oral presentation, and exhibit their completed project. Please remember that members must complete an oral presentation and complete a record book for each project that they take. The easiest way to ensure that you are meeting your project requirements is to simply ask your organizational or project leaders if you are in good standing. It is the member's responsibility to communicate to the leader if you are going to miss meetings etc. Keeping those lines of communication open will help avoid issues later in the year.

If you have additional questions about completion requirements do not hesitate to call the Extension Office at 208-267-3235.

## Project Requirements

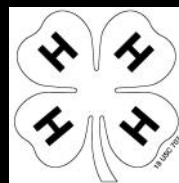
As planning is underway for the 2023/2024 4-H year, please remember that project requirements and exhibit standards are fully described in project materials. All leaders will receive copies of these requirements. If you take the time to review the project and exhibit requirements at the beginning of a project that helps eliminate a lot of problems when a project is submitted for the Fair.

### **Remember:**

- All projects have a record book
- All record books must include a story-(project focused)
- Photographs are required in Boundary County
- All projects require an oral presentation
- All projects have an exhibit standard

Leaders-If you have questions about the exhibit standards or project requirements please contact Debbie at the Extension Office, 208-267-3235.

## ADVERTISE YOUR CLUB & PROJECT MEETINGS IN THE CLOVERTALK!!!



If you are moving or have a change of address-please let us know. 208-267-3235



# Oral Presentations

*It's that time of year-time to bring out the rulers, rubber cement, pencils, and gummed erasers. Making posters can be fun and a great way to add that visual impact for your projects. Here are some tips to help you design effective posters.*



## Design Tips for Non-Designers

### Creating Coherence

- Constructing a coherent poster means that it's easy for your audience to move from one topic discussed on your poster to another and to see the relationships between them. Create coherence by carefully planning the arrangement of information by relying on what we know about how readers read.
- Since English-speaking readers read text from left to right and top to bottom, use this pattern to form the arrangement of information in your poster. While the poster title is conventionally centered across the top of the poster, it can be placed to the left or to the right, but the area it occupies should command the rest of the space, perhaps by using a colored area behind it.
- Repetition**-helps organize; ties things together. Effective repetitions are alignments, shapes, spacing, bold or light typeface, bullets, and indents.

### Posters

- Posters are an avenue of communication and self-expression that relay information to the audience. They are one-stop shopping so the audience knows what is going on in a presentation.
- To select the content for your poster, you must gather the most essential information from the wealth of knowledge you've gained. It's psychologically hard but you can't use EVERYTHING. You want to select the most crucial information for your

subject. You can rank the information into three categories:

- Must know** (to get the point)
- Good to know** (equipment, size, volume, and so on)
- Nice to know** (perhaps historical or social context, cost, unexpected effects)

You should include the **MUST**, add some **Good**, and save "Nice" details for talking with your audience.

A good poster is self explanatory-it speaks for itself and will make people **STOP, READ, and REMEMBER.**

### Planning

When you make a poster, it is only as effective as your planning...and this planning doesn't happen the night before you turn in fair books.

#### Who & What

- ❖ Topic
- ❖ Size requirements
- ❖ Audience
- ❖ Materials

Your first consideration is who and what. You want your poster to say something-what is it? Is it relaying information for an illustrated talk? Is the poster telling a story? Who will be your audience? Do they know the information? What do you want the audience to know?

**If the poster is to be in the fair, what are the size requirements? In Boundary County the size requirements are 14x22.**

What materials or tools will you use to create your poster? Are you going to produce it via computer or by hand. Some tools you may need are a pencil, gum eraser, and rubber cement. Regardless of how the poster is produced neatness counts! If you don't allow enough time to plan it is reflected in the poster.

### Construction

Putting your ideas on paper is one of the biggest challenges of posters. You don't have to be an artist to create your visual masterpiece, it can be fun and easy, but that doesn't mean you get to cut corners. Lettering is very

important for your poster.

**Readable**-Letters should be well drawn and all words spelled correctly. Lower case letters are easier to read than capitals. Fancy or script lettering is harder to read. Avoid too many fonts if you construct using a computer. Posters for 14x22 should have letters from  $\frac{3}{4}$  to  $1\frac{3}{4}$  inches high.

**Simple**-each poster should contain only one idea in as few words as possible and **Well designed.**

### Color

Don't be afraid to use color. Color can be utilized effectively to impact the message you are trying to send and affects how easily the message is read. The basis of most color combinations is the color wheel. There are many ways to combine the colors on the color wheel, and come up with a usable scheme.



### Put it all together

Judges look for Neatness first and foremost in posters. They also are checking to see if you got your measurements correct and accurately conveyed project information. Practice makes perfect, when you are working with posters make sure you have taken the time to plan and create your posters; readable, simple, well designed, and NEAT! It is as easy as 1-2-3.

Source: Adapted from Cain Project @ [www.owl.net.rice.edu](http://www.owl.net.rice.edu) and Designing Effective Posters by Erika Thiel

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# MAY/JUNE 2024

## KEEPING OUR COMMUNITY CONNECTED

### BOUNDARY COUNTY EXTENSION STAFF



Amy Robertson	Extension Educator Family & Consumer Sciences
	Extension Educator Agriculture & Horticulture
Debbie Higgins	4-H Program Coordinator
Shonna Vance	4-H Friday Friends Program Coordinator
Angela Tucker	Administrative Assistant
Sheila Pruitt	Secretary

\*Where trade names used, no discrimination is intended and no endorsement by the University of Idaho Extension System is implied.

#### *College of Agricultural and Life Sciences*

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