



CANYON COUNTY EXTENSION UPDATE

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

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4-H YOUTH DEVELOPMENT

Check out all the 4-H exhibits at Canyon County Fair July 25 - 28.

HORTICULTURE

Learn how mulch can conserve water and reduce weeding.

CROPPING SYSTEMS

Could Crop & Livestock Integration be good for your farm?

Livestock & Small Farms

Tips on keeping cool during these soaring summer temperatures.

Family & Consumer Sciences

Check out tips for outdoor grilling/BBQ!

KEEPING COOL IN THE SUMMER HEAT

LIVESTOCK

- provide clean, cool water and ensure it is accessible at all times
- provide shade
- minimize handling/transporting to early hours
- provide proper air circulation (open windows/doors), if housed indoors. using fans is a great way to help your livestock, but keep away from easily flammable materials and ensure fan is safe for barn use
- provide sprinklers or misters

PETS

- keep your pet hydrated with cool water that is accessible at all times
- do NOT leave your pet in the car
- provide shade or bring pets indoors
- understand the signs of overheating
- exercise during cooler temperatures and provide frequent breaks
- protect paws from hot surfaces. use the 7 second rule: place your hand on the asphalt for 7 seconds. if it is too hot for you it is too hot for them!

PEOPLE

- keep hydrated
- block any sun-facing windows
- use fans: find ones you can move around the house if you don't have air conditioning
- at night, open windows and doors
- limit outdoor activities to early morning and late evening
- rest indoors during the hottest parts of the day
- utilize "cooling centers" in the surrounding area:
 - Caldwell: Caldwell Public Library & Caldwell Senior Center
 - Nampa: Nampa Public Library, Nampa City Hall Lobby, Hugh Nichols Safety Building

Follow us on social media for the most current information



www.instagram.com/uiextension_canyonco/



www.facebook.com/UIExtensionCanyon/

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JULY 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



4-H Event Calendar

July

- 1 All Non-Animal/FCS Canyon County Fair Entries due
- 4 Office Closed - Independence Day
- 15-16 Buckaroo Breakfast - Snake River Stampede
- 16-20 Snake River Stampede
- 25-28 Canyon County Fair

4-H Canyon County Summer Day Camps!

Summer just got more exciting with our hands-on interactive day camps. Camps are available to all youth! Summer Day Camps are **\$10** each.

Paint the Deep Day Camp: Help us paint our way through this ocean adventure!

To Sign Up:
August 6th



Feel What's Under Your Feet Day Camp: Get to know a beneficial natural resource right under your feet! Learn about the soil in your region.

To Sign Up:
August 7th



CANYON COUNTY FAIR JULY 25-28

Interested in 4-H?

To be placed on our **member interest list**, please fill out this survey [here](https://uidaho.co1.qualtrics.com/jfe/form/SV_7976EnbDw6oMEMm) or

https://uidaho.co1.qualtrics.com/jfe/form/SV_7976EnbDw6oMEMm

If you're interested in becoming a **volunteer**, please email canyon@uidaho.edu and we'll send you an application.

SNAKE RIVER STAMPEDE JULY 16-20

Snake River Stampede is happening this week! Get your tickets before they're gone!

<https://ictickets.eventue.net/events/SRS>
Come see bull rides, fun shows, booths, and great food served by our 4-H members and volunteers! This is a great way to support the Canyon County 4-H Leaders Council so we can continue to support our 4-H members with scholarships.

Buckaroo Breakfast is back!

This was originally started in the 1950's by the Nampa Chamber of Commerce! Now, 70 years later, it's a community-wide event and will help benefit our 4-H members and volunteers through the Canyon County 4-H Endowment Program! Breakfast is just \$6 starting Monday & Tuesday, July 15 & 16, at the Ford Idaho Center in Nampa.

4-H in the Wild!

Ranchers & Riders 4-H Club serving 4th of July breakfast at Notus Community Center.



UNITED STATES OF AMERICA





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Why Mulch? Conserve Water and Reduce Weeding

There are so many benefits to using mulch in your garden and landscape! Spreading a layer of mulch on top of the soil protects plants from extremes in temperature. It helps protect plant roots and crowns in winter. Use dark colored mulch in the spring to warm up the soil faster for warm season crops. To protect plants from the heat of summer, use light colored mulch to lower soil temperature. A layer of mulch also allows soil to hold more water. Using organic mulches adds nutrients to the soil as they decompose making soil more fertile over time. Additional organic matter also makes soil easier to till and creates a better environment for growing vegetables. Click [HERE](#) to read the full article and learn more about the [different types of mulch](#), their specific benefits and how much to apply to get the results you want.



Shrubs Native to Southwestern Idaho

Interest in native plants continues to grow, and for good reason! Whether for water conservation, wildlife habitat and food sources, or simply an adherence to local flora, gardeners and plant enthusiasts alike find themselves curious about native plants. [Read more](#) to learn about a few varieties of shrubs that do well in the growing conditions of the Treasure Valley.

2C Idaho Master Gardeners

FREE Plant Clinics
May - September

Monday	1 - 4pm
Wednesday	1 - 4pm
Friday	9am - Noon

501 Main St. | Caldwell, ID 83605
208-459-6003 | ccmg@uidaho.edu
uidaho.edu/canyon

Blog at idahomastgardener.blogspot.com
Pest Alert Network at prwpestralert.net
Follow us on Social Media:

@2cMasterGardener

@2cUIEHort



Planting Party Project at The College of Idaho



The UI Extension Canyon County Master Gardeners teamed up with College of Idaho Summer Research students to plant 202 native Idaho plants next to Boone Hall on the campus of College of Idaho on Thursday, June 20th to enhance pollinator nectar resources and habitat. This was led by our own UI Extension Educator, Brad Stokes, with excellent help and planning from Dr. Robert Laport, and UI Extension Canyon County Advanced Master Gardener & College of Idaho Lead Groundskeeper, Danny Trevett. Funding for this project came from the UI Extension IPM-EIP Grant, part of that grant's goal is to enhance pollinator health in communities and throughout Idaho.

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

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



Xeriscaping Doesn't Mean ZERO Scaping

Xeriscape is a landscape design emphasizing little to no water usage and is a realistic alternative to traditional landscaping in any climate. Low water use landscaping does not mean one is limited to cacti, succulents, and rocks. Instead, it involves designing a landscape that utilizes low-water plants and reduces turf. Other benefits of xeriscape include reduced yard maintenance and reduced water bills while attracting wildlife to your yard. A successful xeriscape relies on minimized water usage through efficient irrigation methods. A drip system can deliver water directly to a plant's roots deep within the soil, reducing evaporation and allowing us to water with less frequency. Choose [drought-tolerant plants, shrubs, and trees](#) that can withstand Idaho's dry conditions. Click [HERE](#) to get more tips and ideas of creating a beautiful xeriscape plan for your home.



Family & Consumer Sciences

Health Tip of the Month

Outdoor grilling for friends and family can be a great summer activity if the proper safety measures are taken. Because of the dangers of harmful bacteria, proper cooking and preparation techniques must be observed.

Tip #1 - Meat and poultry must be refrigerated immediately after purchase. Placing meat and poultry in the freezer is the best option if it won't be cooked for one or two days after purchase.

Tip #2 - After properly thawing, marinating may be desired. It's important to keep the marinade used for the cooked food separate from uncooked foods. This will prevent harmful bacteria from being transported to the meat that is to be consumed. To avoid this, make sure to boil the marinade that has been in contact with the raw meat or poultry.

Tip #3 - Once the food is ready for grilling, make sure to use clean utensils when handling the meat or poultry. To ensure the food is cooked thoroughly, use a thermometer to gauge the internal temperature of the meat or poultry. Poultry should have a minimum internal temperature of 165 F, hamburger or beef and all cuts of pork should be 160 F.

Tip #4 - When the food is finally ready, never allow it to sit out for more than 1 hour in weather above 90 F. Also, when packing up leftovers, make sure to store them in shallow containers and discard any food that is left out for more than 2 hours. If the food has set out for more than 1 hour in weather above 90 F, discard it.
(Gwen Crum, WCU Extension Family and Community Development Agent, Wood County)

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



Become a Dementia Friend today! Attend a FREE information session hosted by the UI Extension Educator to learn about understanding dementia and taking meaningful action. Anyone can join. Participants will receive a workbook and certificate upon completion.

Date: Thursday, August 22nd --- Time: 5:30-7:00pm

Location: Online

Register by calling 208-459-6003

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 or 208-459-6003

Pasture & Animal Questions

Tyler O'Donnell: tylero@uidaho.edu or 208-414-0415

Weed Management Questions

Jemila Chellappa: jemila@uidaho.edu or Brad Stokes: bstokes@uidaho.edu or 208-459-6003



CROPS

Dr. Jemila Chellappa
Area Cropping Systems Educator

208-459-6003
jemila@uidaho.edu



Cropping Systems of Southwest Idaho Fostering Integrated Crop-Livestock System (ICLS) in Idaho Farming System

Currently, in the United States, most farmers separate livestock and pastures from cropping systems, relying heavily on off-farm purchases for animal feed and crop field fertility. This old practice given a new term as ICLS often leads to increasing production costs, particularly given the high price of grain contributes to higher greenhouse gas emissions due to transportation. However, integrating crops and livestock within a multi-functional operation presents numerous benefits. By combining these systems, farmers can reduce costs, improve soil health enhance biodiversity, and decrease their environmental footprint. This holistic approach not only boosts the sustainability of farming practices but also has the potential to significantly improve the overall profitability of agricultural operations.

Though the system **may face barriers to implementation and transition, the benefits far outweigh the challenges.**

“BENEFITS”

- **Improved Soil Health:** Livestock grazing can enhance soil structure and fertility by incorporating organic matter and promoting microbial activity. Crop residues and manure add nutrients back to the soil, reducing the need for synthetic fertilizers.
- **Enhanced Biodiversity:** Integrating livestock and crops encourages a more diverse ecosystem, which can lead to better pest and disease control, improved pollination, and overall ecosystem resilience.
- **Cost Reduction:** By producing feed on-site and utilizing manure as a fertilizer, farmers can reduce the cost associated with purchasing external feed and chemical fertilizers. This can lead to significant savings and increased profitability.
- **Efficient Resource Utilization:** Integrated systems make better use of land, water, and other resources. Livestock can graze on crop residues and cover crops, maximizing the productivity of available resources.
- **Reduced Environmental Impact:** Integrating crops and livestock can lower greenhouse gas emissions by reducing the need for transportation and decreasing reliance on synthetic inputs. It also promotes carbon sequestration in the soil.
- **Increased Resilience:** Diversified farming operations are more resilient to market fluctuations and extreme weather events. The integration of crops and livestock can provide multiple revenue streams and buffer against risks.
- **Sustainable Practices:** This approach promotes sustainable farming practices that are better for the environment, animal welfare, and long term agricultural productivity.
- **Improved Animal Health & Welfare:** Livestock benefit from more natural grazing environments and varied diets, leading to better health and welfare compared to confined feeding operations.

“BARRIERS”

- **Knowledge & Expertise:** Successful integration requires knowledge of both crop and livestock management, which can be a significant learning curve for farmers accustomed to specializing in one area.
- **Initial Investment Costs:** Transitioning to an integrated system can require significant upfront investments in infrastructure, such as fencing, water systems, and storage facilities, which may be prohibitive for some farmers.
- **Market Access & Infrastructure:** Farmers may face difficulties in accessing markets that value integrated system products.
- **Land Availability & Suitability:** Not all land is suitable for both cropping and grazing.
- **Regulatory & Policy Constraints:** Existing agricultural policies and regulations may not support or may even hinder integrated systems. Subsidies and incentives are often designed for specialized operations rather than diversified farms.
- **Risk Management:** Integrated crops and livestock can introduce new risks, such as disease transmission between animals and crops, which requires careful management and planning to mitigate.
- **Cultural & Social Barriers:** There can be resistance to change among farmers who have long relied on conventional, specialized farming practices.
- **Access to Resources:** Farmers may struggle to access the resources, such as technical support, financing, and equipment, needed to successfully transition to and manage an integrated system.
- **Research & Development:** There is a need for more research and extension services tailored to integrated crop-livestock systems to provide farmers with the knowledge and tools necessary to implement and sustain these practices.

Each Farm Tells a Story - Southwest Idaho Growers Corner

When asked, what is your experience about integrating crops and livestock into your farm?

As a grower, integrating crops and livestock has transformed my farming operation in numerous positive ways. Initially, I was hesitant due to the perceived complexity and additional labor, but the benefits have far exceeded my expectations by a farmer.

A farmer from Payette County said the synergy between crops and livestock has significantly improved soil health on his farm. Livestock grazing on cover crops and crop residues has boosted organic matter and nutrient cycling, leading to richer, more fertile soils. This has reduced the reliance on synthetic fertilizers and improved crop yields. Another grower from Canyon County said by producing his own feed and utilizing manure as a natural fertilizer, “I’ve cut down on off-farm purchases, which has lowered my production costs”. The savings on feed and fertilizers have contributed to a more sustainable and profitable operation. Crop rotations and cover crops, coupled with livestock grazing, have enhanced biodiversity and reduced pest and disease pressures. This has led to a healthier farm ecosystem and more resilient crops said another stakeholder from Treasure Valley.

These stories from different farms are encouraging us to do a broad investigation on the perspectives of crop and livestock integration systems in the Treasure Valley. Stay Tuned!!

Canyon County

EXTENSION UPDATE

UPCOMING EVENTS

Dementia Friends

Thursday, August 22 | 5:30 - 7:00pm

Online via ZOOM

Become a Dementia Friend today! Anyone can join. Participants will receive a workbook and certificate upon completion. Contact the Canyon County Extension Office to register for this **FREE** class.

Fire-wise LandscapesJuly 23 | 5:30 - 7:00pm | Middleton Public Library **OR**

July 24 | 6:00 - 7:00pm | Nampa Public Library

This class will give you strategies for making your landscape resistant to fire. Come enjoy a cool evening at a library near you as we cover this hot topic. Contact the Canyon County Extension Office to register for this **FREE** class.

Literature in the Garden

Fridays, September 6, 13, 20 & 27 | 10:00am - Noon

Canyon Springs Community Garden, Middleton

The Junior Master Gardener Programs aims to engage children through garden ecology themed children's books, to inspire learning through garden activities, creative expression and exploration. Geared towards ages 8-11. Taught by Canyon County Master Gardeners. Contact the Canyon County Extension Office to register and pay. Cost is \$5 per youth for the series of 4 classes.

Herbs: Beyond the Basics

Tuesday, August 27 | 5:30 - 7:00pm

Middleton Public Library

This class will cover the cultivation, harvest, use, and lore of some culinary herbs beyond parsley, sage, rosemary and thyme. Contact the Canyon County Extension Office to register for this **FREE** class.

FOLLOW US ONLINE!

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