



CANYON COUNTY

EXTENSION UPDATE

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

INSIDE THE ISSUE

4-H YOUTH DEVELOPMENT

Cloverbud programming starting. Cloverbud programs are for youth 5-7 years old as of January 1, 2024.

HORTICULTURE

University of Idaho Extension offers research based information. Check out common online gardening myths.

CROPPING SYSTEMS

Dr. Chellappa is looking for feed back from local producers. Check out her quick survey below.

March's Note:

On February 26th, 2024, our office officially became full! For the first time in a long time, there are no open positions! We are excited to welcome Jacqueline Beaumont to the team. She is our new 4-H Program Coordinator. She has years of experience working with the YMCA and is excited to begin her work with the 4-H program. The next time you are in our office, make sure to introduce yourself. We are excited to have a full office. We have a very busy, very fun Spring planned! We hope you will join us in our programs and participate as much as you can.



Scan the QR Code or click the link to provide feedback.

tinyurl.com/UIExtfeedback





MARCH



4-H EVENT CALENDAR

March

- 16** CC Fair Market Tag Pick-Up Day - Swine & Sheep/Goat
- 18** 4-H Spring Break Day Camp - Candy Making
- 19** 4-H Spring Break Day Camp - Ceramics
- 21** Clover Sparks Cloverbud Activity
- 26** 4-H Spring Break Day Camp - Cupcake Decorating
- 28** 4-H Spring Break Day Camp - 3-D Printing

4-H SPRING BREAK DAY CAMPS!

Come join us for a fun filled day at one of our activities! Day Camps are open to ALL Canyon County youth. 4-H enrollment not required.

See ZSuite links below to register!
Cost: \$10 per participant, per camp.

Candy Making - Ages 8 -13
March 18th 12:00- 3:00 pm

<https://4h.zsuite.org/external-event-registration/27132>

Ceramics- Ages 6 -13
March 19th 1:00 - 3:00 pm

<https://4h.zsuite.org/external-event-registration/27133>

Cupcake Decorating- Ages 6 -15
March 26th 1:00 - 3:00 pm

<https://4h.zsuite.org/external-event-registration/27134>

3-D Painting - Ages 8 - 15
March 28th 1:00 - 3:00 pm

<https://4h.zsuite.org/external-event-registration/27135>

4-H ADVENTURE CAMP!

At 4-H Adventure Camp, we believe in providing a fun and safe environment where children can learn, grow, and make lasting memories!

Activities at Camp include: Tie Dye, Archery, Kayaking, Crafts, Gaga Ball, and much more!

Teen Camp: \$360 - Kids Camp: \$310

June Kids Camp:

- Dates: June 10-13
- Ages: Grades 3rd-5th

July Kids Camp:

- Dates: July 9-12
- Ages: Grades 3rd-5th

July Teen Camp:

- Dates: July 22-26
- Grades: 6th-8th

For more information and to register, go to www.4Hadventurecamp.com

Youth do not need to be 4-H members to attend camp.

CLOVER SPARKS CLOVERBUD PROGRAM!

Cloverbud is a fun, educational program for younger children! Join Clover Sparks for 4 evenings of fun filled hands-on activities.

Ages: 5-7 as of Jan 1st 2024

Time: 6:00pm-7:00pm

When: Thursdays, February 22nd, **March 21st**, April 18th & May 16th

Where: Bowmont Community Church

Cost: \$25
4-H enrollment fee - Scholarships available!

To enroll, contact 208-459-6003 or canyon@uidaho.edu

BABYSITTERS TRAININGS!

The babysitting curriculum includes fun, hands-on, informational activities. Participants receive a flash drive containing all the class material as well as a student guide and a certification of completion. We provide the basics of CPR & First Aid but certification is not included. Participants need to bring a bagged lunch.

Learn about: Nutrition Foods/Snacks, Handling Emergencies, Babysitting Do's & Don'ts, Child Development, The Business of Babysitting

Date: March 27th
Time: 10 am - 3:30 pm
Place: Roberts Recreation Center Classroom (504 Grant St. Caldwell)



Date: March 21st
Time: 10 am - 3 pm
Place: Riverbarn (960 Main St. Star)

INTERESTED IN 4-H?

To be placed on our **member interest list**, please fill out this survey [here](#) 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.



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10 Seed Catalogs Every Gardener Needs to Check Out!

While the winter wind blows, gardeners everywhere turn to seed catalogs as they dream of the spring and summer ahead. The catalogs pile up, dog-eared and tattered, as growers plan for the future. Seed catalogs offer more choices than even the largest garden centers, and growing plants from seed is a great way to save money. In this article you will be provided with links to 10 different seed catalogs that you'll want to have on hand as you prepare for the growing season. Click [HERE](#) for more information, and how to request a catalog from each of these seed companies.

(cold-loving) fungi and they thrive when snow provides a dark, humid environment. If you're seeing this problem in your yard, it most likely is due to a build up of snow that stayed around for a little while. Click [HERE](#) to read more to learn how to resolve this problem and keep snow mold away.



Pruning Your Landscaping and Fruit Trees

Knowing the right time to prune landscape trees and fruit trees is a key part of your yearly landscape maintenance. Late winter, at the end of the dormant season is generally the best time to prune most trees and shrubs. When pruning takes place between February and early April, the wounds on the plants are only open for a short time before new growth occurs and begins to seal them. On deciduous plants, it is also easier to see the shape of the branches when they have no leaves. While dormant season is the best time for pruning most plants, early blooming trees and shrubs, such as ornamental plum, lilac, witch hazel, or cherry should never be pruned in the dormant season. Instead they should be pruned as soon as they are done blooming in order to promote the new growth that will produce blossoms the following year. Read more by clicking [HERE](#).



It's Time to Check Your Overwintering Bulbs

If you are trying to overwinter bulbs (includes tubers, corms, and rhizomes) such as Dahlias, Tuberose, Amaryllis, Canna Lilies, Gladiolus - now is a great time to check them to see what condition they are in. To learn more about what you should be checking for and what you can do to prevent damage from occurring to your bulbs, click [HERE](#) to get more information and to read the full article.

Check Out Our Upcoming Events and Horticulture Classes This Month!

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



Snow Mold?

Yikes! What the heck happened to my lawn over the winter? The grass is all matted down and instead of a healthy, green color, it's turned a sickly, grayish-tan, and unnatural pink. Do you see this happening in your yard? After a little research, I learned that it is a fungus called snow mold. There are two types of snow molds: gray and pink. They each have unique characteristics, but for the average homeowner, you just need to know that they are psychrophilic

Mark your calendar to see the next free horticulture themed movie shown at the UI Extension, Canyon County Office, 501 Main St., Caldwell on March 22, 6 - 8pm. This month's movie will be "The invisible Extinction". This is a 85 minute long film that talks about the race to save our vanishing microbes. Call 208-459-6003 if you would like to attend.



Family & Consumer Sciences

Health Tip of the Month

Spring into a healthier lifestyle with these spring health tips!

Spring is a great time to get a new start on being physically active! When the weather changes and the sun comes out, it is much easier to move more and sit less. Adults should get at least 150 minutes of moderate-intensity physical activity.

Spring is also a great time to work on your mental health. With the increase in sunshine, you might also feel an increase in happiness. Try getting outside and feeling the sun on your skin. It can instantly boost your mood and help balance hormones.

With lots of plants sprouting in the spring, it is much easier to eat fresh food and make healthier food choices. Strawberries, blueberries, avocados, mangoes and pineapple can all add great vitamins to your diet.



Dementia Friends is a part of a global movement that is changing the way people think act, and talk about dementia. You can become a Dementia Friend for **FREE** by joining our next an information session!

Date: Thursday, March 20

Time: 1:00-2:00pm

Location: Online

OR

Date: Thursday, March 21

Time: 5:30-7:00pm

Location: Caldwell Parks & Rec

OR

Date: Tuesday, April 2

Time: 1:00-2:00pm

Location: Online

Register today by emailing canyon@uidaho.edu.

Youth Mindfulness Class

Youth will learn about mindfulness, how it can help them cope with stress, and practice mindfulness techniques. They will build a toolkit for stress management.

Thursday, March 28

4:00 - 6:00 PM

Roberts Rec Center, Caldwell

\$10.00/ youth (ages 9-14)

Register at the link or scan the QR code below:

<https://secure.rec1.com/ID/caldwell-id-parks-recreation/catalog>



LIVESTOCK & SMALL ACREAGE

2024 Animal Nutrition Educational Series

registration open!

Poultry & Small Animal Nutrition

Saturday, March 16th

Beef Cattle Nutrition

Saturday, May 11th

Dairy Cattle/Goat Nutrition

Saturday, May 18th

4-H and FFA members invited
Parents are welcome as well!



Idaho Small Farm & Ranch Webinar Series

Join Idaho Cultivating Success for this **FREE** webinar series designed to help you access agency and organizational resources available to support Idaho small farms and ranches. While participants are encouraged to attend all sessions, we know producers have busy schedules. Choose to attend the webinars most relevant to your farm, ranch or food business.

All webinars will be recorded and posted on the Idaho Cultivating Success YouTube channel.

To Register visit: <https://www.cultivatingsuccess.org/webinar-series>

Dates: March 5th, 7th, 12th, 14th, 19th and 21st

Time: 12 to 1 pm MST



CROPS

Southwest Idaho Cropping Systems - An Outlook

Cropping Systems in the region – Brief Introduction of

Agriculture is the practice and science of cultivating soil for growing crops to provide food, seed, fiber, and other commodities and products for people to purchase and consume. A farm is defined as any place from which \$1,000 or more of agricultural products were produced and sold or normally would have been sold, during the year. A crop is a plant or plant product that can be grown and harvested for profit or subsistence. By use, crops fall into six categories: food crops, feed crops, fiber crops, oil crops, ornamental crops, and industrial crops. Cropping System is the pattern of crops grown on a given piece of land, or order in which the crops are cultivated over a fixed period.

USDA stands for U.S. Department of Agriculture and is a federal agency that Abraham Lincoln founded in 1862. The USDA is responsible for overseeing farming, ranching, and forestry industries, as well as regulating aspects of food quality and safety and nutrition labeling. More info: <https://www.usda.gov>

ISDA is the Idaho State Department of Agriculture, and their mission is “Serving consumers and agriculture by safeguarding the public, plants, animals and environment through promotion, education and regulation”. More info: <https://agri.idaho.gov/main/>

Idaho is the number one producer of potatoes in the nation and contributes to 32% of the country's production. Idaho has nearly 25,000 farms and ranches spread over 11.8 million acres of land that produce more than 185 different commodities. **Southwest Idaho** comprising 10 counties viz., Ada, Adams, Boise, Canyon, Elmore, Gem, Payette, Owyhee, Valley, and Washington. Major Crops of Southwest Idaho are: Alfalfa, Barley, Beans, Corn, Hay, Hops, Lentils, Mint, Onions, Peas, Potatoes, Sugarbeets, Wheat, etc.

University of Idaho brings the knowledge and research on agriculture through Extension to you, where you live, when it's convenient for you. Find a county and related information and resources on agriculture from the link <https://www.uidaho.edu/extension/directory/counties>.

The Parma Research and Extension Center conducts research and extension programs related to production, storage and related problems of crop produced in southwest Idaho <https://www.uidaho.edu/cals/parma-research-and-extension-center>.

The Caldwell Research and Extension Center conducts research and extension programming in nutrition, dairy science, personal finance, food science, agribusiness development and 4-H <https://www.uidaho.edu/cals/caldwell-research-and-extension-center>



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UPCOMING EVENTS

Gardening 201

Thursday, March 14 | 7:00 - 8:00pm

Caldwell Public Library **OR**

Tuesday, March 26 | 5:30 - 7:00pm

Middleton Public Library

Here is your opportunity to dig deeper into what creates a healthy vegetable garden. Advanced Master Gardener, Ruth Givens, will share more insights into growing a successful garden and nutritious food for you and your family. Contact the Canyon County Extension Office to register for this FREE class.

Youth Mindfulness

Thursday, March 28 | 4:00 - 6:00pm

Roberts Recreation Center

Youth will learn about mindfulness, how it can help them cope with stress, and practice mindfulness techniques. They will build a toolkit for stress management. Click [HERE](#) to register. Cost is \$10.00 per youth (ages 9-14).

Propagating Perennials

Saturday, March 23 | 9:30 - 11:00am

Canyon Springs Community Garden, Middleton

From seeds to stem cuttings and more. Learn how to propagate perennials and grow your garden. Contact the Canyon County Extension Office to register for this FREE class.

Drip Irrigation-It's Easier Than You Think!

Wednesday, March 27 | 6:00 - 7:00pm

Nampa Public Library

Come learn about the advantages and basics of using a drip irrigation system in your home garden. Advanced Master Gardener, Greg West will show you examples of what he uses to build a system. Contact the Canyon County Extension Office to register for this FREE Class.

FOLLOW US ONLINE!

WWW.UIDAHO.EDU/CANYONFACEBOOK.COM/UIEXTENSIONCANYON/FACEBOOK.COM/2CMASTERGARDENER/FACEBOOK.COM/CANYONCOUNTY4H/CANYON@UIDAHO.EDU[@UIEXTENSION_CANYONCO](https://www.instagram.com/UIEXTENSION_CANYONCO)[@2CMASTERGARDENER](https://www.instagram.com/2CMASTERGARDENER)[@CANYONCOUNTY4H](https://www.instagram.com/CANYONCOUNTY4H)

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