ETON COUNT

EXTENSIO

FEBRUARY-MARCH 2022

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



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

Have you started dreaming of warmer weather and the upcoming garden sea-

With the long, cold days of winter slowly waning, you may be antsy to get seedlings started. However, if you plant your seedlings too early, you may get really "leggy," root bound plants not suitable for planting once chance of frost has passed. Fear not, there is still plenty of activities you can do to quench your thirst for gardening over the next couple of months. These are my top five activities I like to do so that you're all ready to go once gardening season begins.

Organize and order seeds:

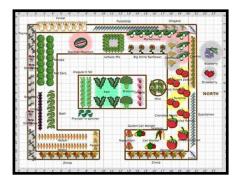
I start by inventorying my seed stash, cullying "old" seeds, and testing germination rates for any questionable seeds. Since I love seeds so much, I often hoard



seeds and plant a few extra if the germination rates are less than ideal. When ordering new seeds, I first consider the layout of my garden and amount of growing space, and then choose varieties I like. I also consider planting one or two "fun" new crops each year. In our short season environment, consider the following characteristics: plant hardiness (the ability for the crop to withstand cold), days to maturity (look for quickly maturing varieties), dwarf varieties (since these often grow faster and don't take up as much space), disease resistance, or resistance to bolting, etc. I also choose to forgo planting some species that take up too much garden space and are readily available and more affordable at the farmers' market. Consider sharing excess seed with friends or donating non-patented seeds to the seed library at the Victor Valley of the Tetons Library.

Continued Page 2





Dial in your garden design:

While my garden space is fixed with my raised beds, try to rotate your plant families every 2-3 years to help reduce disease and pests. I draw my garden layout on paper in my garden journal (you can use graph paper to make to scale) or use one of many online or mobile software applications. I place the taller plant species on the north side since I don't typically want the lower growing plants to be shaded. Consider companion planting, especially if you want to optimize space. Consider only planting one variety of each species to avoid cross pollination. If you ever wonder how, you grew a "Franken-squash," cross pollination is the culprit. Make sure you have enough space between plants. When considering plant placement, consider the amount of sun you have, and proximity to nearby features such as sheds and large trees. Consider placing your garden close to your home so you can see it and regularly check on it. Do you have wildlife such as deer, moose, rodents, or even pets that may negatively impact your garden? Do you need to build a fence, install electric fencing, or bear-proof your space?

Consider nearby landscaping and plant native species:

To help with pollination and reduce pests in your landscape, consider planting pollinator-friendly plants and perennial species once snow has melted and soil is slightly moist (don't work with soil that is too wet or you could destroy the soil structure and create clods). Plant native species, when possible, a variety of early to late blooming flowering plants, and perennial or self-seeding annuals to help with long-term sustainability. A diversity of native species instead of cultivars help to encourage beneficial insects, which reduces pesticides and helps promote a more resilient ecosystem. In the fall months, consider leaving foliage instead of trimming all of it back since many wild bee queens need the habitat to overwinter. You can trim back the foliage later in the spring if necessary.



Inventory your compost and water resources:

While iterative, apply compost to your garden in the spring and/or fall months. Compost, versus fertilizers, help to feed beneficial microorganisms, bacterial and fungi in your soil. Incorporate about one inch of compost to the top four inches of soil. A healthy soil structure helps to reduce weeds and allows space for plant roots and water—it appears like a moist cake. To help conserve water and dial in your watering schedule, consider installing drip irrigation and a timer. This helps reduce weeds by watering only what and when you want and can make your life easier when you travel or are away from your garden.

Incorporate microgreens into your diet:

While it may be too early for starting seeds indoors, consider growing sprouts and microgreens. This is a great, family-friendly activity and is a healthy addition to any diet. My favorite varieties of sprouts include alfalfa, broccoli, mung beans, and mustard. You can purchase most of these locally at Barrels and Bins in Driggs or online. There are sprouting kits available, but I got started just sprouting in a mason jar. Soak seeds overnight, then rinse and drain a couple of times a day; then on day three, move your sprouts into the sunlight, and they're typically ready to eat in about 5-6 days. For microgreens, I like to grow sunflower sprouts in old lettuce plastic containers with holes drilled in the bottom. You can use the same soil for several cycles of sprouts. Sunflower microgreens are typically ready in about 10 days and a big hit with my pre-school age son.





By Hannah Dosen Small Farms Assistant Teton County

Green up your winter with Microgreens

Winter is slowly beginning to show up in the Tetons. With outdoor gardens winterized there is the option to continue growing inside your home. Growing microgreens is a small home project that can bring some life indoors. Microgreens are edible shoots that grow to be about 2 to 4 inches in height. They are grown from plant seeds that are picked 7 to 10 days after germination. Common microgreens to grow are spinach, radishes, alfalfa, kale, basil, cilantro, and lettuce.

To get started with this project you will need the following: containers, seeds, soil, and water. Reuse of plastic containers, such as take out or yogurt containers, works well. Small drainage holes need to be cut in the bottom of the container. The container lid can be used underneath for water catchment. Fill your container with at least one inch of soil. Sprinkle seeds on top and press down lightly. For larger seeds soak in warm water for a couple hours for faster germination. Once the seeds are planted place the containers in a windowsill and keep the soil moist.

After a 7-to-10-day period you should be ready to harvest your microgreens. This will look like a miniature version of the vegetables you are used to seeing. The larger the micro-greens grow the more bitter they will taste. Remember to save some seeds if possible. The soil can be reused, so keep on growing.



This project is a great learning opportunity. One can learn about growing plants and food. Take a deeper dive and learn about plant biology. Maybe even sample some seeds that you would like to plant come springtime.

Announcing The Idaho Chapter Stakeholders Meeting February 25th - 10:00 - 11:30 AM MST



We are pleased to announce that the Idaho Chapter Organizing Committee of the Farmer Veteran Coalition is hosting its first stakeholders meeting. Please join us to learn more about how you can support Farmer Veterans in Idaho and to provide feedback on how the Idaho chapter can serve and partner with you. Anyone interested in supporting Veterans is encouraged to attend. Membership in the Farmer Veteran Coalition is not required. We would love for you to join us. Please spread the word!

Join Zoom meeting: https://uidaho.zoom.us/j/83870648473

Passcode: 911685

Contact Co-Chairs for more information: Bob Wheeler—idahofvc@gmail.com Connie May—conniem@uidaho.edu

Scan the QR code to register for the Stakeholders meeting



Join the

"Teton Valley Beekeepers Association"

Join the "Teton Valley Beekeepers Association" and receive 25% discount on beekeeping classes, opportunities to check-out equipment, network with others, and more. We have spring and fall meetings focused on educational tips and best practices for local beekeepers.

\$15 per Year (Individual) \$20 per Year (Couple/Family)

Contact: Jen Werlin at jwelin@uidaho.edu for more information or 208-354-2961

To join the association, cash or checks made to "Teton County" can be sent to:

UI Extension, Teton County, 150 Courthouse Way Suite 208 Driggs, Idaho 83422 or in-person at 445 N. Main Street in Driggs.



https://ntfb.org/zucchini-muffins/

Ingredients

Servings: 12

Total Time: 30 minutes

- 2 cups whole-wheat flour
- 2 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/8 teaspoon salt
- 1/2 cup unsweetened applesauce
- 1/4 cup olive oil
- 1/4 cup nonfat milk
- 1 medium banana, mashed
- 1 cup honey
- 1 large zucchini, grated, squeeze out excess water
- Non-stick Cooking Spray (Olive or Canola)

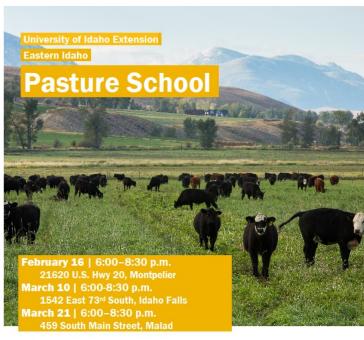


Directions

- 1. Preheat oven to 350°F.
- 2. In a large bowl, add all dry ingredients, and
- 3. In a separate medium bowl, add applesauce, oil, milk, banana, honey and mix well.
- 4. Add the applesauce mixture and zucchini to the dry ingredients and mix well.
- 5. Lightly coat muffin pan with cooking spray. Fill cups halfway with muffin mix.
- 6. Bake 15-20 minutes, or until the tops are browned. To check muffins, insert a knife in the middle and if ready, it will come out
- 7. Let muffins cool to firm up or enjoy tender and warm.

Adapted from www.onieproject.org

This material was funded by USDA's Supplemental Nutrition Assistance Program Education – SNAP-Ed. USDA is an equal opportunity provider, employer, and lender.



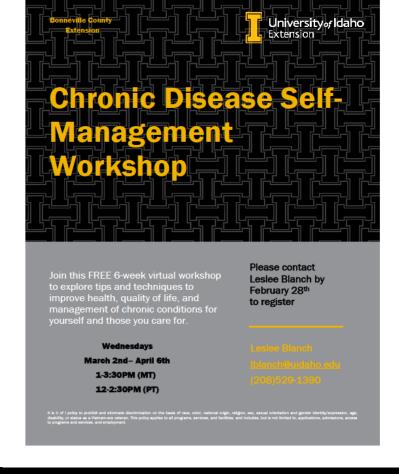
Topics:

- Matching plants to location
- Heifer pasture gains research report
- Weed control in pastures
- Livestock handling
- . Managing grazing costs



ns? Contact David Callister at 208-527-8587 or Justin Hatch at 208-547-3205.







Learn healthy lifestyle tips from the comfort of your home!

Lesson 1: Your Well-Being

Lesson 2: Cooking Skills and Food

Lesson 3: Grocery Shopping

Lesson 4: Globally Inspired Home Cooking

Handouts and recipes provided.

For more information:
Julie Buck jhbuck@uidaho.edu
To register:
https://bit.ly/3zPMvJT



WINTER GARDEN CHATS

Five FREE educational Zoom chats with UI Extension educator Jennifer Werlin & the Teton Valley

Master Gardener community

Fridays, 12-1 pm MST

Register on Zoom for Meeting Info: https://tinyurl.com/TVgardenchat

(limited on-site attendance available with 2 days advanced notice)

1) Friday, February 11th: All 'Bout Seeds

Seed ordering, seed saving & seed libraries: local resources, seed saving & exchange, history/ethics, and legal considerations

2) Friday, March 4th: Low-Cost Season Extension

Starting seeds indoors, direct sowing/transplanting timing, short season varieties, & DIY/low-cost season extension methods

3) Friday, March 11th: Soils & Composting

What's digging deeper?: Soil considerations, soil testing, composting & organic matter resources (backyard composting, indoor worm composting)

4) Friday, March 25th: Perennial Gardening & Edible Landscaping

Using concepts from Permaculture design, learn how to plan your garden for selfsufficiency & longevity

5) Friday, April 8th: Creating Pollinator Habitat & Beginning Beekeeping

Transform your landscape to attract beneficial insects & pollinators, & learn about backyard beekeeping considerations in the Tetons



Contact: Jennifer Werlin, UI Extension Educator, jwerlin@uidaho.edu or 208-354-2961





Pre-License Training

For Pesticide Applicators

Private Professional Agriculture Professional Ornamental

The UI Extension Pesticide Safety Education Program will be offering pre-license trainings ONLINE. Each training consists of a four-day agenda with topics divided into 2.5-hour sessions twice daily. These are live trainings and require a computer or smart tablet with internet access. Students register for one of the weeklong training sessions:

March 14 - 17, 2022, daily at 9 am - 11:30 am AND 1:30 pm - 4 pm MST (limit 50 students)

March 28 - 31, 2022, daily at 9 am - 11:30 am AND 1:30 pm - 4 pm MST (limit 50 students)

Each training offers the following listed sections:

- Class preparation & applicator categories
- Idaho pesticide law & regulations
- Pesticide labels & activity
- Pesticide math & activity
- Weed identification & management
- Insect identification & management
- Plant disease identification & management
- General pest management
- Practice exam

Includes access to eLearning modules and study materials housed on campus.extension.org. These materials prepare students for this training and the statewide exams. ALL materials will be available after registration and students will have continued access until three weeks after class.

This educational training is \$50 per student. To register*, visit our website https://www.uidaho.edu/extension/ipm. OR simply use the QR code, with your smart tablet or phone camera, to go directly to the university Marketplace.

*The deadline to register is the Wednesday prior to each scheduled training. Trainings are subject to cancellation due to low enrollment.



Ronda Hirnyck rhirnyck@uldaho.edu (208) 364-4046

Kimberly Tate ktate@uldaho.edu (208) 364-4581

4-H news, calendar of events, & updates

Calendar

FEBRUARY 15-March 2022

2/14 Leathercraft Club 2/15 Sewing Club 2/16 ABC STEAM 2/17 ABC STEAM Art Club Photography Club 2/18 STEAM Club

2/19 Quilting

2/21 Leathercraft Club

2/22 Sewing 2/23 ABC STEAM

2/24 ABC STEAM Art Club Quilting

2/25 STEAM Club **Crafting Club**

2/28 Leathercraft Club **Leader Council Meeting**

3/1 Cloverbud STEAM **Sewing Club**

3/2 ABC STEAM 3/3 ABC STEAM

Art

Photography Club 3/4 STEAM Club **Crafting Club**

3/5 Quilting Club

3/7 Leathercraft Club

3/8 Cloverbud Steam Club

Sewing Club 3/9 ABC STEAM 3/10 ABC STEAM Art Club

Quilting Club 3/11 STEAM Club

3/12 Beef Weigh-in

3/14 Leathercraft Club

3/15 Cloverbud STEAM Club Sewing Club

3/16 ABC STEAM

3/17 ABC STEAM **ART Club**

3/18 STEAM Club **Crafting Club**

3/19 Quilting Club

3:30-5:00 UI Extension Office 3:30-5:00 UI Extension Office

Driggs Outside the Box ART Victor Outside the Box ART 3:30-5:00 UI Extension Office 7:00-8:30 UI Extension Office

3:30-5:00 UI Extension Office 1:00-4:00 UI Extension Office

3:30-5:00 UI Extension Office 3:30-5:00 UI Extension Office

Driggs Outside the Box ART

Victor Outside the Box ART 3:30-5:00 UI Extension Office 6:45-9:00 UI Extension Office 3:30-:500 UI Extension Office 3:30-5:00 UI Extension Office 3:30-5:00 UI Extension Office

7:00-8:30 UI Extension Office 3:30-4:30 UI Extension Office 3:30-5:00 UI Extension Office

Driggs Outside the Box ART Victor Outside the Box ART 3:30-5:00 UI Extension Office 7:00-8:30 UI Extension Office

3:30-5:00 UI Extension Office 3:30-5:00 UI Extension Office

3:30-5:00 UI Extension Office

3:30-5:00 UI Extension Office 3:30-4:30 UI Extension Office

3:30-5:00 UI Extension Office

Driggs Lego Motion Victor Lego Motiion

3:30-5:00 UI Extension Office 6:45-9:00 UI Extension Office

3:30-5:00 UI Extension Office

9:00-10:00 TV Fair Grounds

3:30-5:00 UI Extension Office

3:30-4:30 UI Extension Office 3:30-5:00 UI Extension Office

Driggs Lego Motion Victor Lego Motion

3:30-5:00 UI Extension Office

3:30-5:00 UI Extension Office 3:30-5:00 UI Extension Office

1:00-4:00 UI Extension Office



ABC Above and Beyond the Classroom

Update on Idaho Department of Health and Welfare Grant Teton County 4-H Partnership with ABC

IGNITE YOUR SPARK

Abby Grundler, 4-H Coordinator

After the minor setback, Outside the Box Art STEAM curriculum at ABC sites in Driggs and Victor are officially back to it. The program launched on February 2nd in Driggs and on the 3rd in Victor. Students started the 7 week program with Contour Line Drawing. Drawing is the most fundamental skill in visual art. The contour drawing lesson helped the artists see outlines and other details of objects. They focused on proportion, bumps, curves, edges and irregularities in the objects they drew. Artists started out drawing popcorn. They examined the popcorn by paying attention to the outside edges then looking at the inside shapes and lines. Later in the lesson they moved on to drawing other objects such as shoes, solo cups, plastic fruit and more. Students were encouraged to continue practicing the skills they learned by drawing often, and by considering how they could make their drawings more accurate. It was universally said that the more they practiced the better the drawings turned out.

Check out some of the charcoal drawings students did during the Charcoal Expressions lesson that took place on February 9th and 10th. In this learning lab, students focused on how things look different at night. Colors fade, shadows look longer, larger or fuzzier. They learned about value and contrast and how to increase or decrease the pressure of the pencil on paper. Each student drew a night scene that showed contrast between light and dark objects. They made white shapes by not coloring in an object. Artists created dark objects by varying the thickness of lines and blending the charcoal with the blending tool. Students also learned that using charcoal can be messy.

ABC Outside the Box ART program runs through March 10th.



Original Artwork: Evelyn Wegher, Luna Fadden, Aylin Garcia, Mateo Sanchez, Brittany Ortiz, Vanessa Villa, Cristian Benitez-Buzame, Persephone Burnside



Zsuite

All volunteer training is now available via zsuite.org. Just sign in to your account and go to Clover Academy. If you have any trouble just give us a call 208-354-2961. If you completed the training prior to the update to Zsuite, please let us know the dates of completion so we can complete your enrollment. Once your "Leader Enrollment" is complete please enter club meeting dates into the club calendar. Leader Council meeting is scheduled for 2/28/2022 7-8:30 PM. Thank you for all you do.

Beef Weigh-in is just around the corner Saturday March 12th 9-10 AM Please ensure that you are prepared Enrollment on zsuite complete 4-H Dues are paid prior to March 12th All beef paperwork is complete (Don't forget to bring

4. Arrive by 9 AM (Weigh in will begin promptly at 9)

Save the date:

with you for weigh-in

Swine Weigh-in April 25 4-6 PM Lamb Weigh-in May 31 4-6 PM Goat Weigh-in May 31 4-6 PM

Leathercraft Club

Club leader Chris Miller has been instructing Teton County youth in the art of Leather crafting for 14 years. She started when her daughter was a 7 year old Cloverbud. She said, "many of the tools were donated to 4-H making it a club built by the community." She has taught the craft to more than 20 club members each year. Just think 20 youth x 14 years is 280 youth! Thank you Chris.





Crochet

Lana Cauzza and Adylen Clayton completing crochet projects





Quilting & Sewing Clubs

Sewing machines are running, scissors are snipping, and club members are creating. Quilting and Sewing Clubs are in full swing.

Quilting Club Leader Teresa Roberts started meeting with club members in January. Quilting club meets every week alternating between Thursday evenings and Saturday afternoons.

Connie Deraps surged onto the 4-H scene on February 1st. Sewing club is meeting weekly on Tuesday afternoons. Club members are busy sewing pillow cases.

















2022 State 4-H Livestock Skillathon Contest Winners

Congratulations to the 16 teams from 7 counties for participating in the 2022 contest, held at the Jerome County Fairgrounds. A big thank you to committee members for putting together high-quality contest stations. Youth competed in Wool Judging, Equipment Identification, Retail Meat Identification, Feed Identification and a Written Test. In addition to these individual station's youth worked together to complete a Beef Performance and Marketing Scenario, and Quality Assurance activity with lives goats and a Keep/Cull Goat class with live animals as well!



APPLY FOR THE 2023 YOUTH IN ACTION **AWARDS**

Applications are now open for the 2023 4-H Youth in Action Awards! Now is the chance for 4-H'ers ages 15-19 to tell their 4-H story of impact, leadership, and purpose. Learn more about the application process and set your calendars to apply by March 28, 2022.

Click here for more information 4-H Youth In Action Awards | 4-H, or go to https://4-h.org/parents/4-h-youth-in-action-awards/

IMPORTANT CHANGES TO THE 2022 NATIONAL HEALTHY LIVING **SUMMIT**

The current COVID surge and omicron variant have introduced new complexities as states begin to plan their travel to and participation in the National 4-H Healthy Living Summit, scheduled for

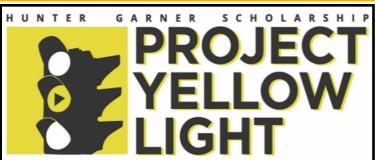


February 10-13, 2022. After consulting with Extension leadership and the Healthy Living Summit planning team, Council has postponed the National 4-H Healthy Living Summit to April 21-24, 2022. The deadline to register has been extended to April 4, **2022.** Any participant currently registered for the Summit who is unable to attend during the new April dates will receive a full re-

Go to: https://4-h.org/parents/national-youth-summits for more information

SCHOLARSHIP OPPORTUNITY FOR HEALTHY LIVING SUMMIT

National 4-H Council will award 12 LGUs \$4,000 each to send a youthadult team to attend the Healthy Living Summit on April 21-24, 2022. This is a competitive opportunity open to all LGUs* serving under-resourced populations. Youth to be selected through lenses of racial equity, health equity, economic mobility, and social justice.



OPPORTUNITY TO SAVE LIVES: PROJECT YELLOW LIGHT

Distracted driving car **crashes** are one of the leading causes of death of our youth and we need your help to change that. Project Yellow Light is a national scholarship competition open to all high school juniors and seniors and all undergrad college students. Create a broadcast video, radio, social video or billboard PSA warning your peers of the dangers of distracted driving and win up to \$8,000! Winners not only have an opportunity to have their work shared nationwide, but also do something for the greater good.

Scan QR Code for more information





Host an International Youth in Summer 2022 through States' 4-H International

"It's like having a sister I always wanted and a best friend"

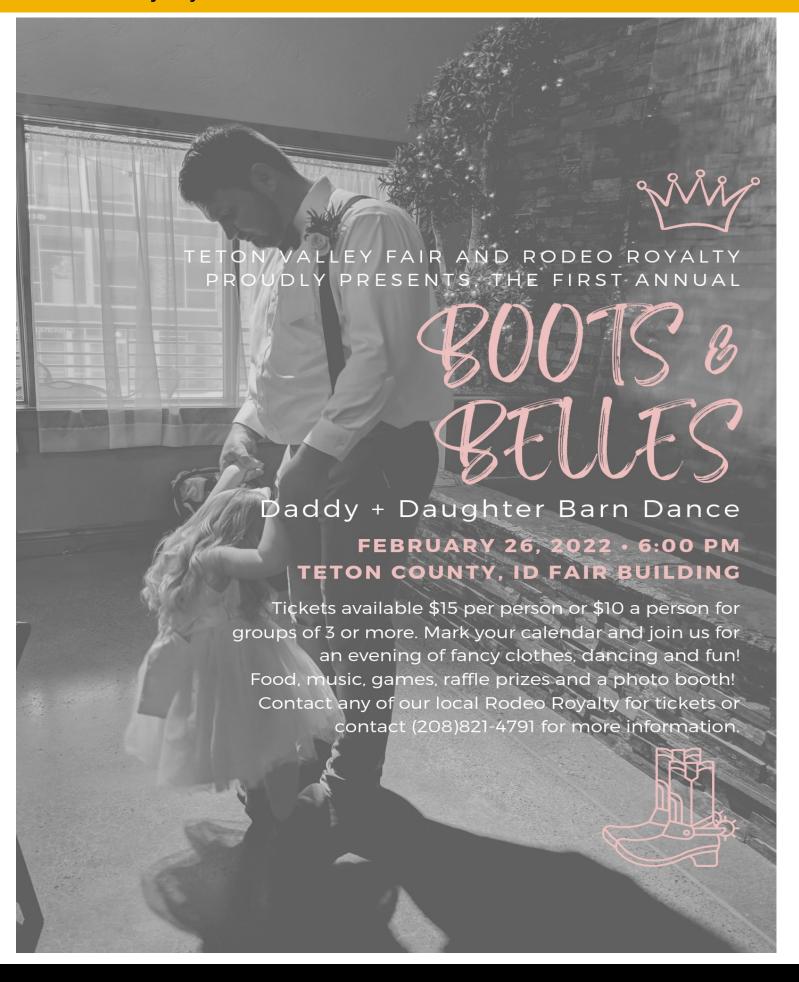
-States' 4-H Host Sibling e to an exchange student and open your lives to the



- outh aged 12-18 (majority are

- You must have a child of the same gender who is within 3 years of the hosted youth (children aged 9+ are eligible to host)

For more information, visit https://www.states4hexchange.org/state-contacts/ to find contact information for your local State Coordinator



EXTENSION UPDATE

UPCOMING EVENTS

TETON FOOD & FARM COALITION MEETING

The 4th Wednesday of every month; unless noted; 12-1 pm

Anyone interested in strengthening our local food economy is invited to participate!

https://tetonfoodfarmcoalition.org

Jan. meeting about reducing wildlife and agriculture conflict.

WINTER GARDEN CHATS

Date: Biweekly Fridays, 12-1 pm

Meeting info: https://tinycrl.com/TVgardenchat

Five FREE educational Zoom chats with UI Extension educator Jennifer Werlin & Teton Valley Master Gardener Community.

- February 11th: All 'Bout Seeds
- March 4: Low-Cost Season Extension
- March 11: soils & Composting
- March 25th: Perennial Gardening & Edible Landscaping
- April 8th: Creating Pollinator habitat & Beginning Beekeeping

Save the Date "Earth Day Celebration" April 22 Driggs City Center 4-7 pm April 21 Fairgrounds Community Service

UI-UWYO-USU Extension Sheep & Goat Monthly Webinars

If you missed the January 12th **UI-UWYO-USU Extension Sheep & Goat Monthly Webinar** you can catch up on our YouTube Channel! Visit https://youtu.be/ UdUFri-p- s to watch the video.

Our next **UI-UW-USU Extension Sheep & Goat Webinar** will be on *February 9th* at NOON (Mountain time). Hear about lambing and kidding management from guest speaker, Jessica Harris Shanks, Extension Small Ruminant Specialist for the University of Tennessee. Learn about lambing & kidding management. Register for

the webinar: https://
uidaho.zoom.us/webinar/register/
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CONTACT US

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