



EXTENSION UPDATE

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

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Farm-to-Fork Seed Saving: Preparing for Next Year's Garden

By Jennifer Werlin, University
of Idaho Extension Educator

With autumn around the corner, you may be enjoying your garden harvest and thinking about putting your garden to bed for winter. Now is a great time to start saving seeds for future growing seasons — a practice that's simpler than it sounds, and one that helps preserve local plant diversity. Ninety percent of the world's vegetable seed varieties have disappeared in the past century, but a growing interest in self-sufficiency has sparked a resurgence of home seed saving.

Getting Started

Begin with wildflowers and self-pollinating vegetables. Gather seeds about four to six weeks after the plant flowers. Freeing seeds from their pods is called "threshing": lay the seeds out to dry, then rub them between your fingers to release them from their husks (chaff). A kitchen colander works fine for screening, though the seed library in Victor also has screens available.

Some wildflowers, like lupines, have hard seed coats. Harvest lupine seeds just as the pods would naturally burst open. You can soak them in freshly boiled water, then let them sit in cool water overnight. Once dry, store seeds in the refrigerator over winter, or scatter them outside in fall and let nature handle the rest.

Choosing What to Save

Look for heirloom varieties suited to our high-elevation, short-season climate. Research how long a crop takes to produce seed and learn whether it's an annual (seed in one season) or biennial (seed in two). Avoid patented or hybrid varieties — their offspring won't grow true to type, and saving them may violate patent law. Patented seeds are usually labeled on the original pack (e.g., PVP or utility patent). Choose seeds from your most vigorous plants, favoring the flavor, cold tolerance, and maturity timing you like best.

Continued pg. 2

As you gain experience, try saving from biennials or from plants pollinated by insects or wind rather than self-pollination. Biennials and perennials often need vernalization — prolonged cold exposure that triggers reproductive development. This is related to but distinct from cold stratification, which involves chilling seeds to mimic winter and trigger germination. Both processes matter for successfully growing certain plants from seed.

Harvesting Wet vs. Dry Seeds

Tomatoes, cucumbers, peppers, and eggplants should ripen fully before you harvest seeds. Tomatoes and cucumbers have "wet" seeds surrounded by a gel sac that must be removed. Soak the seeds a couple of days to loosen the gel; viable seeds sink to the bottom. For large tomatoes, mash the whole fruit into a jar and let it ferment a few days. Mold will form on top — that's normal, and mimics what happens naturally when fruit



SAVE SEEDS FROM YOUR VEGETABLES

Buy the Seed Once. Save It. Grow It Forever.



TOMATO Ferment in water 3 days. Soak in water. Rinse. Dry 2 weeks. Fermentation kills seed-borne disease.



PEPPER Let fruit go fully red on plant. Scoop. Dry 2 weeks. Green peppers = immature seeds.



BEANS Leave pods on plant until papery. Shell. Dry 1 week. Simplest seed to save.



CUCUMBER Let one go yellow + huge. Scoop. Wash. Dry. Eating stage = immature seeds.



ZUCCHINI Let one fruit grow huge + yellow. Seeds inside are mature. Cross-pollinates with other squash — isolate or hand-pollinate.



PUMPKIN Rinse pulp off. Dry 1 week flat. Longest storage life — up to 5 years.



BASIL Let one plant flower + fully dry. Shake seeds out. Hundreds of seeds per plant.



SUNFLOWER Wait until head droops + back turns brown. Rub seeds loose. Simplest save of all.

The Seed Was Always in the Vegetable. You Just Have to Save It.

falls to the ground. Add water if the mixture dries out. Strain off the liquid, then spread the seeds to dry on newspaper or a glass or ceramic dish in a cool, airy spot. Once dry, break up any clumps before storing.

For beans and peas, let pods dry on the vine until brown or yellow and rattling. Thresh by beating the pods, pulling them apart by hand, or running them through a seed-cleaning screen.

Storage Tips

Store seeds in airtight jars or paper envelopes in a cool, dry place. Label each with the plant type and variety, the seed source, and the year it was last grown.

Join the Community

To learn more, join me at the local seed library at the Valley of the Tetons Library, Victor Branch, from 4:30–6:00 p.m. on Monday, September 21st. We'll cover seed-saving basics and save seeds together for next year. Bring seeds you've saved to share or donate them to the seed library.



Capture the Flavor: Herbs & Spices



Learn how to:

- Use herbs and spices to create your own international flavors
- Apply best practices for herbs & spices storage
- Explain how herbs & spices can be a food safety concern if handled improperly
- Recognize the health benefits of cooking with herbs & spices
- Take home a resource book and premixed spice blend sample

Participants will receive
Tote Bag, Mixing Booklet & Jar of Mixed Spices

Register today, for just \$5!

Bring cash or check to Teton County or mail to
Teton County Extension Office
at 150 Court House Drive, #208
Driggs, Idaho 83422

Call (208)776-8235 or register online
by scanning the QR code.

Date: Thursday, October 8th

Time: 5:30-7:00 pm

Presenter: Deanna Poulsen,
Jefferson County Extension Educator

Host: Jen Werlin

Class Location: UI Extension Office
445 N. Main, Driggs, ID 83422



**Pre-registering holds your
spot as swag bags are limited.**

Registration Deadline: Monday, October 5th

University of Idaho
Extension

UNIVERSITY OF
MARYLAND
EXTENSION



The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Reasonable accommodations will be made for persons with disabilities and special needs who contact Deanna Poulsen prior to the event at 210 Courthouse Way, Suite 180, Rigby, Idaho, 83442; (208) 745-6685, dpoulsen@uidaho.edu.





Join the Teton Food & Farm Coalition

Strengthening Our Community Food System

Mission: To strengthen our community food system through connection and collaboration across the Teton region.

About TFFC

The Teton Food & Farm Coalition grew from grassroots meetings in 2016, bringing together chefs, farmers, and community members focused on local food initiatives. Today, we operate as a regional coalition connecting food system efforts on both sides of Teton Pass in Wyoming and Idaho. As a collaborative network of businesses, farmers, ranchers, nonprofits, and engaged individuals, we believe in building social and economic resilience across our community.

Get Involved

Who can join? Anyone is welcome!

When we meet: 4th Wednesday of each month (September-May)

Next Meeting: October 28, 2026

Register: www.tetonfoodfarmcoalition.org

SEED SAVING CLASS & SWAP



CLASE E INTERCAMBIO DE SEMILLAS

**MONDAY, SEPTEMBER 21
4:30 – 6PM, VICTOR BRANCH**

**LUNES, 21 DE SEPTIEMBRE
4:30 – 6PM, SUCURSAL VICTOR**

You'll learn simple techniques to keep your seeds fresh for years to come.

Bring seeds that you've saved for the seed library. Receive a free native wildflower seed packet for attending.



Aprenderá técnicas sencillas para mantener sus semillas frescas durante años.

Traiga las semillas que haya guardado para la biblioteca de semillas. Reciba un paquete gratuito de semillas de flores silvestres nativas por asistir.



THE UNIVERSITY OF IDAHO IS AN EQUAL-OPPORTUNITY EDUCATIONAL INSTITUTION. WE OFFER OUR PROGRAMS TO PERSONS REGARDLESS OF RACE, COLOR, NATIONAL ORIGIN, GENDER, RELIGION, AGE, SEXUAL ORIENTATION, OR DISABILITY.





TETON COUNTY 4-H/FFA AWARDS NIGHT CELEBRATE 2025-2026



**MONDAY SEPTEMBER 28, 2026
7:00 PM**

**TETON SCHOOL DISTRICT 401
AUDITORIUM
481 N. MAIN DRIGGS**

**ICE CREAM
SUNDAES**

**NATIONAL
4-H WEEK
2026-2027**



NON-ANIMAL GRAND AND RESERVE CHAMPIONS

Crafting Grand Champion
Lovey D'Illard

Art Grand Champion
Rylee Meyers

Know Your Government Grand Champion
Macy Culbertson

Cake Decorating Grand Champion
Adeline Leeper

Leathercraft Grand Champion
Aniston Marlar

Crochet Grand Champion
Rylee Meyers
Reserve Champion
Zaybree Rammell

Photography Grand Champion
Lanon Thornton

Sewing Grand Champion
Hannah Moulton

STEAM Grand Champion
Lanon Thornton
Reserve Grand Champion
Jaysten Grover

Style Review Grand Champion
Graclyn Beard
Reserve Champion
Clara Penfold

DOG SHOW

Obedience

Grand Champion Katelyn Kunz
Grand Champion Harper Montesano
Reserve Champion Tristan Montesano
Reserve Champion Tripp Wilco

Rally

Grand Champion Ally Kilsby
Grand Champion Ketelyn Kunz
Reserve Champion Avery Borich
Reserve Champion Phineas Thackray

Showmanship

Overall Grand Champion Harper Montesano
Overall Reserve Champion Tripp Wilcox

CAT SHOW

Best of Show
Hannah Moulton

Best of Show Reserve
Tripp Wilcox

HORSE WESTERN, ENGLISH, TRAIL GRAND AND RESERVE CHAMPIONS

Showmanship

Senior Grand Champion Edie Barnes

Senior Reserve Reserve Champion Tristan Montesano

Intermediate Grand Champion Adri Hulme

Intermediate Reserve champion Aniston Marla

Junior Grand Champion Harper Montesano

Reserve Champion Alaina Hulme

Western Horsemanship

Grand Champion Alaina Hulme

Reserve Champion Adri Hulme

Bareback Equitation

Senior Grand Champion Tristan Montesano

Senior Reserve Champion Jessie Thackray

Intermediate Grand Champion Adri Hulme

Junior Grand Champion Harper montesano

Junior reserve Champion Alaina Hulme

Junior Reserve Champion Alain Hulme

Western Equitation

Senior Grand Champion Edie Barnes

Senior Reserve Champion Jessie Thackray

Intermediate Grand Champion Adri Hulme

Intermediate Grand Champion Aniston Marlar

Junior Grand Champion harper Montesano

Junior Reserve Champion Alaina Hulme

Western Reining

Grand Champion Edie Barnes

Reserve Champion Aniston Marlar

Pony Equitation

Grand Champion Phineas Thackray

Snaffle Bit Hackamore Training

Grand Champion Adri Hulme

English Equitation

Senior Grand Champion Jessie Thackray

Senior Reserve Champion Edie Barnes

Intermediate Grand Champion Adri Hulme

Intermediate Reserve Champion Aniston Marlar

Junior Grand Champion Harper Montesano

Junior Reserve Champion Alaina Hulme

Jumper

Grand Champion Jessie Thackray

Reserve Champion Adri Hulme

Walk Trot Western/English Equitation

Grand Champion August Gardiner

Reserve Champion Madson Hymas

Senior Trail Class

Grand Champion Tristan Montesano

Reserve Champion Edie Barnes

Intermediate Trail Class

Grand Champion Adri Hulme

Reserve Champion Aniston Marlar

Junior Trail Class

Grand Champion harper Montesano

Reserve Champion Alaina Hulme

WORKING RANCH

Ranch Roping

Grand Champion Tristan Montesano

Dummy Roping

Grand Champion Graclynn Beard
Reserve Champion Adri Hulme

Stationing 1

Grand Champion Tristan Montesano

Grand Champion Graclynn Beard
Reserve Champion Adri Hulme

Stationing 3

Grand Champion Quinten Meyers

Team Sorting Grand Champion

Tristan Montesano
Adri Hulme
Graclynn Beard

Team Sorting Reserve Champion

Quiten Meyers
Alaina Hulme
Harper Montesano

SHOOTING SPORTS

Rifle

Overall Grand Champion Cade Calderwood
Overall Reserve Champion Craig Calderwood

Rifle

Senior Grand Champion Craig Calderwood
Intermediate Grand Champion Cade Calderwood
Junior Grand Champion Cora Neal

Rifle

Senior Reserve Champion Hannah Moulton
Intermediate Reserve Champion Aniston Marlar
Junior Reserve Champion Alaina Hulme

Shotgun

Overall Grand Champion Oliver James
Overall Reserve Champion Hope Strong

Shotgun

Senior Grand Champion Colter Rammell
Intermediate Grand Champion Oliver Janes

Shotgun

Senior Reserve Champion Warner Clayton
Intermediate Reserve Champion Hope Strong

3-D

Senior Grand Champion Jenna Bevan
Intermediate Grand Champion River Young
Junior Grand Champion Olive Young
Junior Grand Champion Aleline Leeper
Intermediate Reserve Oliver James

Archery

Field

Senior Grand Champion Jenna Bevan
Intermediate Grand Champion River Young
Junior Grand Champion Olive Young
Junior Reserve Adeline Leeper
Intermediate Reserve Dusty Cannon

FITA

Senior Grand Champion Jenna Bevan
Intermediate Grand Champion River Young
Junior Grand Champion Olive Young
Junior Reserve Adeline Leeper
Intermediate Reserve Dusty Cannon

Pistol

Overall Grand Champion Lovey D'Illard Overall Reserve Champion Dusty Cannon

LIVESTOCK, POULTRY, RABBITS

Beef

Overall Showmanship Grand Champion Ally Kilsby
Overall Showmanship Reserve Jaxson Loudenslager

Senior Showmanship Grand Champion Ally Kilsby
Senior Showmanship Reserve Jaxson Loudenslager
Intermediate Grand Champion Wyatt Loudenslager
Intermediate Reserve Reece Adams
Junior Grand Champion Jason Killpack

Grand Champion Market Beef Cayden Killpack
Reserve Champion Market Beef Reece Adams

Grand Champion Female Classes Lacy Byman
Reserve Champion Female Classes Shane Loudenslager

Swine

Overall Showmanship Grand Champion Taggart LaTorre
Overall Showmanship Reserve Kallie Markegarde

Grand Champion Market Swine Alaina Hulme
Reserve Champion Market Swine Taggart LaTorre

Lamb

Overall Showmanship Grand Champion Ally Kilsby
Overall Showmanship Reserve Edie Barnes
Senior Showmanship Grand Champion Ally Kilsby
Senior Showmanship Reserve Edie Barnes
Intermediate Showmanship Grand Champion Sydney Udy
Intermediate Showmanship Reserve Ella Leeper
Junior Grand Champion Eve Kilsby
Junior Reserve Champion Taggart LaTorre

Grand Champion Market Lamb Eve Kilsby
Reserve Champion Market Lamb Taggart LaTorre

Grand Champion Ewe Ally Kilsby
Reserve Champion Ewe Edie Barnes

Grand Champion Ram Edie Barnes
Reserve Champion Ram Ally Kilsby

Grand Champion Flock Class Ally Kilsby

Market Chicken

Market Chicken Pen of 3 Grand Champion Ella hatch

Goat

Overall Showmanship Grand Champion Taylor Gridley
Overall Showmanship Reserve Adeline Hansen

Senior Showmanship Grand Champion Adeline Hansen
Senior Showmanship Reserve Paisley Hansen
Intermediate Grand Champion Taylor Gridley
Intermediate Reserve Champion Alexis Hansen
Junior Grand Champion Clayton Webster
Junior Reserve Champion Evan Hansen

Grand Champion Market Goat Taylor Gridley
Reserve Champion Market Goat Alexis Hansen

Turkey

Overall Showmanship Grand Champion Ella Leeper
Overall Showmanship Reserve Sophia Little

Senior Showmanship Grand Champion McKay Shakespear
Senior Showmanship Reserve Sophia Little
Intermediate Grand Champion Ella Leeper
Intermediate Reserve Alexis Hansen
Junior Grand Champion Graclynn Beard
Junior Reserve Champion Hunter Shakespear

Grand Champion Market Turkey Boston Miskin
Reserve Champion Market Turkey Mia Maregard

Poultry and Waterfowl

Best of Show Grand August Gardiner
Best of Show Reserve Weston Kilsby

Overall Showmanship Grand Champion Ella Hatch
Overall Showmanship Reserve Ella Leeper

Senior Showmanship Grand Champion Ella Hatch
Intermediate Showmanship Grand Champion Ella Leeper
Intermediate Showmanship Reserve Mylee Webster
Junior Showmanship Grand Champion Ava Gardiner
Junior Showmanship Reserve Adeline Leeper

Rabbit

Best of Show Grand Oaklee Durbin
Best of Show Reserve Jenna Bevan

Overall Grand Champion Breeding Evan Hansen
Overall Reserve Breeding Paisley Hansen



Celebrating Community. Celebrating Youth. Celebrating Tin Cup!

What an incredible night celebrating the 19th Annual Tin Cup Challenge and the generosity of Teton Valley! This year, our community came together to raise an incredible \$4.5 million for local nonprofits – a record-breaking year that demonstrates what is possible when we invest in the organizations serving our community.

For Teton County 4-H, Tin Cup support helps us provide meaningful opportunities for local youth to learn, lead, grow, and develop the skills they need to be Beyond Ready for life.

To every donor, Challenger, business, volunteer, family, and community member who supported Teton County 4-H – THANK YOU! Your generosity makes a lasting difference in the lives of Teton County youth.

This year's Tin Cup Challenge celebrated:
 \$4,509,605 raised for Teton Valley nonprofits
 1,766 individual donors
 73 participating nonprofits
 255 Business & Community Challengers
 672 volunteer hours

More than \$35 million raised over 19 years

These numbers represent so much more than dollars. They represent neighbors helping neighbors, businesses investing in community, volunteers giving their time, and donors believing in the work being done right here in Teton Valley.

We are incredibly grateful to be part of a community that believes in the potential of young people and invests in their future.

Thank you, Teton Valley, for helping Teton County 4-H prepare youth to be #BeyondReady!

4-H STEM Corps Instructor WITH TETON COUNTY



Full- Time



Driggs, ID



Monday - Friday

- Total work hours - 1700 hours
- Service Term - Sep. 28th 2026- Aug 28th, 2027
- 35-37 hours per week

Earn a Living Allowance!

- \$23,700.00 disbursed in biweekly installments of \$987.50
- \$7,395.00 scholarship
- Health insurance
- Opportunities for professional development and networking

What would you be doing?

- Teaching STEAM workshops
- This position will involve in-school enrichment and community club programming.
- Work closely with 4-H program coordinator to do STEM classes

What can you do with your \$7,395.00 scholarship?

- Cover any Title IV college tuition
- Pay off any federal student loans
- Certificates
- If you're 55 or older, you can pass it on to your children.
- If you're 55 or older, you have the option to travel with it.
- And there's so much more to discover!



SCAN TO APPLY AND FILL OUT OUR APPLICATION AND WE WILL BE REACHING OUT TO YOU!



National 4-H Week

OCT. 4 - 10, 2026



October 5th Wear Green to support 4-H

October 8th Post to Social Media a Story and Photo
of your 4-H Journey #4-H #National4HWeek #TetonCounty4H



Enrollment for the 2026-2027 4-H year begins on October 1st, offering youth 8-18 and families the opportunity to secure their place for the upcoming year. Sign up for clubs early as many fill up quickly. Scan the QR Code above to access 4h.zsuite.org



Learn Everywhere with 4-H

OPEN FOR FALL TERM

EARN A SCHOOL CREDIT THROUGH YOUR 4-H EXPERIENCE

REGISTER NOW




learneverwhere@uidaho.edu

University of Idaho Extension



The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, pregnancy, disability, marital status, genetic information, or status as any protected veteran or military status.

Learn Everywhere with 4-H Fall Enrollment is Now Open!

Earn school credit with your 4-H experience.

Learn Everywhere with 4-H allows Idaho students to earn school credits for out-of-school learning activities. To qualify for academic credit, students are expected to complete a minimum of 60 hours, including: online coursework, learning activities, oral presentation, a record book, an exhibit project, and an interview. A student can use their summer 4-H project for the fall term and build on the work they have already completed!

Ready to register?

Reach out to your Extension Office or email: Learneverwhere@uidaho.edu.

Not ready to sign up today?

That's OK! There is no cut-off date for enrollment. You can enroll at any time this fall.



Join us for CALS Days 2026 on Oct. 2-4 at the University of Idaho campus in Moscow

This event offers high school students the chance to experience college life, meet faculty, staff and students, and learn about everything that the University of Idaho College of Agricultural and Life Sciences has to offer. More information including price packages and a tentative schedule of events are attached to this email.

Student registration will open on Sept. 14th.

<https://futurevandals.uidaho.edu/register/advisor-calsdays>

We are also happy to announce that we will be providing bussing options from the Magic Valley and Treasure Valley. Seating availability will be first come, first serve.

Go Vandals!

Kacie C. Hoffman
Director of Recruitment & Student
Engagement College of Agriculture
and Life Sciences

Package A – Full Weekend – \$130 CALS 125th Anniversary T-Shirt (select size S-XXXL)

- **Friday**
 - Campus Tour
 - Dinner & Football Tailgate
 - Football Game
 - Overnight Accommodation
- **Saturday**
 - Breakfast
 - Morning Track Options
 - Lunch & Awards Ceremony
 - Workshops
 - Dinner
 - Evening Activities
 - Overnight Accommodation

• **Sunday**

- Breakfast
- **Package B – Friday-Saturday Morning – \$80 CALS 125th Anniversary T-Shirt (select size S-XXXL)**

• **Friday**

- Workshops
- Dinner
- Evening Activities
- Campus & CALS Tours
- Overnight Accommodation

• **Saturday**

- Breakfast
- Morning Track Options

Package C – Saturday Morning – No Cost

• **Saturday**

- Morning Track Options Additional Options:
- Football Game Tailgate (Dinner Provided) \$15
- Football Game Ticket \$20
- Saturday Lunch & Judging Awards Ceremony \$15
- CALS 125th Anniversary T-Shirt - \$5



National
4-H
CONGRESS 2026

**LEAD TODAY.
SHAPE TOMORROW.**

**NOVEMBER 27 –
DECEMBER 1, 2026** | **ATLANTA,
GEORGIA**

YOUTH DEVELOPMENT | **HEALTHY LIVING** | **COMMUNITY IMPACT**



Don't forget! ☆
THERE'S A DASH IN
4-H

Always use **4-H** with a dash.
Thank you!

4h *Not this*
4H *Not this*
4-H *This is it!*



**Celebrate
National
4-H Week!**
Oct. 4 - 10, 2026



**go
green**
NATIONAL 4-H WEEK
BEYOND READY

EXTENSION UPDATE

UPCOMING EVENTS

Registration 4-H 2026-2027

Opens October 1, 2026

<https://4h.zsuite.org/>

Teton Farm and Coalition meeting

October 28, 12am-1 pm

www.tetonfoodfarmcoalition.org

4-H/FFA Awards Night

September 28, 2026 7 PM Teton

School District 401 481 N. Main

Driggs

Fair Board Meeting

October 14, 7 pm

Teton County, Courthouse

UI Extension Seed Saving Class and Swap

Monday September 21, Victor

Library 4:30-6:00 PM

Capture the Flavor Herbs and Spices

October 7, 2026 5:30-7:00 PM

UI EXT 445 N. Main

See Flier Page 3 for details



CONTACT US

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