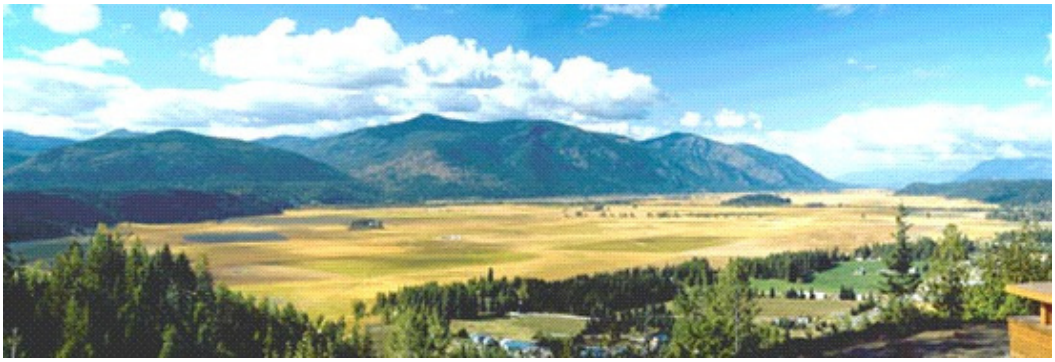
Nov./Dec.
2026

University of Idaho Extension
Boundary County

KEEPING OUR COMMUNITY CONNECTED

EXTENSION CONNECTIONS

University of Idaho
Boundary County
Extension Service
PO Box 267
Bonners Ferry ID 83805
208-267-3235
boundary@uidaho.edu



EXTENSION NEWS ■ FCS ■ MASTER GARDENER ■ 4-H ■ MASTER FOOD SAFETY ADVISOR

Warm Drinks for Cold Weather--Make it Healthier

There's no denying the desire for traditional cool weather favorites like hot chocolate and hot cider. There's also no denying they have a lot of sugar. Make them healthier and still satisfy the craving by cutting back on sugary ingredients and whole milk and adding flavorful ingredients that create the illusion of sweetness. Make your own hot chocolate or other chocolaty drink with unsweetened cocoa and fat-free or low-fat milk or plant-based milk alternative. Use as little sweetener as you can. Adding a dash of an extract like vanilla or peppermint extract adds sweetness without sugar, as does topping with a "sweet" spice like cinnamon or nutmeg. Try lowering the sugar of hot cider and other juice-based drinks by diluting the cider or juice by one-quarter to one-half with water and adding naturally sweet warming spices like cinnamon, cloves, allspice, and ginger, and citrus zest and a squeeze of juice.

Cheers to healthier hot drinks with less sugar and saturated fat. They're simple to make, warming, and delicious.

Source:Adapted from Tufts University Health & Nutrition Letter, October 2026 Vol. 44, No. 8



The Extension Office will be closed November 26 & 27 & December 24 through January 1 for the Holidays.

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Master Gardener Column

Western Conifer Seed Bugs; Not a Stinkbug but Still Stinky

By Samuel DeGrey

Everybody in Boundary County is familiar with "stink bugs," the inch long or so long, ornately patterned creatures that show up in fall and freeload in our houses all winter. These animals are not a stink bug at all, but are a related insect called the Western Conifer Seed Bug (WCSB). True stink bugs are common in our area as well, and some species even overwinter in houses like the WCSB. True stinkbugs can be distinguished from WCSB by their rounded, shield-like shape, with WCSB being more narrow. Some also incorrectly call WCSB "pine beetles." Both WCSB and true stink bugs are in the group of insects referred to as "true bugs," unlike beetles they have piercing-sucking, needle like mouthparts, and do not go through full metamorphosis- i.e. they have no grub/pupa stage.



Western conifer seed bug (WCSB)

Western conifer seed bugs feed on conifer trees, as their name suggests. Conifers include most of our native forest trees, including pines, larches, spruce, firs, Douglas firs, and cedars. Specifically this species prefers to feed on the sap of developing cones. The striking markings underneath the wings are most likely meant to deter predators by making the insect somewhat resemble a wasp while in flight. The defensive secretions created by the bug are primarily composed of hexyl acetate and hexanal, along with some other compounds. Interestingly, hexanal, the second largest component in the spray, is also used in the food industry to create fruity flavoring. I've always thought that the spray of the WCSB smelled like green jolly rancher candy, I wonder if it's because those contain hexanal too! It's a good idea to discard food that has seed bugs/ seed bugs spray on it due to potential toxic effects of the compounds.



True seed bug

The Western Conifer Seed Bug is without a doubt native to our region and to coniferous forests of the western US in general. However we have been progressively sharing the joy with the rest of the world in recent years, and it has spread to the eastern United states, Alaska, Europe, Asia, Central America, South America, and doubtless many other regions around the world. It has caused some disruption in South America, since it resembles the kissing bug, a species that transmits Chagas disease, however the WCSB does not transmit disease to humans.

WCSB are primarily a nuisance pest, and largely cause damage purely by being annoying. However there are a couple cases where they can occasionally become true pests. When large concentrations of WCSB gather in enclosed spaces, they will probe almost anything with their needle like mouthparts, and they are actually capable of damaging PEX plumbing line in this process. People with PEX line in their homes should periodically inspect their plumbing for seed bug damage over the course of the winter. The best management of WCSB in the home is generally to make sure possible entrance points like doors and windows are well sealed, and to vacuum/crush/ place outside individuals that have successfully invaded your home. They can also be harmful to nurseries who are trying to produce seed from coniferous trees, though they are difficult to manage in this setting.

WOULD YOU LIKE TO RECEIVE THE EXTENSION CONNECTION/CLOVER TALK NEWSLETTER VIA EMAIL? If so, contact the Boundary County Extension Office: 208-267-3235 or email boundary@uidaho.edu

MASTER FOOD SAFETY ADVISOR
University of Idaho Extension

HOME-CANNED PIE FILLING: TIPS FOR SUCCESS

Making your own home canned pie fillings makes it easy to prepare pies, cobblers, and other desserts all year round. To have a safe, high quality canned pie filling it is necessary to follow an approved recipe from Cooperative Extension, Ball or USDA. This article will help provide guidance to ensure you have a product to be proud of when you grab your jar of pie filling off the shelf.

Thickeners

There are only two approved thickeners for home canned pie filling: Clear Jel (traditional) and Thermflo. These may be difficult to find in a regular grocery store and may need to be purchased at a specialty store or online. Other types of thickeners such as Instant Clear Jel, flour cornstarch, or tapioca are not safe for canning. These products have poor heat penetration which may lead to an under processed pie filling. Also, these thickeners tend to create clumps leading to an inconsistent and undesirable texture.

Sugars and Spices

You may adjust the amount of sugar or spices in approved pie filling recipes to suit your taste. When making these alterations, prepare a trial batch using a single-quart recipe to allow you to taste the results before preparing a larger batch. You can then adjust the sugar and spices to your liking. It is not recommended to swap sugar with alternative sweeteners as many of them do not react well to the high temperatures involved with canning.



Lemon Juice

Always use bottled lemon juice, not fresh, and do not change the amount specified. Lemon juice is essential for food safety and helps maintain the stability of the pie filling during storage. Reducing the amount of lemon juice can make the product unsafe.

Using Frozen Fruit

Home canners can use frozen unsweetened cherries or blueberries in pie fillings; however, fresh fruit is recommended for apple and peach fillings. If using frozen fruit, thaw it completely before adding it to the filling. Collect, measure, and use the juice from the thawing fruit to replace the water specified in the recipe. When using frozen fruit, the thickener will need to be adjusted to ¼ cup per quart or 1 ¾ cups per 7-quart batch to account for the extra liquid released by the fruit.

For more information and recipes on home canned pie fillings, refer to PNW 736 Fruit Pie Fillings for Home Canning found on the University of Idaho Extension website.

Sumitted by Amy Robertson, FCS Extension Educator

Vinaigrette Spice Mixes

A simple combination of spices is a great way to encourage friends and family to make their own vinaigrette. All they need to do is shake the mix with plant oil and vinegar! Unlike store-bought bottled dressings, these mixes contain no added sugars or artificial ingredients. Mix whatever dried spices you like, or try these recipes.

Italian Vinaigrette Mix



For each container or bag, you will need:

½ tsp dried basil
½ tsp dried chives
½ tsp dried parsley
½ tsp dried thyme
¼ tsp black pepper

Include instructions for recipeints as follows:

Put this spice mix in a jar or mixing bowl and add ¼ cup viegar (apple cider, white white wine, red wine, sherry), ¾ cup extra virgin olive oil, and 1 tsp Dijon mustard. Whisk or shake well to blend.

Makes 1 cup. Taste, and add a pinch of salt, if desired.

Spicy Vinaigrette Mix



Ingredients:

½ tsp garlic powder
½ tsp onion powder
½ tsp cumin
½ tsp oregano
¼ tsp crushed red pepper flakes, or more for added heat

Include instructions for recipients as follows:

Put this spice mix in a jar or mixing bowl and add ¼ cup balsamic vinegar or lime juice, ¾ cup extra virgin olive oil or neutral plant oil, and 1 tsp Dijon mustard. Whisk or shake well to blend.

Makes 1 cup. Taste, and add a pinch of salt, if desired.

Source: Adapted from Tufts University November 2026 VOL. 44, NO. 9 Health & Nutrition Letter



Thawing your turkey in the refrigerator is the preferred method for safety reasons, but you can also thaw it in cold water. The thing to remember about both methods is that they keep your turkey cold while thawing-the key to preventing excessive bacterial growth.

Thawing in the Refrigerator

Simply place the turkey in its original wrap on a tray or in a pan to catch moisture that accumumulates as it thaws. A thawed turkey may remain in the refrigerator for 1-2 days.

Approximatelly 24 hours per 5 pounds (whole turkey)	
4-12 pounds	1-3 days
12-16 pounds	3-4 days
16-20 pounds	4-5 days
20-24 pounds	5-6 days

Thawing in the Microwave

Follow the microwave oven manufacturer's instruction when defrosting a turkey. Plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwaving. Holding partially cooked food is not recommended because any bacteria present wouldn't have been destroyed.

Thawing in the Refrigerator

Check the wrapping to make sure there are no tears, and place the bird in its unopened bag in the sink or in a large container and cover it with cold water. If the wrapping is torn, place the turkey in another plastic bag, close securely and then place in water. You will need to change the water every ½ hour as a rule of thumb. Cook the turkey immediately after it is thawed.

Approximately 30 minutes per pound (whole turkey) Change water every ½ hour	
4-12 pounds	2-6 hours
12-16 pounds	6-8 hours
16-20 pounds	8-10 hours
20-24 pounds	10-12 hours

Remember! Always wash hands, utensils, sink and anything else that comes in contact with raw turkey and it's juices with soap & water.

Roasting Your Turkey

Set your oven to no lower than 325°F. Place the turkey on a rack in a shallow roasting pan. For more even cooking, cook your stuffing outside the bird in a casserole and use a food thermometer to insure stuffing reaches an internal temperature of 165°F.

If you stuff your turkey, ingredients can be prepared ahead of time; keep wet and dry ingredients separate. Keep the wet ingredients chilled (butter/cooked celery/onions, broth etc.) Mix the wet and dry ingredients just before filling turkey. Fill cavity loosely. Cook the turkey immediately. Use a food thermometer to insure the center of the stuffing has reached an internal temperature of 165°F.

A whole turkey is safe when cooked to a minimum internal temperature of 165°F. Check the internal temperature in the innermost part of the thigh and wing and thickest part of the breast. If the turkey has a "pop-up" temperature indicator, also check the internal temperature with a food thermometer.

Let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve easier. Finally remove all of the dressing from the turkey cavity.

Times table for Roasting-(325°F oven) Unstuffed	
8-12 pounds	2¾-3 hours
12-14 pounds	3-3¾ hours
14-18 pounds	3¾-3½ hours
18-20 pounds	4¼-4½ hours
20-24 pounds	4½-5¼ hours
Stuffed	
8-12 pounds	3-3½ hours
12-14 pounds	3½-4 hours
14-18 pounds	4-4¼ hours
18-20 pounds	4¼-4¾ hours
20-24 pounds	4¾-5¼ hours

Times table for Roasting Chicken Parts-(325°F)	
2-3 pounds Breast, half	50-60 minutes
4-6 pounds Breast, whole	1½-2¼ hours
6-8 pounds Breast, whole	2¼-3¼ hours
Drumsticks-¾-1 pounds	2-2¼ hours
Thighs-¾-1 pounds	1¾-2 hours
Wings, wing drumettes 6-8 ounces each	1¾-2¼ hours

Oven Bag Roasting (Easy) If you want to cook your turkey the easy way, but a little faster, use an oven bag. The oven bag will save cooking and cleanup time. Follow the cooking directions on the box; add 30 minutes to the recommended cooking time if you choose to stuff your turkey. Your turkey is safe to eat when the thermometer registers 165°F in the innermost part of the thigh, the innermost part of the wing, the thickest part of the breast and the center of the stuffing.

For more information about food safety call: USDA Meat and Poultry Hotline, 1-888-674-6854, Monday-Friday, 10:00 AM-4:00 PM, Eastern Time or E-mail: AskKaren.gov. **The hotline is open on Thanksgiving Day from 8:00 AM-2:00 PM, Eastern Time,** but closed on other Federal Government holidays.

Workshops, Programs, Bulletins & Classes

Due to space restrictions, program 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.



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.

Holiday Food Hacks



Thursday, November 5, 2026
11:00 AM-12:00 PM
Online via Zoom
FREE

Learn the tips and tricks of planning holiday dishes so you will be ready to go when the holiday is here!
Register at: bit.ly/holidayhacks26.

Cultivating Healthy Plants—All About Brassicas



Thursday, November 12, 2026
11am PST/12pm MT
Online Via Zoom
FREE

Brassicas (cole crops), including broccoli, Brussels sprouts, cauliflower, kale, kohlrabi, collard greens, and cabbage, are some of the most popular vegetables grown and eaten in the United States. Unfortunately, these crops are also host to a diverse array of insect pests, to the point where many people are discouraged from growing them. Tune in for this webinar on growing brassicas, with a focus on producing a crop that will not be devoured before it makes it to your dinner table!
Register at:
https://unr.zoom.us/webinar/register/WN_9sbKQ73dRNSnNRRptGNWIw#/registration

Safe Gifts from the Kitchen



Thursday, December 3, 2026
11:00 AM-12:00 PM
Online Via Zoom
FREE

Learn fun and easy ways to prepare gifts for the holidays that come straight from your kitchen. This class will cover ways to know what are some safe practices, and what recipes should be avoided from making, based on food safety practices.
Register at: bit.ly/safe26

Introduction to Gardening in Boundary County



Monday, November 9, 2026
6:00 PM-7:30 PM
Boundary County Extension Office
6791 B Main Street
COST: $5

Are you a new gardener or an experienced gardener who recently moved to the area? This is the class for you! This class will go over the basics of the climate in our area, timing planting, well adapted crops, diseases and pests, and soil.

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

Cooking Gluten Free for the Holiday



Wednesday, November 18, 2026
1:00 PM-3:00 PM
Boundary County Extension Office
6791 B Main Street
COST: $10

Do you are someone in your family have an allergy or sensitivity to gluten? Come join us and learn how you can prepare gluten free meals for your family while skipping the stress and frustration. This class will help you navigate the world of gluten free cooking by providing you with helpful tips as well as give you strategies to avoid the common mistakes many beginners make when switching to gluten free cooking.

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

Get the Dish!



A Virtual Cooking Series
Weekly on Tuesdays
October 6-December 1, 2026
11:00 AM-12:00 PM
FREE

Join us and learn exciting culinary skills!
Register at: bit.ly/Dish26

Workshops, Programs, Bulletins & Classes

Hay and Forage School



Friday, December 4, 2026
1:00 PM-5:00 PM
Boundary County Extension Office
6791 B Main Street
COST:$10

After being absent for years, Hay and Forage school returns to Boundary County! Like cereal school, this workshop will feature a panel of speakers covering a wide array of topics related to hay and forage production. Topics covered this year will include rotational grazing, alfalfa pests, hay nutrient testing, and pasture grass identification. We will be applying for pesticide recertification credits from ISDA.

To **Register,** contact the Boundary County Extension Office; 208-267-3235.

Fertilizers for the Garden



Monday, December 14, 2026
1:00 PM-3:00 PM
Boundary County Extension Office
6791 B Main Street
COST: $5

Come see this great class from Master Gardener Art Church about the basics of fertilizers. Learn how to do a soil test, NPK ratios, and how to pick the right fertilizers and rates for your garden plants.

To **Register**: contact the Boundary County Extension Office @ 208-267-3235.

Pesticide Recertification Seminar



Wednesday, December 16, 2026
1:00 PM-4:00 PM
Boundary County Extension Office
6791 B Main Street
COST:FREE

Need credits before that ISDA deadline hits at the end of the year? Interested in learning more about different topics related to pest management, weeds, and pesticides? We've got a seminar for you! Our great lineup of speakers will cover a wide variety of topics, including novel insecticide mode of actions, turf and ornamental management, conifer disease management, and tree borer biology. Number of recertification credits offered TBD.

To **Register,** contact the Boundary County Extension Office; 208-267-3235.

Gifts in a Jar



Wednesday, December 9, 2026
2:00 PM-3:30 PM
Boundary County Extension Office
6791 B Main Street
COST: $15

In this class you will learn many different ways to create a unique gift in a jar. You'll go home with some of your Christmas gifts alread made, and recipes for creating more at home.

Class size is limited to 10 people. To **Register:** contact the Boundary County Extension Office @ 208-267-3235.

QPR Suicide Prevention Class



Tuesday, December 15, 2026
12:00 PM-1:00 PM
Boundary County Extension Office
6791 B Main Street
FREE

We invite you to attend the next QPR suicide prevention gatekeeper training course offered by Amy Robertson, U of I Extension. To join the in-person training please **register** by emailing amrobertson@uidaho.edu or calling the Boundary County Extension Office at 208-267-3235.

The need for suicide prevention efforts is increasing given the challenges of the last few months. Make a difference and help prevent suicide by becoming a trained suicide prevention gatekeeper.
For more information on QPR, visit qprinstitute.com.

Freeze Drying



Wednesday, January 13, 2027
1:00 PM-3:00 PM
Boundary County Extension Office
6791 B Main Street
COST: $10

Want to learn about freeze drying designed for home use? This is the class for you! During this class you will learn about the various freeze dryer models, purchasing and maintenance costs, how to operate a freeze dryer, and proper storage of freeze-dried goods. You will be given the opportunity to see how to prep food and begin the freeze-drying process. We will also be sampling a variety of freeze-dried foods.

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

Workshops, Programs, Bulletins & Classes

Cooking and Preserving Series



Bonner County Extension Office
4205 N Boyer Ave., Sandpoint
Wednesdays, 10:00 AM-1:00 PM
COST: $10 per class

Classes:

- November 5: Apples & Pears (Alternatives to holiday sweets)

Pre-registration is required.To **Register:** contact the Bonner County Extension Office; 208-263-8511 or bonner@uidaho.edu.

Homemade Jerky: From Dehydrator to Smoker



Tuesday, January 26, 2027
1:00 PM-3:00 PM
Boundary County Extension Office
6791 B Main Street
COST: $10

In this hands-on class, we will sample jerky and learn how to safely make your own using an electric food dehydrator or smoker. Explore methods for making delicious jerky from a variety of meats, including beef and wild game, while learning important food safety practices for homemade jerky. Class size is limited to 16 people.

To **Register:** contact the Buondary County Extension Office @ 208-267-3235.

Strong Women Program

January 5-March 11, 2027

All Equipment Provided
Location
Time Choices:
8:30 a.m. Tuesday, Thursday
Strong Women Stay Young--2x/week
10:30 a.m. Tuesday, Thursday
Strong Women Strong Bones--2x/week
Cost: $30 * for 10 week session

Space is limited.
*Scholarships available, contact Angela at 208-267-3235.

Winter Session

starts January 14, 2027
Registration Deadline: January 11

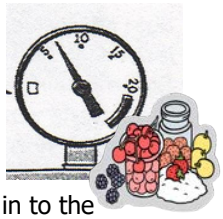
Do you want to learn how to safely can, dry or freeze your garden's bounty? University of Idaho Extension invites you to enroll in Preserve@Home, an in-depth online food preservation class to teach individuals how to safely preserve a variety of foods. Participants learn how to produce high-quality, preserved foods and the science behind food preservation and food safely.

The registration deadline is Monday, **January 11, 2027.** The first lesson of the 6-week course opens online on **Thursday, January 14 at 1pm MT**. Each lesson includes online text that can be downloaded and printed, online bulletin board to facilitate participant discussion, and a real-time weekly chat to interact with classmates and instructors. The weekly online chat session for the first lesson will be on **Thursday, January 21 from 1:00 to 1:45 PM MT.** Topics to be covered include: Foodborne Illness— causes and prevention, Spoilage and Canning Basics, Canning High Acid Foods, Canning Specialty High Acid Foods— pickles, salsa, jams, jellies, Etc., Canning Low Acid Foods, and Preservation—Cold Storage and Root Cellaring.

The cost is $35 plus the cost of supplemental materials. Many of the supplemental materials are available free, online.

For More Information Contact:
Laura Sant, MS RD, UI Extension Educator Franklin County: lsant@uidaho.edu or call the Franklin County Extension Office, 208-852-1097

DIAL PRESSURE GAUGE TESTING



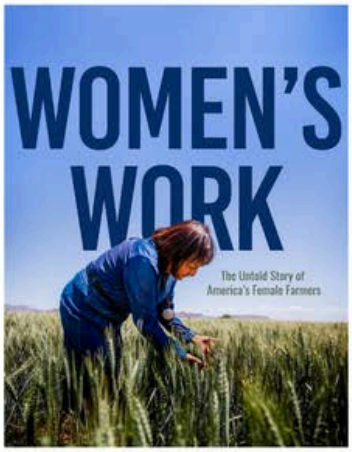
- Please plan on bringing your canner lid in to the office and leaving for 24 hours.
- A $2.00 fee will be imposed for those brought in on other days for on demand testing.
- Dial gauges need tested every year.

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

Visit Us On The Web @ uidaho.edu/boundary

Celebrating Idaho Women in Ag and the International Year of the Woman Farmer

Women's Work Film & Producer Panel



November 5, 2026
7:00-8:30pm
Panida Theater
300 N 1st Ave., Sandpoint, ID
Admission is FREE

Selkirk-Pend Oreille Food Summit



November 6, 2026
9:00am-3:00pm
Sandpoint Organic Agriculture Center
10881 N Boyer Road, Sandpoint, ID
Cost $35 per person (lunch included)
Registration: https://2026foodsummit.eventbrite.com

The film and food summit highlight our region's agricultural heritage and women farmers whose mentorship and expertise contribute to local food production, community resilience, economic vitality, and wellness.

University of Idaho Extension · AgWest Farm Credit · Panhandle Farm Corridor · Bonner Soil & Water Conservation District · Panida Theater · Pack River Farm · Greentree Naturals Certified Organic Farm · Cultivating your Market with Emily Black

The University of Idaho is an equal-opportunity employer and educational institution. We offer our programs to persons regardless of race, color, national origin, sex, gender, religion, age, sexual orientation, disability, or reprisal or retaliation for prior civil rights activity.
Persons with disabilities have the right to request reasonable accommodations. Please complete the accommodations form found at this link at least two weeks prior to the event: https://www.uidaho.edu/extension/civil-rights

Follow UI Extension, Boundary County on Facebook; www.facebook.com/UIExtensionBoundary

University of Idaho Extension
Boundary County

4-H CLOVER TALK

NOV./DEC. 2026

Monique Russell
4-H Program Coordinator



As the seasons change and the last of autumns leaves fall, we welcome the cozy days of November and the festive spirit of December. It's a wonderful time to reflect on this year's accomplishments and to look forward to all that the upcoming year has in store.

4-H enrollment is currently open, so be sure to sign up and invite your family and friends to join in the fun! Whether you are returning to your favorite project or exploring something new, there's no better time to set goals, learn some new skills, and make some amazing memories. If you have not enrolled at 4h.zsuite.org, please do so soon to be eligible to exhibit at the 2027 Boundary County Fair. If you need any help enrolling, don't hesitate to call me or email me at mmrussell@uidaho.edu.

Enrollment Fees are $25.00 per member for up to 3 projects. Each additional project is $3.00. Any additional fees will be listed on the Boundary County 4-H Facebook page. Please note that the Boundary County Extension Office can only take cash or checks, and all fees are paid there. We also have a black drop box outside the front door for after hours.

If you are a returning leader, please sign up in Zsuite as soon as possible. Be sure to choose your project or club. I will be sending out background check requests for leaders that need to renew.

If you are interested in becoming a new 4-H leader, we would love to have you join our team. Leadership is an amazing way to make a difference, support our youth, and share your great skills. We are currently looking for leaders for fishing, art/drawing, and photography. Give me a call for more information.

We recently had our annual 4-H Leader's Banquet and had the honor of recognizing our dedicated volunteers for their years of service. It was a wonderful evening celebrating all the hours of volunteering and hard work that went into our 4-H program.

We also had our annual 4-H Awards and Carnival Banquet and what a success! Members, families, friends, and volunteers came together to celebrate a fun filled event to showcase the accomplishments and hard work of our youth. We are especially proud to recognize our 10-year member, Madison Regehr. Congratulations to our Warren Carle Award recipient Mary Anne Moseley, Wallace Irving Memorial Award recipient Cameron Kerttu, Superior Beef Award recipient Randi Hibbard and Distinguished Leader Award recipient Maureen Mai. If you didn't pick up your awards at the ceremony, you can stop by the Extension Office to pick them up.

Please mark your calendars for the next Leaders and Livestock meeting, on the 2nd Tuesday of every month. Our next meeting is scheduled for November 10th. The Livestock Committee meeting starts at 6:30pm, followed by our Leaders' Council meeting at 7:00pm. These meetings are a great way to stay informed and share ideas that shape our 4-H program. The December Leaders Council meeting will be an executive session and there is no Livestock Committee meeting in December.

4-H Calendar

November

November 1-Deadline for Beef Project Enrollment
November 10-Livestock & Leaders Meeting 6:30 p.m. Ext. Office
November 11-Veteran's Day Ext. Office Closed
November 26 & 27- Thanksgiving Ext. Office Closed

December

December TBA-Executive Livestock & Leaders Meeting
December 24-25-Christmas Eve & Christmas Day
December 24-January 3- Extension Office Closed

January

January 1-New Year's Day
January 10-4-H Signup Deadline For Fair Participation
January 12-Livestock & Leaders Meeting 6:30 p.m. Ext. Office
January 16-College Scholarships Deadline
January 18-Human Rights Day Ext. Office Closed



ATTENTION ALL 4-H LEADERS--

Please mark November 10 on your calendar! Decembers meetings are Executive Sessions. Come to the meetings 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 community members are welcome to attend meetings.

Persons with disabilities have the right to request and receive reasonable accommodations. Please complete the form found at reasonable-accomodation-for-4-h-parent complete.pdf (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 Phone 208-885-6307 Fax 208-885-9404

BOUNDARY COUNTY 4-H

Welcome New and Returning4-H Families
4-H enrollment period is October 10,2026-January 10,2027

Welcome New and Returning 4-H Families 4-H enrollment period is October 10, 2026-January 10, 2027

All of us with Boundary County 4-H are excited for the beginning of a new 4-H year. We look forward to seeing all of our returning members and meeting our new members.

All enrollments for new and returning members and leaders' needs to be done online @ http://4hzuite.org. This is also the platform that is used for record books with the exception of Cloverbuds. Returning families will log-in and new families will create a log-in when enrollment opens after October 10, 2026. After that date, when you log in there will be an enrollment tab on the left-hand side of the screen. Zsuites is accessible by Smartphone, or if using a computer, you must use Firefox or Google Chrome, as Internet Explorer is not compatible. For any families without internet access, we will have a computer available at the Extension Office for enrollment use.

The program costs are listed to the right.
All program fees still need to be paid in cash or check at the Boundary County Extension Office, 6791 B Main Street or mailed to PO Box 267, Bonners Ferry. Unpaid enrollments will remain in pending status until program fees have been paid.

The Participation Deadline for 2026/2027 is January 10, 2027 for 4-H projects to be part of the 2027 Boundary County Fair. There is a special date for beef projects of November 1, 2026.

If you have any questions, comments or concerns, please feel free to contact Amy Robertson or Monique Russell at the Boundary County Extension Office; 208-267-3235.

CLOVERBUD
$25

MEMBER
$25

HORSE
$27

DIRT BIKE
$27

COOKING
Extra $20 to cover cost of materials

JEWELRY
Extra $5 to cover cost of materials

DUTCH OVEN
Extra $10 to cover cost of materials

4 or More Projects
add $3 per project

Another year of 4-H Friday Friends is underway and we're excited to see what this year brings! With new coordinator Melanie Posch and returning assistant Mary Anne Moseley, we're looking forward to a year of encouraging curiosity, exploring new ideas and helping each child learn and grow.



October kept us busy with creative projects, STEM activities from our Think, Make, Create Lab trailer, and plenty of hands-on learning. Along the way, we've watched new friendships form, teamwork grow and our Friday Friends discover the importance of being a good friend.

As we head into November, we'll be welcoming more special guests and turning our attention toward gratitude and giving back. We'll learn more about the people who make our community special, talk about the things we are grateful for and find ways to show our appreciation.

December will be filled with holiday activities, winter adventures and opportunities to spread a little extra kindness. We look forward to creating together, exploring the joy of giving and making special memories with our Friday Friends.

If you're looking for a safe, engaging and educational place for your elementary-aged child to spend Fridays, we would love to have them join us! 4-H Friday Friends is an open enrollment/no commitment program for children in kindergarten-5th grade. We meet at the Boundary County Middle School from 7:30am to 5:30pm. The cost is $15 per child, with an income-based sliding fee available. For more information, contact the UI Extension, Boundary County office at 208-267-3235 to learn more.

Dates: First Semester
- September 11, 18, 25
- October 2, 9, 16, 23, 30
- November 6, 13, 20
- December 4, 11, 18
- January 8, 15, 22, 29

Dates: Second Semester
- February 5, 12, 19, 26
- March 5, 12, 19, 26
- April 2, 16, 23, 30
- May 7, 14, 21, 28
- June 4, 11

Livestock News



Bill of Sale vs. Receipt

When we sell items which can range from livestock to a piece of farm equipment it is important that the sale of those items is recorded properly. In 4-H we refer to a **bill of sale** in a livestock project. It is extremely important that you have a bill of sale to show ownership of an animal. A bill of sale is a legal document made by a "seller" to a purchaser, reporting that on a specific date, at a specific locality and for a particular sum of money or other "value received"' the seller sold to the purchaser a specific item of personal, or parcel of real, property of which he had lawful possession.

Is a bill of sale a legal document for a livestock transaction? Yes, if the bill of sale is valid and current. **Note:** A brand inspection must be done within 10 days after the date of the sale. A bill of sale does not replace a brand inspection for Cattle & Horses **only.**

A valid bill of sale must include:

- Date of the sale.
- Complete description of livestock sold.
- Name of the purchaser.
- Signature of the seller.

A **receipt** is a written acknowledgement that a specified article or sum of money has been received as an exchange. An example, a receipt from a grocery store lists the items that were purchased and has the date, store information, and amount of money paid. A receipt is not sufficent documentation to establish livestock ownership.

So what do I need in 4-H?

You need to make sure you obtain a bill of sale, this information must be brought with you to initial weigh-ins and needs to be kept in your record book. Given the C.O.O.L. regulations (Country of Origin Labeling) it is really important that you are getting adequate information from the producers. On page 15 is an example of the information that needs to be captured. If you have questions regarding Bill of Sale please do not hesitate to contact the Extension Office at 208-267-3235.

C.O.O.L.

Important Information for all Market Animal Members and Leaders!

As part of the Farm Bill, effective September 30, 2008; Individuals who are selling whole muscle retail cuts of meat are required to identify where that animal was born and raised. This labeling is known as Country of Origin Labeling or C.O.O.L.

So what does this mean to you as a livestock member? As a producer of meat animal you will be required to keep records regarding the country the animals you sell were born and raised in. If you are purchasing animals for your 4-H projects you will need this information at the time of purchase. This information must be kept in your records for 1 year after the sale of the animal.

We will utilize the same Quality Assurance form from last year. The form covers the C.O.O.L. requirements for our market animal sale. However, it is important that you can provide the information on your animal(s). If you have any questions regarding C.O.O.L. please contact the Extension Office; 208-267-3235.

Project Requirements

As planning is underway for the 2026/2027 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 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 Monique Russell or Amy Robertson at the Extension Office, 208-267-3235.

Follow Boundary County 4-H on Facebook; www.facebook.com/ boundarycounty4h

Scholarships

The FAFSA application opened on October 1, 2026



Those who are interested in attending a college or university and would like to apply for a 4-H college scholarship will need to complete their online FAFSA and submit an application through the University of Idaho. All applications must be received by the **January 16, 2027 deadline.** This means, students will need to submit an application and all applicable documents (e.g. unofficial transcripts) to UI prior to the December 15th deadline as well. Applications and materials received after **January 16th** will not make it in the application selection pool. Applying for a 4-H College Scholarship **does not** mean that you have to accept the University of Idaho as your institution for higher education to receive the 4-H scholarship, unless specified with the scholarship requirements.

You can find useful information in the APPLYING FOR 4-H COLLEGE SCHOLARSHIPS, A Guide for Idaho 4-H Scholarship Applicants manual located at https://content-hub.uidaho.edu/api/public/content/0133baf1db994b038ba772e0cc2a32dc?v=c4d4f1f5. Call Amy Robertson or Monique Russell at 208-267-3235 to get information on how to access the application.

Please be prepared and apply EARLY! Contact the University of Idaho Extension, 4-H Youth Development Office if you are unsure or have any questions: fourh@uidaho.edu or 208-885-6321.

O. M. Plummer Memorial Scholarship

The Oregon Community Foundation offers an annual scholarship to an Idaho 4-H member who has participated in livestock showing or judging beyond the county level. Applicants must be a senior in high school, a member of a 4-H livestock club and have taken livestock projects for at least three years. The amount of the scholarship has varied from $300-$570 in recent years. Applicants must apply through the 4-H College Scholarship application process by the **January 16** deadline. For instructions on how to apply, please follow the Applying to the University of Idaho Guide (PDF) instructions.

Idaho Friends of 4-H College Scholarship

The Idaho Friends of 4-H offers $1,000 college scholarships to Idaho 4-H members attending post-secondary schools in Idaho. Scholarships will be offered for first-year students at Idaho universities, colleges, technology or trade schools. Applicants must be between the ages of 16 to 20 and have been a 4-H member for four years, with at least two of those years during high school. Applicants must apply through the 4-H College Scholarship application process by the **January 16** deadline. For instructions on how to apply, please follow the Applying to the University of Idaho Guide (PDF) instructions.

Roy and Mamie Jones

A $1,000 college scholarship is available to graduating 4-H members from the Northern District, formerly District 1 (Beneway, Bonner, Boundary, Clearwater, Idaho, Kootenai/Shoshone, Latah, Lewis, and Nez Perce counties), Lewis, and Nez Perce Counties), who have been in 4-H at least 5 years. Leadership and 4-H achievement in projects other than livestock shall be the primary consideration. Community involvement and academic achievement are secondary considerations. The award is not based on financial need. Applicants must apply through the 4-H College Scholarshp application process by the **January 16** deadline. For instructions on how to apply, please follow the Applying to the University of Idaho Guide (PDF) instructions.

Johannesen Leadership Scholarship

A $1,000 college scholarship is available to graduating Idaho 4-H members who have been in 4-H at least four years and are currently enrolled in 4-H. Overall leadership and 4-H achievement shall be the primary considerations. Community involvement, academic achievement, and financial need are secondary considerations. Applicants must apply through the 4-H College Scholarship application process by the **January 16** deadline**.** For instructions on how to apply, please follow the Applying to the University of Idaho Guide (PDF) instructions.

Ruth Shane Memorial Scholarship

A $1,000 scholarship is available to any Idaho graduating high school senior, who has been in 4-H at least four years and is currently enrolled in 4-H. Applicant must attend the University of Idaho and have a minimum cumulative GPA of 2.5. Primary consideration will be given to applicants based on their Family and Consumer Sciences project achievement and leadership experience in 4-H and their community. Applicants must apply through the 4-H College Scholarship application process by the J**anuary 16** deadline. For instructions on how to apply, please follow the Applying to the University of Idaho Guide (PDF) instructions.

Lillian Jeanette Craig Memorial Scholarship

A $1,000 college scholarship is available to a graduating high school senior, or someone currently enrolled in an institution of higher education, who has been involved in 4-H in Idaho and is a childhood cancer survivor or the sibling of someone who has had childhood cancer. Using 250 words or less, describe your involvement in Idaho 4-H and your experience with childhood cancer as a survivor or as a sibling of someone who has or had childhood cancer. If a sibling, the applicant must have lived in the same household and been between the ages of 4 and 18 when his/her sibling was diagnosed and treated. The scholarship may be used at any college, university or vocational institution. Preference will be given to applicants attending academic institutions in Idaho. Applicants must apply through the 4-H College Scholarship application process by the **January 16** deadline. For instructions on how to apply, please follow the Applying to the University of Idaho Guide (PDF) instructions.

Murdoch Ranch and Home Supply 4-H Scholarship

The Murdoch's Ranch & Home Supply Scholarship offers $1,000 college scholarships to Idaho 4-H members attending post-secondary schools, not limited to Idaho only. Scholarships will be offered for first year students at any universities, colleges, technology or trade schools. Priority consideration will be given to 4-H members from Lemhi County. Applicants must be between the ages of 16 and 20 and have been a 4-H member for four years, with at least two of those years during high school. Applicants must apply through the 4-H College Scholarship application process by the **January 16** deadline. For instructions on how to apply, please follow the Applying to the University of Idaho Guide (PDF) instructions.

Quinn Family 4-H Food Preservation Scholarship

The Quinn Family 4-H Food Preservation Scholarship shall provide eligible Idaho 4-H students who have participated in food preservation projects with scholarships to support their post-secondary education. Applicants must provide 250 words detailing their participation in food preservation projects during their 4-H Career. This scholarship is available to students planning to attend a two-year trade school,an associates degree program, or a four-year college or university of the student's choice. Applicants must apply through the 4-H College Scholarship application process by the **January 16** deadline. For instructions on how to apply, please follow the Applying to the University of Idaho Guide (PDF) instructions.

Bonner County Cattlewomen and Cattlemen Agricultural Scholarship

Any college Junior or Senior entering the field of Agriculture or pursuing a degree in Education or any other major, where the student could show an impact on Agriculture (preferebly beef). The student must have received their High School diploma while residing in Bonner or Boundary County and be entering their Junior or Senior year attending an accredited college in the State of Idaho. Applications are available at Bonner and Boundary County Extension Offices and are due on or before April 15, 2027.

Rotary Scholarship

The Rotary Scholarship is offered to any deserving citizen of Boundary County who is graduating or has graduated from Bonners Ferry High School or Home School Program, and wishes to pursue higher education at any accredited college in the State of Idaho. Applications and deadline will be available early 2027.

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

Know Your Government

February 13-15, 2027
Boise
Registration opens December 1, 2026

Participants in the Legislative Workshop learn about the state government decision-making process by participating in mock committee meetings with guidance from legislators at the Capitol, then participating in a mock legislative session.

Participants in the Judicial Workshop learn about the Idaho court system, how laws affect teenagers, and participate in mock trials held at the Ada County courthouse. They take tours of the Supreme Court building and visit with judges and attorneys.

- Learn how the state government decion-making process works.
- Learn how teens can participate politically to influence state government.

For more information about the Know Your Government Conference:

REGISTRATION OPENS DECEMBER 1 in ZSuite Events.

The 2027 registration fee is $230 per youth and $180 per chaperone.Chaperones can be certified volunteers or Extension personnel. Chaperones must apply and be accepted. Space is limited so we cannot take all who apply.

Delegates who have attended for two years and are currently in 9th or 10th grade can apply to become members of the Know Your Government Steering Committee. The folowing positions (the numbers indicate the number of positions needed) are selected each year:

- Legislators (6)
- Judges (6)
- Reporters (8)
- Chief Justice (1)
- Speaker of the House (1)
- Social Media/Video Producer (1)
- News Editor (1)

If you have questions regarding the KYG conference, please contact Mike Knutz at mknutz@uidaho.edu, 208-736-3608, or view the KYG handbook (pdf).





Wallace Irving Memorial Award: Cameron Kerttu

Congratulations Cameron, This award reflects the dedication, hard work, and involvement in 4-H. Through projects, leadership, community involvement, and countless accomplishments, this member has made the most of their 4-H journey. It's wonderful to see that commitment and determination recognized. A well-deserved award celebrating a 4-H career to be proud of!



Warren Carle Award: Mary Anne Moseley

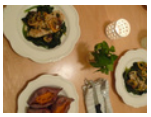
Congratulations Mary Anne, this award represents the countless hours, commitment, and willingness to go above and beyond, often without recognition. It's rewarding to see that hard work pay off and to know that the time and effort invested in 4-H and its youth have made a lasting difference. This award is well deserved!



Distinguished Service Award: Maureen Mai

Congratulations Maureen, the Distinguished Service Award recognizes a leader whose dedication, hard work, and commitment to 4-H have made a lasting impact on youth and the community. Through countless hours of service, encouragement, and leadership, they have helped create opportunities for young people to learn, grow, and succeed. This award is a well-deserved recognition of the difference one dedicated leader can make.

The Annual 4-H Leader's Recognition Banquet



The annual 4-H Leader's Recognition Banquet was held on Tuesday, October 6th, at the Valley Event Center to recognize all the efforts of the 4-H Volunteer Leaders. The evening included a delicious buffet dinner, awards presentation, and election of the Leader's Council Vice President and Secretary. Congratulations to Liz Wood who agreed to stay on as Vice President and was duly re-elected and Sarah Carver accepted to stay in the Treasurer position and also was elected into office.
A very special thank-you to all the volunteers who helped make this program year a huge success through their support and dedication to Boundary County 4-H.



Did you miss the opportunity to advertise in this year's Fair Book? Do you know someone who has a business or is new to town that would benefit by advertising in the Fair Book?

Please call the Boundary County Extension Office to get advertising information for the 2027 Fair Book. If you have questions, would like to sell ads or advertise, please contact the Extension Office at 208-267-3235.

Leaders Needed

Join the 4-H Community as a member or volunteer leader today!

The start of a new 4-H year is just around the corner and leaders are needed in many different areas. If you are interested in joining as a Leader or Volunteer contact the Extension Office at 208-267-3235.

LIVESTOCK BILL OF SALE

Seller Name:	**Buyer Name:**
Address:	**Address:**
City, State, Zip:	**City, State, Zip:**
Phone:	**Phone:**

ANIMAL #1	**ANIMAL #2**
Species:	**Species:**
Breed:	**Breed:**
Sex:	**Sex:**
Color:	**Color:**
Birth Date:	**Birth Date:**
State of Origin:	**State of Origin:**
Tag or ID#:	**Tag or ID#:**
Out of State Permit#:	**Out of State Permit#:**
Parasite Treatment:	**Parasite Treatment:**
Vaccines Given:	**Vaccines Given:**
Purchase Price:	**Purchase Price:**
Breeding Information:	**Breeding Information:**
As an affidavit is deemed by the USDA as an official record of Country of origin, I attest through firsthand knowledge, normal business records, or producer affidavit(s) that all livestock referenced by this “bill of sale” are of_____(list country) origin.	As an affidavit is deemed by the USDA as an official record of Country of origin, I attest through firsthand knowledge, normal business records, or producer affidavit(s) that all livestock refernced by this “bill of sale” are of_____(list country) origin.

Signature of Seller and Date

Signature of Buyer and Date

UI EXTENSION BOUNDARY COUNTY
P.O.BOX 267
BONNERS FERRY, ID 83805

RETURN SERVICE REQUESTED

NON-PROFIT
PRSRT STD
U.S. POSTAGE PAID
PERMIT NO. 145
BONNERS FERRY, ID

November/December 2026

KEEPING OUR COMMUNITY CONNECTED



BOUNDARY COUNTY EXTENSION STAFF

Amy Robertson	Extension Educator Family & Consumer Sciences
Samuel DeGrey	Extension Educator Agriculture & Horticulture
Monique Russell	4-H Program Coordinator
Melanie Posch	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.

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