

EXTENSION  UPDATE

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

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## Farm-to-Fork News

Fresh Flavor All Winter: Growing Herbs Indoors

By Jennifer Werlin, Extension Educator in Community Food Systems

Growing herbs, microgreens, and sprouts are fantastic ways to bring cheer and life indoors during our long, cold Teton winters. Growing herbs on a windowsill or with a grow light during winter is a rewarding way to add vibrant flavors to your kitchen year-round. With weaker sunlight and shorter days, many herbs may not thrive on windowsill light alone at our northern latitude. That's where supplemental lighting and proper care can keep plants healthy through the cold months.

## Choosing Easy Indoor Herbs

Some herbs are naturally well suited for indoor winter gardening.



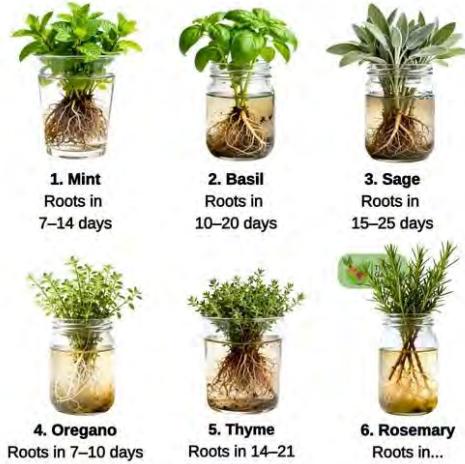
These include basil, chives, cilantro, oregano, parsley, rosemary, and thyme. Basil prefers warmth and bright light, and regular trimming encourages bushy growth. Chives are compact and do well with moderate light. Cilantro can be a bit tricky because it requires bright light and frequent harvesting. Mediterranean herbs like oregano and thyme need plenty of light along with good air circulation. Parsley grows slowly and benefits from regular trimming. Rosemary is a woody herb that needs bright conditions and does best with extra space and airflow.

(Continued on page 2)



*(Continued from page 1)*

## 11 Herbs You Can Grow With Just Water in 2026



## Watering

Providing the right amount of water is essential, as too much can cause root rot. Most herbs prefer well-draining soil and should be watered when the top inch of soil feels dry. If the soil is still moist, wait a day and check again. Keeping plants near the kitchen sink can also help, as it adds a bit of humidity in our dry climate.

## Temperature

Most herbs prefer warmer indoor temperatures between 65–75°F. However, herbs touching cold windows can become stressed and more susceptible to mold.



Ensure good airflow around plants to reduce disease risk.

## Supplemental Lighting for Winter Success

During winter, natural daylight often falls short of what herbs need for optimal growth. Most culinary herbs thrive with 12–14



hours of light per day under artificial lighting, which helps prevent weak, leggy growth.

Use full-spectrum LED grow lights to provide the wavelengths plants need for photosynthesis. Position lights 6–12 inches above the herbs and adjust as plants grow. Using timers to automate lighting is helpful, as consistent light cycles encourage steady growth and reduce plant stress.

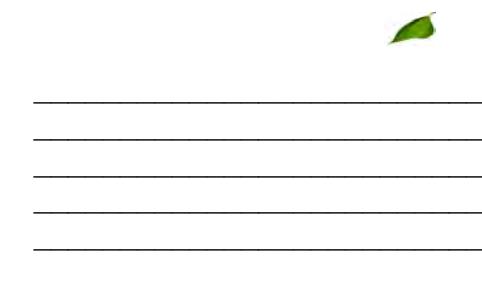
## Fertilizer and Soil

Because indoor herbs are confined to containers, they may occasionally need a nutrient boost. Start with quality all-purpose potting soil and supplement



lightly with a water-soluble fertilizer. Less is more—herbs generally do not require heavy feeding.

With the right herbs, proper lighting, and routine care, you can enjoy a thriving indoor garden all winter long, with fresh garnishes and seasonings just steps from your countertop.



## Culinary Herbs



UI EXTENSION,  
TETON COUNTY

Teton Valley

# Master Gardener Program

**Join the Idaho Master Gardener Community!**

**January 29 - September 30, 2026**

An in-person and online learning course (~3 hrs/week) with Thursday lunch hour virtual meetings starting January 29-April 30 and 8 monthly (2-hr) in-person sessions through September.

Master Gardeners complete a minimum of 30 service hours their 1<sup>st</sup> year.

**Course fee: \$200, (\$75 will be refunded once certified); or \$300 audit only (both include access to e-book)**

**Registration: Deadline January 22, 2026 at  
<https://tinyurl.com/TVMG2026>**

This program offers over 30 hours of university instruction in horticulture principles. No pre-requisite required, just a willingness to learn. If you have a barrier to participation (technology, transportation, language, financial, etc.), please contact us. Master Gardeners who complete service hours receive a \$75 refund from their registration for their service.

If certified as a Master Gardener, you will work extensively with the public and have the opportunity to participate in volunteer activities and/or develop special horticultural programs within your community.



## Registration Information:

Jennifer Werlin, Extension Educator

208-776-8235

jwerlin@uidaho.edu

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University of Idaho  
Extension



A UNIVERSITY OF IDAHO  
EXTENSION PROGRAM



## Agricultural Entrepreneurship Course

**Tuesdays, January 13 - March 10, 2026**

**9 – 11 am PT / 10 am – 12 pm MT**

Online course with 2 in-person classes at locations statewide

**50% Off Early Bird Registration**

\$50 per farm/ranch if registered by the end of the day on January 4

\$100 per farm/ranch after January 4

Over nine weekly sessions, we'll walk you through the steps to create a plan for an existing farm business or a brand-new venture. Join a statewide cohort of new and beginning farmers, hear from expert speakers and experienced farmers, and connect with regional groups for networking and community support.

### **January 13 & February 24 Locations**

Sandpoint

Moscow

Caldwell

Bonneville

Online via Zoom

Curriculum for this course was developed by the WSU Food Systems Program.

**Learn More & Register:** <https://www.cultivatingsuccess.org/agricultural-entrepreneurship>



University of Idaho  
Extension

**CULTIVATING  SUCCESS™**  
sustainable small farms education



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# 2026 IDAHO BEEF CALVING SCHOOLS

**TUES, JAN 13** Blackfoot, 5:30 PM - 8:00 PM, EISF - Needlecraft

**WED, JAN 14** Idaho Falls, 5:30 PM - 8:00 PM, Riverbend Ranch

## Partners:



Join us for a educational calving school. Learn from local veterinarians and UI Extension faculty about a variety of topics dealing with calving. The program will include free dinner, a brief presentation and hands-on components using a life size cow for calving demonstration.

**University of Idaho Extension**  
*Bingham County*

RSVP: January 9<sup>th</sup> to [cwillmore@uidaho.edu](mailto:cwillmore@uidaho.edu) or call 208-785-8060 and ask for Carmen

The University of Idaho provides and is an equal opportunity employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation or disability.



# PRESERVE @ HOME

University of Idaho Extension

Do you want to learn how to can, dry, or freeze your garden's bounty safely? University of Idaho Extension invites you to enroll in Preserve@Home, an online 6-week food preservation class to teach individuals how to safely preserve a variety of foods.

**Each lesson includes** online text (that can be downloaded and printed), online discussion boards, a weekly real-time chat with instructors & classmates, and open book quizzes.

**Start Date:** January 15, 2026

## Lessons

- Foodborne Illness
- Canning Basics
- Canning Acid Foods
- Canning Low Acid Foods
- Canning Specialty Foods
- Freezing and Drying



## **COST: \$35 REGISTRATION FEE**

Register online at

[https://marketplace.uidaho.edu/C20272\\_ustores/web/product\\_detail.jsp?PRODUCTID=2135](https://marketplace.uidaho.edu/C20272_ustores/web/product_detail.jsp?PRODUCTID=2135)

## **For More Information:**

University of Idaho Extension, Franklin County

franklin@uidaho.edu

(208) 852-1097

## **REGISTRATION DEADLINE:**

**JANUARY 12, 2026**

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>

The University of Idaho is an equal-opportunity institution.



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Extension



Join University of Idaho Extension for

## FALL & WINTER AGRICULTURE WORKSHOPS

### Practical Farm and Ranch Financial Records

**Oct. 6, 13, 20, 27 | Online | \$100 per farm unit**

Contact Ron Patterson: [rpatterson@uidaho.edu](mailto:rpatterson@uidaho.edu) | 208-529-1390.

### Farm Financial Analysis

**Oct. 8, 15, 22, 29 | Online | \$100 per farm unit**

Contact Ron Patterson: [rpatterson@uidaho.edu](mailto:rpatterson@uidaho.edu) | 208-529-1390.

### Beef Quality Assurance Certification & Training

**Oct. 21 | Challis | FREE**

Contact Sarah Baker: [sdbaker@uidaho.edu](mailto:sdbaker@uidaho.edu) | 208-879-2344.

### Beef School

**Oct. 27 | Mackay | FREE**

Contact Sarah Baker: [sdbaker@uidaho.edu](mailto:sdbaker@uidaho.edu) | 208-879-2344.

### Virtual Pesticide Applicator Training

**Dec. 3 | Online | FREE**

Contact Tom Jacobsen: [tjacobsen@uidaho.edu](mailto:tjacobsen@uidaho.edu) | 208-624-3102.

### Introduction to Backyard Beekeeping

**Dec. 3, 10 | Online | \$75**

Contact Jennifer Werlin: [jwerlin@uidaho.edu](mailto:jwerlin@uidaho.edu) | 208-776-8235.

### Agriculture Entrepreneurship: Farm and Food Business Planning

**Jan.-April | Online | Cost TBD**

Contact Jennifer Werlin: [jwerlin@uidaho.edu](mailto:jwerlin@uidaho.edu) | 208-776-8235.

### High-Altitude Idaho Master Gardener Program

**Jan.-Sept. | Hybrid | \$175**

Contact Jennifer Werlin: [jwerlin@uidaho.edu](mailto:jwerlin@uidaho.edu) | 208-776-8235.

### Winter School

**Jan. 6, 13, 20, 27 & Feb. 3 | Online | FREE**

Contact Shannon Williams: [shannonw@uidaho.edu](mailto:shannonw@uidaho.edu) | 208-742-1696.

### Idaho Rangeland Livestock Symposium

**Jan. 8 | Grace | FREE**

Contact: [scottj@uidaho.edu](mailto:scottj@uidaho.edu) or [jlhatch@uidaho.edu](mailto:jlhatch@uidaho.edu).

### Idaho Master Gardener Online Program

**Jan. 14, 21, 28; Feb. 4, 11, 18, 25; March 4, 11,**

**18, 25; April 1 | Online | \$200**

Contact [rpatterson@uidaho.edu](mailto:rpatterson@uidaho.edu) or [lallen@uidaho.edu](mailto:lallen@uidaho.edu).

### Discoveries in Agriculture

**Feb. 16 | Rexburg | FREE**

Contact Jared Gibbons: [jaredg@uidaho.edu](mailto:jaredg@uidaho.edu) | 208-356-3191.

### East Idaho Cereals Conference

**Feb. 4 | Fort Hall | Cost TBD**

Contact Justin Hatch: [jlhatch@uidaho.edu](mailto:jlhatch@uidaho.edu) | 208-547-3205.

### Upper Valley Soil Health Forum

**March 4 | Rexburg | \$40**

Contact Jared Gibbons: [jaredg@uidaho.edu](mailto:jaredg@uidaho.edu) | 208-356-3191.

### Preston Forage School

**March 5 | Preston | \$10**

Contact Bracken Henderson: [brackenh@uidaho.edu](mailto:brackenh@uidaho.edu) | 208-852-1097.

### Virtual Pesticide Applicator Training

**March 11 | Online | FREE**

Contact Tom Jacobsen: [tjacobsen@uidaho.edu](mailto:tjacobsen@uidaho.edu) | 208-624-3102.

Persons with disabilities who require alternative means of program information or reasonable accommodation should contact the appropriate coordinator at least one week before the event. The University of Idaho is an equal opportunity employer and educational institution. We offer our programs to persons regardless of race, color, national origin, gender, disability, age, marital status or ethnicity.



## Medicare Workshop

Are you, or a loved one, nearing 65? This is the workshop for you. An Idaho Department of Insurance SHIBA representative will explain Medicare and all its pieces and parts, answer your questions, and de-mystify this healthcare program. In two hours, you will receive helpful resources, program updates, and peace-of-mind that you are on the right track.

Three Medicare Workshops to Fit Your Schedule (All workshops are the same!)

**When:** Wednesday, February 11, 2026 6:00 – 8:00 p.m. (PST)  
 Wednesday, May 6, 2026 6:00 – 8:00 p.m. (PST) **or**  
 Wednesday, October 21, 2026 6:00 – 8:00 p.m. (PST)

**Where:** **In Person** – Latah County Annex Building  
 2nd Floor Conference Room  
 200 S. Almon Street, Moscow, ID  
**OR** Online through Zoom



Register in advance for your preferred workshop:  
<https://tinyurl.com/2026Medicare>

**Questions?** Contact Karen (208) 883-2241 or [krichel@uidaho.edu](mailto:krichel@uidaho.edu)



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## STRETCHING FOR STRENGTH AND BALANCE



Enjoy a chair-based stretch class focusing on:  
**\*Flexibility    \*Muscle strength    \*Stability & Balance**

Seated and standing exercises are adaptable for varying abilities.  
 Participants work at their own pace and comfort level.

**When:** Thursdays, 4-4:45PM

**Where:** University of Idaho Extension  
 1542 East 73<sup>rd</sup> South, Idaho Falls  
**Cost:** \$10 / 2 months; first class is free!

**To register or for more information, contact:**

Leslee Blanch: (208)529-1390  
[lblanch@uidaho.edu](mailto:lblanch@uidaho.edu)



University of Idaho Extension

## Season 4 of the Inland Northwest Artisan Grains™ Podcast Launching Soon!

The goal of the Inland Northwest Artisan Grains™ Podcast is to support the development of artisan grains values-based supply chains and production of value-added artisan grains products in the Inland Northwest region of Idaho, Washington, Oregon, and Montana.

SEASON 1: Unpacking the grain shed.  
 SEASON 2: Field to Flour.  
 SEASON 3: Grain to glass.





**AGELESS GRACE**  
For Brain, Body and Balance

**JOIN OUR AGELESS GRACE CLASS!** 🧠🌟

Ageless Grace is a group exercise class based on everyday movements that focus on healthy longevity of the body and mind.

**Day Pass/Punch cards available for non-members**

**\$ COST:** Free for Members  
**WHERE:** Idaho Falls Family YMCA  
**WHEN:** Every Fridays  
**TIME:** 10:30 AM – 11:30 AM

**University of Idaho Extension**

# “Memory Warriors”



**ONLINE SUPPORT GROUP FOR PERSONS LIVING WITH DEMENTIA**

MEETS EVERY OTHER WEDNESDAYS AT 10:30 A.M.

For more information and to register contact:  
Idaho Community Care Program

(208) 898-9626 | [ccp@3ssa.com](mailto:ccp@3ssa.com) | [www.a3ssa.com](http://www.a3ssa.com)

PARTICIPANTS MUST BE REGISTERED TO RECEIVE THE ZOOM LINK

**IDAHO Community Care Program**  
Case Management - Advocacy - Respite - Education

**SOUTHWEST IDAHO area AGENCY ON AGING**

**IDaho Commission on Aging**

**University of Idaho Extension**

### Online Fitness Classes University of Idaho Extension



**Fitness Made Simple!**  
Thursdays, 10:00–11:00AM MST

Chair-based seated and standing toning/strengthening exercises. Use of hand weights, resistance bands, and/or exercise balls optional. Modifiable for a variety of fitness levels.

Join Zoom Meeting: <https://uidaho.zoom.us/j/85143098244>  
Meeting ID: 851 4309 8244  
Passcode: 693155

**Suggested Equipment**  
Resistance bands  
1-6-pound weights  
7-9-inch exercise ball

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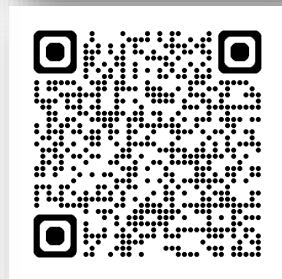


**MEANINGFUL MARKETPLACE**

**The Meaningful Marketplace Podcast**

The Meaningful Marketplace podcast brings listeners inspiring and insightful conversations with food entrepreneurs from the Northwest and Rocky Mountain Region. Each week, host Sarah Masoni, joined by a rotating local food system leader co-host, dives deep into the stories behind the businesses, exploring the unique journeys, challenges, and triumphs of individuals shaping the local food industry.

Here is the list of Idaho businesses that have been featured on the podcast: [Northern Latitude Foods](#), [Ballard Cheese](#), [Free Spirits Beverage Company](#), [Roots Potato Chips](#), [Oma & Popies](#), [Snacktivist Foods](#), [Hummuna Hummus](#), [Dilly's Pickled Veggies](#), & [Hillside Grain](#).



Scan QR code to listen:



**SAVE the DATE**

Teton County 4-H Leader Council

Tuesday January 13, 2026  
6:00-7:30 PM  
University of Idaho Extension  
445 N. Main Driggs

All 4-H leaders, 4-H club members, 4-H parents and Friends of 4-H are invited. Leaders and youth ages 14+ have voting rights.

Join us for officer nominations, Beyond Ready and PYD learning, fair updates, and planning for Spring Break 4-H Day Camps

**4-H STEM CORPS INSTRUCTOR AT TETON COUNTY HALF-TIME & QUARTER TIME**

**Half-Time**

- Service Commitment - 900 hours for 8.5 Months
- Service Term -
  - Jan.- Aug. 30<sup>th</sup>, 2026
- 25 - 30 hours per week

**Half-Time Benefits**

- Earn a living allowance!
  - \$12,500.00 paid in allotments every two weeks
- \$3,697.50 Education Award
- Professional Development & Networking opportunities

**Quarter-Time**

- Service Commitment - 450 hours for 16 Weeks
- Service Term -
  - Jan - Aug. 30<sup>th</sup>, 2026
- 25 - 30 hours per week

**Quarter-Time Benefits**

- Earn a living allowance!
  - \$6200.00 paid in allotments every two weeks
- \$1,956 Education Award
- Professional Development & Networking opportunities

**Apply Now!**

4-H STEM CORPS University of Idaho Extension AmeriCorps \* Serve IDAHO

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## JANUARY

12th Swine Club Meeting 6-8 PM

13th Leader Council Meeting 6:00-7:30 PM  
ABC Afterschool Victor

14th Craft Club Meeting 4:15-5:30  
Fair Board Meeting 7-9 PM

16th STEAM Club Meeting 10-12:30

19th Martin Luther King day Office Closed

20th ABC Afterschool Victor

21st ABC Afterschool Driggs  
Craft Club Meeting 4:15-5:30  
4-H Shadow Riders Club Meeting 6-8:30 PM

22nd STEAM Club Afterschool 4-5:15  
Photography Club Meeting 6:30-8:30

23rd STEAM Club Friday 10-12 PM

27th ABC Afterschool Victor

28th ABC Afterschool Driggs  
Craft Club Meeting 4:15-5:30

29th STEAM Club Afterschool 4-5:15

30th STEAM Club Friday 10-12 PM

## FEBRUARY

1st Cloverbud STEAM Club 3:30-4:45 PM

3rd ABC Afterschool Victor

4th ABC Afterschool Driggs  
Craft Club Meeting 4:15-5:30 PM

5th STEAM Club Afterschool 4-5:15 PM

6th STEAM Club Friday 10-12 PM

9th Swine Meeting 6-8 PM  
Cloverbud STEAM Club 3:30-4:45

10th ABC Afterschool Victor

11th ABC Afterschool Driggs  
Fair Board Meeting 7-9 PM

12th STEAM Club Afterschool 4-5:15  
Photography Club Meeting 6:30-8:30

13th STEAM Club Friday 10-12 PM



# TETON COUNTY 4-H STEAM CLUB

SCIENCE. TECHNOLOGY. ENGINEERING. ART. MATHEMATICS

**STEAM CLUB WILL MEET IN 3 BLOCKS THIS YEAR.**

## MEETING TIMES

- **THURSDAYS 4:00-5:15 PM (AFTERSCHOOL)**
- **FRIDAYS 10:00 AM-12:00 PM**

**ALL MEETINGS HELD AT THE UI EXTENSION OFFICE: 445 N. MAIN, DRIGGS**

**BLOCK 2 BEGINS FRIDAYJANUARY 16<sup>TH</sup> WITH A COMBINED  
AFTERSCHOOL AND FRIDAY SESSION 10-12 PM**

**JANUARY 22 & 23**

**JANUARY 29 & 30**

**FEBRUARY 5 & 6**

**FEBRUARY 12 & 13**



## BLOCK 3 DATES:

**FEBRUARY 26 & 27**

**MARCH 5 & 6**

**MARCH 12 & 13**

**MARCH 19 & 20**

**MARCH 26 & 27**

## 2026 AG-ROBOTICS COMPETITION VET-BOT CHALLENGE

### PRACTICE DATES:

**APRIL 10, 17, 24: 10-12 PM**

**MAY 1, 15, 22: 10-12 PM**



**Think creatively, collaborate, and solve problems**



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# ALPINE CAMP FUNDRAISER

FUNDS WILL BE USED TOWARDS  
NEW BATHROOM'S AND TO  
REPLACE/REPAIR THE CABIN ROOFS

FUNDS CAN BE SENT TO: ALPINE 4-H CAMP INC.  
561 W ONEIDA ST, PRESTON, ID 83263

YOU CAN PAY BY ZEFFY THROUGH THE QR CODE OR  
MAKE CHECKS PAYABLE TO ALPINE 4-H CAMP

FOR ANY QUESTIONS CALL THE BINGHAM COUNTY 4-H OFFICE  
AT (208) 785-8060



To enrich education through diversity the University of Idaho is an equal opportunity employer and educational institution.  
Persons with disabilities who require alternative means for communication of program information or reasonable accommodations need to contact Bingham County 4-H office by June 4, 2025 at 412 West Pacific Street, Blackfoot, ID 83221, phone 208-785-8060.



University of Idaho  
Extension



# 2026

## National Teen Events

[www.uidaho.edu/extension/4h/events](http://www.uidaho.edu/extension/4h/events)

Airfare not included

MAR  
25-29

WASHINGTON, DC

### Ignite by 4-H

Registration \$1200 open July 15-Aug. 15, 2025

Youth must be at least 14 by January 1, 2026

\$600 scholarships available

SEPT  
27-30

MADISON, WI

### National 4-H Dairy Conference

Registration \$1000 open April 15-June 1, 2026

Must be at least 15 by January 1 and have two years of  
Dairy 4-H Projects

NOV 27  
-DEC 1

ATLANTA, GA

### National 4-H Congress

Registration \$1100 open May 15-July 1, 2026

Youth in grades 10-12

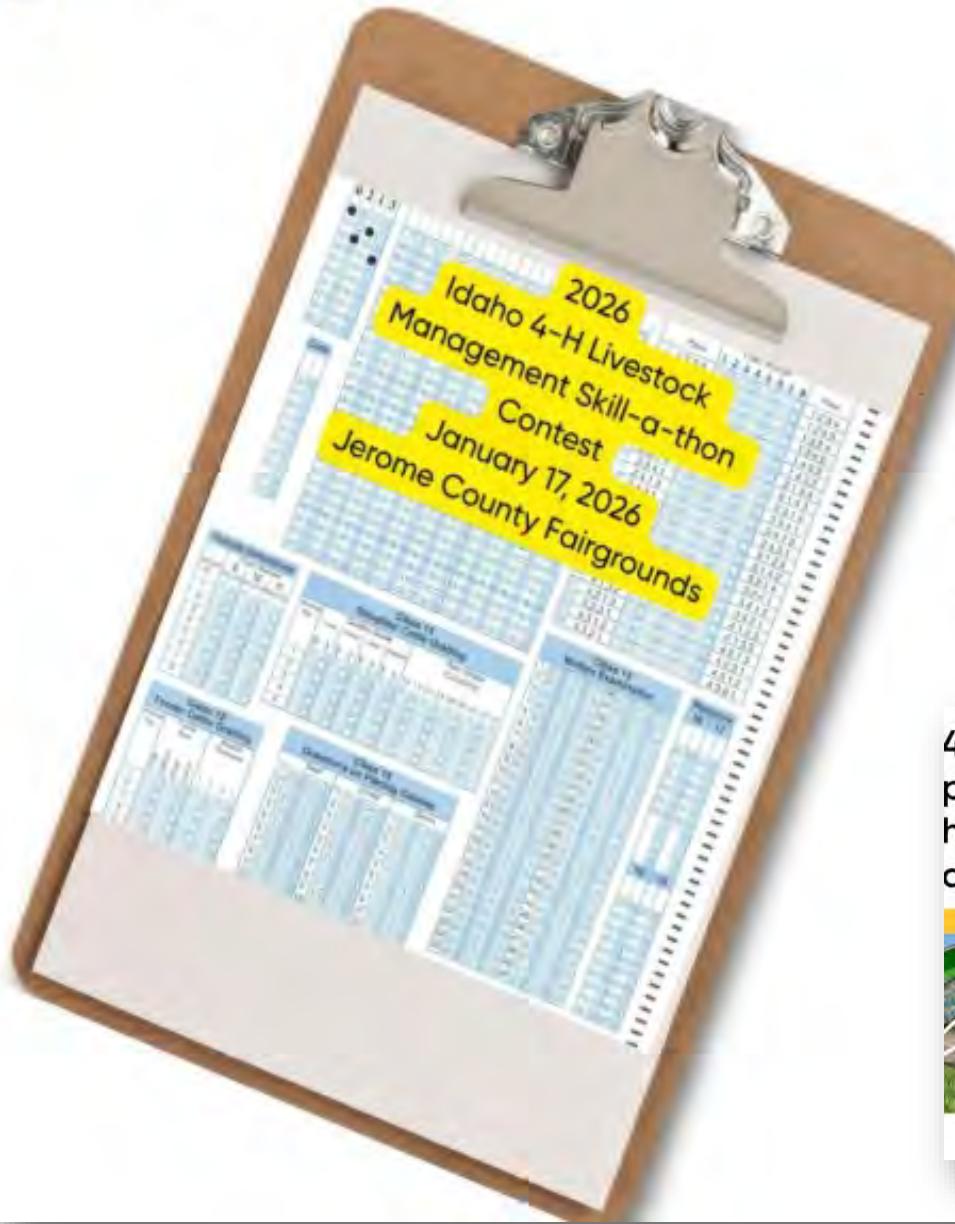
#### FOR MORE INFORMATION

CONTACT:

Mike Knutz [mknutz@uidaho.edu](mailto:mknutz@uidaho.edu)

Teresa Tverdy [ttverdy@uidaho.edu](mailto:ttverdy@uidaho.edu)

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## Register team in [ZSuite](#) by January 7, 2026

All fees must be paid.  
No late entries accepted!

### Livestock Skillathon Objectives

- To provide youth with the opportunity to blend knowledge and skills acquired in livestock judging, demonstrations, care, and exhibition of animals into one activity.
- To provide youth who have no opportunity for livestock ownership to learn about the importance of livestock and their products to the environment.
- To encourage youth to continue expanding their knowledge and participation.
- To recognize youth for their total involvement in and comprehension of the livestock industry
- To instill ethical values, good sportsmanship, and evaluation skills

4-H has given me the perspective of you deserve happiness and you deserve to be who you are.

-Katie Collins, Tennessee 4-H



# Beyond Ready



## 4-H College Scholarships and Application Process for the 2026-2027 School Year



4-H College Scholarships are available for 4-H youth planning to attend Idaho post-secondary institutions. Please review the information on the scholarships available and how to apply by visiting

<https://www.uidaho.edu/extension/4h/impact> Applications are due by January 16, 2026. Please plan ahead and apply early.

**Reminder:** The Free Application for Federal Student Aid (FAFSA) application for college opened Oct. 1. Complete and turn it in as soon as possible, as many schools use this information to award scholarships in early January. Contact your local High School Counselor for information.

If you have questions, please contact the UI 4-H Office at 208-885-6321 or [fourh@uidaho.edu](mailto:fourh@uidaho.edu).



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>  
<https://content-hub.uidaho.edu/api/public/content/24dcbb09ed5544e9a662bd870bd638dc?v=b54ea882> Instead of a hyperlink in the statement, physical fliers can contain a QR code representing the accommodation forms



IDAHO 4-H



## KNOW YOUR GOVERNMENT CONFERENCE

February 14-16, 2026

Boise, Idaho

## Youth Experience

Open to youth in grades 8 to 10

(2 years total unless selected to serve on the Steering Committee)

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

Action to improve communities requires knowledge of government and how it works. Join 4-H'ers from across the state to see our government in action.



"The University of Idaho is an equal-opportunity employer and educational institution. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation, or disability."

## Mission

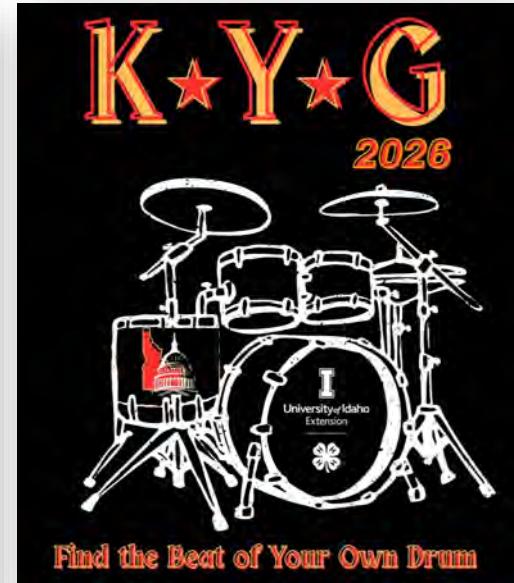
- Provide 4-H members with an opportunity to become knowledgeable about the decision-making process in their communities and state. This strengthens the connection between youth and our political system.

## Get Involved!

For more information about the Know Your Government Conference:

- REGISTRATION OPENS DECEMBER 1
- REGISTER at <https://4h.zsuite.org/>
- Delegates who have attended for two years and are currently in 9<sup>th</sup> or 10<sup>th</sup> grade can apply to become members of the Know Your Government Steering Committee. The following 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)

Mike Knutz  
Conference Chair  
208-736-3608  
mknutz@uidaho.edu



Frontier Credit Union is sponsoring scholarships for 4-H youth to attend the 2026 4-H Know Your Government Conference in Boise, February 14-16, 2026.



2026 4-H Know Your Government  
February 14-16, 2026  
Registration closes February 2, 2026



# Learn Everywhere with 4-H

## Earn High School Credit

University of Idaho Extension 



4-H WELCOME!

## Build Life Skills

- ✓ Leadership
- ✓ Professionalism
- ✓ Civic Responsibility
- ✓ Teamwork



Do More With 4-H

[LEARN MORE](#) 

[learneverywhere@uidaho.edu](mailto:learneverywhere@uidaho.edu)

The University of Idaho prohibits discrimination based on race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or military status. This applies to all programs, services, facilities, admissions, employment, and advancement.



## Interested....

Contact the **Learn Everywhere with 4-H team** or your local University of Idaho Extension office (**Teton County 208-776-8235 ask for Abby**) to learn more about:

- earning school credit
- enrolling in an approved course
- helping your school to be a participating high school

Email: [learneverywhere@uidaho.edu](mailto:learneverywhere@uidaho.edu)

## LEARN EVERYWHERE WITH 4-H

Opportunity for high school credit. Enrollment opens: **January 1, 2026**

### [Learn Everywhere with 4-H](#)

Learn Everywhere in Idaho gives students in grades 7–12 enrolled in public, charter, and online public schools the opportunity to earn high school credit for their 4-H experiences.

Through this program, students enroll in an online course and combine a 4-H project, such as Animal Science or Know Your Government, with lessons written by University of Idaho Extension Educators.

Students complete a minimum of 60 hours of learning, including hands-on project work, a record book, a demonstration of skills, and an interview, along with learning activities that support college and career readiness.

Upon successful completion, participating Idaho schools award high school credit, which is recorded directly on the student's official transcript.

# **IDAHO 4-H INTERNATIONAL EXCHANGE PROGRAMS**

Thank you to all counties with Outbound delegates, we are excited to be sending four delegates abroad this summer! Host family applications are open for families interested in hosting a delegate this summer!

## **UPDATES**



### **PROGRAMS**

#### **INBOUND**

WE ARE LOOKING FOR 13 IDAHO FAMILIES TO HOST JAPANESE DELEGATES THIS SUMMER!

JAPAN EXCHANGE DATES:  
JULY 21- AUGUST 18

FAMILIES WHO APPLIED FIRST WILL HAVE THE FIRST PICK OF DELEGATES AFTER BIOS ARE RELEASED IN FEBRUARY.

#### **OUTBOUND**

**CONGRATULATIONS!**  
PAYETTE COUNTY  
GEM COUNTY  
TETON COUNTY  
KOOTENAI COUNTY

EACH COUNTY HAS ONE DELEGATE APPLIED TO GO OUTBOUND THIS SUMMER!



### **WANT MORE EXCHANGE STUDENTS IN YOUR COUNTY?**

Contact: Courtney Reimers  
Email: [creimers@uidaho.edu](mailto:creimers@uidaho.edu)

Application link:  
[states4hexchange.org/apply/host](https://states4hexchange.org/apply/host)



University of Idaho  
Extension



#### **SHOUT OUT**

THANK YOU, BEYOND READY AND 4-H STEM ON THE STREETS FOR ALLOWING US TO SPEAK ABOUT THE 4-H EXCHANGE PROGRAMS TO YOUR YOUTH!

VIDEO HERE:  
[HTTPS://YOUTU.BE/K10KOSSPBSC](https://youtu.be/k10KOSSPBSC)

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AMERICAN FARM BUREAU® CONVENTION  
ANAHEIM • CA  
JANUARY 9-14, 2026

annualconvention.fb.org

AFBF26

**Calling All 4-H, FFA & Jr. MANRRS Members!  
Attend the Youth Leadership Program at the  
American Farm Bureau Convention — FREE!**

The American Farm Bureau Federation (AFBF) is excited to offer a unique national opportunity for 4-H, FFA and Jr. MANRRS members on January 11, 2026!

From January 9–14, 2026, AFBF will host its 107th Annual Convention and Trade Show at the Anaheim Convention Center in Anaheim, California. As part of this event, a special Youth Leadership Program will be held on Sunday, January 11th, exclusively for youth members of our partnering youth agricultural organizations.

This one-of-a-kind experience will allow students to:

- Connect with farmers and ranchers as well as industry leaders from across the country
- Network with other youth leaders, learn together and build valuable leadership skills
- Attend the Empowering Young Leaders reception with AFBF President Zippy Duvall

Don't miss this chance to learn, grow, and be inspired alongside other future leaders of agriculture!

### **2026 AFBF Annual Convention Information**

1. **Location:** Anaheim Convention Center: 800 W Katella Ave, Anaheim, California 92802.
2. **Student Supervision:** This is a self-guided experience with key learning opportunities along the way. Students aged 17 or younger must be supervised by a chaperone at ALL TIMES.
3. **Special Program:** This special program for 4-H, FFA & Jr. MANRRS members will only take place on Sunday, January 11th. Registration includes Convention activities on Saturday, January 10th and Monday, January 12th, but organized youth programming will only take place on Sunday.
4. **Schedule:** A draft schedule can be found online, and the final schedule will be sent to registrants with additional details prior to the event. Please note that the start and end times will not change. You can begin planning your transportation to and from the event.

### **Registration Information**

Please work with your program leader, secure an adult chaperone and register for this experience through AFBF's Convention registration system. Visit [fb.org/2026-youth-leadership-program](https://fb.org/2026-youth-leadership-program) or scan the QR code here to view the agenda, find the registration link and get up-to-date information.



# NATIONAL 4-H HISTORY PRESERVATION

## SHARE YOUR 4-H HISTORY

Do you have a 4-H History Story to share?

Send your articles to:

[Editor@4-HHistory.com](mailto:Editor@4-HHistory.com)

Submissions should be approximately 500 words.



## CALL TO ACTION: SEEKING 4-H HISTORY STORIES!

Do you have a story to share?

Submit for the National 4-H History Preservation newsletter.

[Editor@4-HHistory.com](mailto:Editor@4-HHistory.com) - 500 words max.



## You're Invited: National 4-H History Preservation Orientation

### Help Preserve the 4-H Story

### Dear State 4-H Program Leaders and Friends of the National 4-H History Preservation Program,

We are pleased to share three opportunities in 2026 to learn more about the work of the National 4-H History Preservation Team, explore ways to preserve 4-H history at the local and state levels, and learn about partnerships and models states are using to ensure 4-H's legacy is preserved.

### All orientation sessions will be conducted via Zoom from 2:00-3:00 p.m. ET.

Please register for the session(s) you plan to attend. Zoom links will be emailed prior to each session to those who are registered. Sessions will be recorded and shared following each event.

### Orientation Session Schedule

**Wednesday, January 21, 2026**

*Register by January 16, 2026*

An overview of the history of the National 4-H History Preservation Team, current activities, and an opportunity for participants to share their interest in—and work related to—preserving 4-H history.

**Wednesday, February 18, 2026**

*Register by February 13, 2026*

**“When in Doubt, Don’t Throw It Out”** — A look at the many ways 4-H history can be preserved at the local and state levels, along with practical resources you can use.

**Wednesday, March 18, 2026**

*Register by March 13, 2026*

Learn from colleagues about partnerships for preserving 4-H history and explore models being used in Minnesota, Georgia, and other states.

### Stay Connected

Please review the following resources prior to the orientation sessions to familiarize yourself with the National 4-H History Preservation efforts:

**National 4-H History Preservation Team Website:**<https://4-h.org/about/history/>

**National 4-H History Facebook Page:**<https://www.facebook.com/4H.History/>

**“The Bridge” Newsletter:**<https://4-hhistorypreservation.com/Newsletter/>

Whether you are just beginning to think about preserving 4-H history or are already actively engaged in this work, these sessions offer valuable insights, resources, and connections. We look forward to learning together and strengthening our collective efforts to preserve the 4-H story.

Sincerely,

*The National 4-H History Preservation Team*



Scan QR Code to Register

# EXTENSION UPDATE

## UPCOMING EVENTS

### REGISTRATION 4-H 2025-2026 YEAR

Now Open [4h.zsuite.org](http://4h.zsuite.org)

### CALVING SCHOOL

January 12-16, 2026 See Flier Page 5

### LEADER COUNCIL MEETING

January 13, 2026 UI Extension Office 6:00-7:30 PM

### AG ENTREPRENEURSHIP COURSE

January 13,-March 10th See flier page 4

### FAIR BOARD MEETING

January 14th Teton County Courthouse 7 PM

### 4-H STEAM CLUB

January 16, 22, 23, 29, 30 See Flier Page 11

### ABC AFTERSCHOOL VES/DES

program January 20, 21, 27, **28** Victor Elementary and Driggs Elementary

### KNOW YOUR GOVERNMENT FEBRUARY 14-16

See flier page 16

UI EXTENSION TETON COUNTY CLOSED January 19th- Martin Luther King Day

### MASTER GARDENER COURSE

January 29, 2026-September 30, 2026 see flier page 3

### FALL WINTER AG WORKSHOPS

See flier page 7

### TETON FARM AND COALITION MEETING

January 28, 2026 UI Extension Office 12-1 pm  
Register: <https://uidaho.zoom.us/meeting/register/DrYXtx0VTL6ujJxaWTETrQ>

## CONTACT US

### UNIVERSITY OF IDAHO EXTENSION, TETON COUNTY

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#### Web: <https://www.uidaho.edu/extension/county/teton/4-h>

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