



EXTENSION UPDATE

Choosing the right 4-H Project



Eliza Lish

4-H can feel a little overwhelming at first! There are so many options, and they all offer something different. The good news is that 4-H is not a one size fits all program! 4-H is designed to meet you where you are. Whether you have just a couple hours to spare at a day camp or you are ready to commit to a full-time fair project – there is a project that can fit your interests, schedule and goals.

At its core, 4-H is about learning by doing. That means the best project isn't the one that looks the most impressive – it's the one that keeps you wanting to learn and be better.

Start with your interests, what do you naturally enjoy? Do you like being outdoors? Working with your hands? Cooking? Designing? Caring for animals? If you already have an interest 4-H can help you grow it into your future career!

Consider your time commitment. Not every 4-H project requires the same level of time.

Day Camps are perfect if you are just getting started or have a busy schedule. You might spend a few hours or a couple days learning a specific skill like gardening, cooking, or a craft project. They are low-pressure and a great way to try something new without a long term commitment.

Non-Animal Projects include Sewing, Cooking, Making the Most of Me, Photography, Gardening, and many more projects! Some of these projects are seasonal – They give you time to build skills while still being manageable alongside school and other activities.

Animal Projects require the most dedication. Raising Livestock like cattle, sheep, goats, pigs, rabbits, chickens, and other animals involves daily care, responsibility, and plannings. These projects teach work ethic and record keeping – they also require family support and space.

The best part about 4-H is – it is a safe place to fail. It's okay to try something new, make mistakes, and learn from them. Whether a recipe doesn't turn out quite right, or you have some big challenges with your animal project those moments are part of the learning process. In 4-H youth are supported by leaders and mentors who help turn setbacks into growth. These experiences build confidence, independence, and problem-solving skills that prepare the youth in our county for their future.

If you are unsure where to start, talk to your local 4-H leaders or 4-H members. They can share their experiences and help guide you toward finding what fits you.

4-H is about growth. Not perfection. No matter which project you choose you will build skills, confidence, and experiences that last far beyond the project itself.

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University of Idaho
Extension

Produce prescription partnership improves fruit and vegetable consumption

Katie McFarland



Salmon Valley Stewardship (SVS) was invited to apply to the Gus Schumacher Nutrition Incentive Program (GusNIP) and replicate a similar produce prescription program (PRX) occurring in nearby Montana. The Idaho Food Bank lists obesity, heart disease, high blood pressure, and diabetes as the most common chronic diseases in Idaho and are diet related. Unfortunately, fruits and vegetables can be the most expensive items at the grocery store. In an effort to fight chronic disease, eligible patients are “prescribed” fruits and vegetables and enrolled in a program that provides free fruits and vegetables. They gathered other groups to aid in the implementation of the program including Steele Memorial Medical Center, Mountain Harvest Market, local nutritionists and the Lemhi County Extension

Office. Unfortunately, the GusNIP funding was frozen in 2025. The group decided to move forward with a pilot project and after securing private funding and re-allocating some of SVS budget they recruited participants. A local doctor referred patients with chronic diet-related diseases that were in food insecure households to the program. Six participants registered. A pre and post survey was conducted with participants, and they received a twice monthly food box with fresh fruits and vegetables. The fruit and vegetable boxes were filled by a local grocery, Mountain Harvest Market, at a discounted rate. Participants with families received larger boxes of produce to share with the household. The program lasted for six months.

A survey based on the GusNIP data collection tool was distributed to participants. All six participants completed the written pre survey but only four participants completed the post survey. The survey asked three questions about fruit and vegetable consumption. Participants saw an increase in fruit and vegetable consumption. Before the program participants reported only having budget to purchase 1-2 fruits and vegetables each month. Participants reported having diabetes and high blood pressure and were also asked to rate their health. All participants rated their health as poor to fair. After the program the four that reported their health rated it as fair, two staying fair and two moving from poor to fair. Only one participant reported a pre and post weight but reported losing 12lbs. According to the National Library of Medicine, increasing fruit and vegetable consumption is a scientifically viable way to reduce the burden of chronic disease in our society. Even without post reported health data, the assumption can be made that participants benefited from increasing their fruit and vegetable intake during the program. The group plans to apply for GUSNIP funding if it becomes available.

DIY Wasp Trap

Shannon Williams

I have yet to meet anyone who likes wasps. Besides being a pest, they will also eat your fruit. There are commercial wasp traps that you can purchase, but sometimes the store is out or you just want to get rid of them now! Sometimes the commercial ones don't work as well as they are designed to capture yellow jacket wasp, but not European paper wasp. Each variety needs a different type of bait.

The yellow jacket wasp is more yellow than black and has a broad "waist". It builds paper nest in the ground or under dense vegetation. They like meat baits. The European paper wasp is narrow around the "waist" and more black on it. It builds upside-down umbrella shaped paper nests on overhangs, decks and other structures. It likes decaying fruit.

To build your DIY wasp trap, you will need a 2-liter pop bottle, duct tape or zip ties, and scissors. A clear bottle works best. Cut off the top of the bottle where it becomes a wide cylinder. (Figure 1) Then turn it upside down and insert into the bottle. Make sure the tops meet and are snug so the wasp can't escape. You will want to duct tape it or punch holes and zip tie it so it stays at the top. Make sure the lid is off the bottle. (Figure 2). Then punch or melt a hole on either side, and add string to hang your trap.

Now to bait your trap. For spring, you will want to use a protein base bait. You can make a solution using grease or meat scraps. Also add 1 teaspoon of liquid dish soap for every 1 cup of water. Mix this up and pour into the bottom of your trap. For summer or European paper wasp, make a mixture of 1 part fruit juice to 10 parts water + 1 teaspoon dish soap. The juice will need to ferment before it will attract the wasp. You can add a piece of overripe fruit to hustle things along. You will want 1 to 2 inches of solution in the bottom of the bottle. Then hang or set your trap up where you have noticed or think the wasp will be.

Check your trap and clean it out about every 3 days. If you are not catching anything, either move the trap or try a different bait. If your trap does get full of dead wasp, that creates a place for other wasp to stand to avoid drowning. Make sure all the wasp are dead before emptying. Just an FYI, dead wasp bodies release a chemical that attract the rest of the colony, so you will want to flush or bury the bodies.



History, hauntings and heritage

Katie McFarland

Salmon's Drug Free Youth (DFY) had traditionally hosted a haunted house to raise funds for leadership development opportunities and in October of 2024, the group's leader had a personal tragedy that made hosting a haunted house impossible. The group needed a similar style event that would help raise funds for the group but keep with the spooky spirit of the event. Extension Educator, Katie McFarland combined her love of history, the supernatural and the Drug Free Youth program to create haunted history tours that would benefit the DFY. The goal of the event was to replace a fundraiser for the DFY and use the event to build up the community. As a native to Salmon, Idaho, McFarland drew upon her knowledge of the area, local historians, historic publications and local folklore to create the tour content. In 2024, the tour stopped at eight historic buildings along main street. McFarland discussed construction, architecture, significant events, historic figures, building uses and a few ghost stories at each stop. The 2025 tour included seven new tour stops and one repeated stop. A summer off shoot of the tours included six stops visible from the Salmon River Island and focused on river history. The event was held in the evening on three weekend nights in the month of October and charged attendance that benefitted the Salmon DFY.

160 people attended the 2024 and again at the 2025 tour over the course of three nights. Of those attending in 2025, 18 members answered survey questions about the tour. Of those that responded, 53% of them had lived in Salmon most of their lives, 12% had lived in Salmon their whole life and 35% had lived there less than 10 years. Participants reported that the event was more than just fun. 65% stated

they learned a lot more about Salmon and 53% said they felt very connected to their community after the tour. Local history was an important part of the event and 88% of surveyed participants stated it was very important to learn about their local history and 82% strongly agreed the tour was preserving that history. 59% of surveyed participants stated that after the tour they had a lot of pride in their community. 53% of respondents strongly agreed the tour strengthened their sense of belonging. 88% of participants met new people or reconnected with people they hadn't seen in a long time. According to the Journal of Cultural Heritage Management and Sustainable Development, events that create a connection to local identities, develop community pride, educate citizens on the community, preserve local heritage, create a sense of place, build social connections and increase social capital. According to the University of Minnesota Extension, social capital is the glue that holds communities together. It improves lives and makes healthier, safer and richer communities. Through a fun, educational and sometimes spooky evening, community members were able to come together for fun and education while strengthening their community and supporting the Salmon DFY.



Setting goals in 4-H and your life

Eliza Lish

Setting goals is one of the most valuable skills you can learn through 4-H. It is a skill that reaches far beyond projects, meetings, and fair week. Whether you are raising an animal, sewing a quilt or giving a presentation, goal setting helps turn ideas into real accomplishments while building confidence along the way.

At its core, goal setting is about deciding what you want to achieve and creating a plan to get there. In 4-H, this might look like improving your livestock showmanship, completing a record book, or learning a new skill like cooking or robotics. But the real value isn't just in the outcome – it is in the process. When members set clear goals, they learn how to manage their time, stay organized, and take responsibility for their progress.

A helpful way to approach goals is by making them specific and realistic. Instead of saying “I want to do better this year” say “I want to practice showmanship twice a week so I can improve my handling skills by fair.” Breaking larger goals into smaller steps makes them feel more manageable and keeps motivation high. Each small success builds momentum and confidence.

It is also important to understand that not every goal will go perfectly – and that's okay. 4-H provides a safe environment to try new things, make mistakes, and learn what works and what doesn't! Sometimes the biggest growth happens when a plan doesn't go as expected. Adjusting goals, asking for help, and trying again are all part of the learning process.

Goal setting in 4-H carries over into everyday life. The same skills used to complete a project can help with schoolwork, careers, and personal growth. Learning how to set priorities, stay committed, and reflect on progress prepares youth for the real world.

If you want to find direction and purpose – set a goal! It encourages you to dream and take action! Through 4-H and beyond, goal setting isn't just about achieving something- it's about becoming someone who is motivated and ready to take on whatever comes next!

Friend Raiser at Salmon School Garden: Self Watering Container

Shannon Williams

On May 7 at 6:00 p.m., Shannon will be teaching “how to build a self-watering container” using cattle mineral tubs. They make great planters and you don't have to worry about watering them every day! The cost for the workshop will be \$30 and you will leave with a self-watering container and the knowledge to build more. All the supplies will be furnished. Class size is limited to 10 people. To reserve your spot, sign-up and pay the class fee at the Lemhi County Extension office. For questions, call Shannon at 208-742-1696 or email her at shannonw@uidaho.edu.



Spring Weeds

Shannon Williams

The grass is greening up, some flowers and trees are blooming, and the weeds are growing! We love the green grass and the flowers, but spring weeds want to make us use “corral” language. So lets talk about some simple ideas for weed control.

Mustards: Right now weeds in the mustard family are blooming so they are easy to spot. Many of the mustards have yellow or white flowers. Most mustards have a single tap root which makes them easy to control if you want to use a shovel or pull them. Just be sure to pick up the dead plants so if they have set seed, the seeds are not deposited into the soil. Mustards are harder to control with herbicide. 2-4D or a glysophate product will NOT work on them. You will need to utilize Telar or Escort.

Weeds in your driveway: Many people do not like weeds in their driveway. If it only a few weeds, mechanical control with a shovel is a great way to get rid of them. But the gravel is hard on your shovel and getting through the gravel to reach the root can be a challenge. A glysophate product will work on both grasses and broadleaves, except the mustards (see above) so you will be left with bare ground. Glysophate products are a contact herbicide meaning it only controls what is up and growing. Therefore you may have to spray more than one time. There are sterilant type herbicides out that that will give you weed control for a longer period. But BEWARE, they can also cause damage to trees and other desirable vegetation. Read the label to see how close to trees and other vegetation you can apply the herbicide. Also consider how far out the root system of near by trees go. Tree roots try to extend well beyond the drip line, sometimes more than twice the height of the tree. Depending on the product, it doesn't take much extra moisture to drive the herbicide down further into the soil. Check your sprinklers and make sure you are not

watering the driveway if you use a sterilant type product.

Weeds in your garden: The first green thing in my garden is the weeds. You have some options depending on the weed for control. If the weed is an annual with a single tap root, a good rototilling will take care of it or pull it and haul it out of the garden. If the weed a rhizomatous root system such as Canadian thistle, the last thing you want to do is rototill it. That just spreads it further through your garden. (The voice of experience ☹) You are better off using a shovel to take out as much of the root system as you can and then black plastic the area to help control it. You can also use a herbicide labeled for the specific weed and for use IN A GARDEN. For use IN A GARDEN is critical. If it isn't label for garden and you use it, it may have a detrimental effect on your garden.



4-H Class gets students engaged in hands-on activities and off screens

4-H Class gets students engaged in hands-on activities and off screens

Katie McFarland



Fernwaters Public Charter School has expanded to serve students from 4th-8th grade to K-8th grade. This rapid expansion and a state-wide teacher shortage (idahoednews.org), it was difficult to fill classrooms with traditional teachers and classes. Students had been filling class space with online learning through the Idaho Digital Learning Academy. To reduce screen time and increase hands-on skill development the school reached out to the Lemhi County Extension office to offer a 4-H STEAM class.

For the second year, Lemhi County Extension Office members have been providing a twice-week class for Fernwaters students. In 2024-2025, 6th, 7th and 8th grade students participated. In 2025-2026, only 6th grade students participated. The class occurred during the Fall semester with 34 classes covering 15 different topics. Students also filled out a record book and gave a demonstration at the end of class.

A post survey was given to all 16 6th grade students after the 2025-2026 class. Students reported their feelings on self-perception, school environment and hands-on learning. They reported a strong positive impact on both their engagement with school and their self-confidence. Over half (9/16) reported that hands-on learning was really important and almost all (12/16) students reported it was much easier to learn with hands-on activities. Half the students (8/16) stated they learned a lot of things while the other almost half (7/16) reported learning some things. Specifically, students reported that their favorite activities were hands-on, including cooking, learning practical skills, and STEM projects. They also reported a general sense of enjoyment and positive classroom experience reporting that instructor relationship and class-room climate were key strengths of the class. In general, students loved the class, felt good about themselves and learned practical meaningful skills. Over two years, the class replaced 7,650 hours of screen time with hands on activities.



4-H CAMP

\$100 CAMP FEE

\$120 IF YOUTH IS NOT ALREADY ENROLLED IN 4-H
PARTIAL SCHOLARSHIPS AVAILABLE

- PARTICIPANTS MUST BE BETWEEN THE AGES OF 8 AND 13 AS OF JANUARY 1, 2026
- PARTICIPANTS MUST HAVE FEES PAID BY 5 PM ON JUNE 1
- PARTICIPANTS MUST HAVE APPLICATION TURNED IN BY 5PM ON JUNE 1
- PARTICIPANTS MUST BE ABLE TO CARRY THEIR OWN BAG AND REPACK IT

JUNE 22-24, 2026

THIS 2 NIGHT CAMP IN ALPINE , WYOMING IS NOT JUST FOR 4-H KIDS. THIS CAMP IS A GREAT WAY FOR YOUTH TO GET OUT IN NATURE, EXPLORE NEW AREAS AND MEET NEW FRIENDS. YOUTH WILL GET TO LEARN SKILLS IN SHOOPINGSPO RTS (BOTH ARCHERY & RIFLE), CRAFTS, AND STEM!

FOR MORE INFORMATION AND AN APPLICATION PLEASE CONTACT ELIZA LISH AT
(208) 742.1699 OR EMAIL AT ELISH@UIDAHO.EDU



University of Idaho
Extension

JOIN US FOR
*Card Making
Day Camp*

(Just in time for Mothers Day!)



Friday, May 8th
10a.m.- 12p.m.

\$12 per youth

-Brooklyn Annex-
200 Fulton Street, Suite 202

*RSVP by May 6th with Eliza at
elish@uidaho.edu or (208) 742.1699*

For youth 5- 15
**Youth 5-7 must have a parent or
teen 14+**

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RIVER OF NO RETURN CWMA



2026 NOXIOUS WEED SPRAY DAYS!

NOXIOUS WEEDS ONLY!

THESE SPRAY DAYS ARE FUNDED BY A GRANT FROM THE IDAHO STATE DEPARTMENT OF AGRICULTURE.



SCHEDULE & LOCATIONS

 <p>ELK BEND TUESDAY MAY 12, 2026</p> <hr/> <p>Elk Bend Community Bible Church</p>	 <p>CARMEN (PENDING) THURSDAY MAY 14, 2026</p> <hr/> <p>Carmen Grange</p>	 <p>TOWER CREEK TUESDAY MAY 19, 2026</p> <hr/> <p>BLM Pyramids</p>
 <p>LEADORE THURSDAY MAY 28, 2026</p> <hr/> <p>Leadore City Park</p>	 <p>SALMON / BIG FLAT TUESDAY SEPT. 1, 2026</p> <hr/> <p>Lemhi County Fairgrounds</p>	 <p>NORTH FORK THURSDAY SEPT. 10, 2026</p> <hr/> <p>TBD</p>



ALL SPRAY DAYS
8AM – 4PM
WEATHER DEPENDENT



IF CANCELLED DUE TO WEATHER,
THE SPRAY DAY WILL NOT BE RESCHEDULED.

CONTROLLING NOXIOUS WEEDS
HELPS PROTECT:



QUESTIONS?

CONTACT
SHARAYH KRANTZ
208-742-1662



SCAN THE QR CODE TO ENROLL IN CodeRED



To enroll, please take a moment to fill in the appropriate information to be notified by your local emergency response team in the event of emergency situations or critical community alerts.



Text
“LEMHI”
to 24639
to enroll in
CodeRED
public safety
alerts.



Lemhi County

EVACUATION LEVELS 1 2 3



LEVEL 1 READY

Prepare to Evacuate

Be Aware of Danger

Make a Plan - Create a family emergency plan with communication details, meeting locations, clearly mapped evacuation routes, and responsibilities for each family member.

Prepare Your Home and Go!Kit - Harden your home by clearing flammable debris and assemble a Go! Kit with essentials like food, water, medications, and crucial documents.

Stay Informed - Sign up for local alerts and know your evacuation routes.



LEVEL 2 SET

Be Set to Evacuate

Significant Danger

Secure Your Property - Close all windows and doors, remove curtains, secure outdoor furniture, and ensure firefighting tools (hoses, ladders) are accessible.

Prepare to Evacuate - Load your Go!Kit and valuables, remove flammables from around the home, keep your vehicles fueled, and notify out-of-area contacts about your plan.

Stay Informed & Alert - Monitor emergency alerts & evacuation zones, be ready to go immediately.



LEVEL 3 GO!

Evacuate Immediately



Leave Early and Safely - Don't wait; evacuate as soon as officials say or conditions feel unsafe.

GO! - Take your pre-packed Go!Kit, load your children and pets, and leave immediately using your planned route - do not delay or try to gather extra belongings.

Follow Official Routes - Use designated evacuation routes, stay informed through alerts, and don't return until authorities declare it safe.



**GO!
KIT**

Learn more about the supplies and tools you'll need to evacuate at <https://www.ready.gov/plan>

- Copies of ID (driver's license, passport)
- Insurance papers (home, auto, health)
- Medical records & prescriptions
- Emergency contact list
- Local map with evacuation routes
- Cash (small bills) & credit card
- Keys (home, car, safe deposit box)
- Bottled water (1 gal/person/day for 3 days)
- Non-perishable food/snacks
- Can opener (manual)
- Water purification tablets/filters
- Medications & first aid kit
- Phone + charger / power bank
- Flashlight & extra batteries
- Toiletries (toothbrush, wipes, hygiene items)
- Change of clothes & sturdy shoes
- Blankets or sleeping bags
- Season appropriate gear/clothing
- Items for kids, pets, babies, or special needs

Sign up for CodeRED!

Be alert and stay informed. Sign up to receive emergency alerts on a phone or email.



Find up-to-date information on emergencies visit the Lemhi County Emergency Management Facebook page



UPCOMING WORKSHOPS

Come Learn and Explore with Lemhi County Extension

May 1 | DEADLINE

4-H Swine Enrollment Deadline— Eliza Lish

May 7 | 6 PM | \$30

Large Self-Watering Container Workshop: Come build your own at Salmon School Garden *Class limited to 10 – Shannon Williams

May 8 | 10 AM-12 PM | \$12

Card Making Day Camp: Youth— Eliza Lish

May 8 | 10 AM | FREE

Introduction to 4-H Working Ranch Horse program: Leadore Arena- come learn about this program & try it— Shannon Williams

May 8 | 10 AM | DEADLINE

4-H/FFA Horse Declaration Day: Leadore Arena— Shannon Williams

May 12 |

Elk Bend Spray Day *Weather permitting, no rescheduling— Susie Martinez

May 12 | 9:30 AM | FREE

Tendoy School & Homeschool Family Art Field Day: Cowboy Church, Tendoy, ID *RSVP required, lunch provided— Shannon Williams

May 14 |

Carmen Creek Spray Day *Weather permitting, no rescheduling – Susie Martinez

May 15 | 5-7PM | \$20

Secret Garden Plant Sale *Must RSVP— Shannon Williams

May 16 | 10AM- 1PM

Salmon School Garden Plant Sale – Shannon Williams

May 19 |

Tower Creek Spray Day *Weather permitting, no rescheduling – Susie Martinez

May 19 | 6-8PM | \$10

Hand Craft Night *Must RSVP— Katie McFarland

May 20 |

Salmon Substance Abuse Prevention Coalition Town Hall— Katie McFarland

May 26 | 6 PM |

Salmon Swine Weigh-In - Eliza Lish

May 28 |

Leadore Spray Day *Weather permitting, no rescheduling – Susie Martinez

June 2 | 9 AM |

Leadore Swine Weigh-In- Eliza Lish

June 1 | DEADLINE

Small animal, sheep, goat, and all other fair projects enrolled on ZSuites and dues paid— Eliza Lish

RSVP OR FOR MORE INFORMATION | 208-742-1697

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LEMHI COUNTY

EXTENSION UPDATE

UPCOMING EVENTS

May	4	Fair Board Mtg
	5	4-H Advisory/Jr Livestock
	7	Self Watering Containers
	8	4-H Day Camp
		Intro to Working Ranch
	11	Commissioners Mtg
	12	Elk Bend Spray Day
	14	Carmen Crk Spray Day
	15	4-H Cooking
		Making the Most of Me
	19	Tower Crk Spray Day
	25	Memorial Day
	26	Community Dinner
	June	1
2		4-H Advisory/Jr Livestock
5		Valley Wide field Day
6		4-H Driving Clinic
8		Commissioners Mtg
12		4-H Cooking
	Making the Most of Me	
	17-19	4-H Horse Camp
	19	Juneteenth
	22-24	4-H Alpine Camp
	23	Community Dinner
July	4	4th of July 250th
	6	Fair Board Mtg
	10	4-H Cooking
		Making the Most of Me
	13	Commissioners Mtg
	14	4-H Jr Livestock Mtg
	22	Adult Rocketry Camp
	24	Rocketry Day Camp
25	Hairy Horse Show	
27	Commissioners Mtg	
28	Community Dinner	



CONTACT US

UNIVERSITY OF IDAHO
 EXTENSION, LEMHI COUNTY
 Mailing Address:
 200 Fulton St., Ste. 202
 Salmon ID 83467
 Phone: 208-742-1697
 Fax: 208-756-1695
 Email: lemhi@uidaho.edu
<https://www.facebook.com/UI-Extension-Lemhi-County-129415193792972/>

Quarterly Newsletter
 University of Idaho Extension, Lemhi County.

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