

EATING SMART FOR YOUR HEART



When considering your heart health, most people immediately think of two things: nutrition and exercise. Let's take a quick look at how you can consciously make great nutrition choices for your heart health. *While it's always proactive to improve your eating and exercise, please consult your health care provider to make sure the changes you are making will benefit your overall health.*

The American Heart Association recommends replacing bad (saturated) fats with good (unsaturated) fats as part of a healthy eating pattern.

The American Heart Association categorizes fats in the following way:

LOVE IT: Unsaturated (polyunsaturated & monounsaturated)

- ♥Lowers rates of cardiovascular and all-cause mortality
- ♥Lowers bad cholesterol and triglyceride levels
- ♥Provides essential fats your body needs but can't produce itself.
- ♥*Polyunsaturated and monounsaturated fats are different on a molecular level, but both have heart-health benefits when consumed in moderation. Unsaturated fats are typically liquid at room temperature, and include cooking oils, peanut butter, nuts, avocados, olives, sesame seeds, healthy spreads labeled "high oleic", fatty fish, sunflower seeds and flax seeds.*
- ♥*Omega-3 fats are a type of polyunsaturated fat, and can decrease blood triglyceride levels.*

LIMIT IT: Saturated

- ♥Increases risk of cardiovascular disease
- ♥Raises bad cholesterol levels
- ♥*Saturated fats occur naturally in many foods, most from animal sources (including meat and dairy products, coconut, palm and palm kernel oils. Saturated fats are typically solid at room temperature. Aim for less than 13 grams or less of saturated fat per day.*
- ♥*Alternatives to Saturated Fats include beans, legumes, fish, or nuts. Lean meat or skinless poultry is also acceptable.*

LOSE IT: Artificial Trans Fat, Hydrogenated Oils & Tropical Oils

- ♥Increases risk of heart disease
- ♥Raises bad cholesterol levels
- ♥*Trans fats occur naturally in animal products (some milk and meat products), and artificial fats are created in an industrial process where hydrogen is added, making the liquid into a solid. These fats are inexpensive to produce and last a long time, providing food with desirable flavor and textures. Most fried foods and a good amount of baked goods utilize trans fats and hydrogenated oils.*
- ♥*Pay attention to the ingredients listed on nutrition labels (look for "partially hydrogenated oils", or "0 grams/less than 0.5 grams trans fats").*

Show your body just how much you really love it by making the best choices for it. For more information on healthy eating, visit [MyPlate](https://myplate.gov) (myplate.gov) or the [American Heart Association](https://heart.org) (heart.org).

Deanna Poulsen

Jefferson County FCS Extension Educator

Voles



Voles are a common problem across Jefferson County and are only getting worse. Unfortunately the problem is not limited to agricultural fields. Home lawns, golf courses, cemeteries, and parks will all see some vole damage. Understanding the vole life cycle, their resilience, and innovative control methods has become critical.

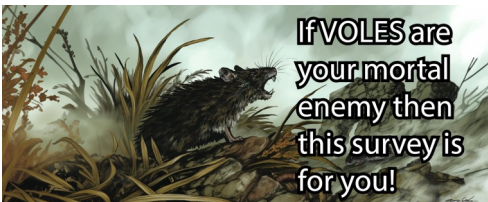
Voles are prolific breeders, capable of producing five to ten litters per year, with each litter containing three to six young. Their rapid reproductive rate allows populations to explode under favorable conditions. Voles could live up to 2 years old, however most never make it to their first birthday. Their short lifespan is counterbalanced by their high birth rate. They thrive in environments with ample ground cover, which provides protection from predators and harsh weather.

Voles are often mistaken for gophers or ground squirrels. Voles can make burrows, but usually use these underground dens for hiding and nesting. Most of their foraging happens above the ground, unlike gophers. They prefer to feed above the surface under some kind of cover, such as grass or alfalfa in the summer and snow in the winter. If they have a good snow cover, they don't bother with digging deep tunnels. Instead, they will make their tunnels between the snow and the dirt where it's easier to dig and they still feel protected. Without any cover, they tend to dig deeper and are leery of open sky. To really thrive they need some kind of protection, which makes them less visible to predators and much harder to target. They are also very adaptive, figuring out shortcuts around common control methods and becoming skeptical of repeated applications of rodenticides.

Desperation has led to some great innovation. Several farmers are getting creative trying to stop them in their tracks. One promising approach involves rolling and harrowing over snow-covered fields. Rolling compresses the snow and underlying soil, making it more challenging for voles to dig new tunnels. Harrowing, on the other hand, effectively disrupts existing tunnels, collapsing the intricate networks that voles rely on for safety and mobility. Without a network of burrows, the only option for the vole is to go up to the surface. Their thick brown hair stands out against the bright white snow where they are quickly picked up by hawks, owls, eagles, crows, or any other predator in the area. This creates an environment where voles do not want to be, and they will quickly move elsewhere. Farmers can use this approach to turn entire fields in to undesirable habitat. Homeowners can use this same practice around sensitive trees and shrubs that need to be protected.

The important take away is that farmers continue to educate themselves on the biology to figure out how to disrupt it. While these cultural techniques show promise, understanding vole biology and behavior remains critical to developing long-term, sustainable solutions. By blending traditional knowledge with scientific research, you can better disrupt the vole life cycle and mitigate future crop damage.

Joseph Sagers, Extension Educator



Jason Thomas, University of Idaho Extension Educator. Is working to better understand the impact of vole damage on Idaho farms and gather insights on how farmers like you have been affected. This information is crucial for helping us advocate for resources and support to address this issue effectively.

You can complete the 5 minute survey by clicking the link below, calling the Minidoka county extension office at 208-436-7184 to do so over the phone or if you prefer to fill out a physical survey please email jasont@uidaho.edu with your address so he can send one out to you.

Thank you in advance for your valuable input—it makes a big difference!
https://uidaho.co1.qualtrics.com/jfe/form/SV_6KKoB4cTSn6p1Yy

Jefferson County Extension
 210 Courthouse House Way,
 Ste.180 Annex Building
 208-745-6685
jefferson@uidaho.edu
 Monday to Friday 9:00-5:00
 Lunch from 1:00-2:00

Jason Thomas
 Extension Educator, U of I Extension
 P (208) 436-7184 | C (208) 406-3571
 W uidaho.edu/minidoka | E jasont@uidaho.edu



85 E Baseline Rd, Rupert ID 83350



Winter and Spring 4-H Calendar

February 14—**Pentathlon** registration deadline
 February 21—Mud Lake **Pentathlon**, Science Fair kick off, 10am
 February 24—**Pentathlon** Coding kick off, 3:30pm
 February 28—Rigby **Pentathlon** Meet-up, 1pm
 February 28—**Shooting Sports** Registration Deadline
 March 7—Rigby **Pentathlon**, Forestry, 10am
 March 10—Rigby Fair Board Meeting, 8pm
 March 10—Mud Lake **Beef** Weigh-ins, 5-6pm
 March 11—Rigby **Beef** Weigh-in, 6-7pm
 March 17—Mud Lake Fair Board Meeting
 March 21—Mud Lake **Pentathlon**, Forestry & Astronomy, 10am
 March 24—Rigby **4-H showcase**, 4-7 pm
 March 28—Rigby **Pentathlon** Meet up, 1pm
 April 1—Rigby **Pentathlon**, Astronomy , TBA
 April 15—**Horse** Registration Deadline
 April 28—Rigby **Horse** Declaration, 6-8pm
 May 1—Rigby **Swine** Weigh-in, 6-8pm
 May 5—Mud Lake **Swine** Weigh-in, 5-7pm
 May 16—Breeding/Pet Declaration Deadline
 May 17—District **Rifle** Fun Shoot
 May 22—Rigby **Sheep and Goat** Weigh-in
 May 30—**Shooting Sports** Record Books Due
 June 2—Mud Lake **Sheep/Goat** Weigh-in, 6-7pm
 June 6-7—State Shoot, North Idaho
 June 12—County **Shotgun** Shoot
 June 13—County **Archery** Shoot
 June 14—County **Rifle** Shoot
 June 23-25—Alpine 4H camp
 July 8-11—Alpine Horse Camp
 August 5-9—Mud Lake Fair
 August 11-16—Rigby Fair

Check out our
Facebook Page



Stay Updated!

Nutrena Feed Clinic

Feed Clinic with CAL Store

March 11

6-8pm

Rexburg CAL Store

Reegan Alex Day Scholarship

Rigby Youth—Scholarship funds available for start-up or expanding market projects.

Applications due March 31.

Applications must include the cover letter found on zsuites.

JEFFERSON COUNTY 4-H SHOWCASE NIGHT

March 24

4-7 pm

Jefferson County Fair Grounds

Come join us for a variety of 4H activities.

** Pay Fees * Learn about 4H camp * Learn about Market Rabbits * 4H Science Fair * Showcase 4H robotics * Plus so MUCH more! **

**EASTERN IDAHO STATE
FAIR & BUTLER
AMUSEMENTS, INC. 2025**

SCHOLARSHIP

For more information please contact Eliza:
 (208) 742 1699
 elish@uidaho.edu
 or go to <https://funatthefair.com/scholarships/>

Scholarship due by March 1st

WHAT IS CURRENTLY HAPPENING IN FCS?

Master Food Safety Advisor, also known as Master Food Preserver. Class with hands-on preservation education is currently underway, and will wrap up on March 5th.



Preserve@Home, an online food preservation course is happening weekly, and will wrap up on March 13th.



Still accepting input on what classes or experiences you'd like to see University of Idaho Extension, Family and Consumer Sciences, offer in Jefferson County.



Backstitch to Basics:

Sewing skills your mom tried to teach you

Thursday, March 6th, 6-8 pm

Jefferson County Extension Office, downstairs classroom.

Adults only, just \$5;
Bring your own machine or use one of ours.

Learn how to operate your sewing machine, simple mending, and tricks that would make your mama proud.

To register, call (208) 745-6685,
scan the QR code or clicking on the link:
<https://forms.office.com/r/26nWQn8U9t>



Freezer Meal Bootcamp

Offered two different days:

Friday, April 18th 6-9 pm or Saturday, April 19th, 9-12pm

at the Jefferson County Extension Office,
upstairs classroom.

Registration includes a \$50 ingredients fee.

Meals for both sessions include:

Cilantro Lime Chicken, Creamy Beef Stroganoff,
Cheesy Garlic Porkchops, and Southwest Burritos.

To register, call (208) 745-6685,
scan the QR code or clicking on the link:
<https://forms.office.com/r/rFvt8yjYMP>



Plant & Preserve Workshop

Thursday, April 17th, from 6-8 pm

Jefferson County Extension Office, downstairs classroom.

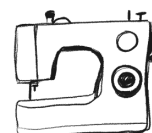
Extension Educator Presenters:

Deanna Poulsen, Joseph Sagers, & Tom Jacobson

A free garden + food preservation workshop.
Create a successful garden and preserve
the food you harvest from it.

Refreshments provided by Farm Bureau

To register, call (208) 745-6685,
scan the QR code or clicking on the link:
<https://forms.office.com/r/rm04AJLDbb>



Eastern Idaho Sewing Workshop

Saturday, May 3rd, 8:30-3:30pm

Jefferson County Extension Office, upstairs classroom

Looking for project ideas to teach youth?

Come join 4-H Leaders, FCS Teachers and youth
mentors as we learn 5 beginner projects.

For a \$20 registration fee, we provide all the materials
for each project, teach you how to teach the project,
feed you lunch, and provide instructions you can use in
your teaching.

To register, call (208) 745-6685,
scan the QR code or clicking on the link:
<https://forms.office.com/r/tTnssRwHL2>

