Seafood, they say, is simply “an essential part of a healthy lifestyle.” Authors say far too many consumers are confused about the perceived vs. actual risks of mercury and other contaminants in seafood and about selecting, storing, and preparing fish and shellfish.

The science-based, peer-reviewed curriculum—which discusses each aspect in detail—has won its authors invitations to the Aquaculture America meeting in Seattle and the World Aquaculture Conference in Mexico. The curriculum is available from CALS Educational Publications as a CD for $35, plus S&H; call 208.885.7982 or e-mail calspubs@uidaho.edu.

TO ENRICH LIFE THROUGH DIVERSITY THE UNIVERSITY OF IDAHO IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER AND EDUCATIONAL INSTITUTION. 
#247/2010
Victory Garden classes help trump food costs

IN 2009, MANY IDAHOANS responded to their financial worries by resolving to grow their own food—and University of Idaho Extension responded in turn by providing them with research-based instruction on maximizing yields while minimizing costs.

In Canyon County, UI Extension Educator Ariel Agenbroad developed a six-evening Idaho Victory Garden series after vegetable- and fruit-related calls to her office increased by 40%. More than 50 hungry-to-learn adults signed up. Because an average 600-square-foot garden can generate $400 to $600 in produce, Agenbroad puts the potential value of her students’ Victory Gardens at $20,000 or more.

Sandpoint. A similar evening class in Sandpoint drew up to 75 participants each of eight weekday evening sessions, where they learned about garden planning, soils, composting, vegetable crops, sustainable pest management, tree fruit and small fruit culture, harvesting and seed saving, freezing and drying, and food safety and canning. Altogether, 95% said they would adopt practices they had learned, and 67% said their gardening knowledge had increased by at least half.

Public education, workshops. Besides research, a major role of the SREC is to make research-based information available to the public. Educational programs include workshops and presentations for commercial and nonprofit organizations, publications, and Web sites.

Research and demonstration plantings and landscapes at the SREC are open all year to the public for guided and self-guided tours.

Technical support is provided to established and prospective specialty crop producers and processors through tours of the center, on-farm visits, individual consultation, joint industry-university field trials, and trade journal articles.

Robust Web site. Want advice on growing raspberries, blueberries, strawberries, small grains, or fruit trees? The center's Web site is filled with detailed information on growing a variety of crops, and it even suggests optimum plant varieties.

History. T.J. Humbird, president of the Humbird Lumber Company, first donated the land in 1912. Citizens of the 3 northernmost counties—Bonner, Boundary, and Kootenai—have all strongly supported the center, providing labor and materials for construction of the center’s first buildings.

Land Ownership. The original 77 acres plus the 18.5 acre parcel donated in 2007 belong to the University of Idaho Regents. The 18.5 acre parcel reverts back to the donor if it is not used for agricultural education or research.

EXPLORE CALS WEBS

www.extension.uidaho.edu/mg

REVISED IN 2009, THE UI’S COLORFUL MASTER GARDENER WEB OFFERS RESOURCES, WHETHER OR NOT YOU SIGN UP TO BECOME A MG. FIND DATES OF CLASSES AND DOWNLOAD GARDENING ADVICE.

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