

KATHY'S CORNER

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Jan/Feb 2019

Just a quick note (🎵):

What's in store for you in 2019? Sometimes I believe we gain most from taking a look at what we tried to experience and improve upon last year and just tweak those areas where we fell short rather than coming up with a new set of resolutions. If we keep adding to the list of goals and expectations every year without following through on previous goals, it is easy to get bogged down and lose our enthusiasm.

Whatever you are excited about for this year, I wish you the very best!



Kathleen Riggs, Professor
USU Extension Family and
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LOOK WHAT'S COMING

Is Freeze-drying for You?

Date: Wednesday, January 30, 2019
Location: USU Extension Conf. Room
Time: 6:00- 7:00 p.m.
Cost: Free

USU Extension, Iron County now has a mid-size home freeze-dryer and is now offering an introductory class for anyone interested in learning more about the machine itself, costs, processing, use and storage of freeze-dried foods.



Based on interest, a future, hands-on classes will be offered. Anyone interested in "renting" the Extension Office's freeze-dryer for personal use will be required to attend one of these classes first. (The dryer will remain at the Extension Office)
Fee to rent the freeze-dryer- on site- is \$20. \$15 is refundable when the dryer and trays are properly cleaned and in good condition as your food processing is finished.

Pressure canning meats/poultry 101

Date: Wednesday, February 20, 2019
Location: USU Extension Conf. Room
Time: 6:00 -7:00 p.m.
Cost: Free

Are you nervous about preserving your own meat/ poultry using a pressure canner? Move forward with confidence by learning the step-by-step process. Your questions will be answered and safety guidelines reviewed. Future hands-on classes will be offered.



CHECK (✓) IT OUT!

USU Extension now offers a variety of **online courses** you can take without leaving the comfort of your home. Prices are low and instruction the high quality you expect from a University sponsored course.

Go to: <https://extension.usu.edu> and under "Browse Extension" click on "On line Courses"-

Examples of courses include:
--Home Buyer Education 2019
--Food Safety Manager Certification
--Basic Botany
--Gardening (Separated out by topic)
--Trees and Shrubs
--Weed Management
--Protecting the Environment
--Pesticide Application Techniques

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IS 4-H REALLY MORE THAN COWS AND COOKING?



For many, their idea of a 4-H club is that of a summertime group of kids and a mom learning how to sew; kids on horseback or raising a lamb for the livestock show. However, 4-H is so much more!

True, the program still relies heavily on volunteers willing to work with young people either as a club leader, an event helper, supportive parent, or an expert willing to teach a group of youth for a day. However, you don't actually need to be an expert to lead a club. Two locations to discover what 4-H currently offers: <https://utah4h.org/> and on Facebook, be sure to "Like"- *Iron County 4-H Clubs Utah*.

Learn more about:

-4-H Afterschool Clubs: Currently offered at three local elementary schools and two middle schools;

-Clubs beyond Summer: On Facebook, check out the Three Peaks Shooting Sports Club, Beekeeping Club, Weaving, Mountain Biking, and other "open" 4-H opportunities;

-Teen Leadership: For youth (Grades 7-12) interested in learning teamwork, service, and leadership while having a fun time with games and activities.

-Summer Camps: We still offer a variety summer activities/camps lasting 6-8 hours on a specific project, hobby, or other entrepreneur area.

-Not an Expert: Discover 4-H Clubs are pre-designed lessons for new or experienced volunteers teaching a series of classes that are scripted- including supplies lists- Everyone wins!

See curriculum offerings on <https://utah4h.org/discover/>



FOOD SENSE—UTAH SNAP-ED

Winter is a great season for easy-to-prepare satisfying chowder! See: <https://www.facebook.com/utahfoodsense/> to watch the video demonstration of the recipe below.

Smokey Corn Chowder

- Adapted from Mel's Kitchen

1/2 cup diced onion
2 cloves garlic, finely minced
1/2 teaspoon smoked paprika
1/4 teaspoon crushed red pepper flakes
2 (10-ounce) packages frozen corn
3 cups low-sodium chicken or vegetable broth
1 cup milk
1/2 teaspoon salt
1/2 teaspoon pepper
4 green onions, white parts cut off and discarded and green parts thinly sliced
Bacon bits, if desired



INSTRUCTIONS

In a 4 or 5-quart saucepan, add 1 TBSP. extra virgin olive oil. Add the onion and cook for 5-7 minutes until translucent. Stir in the garlic, paprika and red pepper and cook, stirring, for 1-2 minutes. Stir in the corn, broth and milk. Bring the soup to a boil and then reduce the heat and simmer for 15 minutes. Transfer half of the soup to a blender (very carefully - don't overfill the blender since hot liquids will expand while blending!) and puree until mostly smooth. Return the blended soup to the pot and add 1/2 teaspoon salt and 1/2 teaspoon pepper. Taste and add more if needed. Serve warm topped with green onions and bacon bits if desired.

-Photo from Shutterstock.com

MARTIN LUTHER KING, JR. OR CIVIL RIGHTS DAY

January 21, 2019

Whether you choose to celebrate the man for whom the national holiday is named who was a key figure in the civil rights movement and/or celebrate the laws and rights established as a result of his efforts, the third Monday in January is the day to remember important changes/improvements specifically in the treatment of African Americans in our nation.

BEING FREE OF CLUTTER & DUST BUNNIES IN 2019

As we all know, some New Year's Resolutions are easier to keep than others. Experts say the best way to make a resolution stick is to start small and keep it simple. Here are a few small household cleaning resolutions that will help keep your family clean and happy all year.

- Pick a day and time once a week to clean door knobs, faucets, and handles throughout your house. Think sinks, toilets, doors, and cabinets! A disinfectant wipe should make it go quickly!
- Set aside time for everyone in the house to find some items to donate. You'll actually have fewer things to clean, and you'll feel better for doing it.
- Create stylish cleaning storage! Cleaning products don't have to reside in an old bucket. Find a cool caddy or bring the family together to personalize one. Pick up some cute gloves and colorful accessories, and you'll love bringing them out to clean.
- Just dust. Work your way around your home removing the dust under and behind furniture, on carpets, and, everywhere in-between. Where does dust come from, anyway?



Scientists in Arizona describe development and use on homes in the Midwest of a computer model that can track distribution of contaminated soil and airborne particulates into residences from outdoors. They found that over 60 percent of house dust originates outdoors including the arsenic in floor dust.

This may be a good justification to have floor mats and rugs at all entries into the home— However, that is just half the solution. These items also need to be vacuumed and/or washed on a regular basis.

Source: <https://cleanandhappynest.org/wpd/be-clean-and-happy-in-2019/> The blog of the American Cleaning Institute. (Photo from Shutterstock.com)

BECOMING A SAVER; NOT JUST A SPENDER

According to <https://americasaves.org>, The easiest and most effective way to save money is automatically. This is how millions of employees save through 401(k) and other retirement programs at work. It is also how millions of Americans save at their bank or credit union.



How to Save Automatically-

- * Every pay period, your employer deducts a certain amount from your paycheck and transfers it to a retirement or savings account. Ask your HR representative for more details and to set this up.
- * Every month, your bank or credit union transfers a fixed amount from your checking account to a savings or investment account. Talk to your local bank or credit union to set this up.

Why Automatic Savings Works- Over time, these automatic deposits add up. \$50 a month accumulates to \$600 a year and \$3,000 after five years, plus interest that has compounded. Soon you will be able to cover many unexpected expenses without putting them on your credit card or taking out a high cost loan.

Many banks and credit unions will transfer as little as \$25 monthly from checking to savings and, as an added bonus, waive any monthly savings fees.

I Don't Have enough Money to Save- But if even \$25 is too much, save your loose change. If every day you just put some or all of the loose change in your pocket or purse into a jar, and don't spend it, you will find that in a year you will probably accumulate over \$100.

Just saving loose change has persuaded many Americans that they are able to save, build an emergency fund or save for other goals.

Everyone has the ability to save. At America Saves, we say "Start Small, Think Big."

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Check us out on the web:
<http://extension.usu.edu/>

2019 Conservation Tree Program

Sponsored by your local conservation districts serving Beaver, Garfield, Iron,
Kane and Washington Counties

The Stock: We offer bare root seedlings which come in a variety of species and sizes and are adaptable to a wide variety of environmental conditions in our area. The stock is all “Grade A” quality and is packaged to ensure the best possible pre-planting handling conditions. Stock supplies are limited, so orders are filled on a first-come, first-served basis and late orders may not be filled as requested. Trees and shrubs will be available for pick-up in the middle of April 2019 at the Diamond Z Arena in Cedar City.



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The Purpose: Plantings are generally intended to address conservation goals such as livestock protection, wildlife habitat, energy conservation and wind control. However, there are no restrictions on use. Windbreaks and shelter belts are excellent uses of these plants.

About Our Tree Program: The profits from this program go back to our 7 conservation districts whom address locally led conservation projects and issues in our communities and watersheds, including education and scholarship sponsorship for our local students.

Please visit the Iron County Extension Office website to get more information or to download an order form extension.usu.edu/iron/gardening.