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What's Growin' On?:

-Ashley Tullis, USU-Iron County Staff Assistant & USU Extension Master Gardener

From the Gardener's Almanac- Time Tips for the Yard and Garden

January

- Peruse garden/seed catalogues to help determine new and exciting vegetable varieties to try in the garden
- Plan out and design the vegetable garden--try to implement crop rotation of vegetable families to reduce disease buildup
- Consider growing herbs and/or microgreens indoors to add fresh greens to your diet Use deicing compounds sparingly to avoid salt damage to landscape plants
- If storing bulbs, check the bulb's condition to ensure they are firm, removing any soft or rotten bulbs
- Perform routine maintenance on lawn mowers and other small engine garden equipment

February

- Consider adding a smaller structure such as a low tunnel or a larger high tunnel to extend your growing season
- Consider growing herbs and/or microgreens indoors to add fresh greens to your diet
- Try your hand at starting vegetables or annual seeds indoors from seed to get a jump start on the growing season.
- If storing bulbs, check the bulb's condition to ensure they are firm, removing any soft or rotten bulbs
- Prune grapes and fruit trees in late February - early March
- Fertilize fruit trees at least 6 weeks before they bloom Pests and Problems:
- Monitor for deer and rodent damage in the landscape
- Avoid fungus gnat infestations in house plants by allowing the soil to dry out in between watering

Source: <https://extension.usu.edu/yardandgarden/monthly-tips>

Keep the good stuff growing!



KATHY'S CORNER

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JANUARY/FEBRUARY 2022 EDITION

[EXTENSION.USU.EDU](https://extension.usu.edu)

USU EXTENSION - IRON COUNTY - 585 N MAIN SUITE 4 - CEDAR CITY UTAH 84721

JUST A QUICK NOTE

No surprise here- It appears we're in for several more months of the pandemic. Some of the best advice I've read recently about living with the cloud of frustration and uncertainty accompanying COVID-19 is simply this: Adjust and move forward.

Some days will continue to be hard but being reminded to still find some good in each day and focus on parts of your life you can control may help each of us get through this latest round of variants with a bit less fear and discouragement.

May you have a prosperous 2022!

Kathleen (Kathy) Riggs, Professor
USU Extension, Iron County
Family and Consumer Sciences/4-H Youth

✓ CHECK IT OUT



This is a convenient, video-based online course that teaches real-life money smarts for real-life situations to you achieve your financial goals and master your money. Check out the introductory video and see the list of 8 topics included in the course available for \$40 from the comfort of your own home:

<https://www.utahmoneymoms.com/course.html>

OTHER GREAT READS INSIDE:

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LOOK WHAT'S COMING



<https://extension.usu.edu/finance/empowering-financial-wellness/classes-and-webinars>

UTAH MARRIAGE CELEBRATION



Join us for an entertaining statewide virtual educational event at the Utah Marriage Celebration, an online date night for couples or individuals who want to prepare for or strengthen their marriage. Live workshops will be provided by professionals from across the nation on topics such as intimacy, communication and staying connected, as well as an inspiring keynote presentation by Meg Johnson. Live workshops will be 6:00-9:30 p.m. (with bonus workshops available starting at 4:00 p.m.). Tickets are available at <http://relationships.usu.edu/marriagecelebration2022> or by calling 1-801-399-8207. Early registration is \$10 a couple through January 31. Tickets purchased after January 31 are \$15. More information can be found at relationships.usu.edu

2022 CONSERVATION TREE & SHRUB PROGRAM

This annual program is sponsored by the local Conservation Districts serving Beaver, Garfield, Iron, Kane, and Washington Counties.

The Stock are bare root seedlings (trees and shrubs) that come in a variety of species and sizes and are adaptable to a wide variety of environmental conditions in our area.



The Purpose of the program is generally to address conservation goals such as livestock protection, wildlife habitat, energy conservation, and wind control. While trees and shrubs are not selected for general landscaping, there are no restrictions on use.

The Cost and packaging of the seedlings are established to encourage their use as windbreaks or shelter belts. Therefore, plants must be ordered in multiples of five or ten of each individual species.

More information on available trees and shrubs, planting, description of trees, photos, and the order form can be viewed online at:

<https://extension.usu.edu/iron/tree-list>

(Note: This website is currently being updated, may take awhile before this years list is posted. Check to make sure the form says 2022 on it.)

Tree order forms can be picked up and dropped off at the Iron County USU Extension office. Numbers are limited, making it first come first serve. The earlier you get your order form in the better chance you have of getting what you want. Payments must be either cash or check.

Order form deadline is April 15th, 2022. Trees must be picked up on Friday, April 22nd, 2022.

DR. WEIL'S 30-SECOND STRESS REDUCTION EXERCISE

1. Exhale completely through your mouth, making a whoosh sound.
2. Close your mouth and inhale quietly through your nose to a mental count of four.
3. Hold your breath for a count of seven.
4. Exhale completely through your mouth, making a whoosh sound to a count of eight. This is one breath.
5. Now inhale again and repeat the cycle three more times for a total of four breaths.

Watch his video demonstration here:

<https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/>



LONG-TERM FOOD STORAGE: USING MYLAR BAGS & OXYGEN ABSORBERS

Mylar pouches are made of multilayer laminated plastic and aluminum. The material is 7 mils thick (178 microns) and protects dry foods against moisture and insects. The pouches are normally sealed using impulse sealers. Many times, one or more oxygen absorbers are added to the pouches to eliminate oxygen so the food can be stored for an extended period of time. Storing foods in the Mylar bags does come with a warning however:

Warning: Botulism poisoning may result if moist products are stored in packaging that reduces oxygen.

Dry products that are not suitable for longer-term storage due to moisture content, oils, or other concerns include:

- Barley, pearled
- Eggs, dried
- Flour, whole wheat
- Granola
- Nuts
- Rice, brown
- Sugar, brown
- Milled grains*
- Meats, dried (i.e. jerky)
- Vegetables and fruits, dehydrated (unless dry enough, inside and out, to snap when bent)



*Rolled oats are safe to be sealed in Mylar bags when the recommended moisture content for milled grains is met- This is 10% or less and rolled oats normally meets this recommendation.

<https://www.churchofjesuschrist.org/topics/food-storage/longer-term-food-supply?lang=eng>

FASTING DIETS: ARE THEY SAFE, HEALTHY AND EFFECTIVE?

A recently-published article authored by Dr. Carrie Durward, USU Extension Nutrition Specialist and Dietetics Student, Kashele Stevens analyzed a current dieting trend known as "The Fasting Diet" for overall safety and effectiveness.

An excerpt from the article states: *...fasting diets alternate between periods of substantial calorie restriction and periods where you eat normally rather than restricting calorie intake every day (Varady, 2011). Intermittent fasting, alternate-day fasting, and time-restricted feeding are among the most researched diets. Intermittent fasting involves 75-100% energy restriction one to three non-consecutive days a week with normal eating the other days.*

With many interventions, you may consume up to 500-600 calories (about one small meal) and unrestricted water and calorie-free beverages on fasting days. On the feeding days, you may eat ad libitum, meaning that you can eat whatever and as much as you want (Kroeger et al., 2012; Varady, 2011). Extreme over consumption of food, however, will defeat the purpose of this diet.



The 5:2 diet is a commonly known intermittent fasting diet where the individual fasts two non-consecutive days each week and eats normally the other five (Conley, Le Fevre, Haywood, & Proietto, 2018). Intermittent fasting (IF) may also be known as intermittent energy restriction (IER) or intermittent calorie restriction (ICR).

One conclusion from the research indicated that fasting diets may be associated with reduced risks for diabetes, cardiovascular disease, cancer, and other diseases but it was unknown whether losing weight or the fasting diet itself leads to the reduction of these risks.

To learn more about Fasting Diets, the benefits and risks, as well as the research's overall conclusions, you will find the complete article at: <https://extension.usu.edu/nutrition/research/fastin-g-diets-are-they-safe-health-and-effective>

THE ROLE OF PH IN CLEANING

Ranging from 0 to 14, the pH scale measures how acidic or basic (also known as alkaline) a substance is when dissolved in water.

Chemists use pH adjusters to raise or lower the pH of a solution, making it either more basic or acidic. The amount used depends on the other ingredients in the formula. pH adjusters help make the product effective, because pH affects how a product cleans.



Acids are great at removing calcium, rust and other mineral deposits. For example, toilet bowl cleaner is effective at removing lime-scale. Vinegar, which has a pH of around 2 to 3, is able to remove hard water mineral buildup from a coffee maker.

Basic solutions, on the other hand, are better suited for removing organic substances like dirt, grease and oils. Laundry detergent, for instance, can lift body oils from clothing. Baking soda, which has a pH of around 9, can help break down food- and grease-based stains.

Chemists also adjust the pH to make sure the product will not be harmful if it touches our skin. Our skin is slightly acidic, with a pH on average near 5. If our skin comes into contact with a solution that is much more acidic or basic than it is, the solution can cause itching or discomfort. pH adjusters help make the product safe for us to use.

<https://cleanandhappynest.org/wpd/the-role-of-ph-in-cleaning/>



Pass along a Valentine Smile

On Valentine's Day we think of those
Who make our lives worthwhile,
Those gracious, friendly people who
We think of with a smile.
I am fortunate to know you,
That's why I want to say,
To a rare and special person:
Happy Valentine's Day!
By Joanna Fuchs

