



KATHY'S CORNER

USU-IRON COUNTY EXTENSION
585 N MAIN STE. #4
CEDAR CITY, UT 84721

JULY/AUGUST 2019 EDITION

JUST A QUICK NOTE

Welcome to the "Dog days" of summer. If you ever wondered what that term means and where it came from, you'll find it later on in this newsletter.... One thing you can be certain of though is that it means it's hot, hot, hot!

May this issue of Kathy's Corner find you enjoying the season that took nearly forever to get here. Now, let's try not to complain about the heat (Smile).

All the best,
Kathleen Riggs,



USU Extension Professor, FCS/4-H Youth

✓ CHECK IT OUT

USU Extension Rural Online Initiative

In the 2018 legislative session a bill was passed supporting the Utah Rural Online Initiative. This initiative offered through USU enables Utah's rural workforce and businesses with education, training, and services for online opportunities in remote employment, freelance work, and e-commerce.

The online course titled, "Master Remote Professional Certification Course" is a month-long course, providing a certification at the end enabling the person to apply for employment in related fields.

Learn more about the course and enroll at:
<https://remoteworkcertificate.com/>



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LOOK WHAT'S COMING

We are looking for volunteers on the following dates to judge a variety of home arts and 4-H exhibits for the following county fairs:

- August 1- Piute (Junction)
- August 6- Millard (Delta)
- August 8- Kane County (Orderville)
- August 15- Garfield County (Panguitch)
- August 21- Beaver County (Minersville)

We could also use volunteers to judge exhibits at the Iron County Fair, Wednesday, August 28th- We prefer volunteers who do not plan to exhibit in the fair.

Can you help? Please contact the Extension Office 586-8132 for more details or email: ashley.tullis@usu.edu

The Extension Office will be closed July 24th for Pioneer Day



CHALLENGE YOUR CHILDREN IN THE KITCHEN

✓ Don't forget the Clear Jel®

Clear Jel® is the USDA approved thickening agent for canned pie filling. You can purchase a bag containing enough of the product (2 1/3 Cups) to make 7 quarts of pie filling for \$3.00 per bag from the county Extension Office. If you are fortunate to have a supply of pie cherries, berries, or future peaches and apples, you'll love the home preserved pie filling using Clear Jel®.

✓ "Approved" Food Preservation Resources

Plan now to insure any produce or meats preserved at home this year will be safe for consumption by utilizing one of the following research-based resources for your recipes and processing times.

In Print:

-Complete Guide to Home Canning- USDA
(Available at Iron County Extension)

-So Easy to Preserve- University of Georgia

-Ball Blue Book to Preserving- Jarden Home Brands
(Available at Iron County Extension)

Web-based:

National Center for Home Food Preservation: www.nchfp.uga.edu

USU Extension Canning Resources:

<https://extension.usu.edu/canning/>

WHAT ARE THE "DOG DAYS" OF SUMMER ANYWAY?

This term describes the most oppressive period of summer, between July 3rd and August 11th each year. But where did the term come from? And what does it have to do with dogs? According to the Farmer's Almanac (<https://farmersalmanac.com>), the phrase is actually a reference to the fact that, during this time, the sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth and part of the constellation Canis Major, the Greater Dog. This is why Sirius is sometimes called the Dog Star.

In the summer, Sirius rises and sets with the sun.

On July 23rd, specifically, it is in conjunction with the sun and because the start is so bright, the ancient Romans believed it actually gave off heat and added to the Sun's warmth, accounting for the long stretch of sultry weather. They referred to this time as dies caniculārēs, or "dog days."



Summer is a great time for children and teens to gain confidence in the kitchen. Light snacks, easy entrees and desserts can be fun now and add variety to meals this week and later in the year once school is back in session. The following recipe is part of the Utah Food \$ense Nutrition Education Program (SNAP) "Kids Create" resource library:

Cheesy Spinach Bites

Ingredients:

1 medium onion

2 gloves of garlic

1 Tbs. vegetable oil

6 large eggs

1 C low-fat or fat-free cottage cheese

½ C. shredded low-fat part-skim cheese of choice

2 C. spinach



Cheesy Spinach Bites Directions:

1. Preheat oven to 375 degrees. Dice onion and mince garlic. Spray a muffin tin with cooking spray and set aside.
2. Heat oil in a sauté pan over medium heat and cook the onions and garlic until cooked through and caramelized (about 10 minutes).
3. Add eggs, cottage cheese, shredded cheese, spinach, and onion/garlic mixture into a prepared muffin tin and bake for 20-25 minutes or until the filling is set and the eggs are golden on top.

These bites make for great on-the-go breakfast or lunch snacks. Serve with fruit or a slice of whole-wheat toast.

Source: <https://kidscreatesite.wordpress.com/t>

CORRECT AND SAFE METHOD FOR "CANNING" DRIED BEANS (Black, Pinto, etc.)

A frightening method of preserving dried beans has resurfaced recently and must be addressed. Please be advised that it is not safe to can/preserve dried beans without first soaking them— The risks are too high to your personal safety- namely, botulism. There is a practice of simply filling a canning jar half-way with rinsed dried beans and then filling the rest of the jar with hot water before adding the lid and ring for processing. This is not considered safe. According to USU Extension and the experts at the National Center for Home Food Preservation, the ONLY approved procedure is as follows:



Procedure:

-Place dried beans or peas in a large pot and cover with water.

Soak 12 to 18 hours in a cool place. Drain water. OR

-To quickly hydrate beans, you may cover sorted and washed beans with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour and drain.

-Cover beans soaked by either method with fresh water and boil 30 minutes. Add ½ teaspoon of salt per pint or 1 teaspoon per quart to the jar, if desired. Fill jars with beans or peas and cooking water, leaving 1-inch head space. Adjust lids and process as a "Hot Pack":

Dial type gauges: 13 lbs. pressure

Weighted gauges: 15 lbs. pressure

Pints: 75 minutes

Quarts: 90 minutes

Source: https://nchfp.uga.edu/how/can_04/beans_peas_shelled.html

4 TIPS FOR MONEY MINDFULNESS

Mindfulness is a buzz-word used to describe intentionally paying attention to the present without emotion or judgement. The main point of mindfulness is to help us spend less worrying and allow us to step back to consider more choices and make decisions more clearly and purposefully instead of falling back on gut reactions or un-productive traditional reactions.



Mindfulness can be applied in several aspects of life. When it comes to finances, looming debt, a depleted bank account or a medical emergency can send emotions out of control.

However, consider the following 4 mindfulness tips:

- Focus. Focus on the money moves you make. Are they in line with your core values? Focus on the numbers, and determine what they are telling you.
- Avoid distractions. Avoid the "bling" and learn to live more frugally by cutting money-wasting habits. Learn to push pause on anything that distracts you.
- Concentrate. Notice why you are spending, and think about what you could do differently and what effect it will have on things that may matter more. So often we spend money on things simply out of habit, emotion or desire.
- Breathe new life into paying yourself first. Learn to save without feeling you are missing out. Instead, you are breathing new life into a spending plan, financial goals and a monthly budget.

Source: Live Well Utah Blog (<https://livewellutah.org/>)

Author, Teresa Hunsaker, USU Extension Educator

Iron County Fair 2019

Aug. 29th-Sept. 2nd

For details visit: <https://www.ironcountyfair.net/>



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Change Service Requested

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Check us out on the web:

<http://extension.usu.edu/iron>

What's Growin' On?: Pesky Pests

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

Experiencing insect problems in your yard or garden? If so you are not alone. USU Extension has issued a Vegetable IPM (Integrated Pest Management) Advisory for the following:

SQUASH BUGS

-Overview: Squash bugs are typically a problem for commercial and home growers every season. Take action by monitoring and controlling this pest now early in the season. Squash bugs target winter squash, summer squash, and melons. Adults bugs are flat with brown/gray with or orange/brown bands along the margins of their abdomen. Nymphs are bright green but turn gray/brown as they develop through 5 growth stages. The eggs are a shiny red bronze color found on the underside of foliage.

THRIPS

-Overview: Thrips have been seen throughout Utah on a variety of vegetable host crops including artichoke, beans, cabbage, cauliflower, corn, cucurbits, eggplants, garlic, leafy greens, onions, peppers, peas, and tomatoes. They are also found on ornamental grasses, flowers, and weeds. Two common thrips species found in Utah include the Onion Thrip (*Thrips tabaci*) and the Western Flower Thrip (*Frankliniella occidentalis*). Both are less than 1.5 mm long and are best identified with a hand lens or microscope. Adults have clear yellow-brown bodies with fringed wings. The larvae are yellow. Up to 8 generations can occur within a year and the adults will overwinter in plant debris or protected areas.

IMPORTED CABBAGEWORM

-Imported Cabbageworms are the larvae stage of the Cabbage White Butterfly. Host plants include brassicas such as broccoli, Brussel sprouts, cabbage, and related weeds. The larvae grow from 4-30 mm long throughout their life. They are green and appear fuzzy. The adults are white-yellow butterflies and notable fluttering above the crops throughout the day. The eggs are small, yellow, and rocket-shaped. They are found on the leaves.

For complete list of USU Extension pest advisories and fact sheets please visit:

<https://pestadvisories.usu.edu/>

<https://utahpests.usu.edu/>

Keep the good stuff growing!

