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Change Service Requested

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

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What's Growin' On?: Get 'The Dirt' on Healthy Soils

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

Winter time is the perfect time to prep for the next growing season, soil management should be at the top of the list.

According to USU Extension experts- soil is the most important part of a garden. Keeping plants healthy and productive starts with the soil. A good garden soil should be deep, workable, fertile, and contain some organic matter. Most native soils in the intermountain area will need to be amended and improved to become as productive as possible. Keep in mind, garden soil quality improves over time. Incorporating 2 to 3 inches of organic matter into the soil annually will gradually improve soil quality. Organic matter can be incorporated in the spring or fall when soil is dry. It is important to have soil tested before incorporating amendments to ensure proper application.



Adding materials that are not fully decomposed including leaves, sawdust, wood shavings or straw often ties up soil nitrogen. Avoid nitrogen deficiency (stunted, pale yellow plants) by adding one pound (1 pt) of ammonium sulfate (21-0-0) per each 1 inch of organic material per 100 square feet.

A soil test may not provide all of the reasons why garden plants are not thriving. Environmental conditions as well as plant pests and diseases play a big role in plant health. How to get your soil tested: Visit the Utah State University Analytical Laboratory website: usual.usu.edu/forms/soilform.pdf for instructions on collecting a soil sample. The routine soil test is most common, but the lab offers several other testing options. If you have questions about additional analyses, call the lab at 435-797-2217 or contact the Iron County Extension office: 435-586-8132 extension.usu.edu/iron

More tips and recommendations can be found by visiting these websites:

source: http://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=2067&context=extension_curall
<https://extension.usu.edu/yardandgarden/ou-files/SoilHandout-OY-Apr2019.pdf>

Keep the good stuff growing!



KATHY'S CORNER

USU-IRON COUNTY EXTENSION
585 N MAIN STREET STE. #4
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JUST A QUICK NOTE

Ready or not, our brief fall weather has basically come to an end and winter is here. At least that is how the weather looks this week. 😊

Please remember to check your home, inside and out, for drafts, evidence of pests, problems with the furnace and exposed or under-insulated water pipes. It's much more time- and cost-effective to be prepared and prevent costly damage to your home before winter sets in with a vengeance.

Sincerely,



Kathleen (Kathy) Riggs, USU Extension Professor
Family and consumer Sciences/4- Youth

✓ CHECK IT OUT

Create Better Health is a program that is geared toward helping people eat healthier while living with a limited budget. We educate the public on nutrition principles, how to be more physically active, and how to cook easy meals. Classes are held throughout Iron County, and when there's enough interest we can bring the classes to an interested group.

CREATE SNAP-ED
BETTER HEALTH

*If interested email Lauren McCoy at lauren.mccoy@usu.edu

OTHER GREAT READS INSIDE:

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LOOK WHAT'S COMING

The USU Extension Office
will be closed
November 28-29, 2019 for the
Thanksgiving holiday.

Food Safety Questions over the holidays

If you have a question about meat, poultry, or egg products, call the USDA Meat and Poultry Hotline toll free at 1-888-MPHotline (1-888-674-6854).

The Hotline is open year-round Monday through Friday from 10 a.m. to 6 p.m. ET (English or Spanish). Recorded food safety messages are available 24 hours a day. Check out the FSIS Web site at www.fsis.usda.gov or emailed questions may be sent to: MPHotline.fsis@usda.gov

ARE YOU FEELING ANXIOUS ABOUT YOUR FINANCIAL FUTURE?

If your answer is yes, you are not alone. We are emotional creatures and when things get rocky, or we perceive they are rocky, we can make decisions that feel good at the time but in the long run are not in our best interest.



If you have worked hard and saved diligently for years, you may have reached a goal for retirement, buying a new car, or paying for a child to attend college. If those savings are tied to investments that fluctuate, such as stocks, it can cause feelings of anxiety especially as their performance can peak and then decrease drastically in just a matter of days.

According to Sharla Jessop, CFP and President of Smedley Financial Services, Inc., it's best not watch the market too closely if it creates high stress. The fact of the matter is that over every 5 years of history, the stock market shows periods of worrisome declines in value but in the long-run, the growth or increase in value is continual.

If managing your emotions is problematic during times of increased stock market volatility, Jessop suggests:

1. Try to review your account no more than quarterly.
2. When you hear concerning news in the media, remember their job is to sell headlines and stories, not to give personalized investment advice to you.
3. If you are feeling concerned, reach out to a licensed financial planner or wealth management advisor. If this is new to you, it is good to know most offer a free initial visit to review your financial portfolio.

Source: Money Matters Newsletter- Oct. 31,2019 www.smedleyfinancial.com

HOLIDAY ORGANIZATION TIPS

- Start planning early.
- Use a calendar for meal planning and to keep track of events.
- Make a gift list and check your budget twice.
- Keep track of what you've purchased and for whom.
- Simplify by buying gift cards- preferably directly from the business or their website.
- If you plan to use a credit card for purchases, make certain you reserve an equal amount in your checking or saving account so January statements won't be a shock!

FOOD SAFETY --DONATING OR RECEIVING FOOD THIS HOLIDAY SEASON

During the holidays, you may be offering food for a gathering or attending an event where food has been prepared by others. So, how can you be confident no one will become the victim of food poisoning?

When preparing food for others-

> Start with the basics: Wash your hands before preparing foods and after handling any raw meat or poultry. When in doubt, wash your hands by wetting with water, adding soap and lathering and then scrubbing together for 20 seconds.

> Time and Temperature: If foods are to be delivered or served hot, keep them at 140°F or above. Keep refrigerated foods and foods served cold at 40°F or below. Never let foods sit in the bacteria danger zone (40°F -140°F) for more than two hours.

When eating at a gathering or receiving Leftovers-

> Safe Travels: If foods are received cold, keep them cold by placing in small shallow containers and refrigerating. If you need to travel with an entire turkey it is best to break the whole turkey into smaller pieces and then travel with it in a cooler. This will help the meat stay below 40°F for as long as possible.

> Reheat to 165°F: For maximum safety, leftover food should be reheated to 165°F. Certain individuals, such as children under 5 years of age, people with cancer and adults over 65 years of age, are at an increased risk of foodborne illness and should always reheat leftover food to 165°F.



Source: Food Safety and Inspection Service: <http://fsis.usda.gov/> (Click "Topics", then "Food Safety Education")

OVER THE RIVER AND THROUGH THE WOODS... WITH A CAR EMERGENCY KIT

Roads will be busy over the next several weeks with holiday travelers. Will you be prepared if you are stranded in a snow drift or blocked traffic due to an accident?



Car survival kits can be purchased commercially but here are basics to include:

Basic Tools- Check for a spare tire, jack and lug wrench, jumper cables, flares or reflectors, a flashlight with extra batteries, a small tool set, fire extinguisher, a tire inflator, and duct tape. A bright red scarf or flag is also important.

Additional Safety Tools- Consider a tow rope, small shovel, tire chains and sand or cat litter for traction if you get stuck.

Other Survival Items- Most of the following could be placed into a small backpack or duffel bag: nutrition bars, nuts, dried fruits, water, emergency thermal blankets, a safety whistle, cell phone charger and heavy gloves.

Depending on whether you are traveling urban or rural roads, consider toilet paper, garbage bags and changes of clothing. It also should go without saying that every car should have a basic first aid kit.

Source: Adapted from USU Extension factsheet, "Get Your Car's Survival Kit Ready..." by Carolyn Washburn

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for." —Zig Ziglar

BEING FIT IN THE WINTER

It may be cold and snowy outside but there are options for staying active and fit that don't require being out in the elements:



HOME-

*Workout to a yoga, dance or other exercise video. Find some online or check one out from the local library for free.
*Household chores can be part of being active. Multi-task by being active as you clean, organize and care for your home. Consider setting a timer to see how fast you can do different tasks.

AROUND TOWN-

*Take a few laps around the grocery store before you start your actual shopping.
*If you are visiting offices or businesses around town, take the stairs instead of an elevator.

Source: Adapted from: <http://CreateBetterHealth.usu.edu>

TOP USES OF THANKSGIVING LEFTOVERS

Leftover Mashed Potato Pizza Pie-

Prebake your favorite pizza dough until the edges are just set, then spread with leftover mashed potatoes (add garlic seasoning, if desired), and sprinkle with shredded cheddar or mozzarella. Crumbled bacon is optional, though highly recommended.

Leftover Cranberry Sauce Swirl-

Swirl a scoop of cranberry sauce into hot oatmeal, quinoa porridge or cream of wheat for a sweet-tart and colorful addition to breakfast. The condiment is also tasty mixed into cream cheese for your morning bagel.



Leftover Gravy-

Drizzle hot french fries with warm leftover gravy and sprinkle with crumbled cheese curds for the classic Canadian late-night snack. Gravy also delivers a shot of savory when stirred into risotto, mac and cheese, and soup.

See photos and more creations at: <https://www.foodnetwork.com/thanksgiving/leftovers/creative-thanksgiving-leftovers>