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

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What's Growin' On?: Time to Spring Into Action

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


Chicks are hatching and seeds are sprouting making Spring one of our most exciting seasons. Gear up for the spring planting season by following the Extension March/April check list below.

- To control overwintering insect pests apply Horticulture oils to fruit trees when buds begin to swell and prior to leaf emergence
- Plant seeds of cool season vegetables (peas, lettuce, radishes...) as soon as garden soil is workable
- Consider planting peas in the garden every 2-3 weeks (until early May) to extend the harvest
- Prune berries and fruit trees
- Apply pre-emergent herbicides in late March – mid April to control annual weeds in your lawn
- If deer have wreaked havoc on your yard or garden in the past, consider creating a protective barrier by planting native species such as Gambel oak, Chokecherry, Hawthorn, Sumac, and Serviceberry
- Protect fruit blossoms and tender garden plants from late freezing temperatures
- Divide crowded, fall-blooming perennials along with cool season ornamental grasses when new growth begins to emerge
- Apply chelated iron (FeEDDHA) to plants with prior problems with Iron Chlorosis
- In compacted sites, aerate with hollow core aerator when turfgrass is actively growing (April – June)
- Check sprinkler systems for leaks, clean filters, fix and align heads
- Reduce chemical use to promote beneficial insects in your landscape

**2020 Conservation Tree & Shrub Program- Orders must be placed by April 3rd. Pick up an order form at our office or download one from our website <https://extension.usu.edu/iron/gardening/>

Check out the links found on the website below for critical temperatures in fruit and to view more monthly tips provided by USU

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

Keep the good stuff growing! 



KATHY'S CORNER

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MARCH/APRIL 2020 EDITION

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

JUST A QUICK NOTE

Has Spring arrived or will Mother Nature continue to tease us again (and again) with more warm weather followed by a cold spell? It goes without saying we need the snowpack in the mountains but hopefully we are finished with the white flakes and ice for a few months at lower elevations. Fingers crossed!

May your transition to a new season be rewarding and bring a smile to your face!

Take care-

Sincerely,



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

CHECK IT OUT

4-H Curriculum/Discover 4-H Clubs- School will be out before we know it and parents will be searching for ways to have youth stay involved with positive summer activities to keep them from becoming bored.

Check out the wide variety of clubs and “projects” available for youth from age 6-18 at: <https://utah4h.org/curriculum/> Many club activities will be offered through the local USU Extension Office but you may also choose to become a volunteer and teach a topic with your own children or the neighborhood. Do you have a skill you wish to teach others? Become a 4-H volunteer and offer your own summer day camp! Contact the local Extension office for more details.

4-H Afterschool/Mentoring- An opportunity to support- Iron County Mentoring and 4-H Afterschool programs provide resources for approximately 110 families each school year and have done so for many years. When a child is enrolled as a participant, he/she receives:

- * a daily nutritious snack
- * physical activities
- * homework assistance
- * life skill training
- * team building opportunities
- * 4-H projects
- * service learning
- * monthly family strengthening activity and meal

The majority of families who participate appreciate having a safe, low- or no-cost option (depending on income) for their child to be involved in after school 4 days each week.

If you would like to support these programs with a donation, please contact the local Extension office and ask for Kathy Riggs or one of the Site Coordinators. It costs nearly \$1,000 per youth each year to operate all components of the programs including providing staff. Donations small or larger are always appreciated and put to good use.

OTHER GREAT READS INSIDE:

PG 2: EMPTY NEST SYNDROME

PG 2: APRIL IS FINANCIAL LITERACY MONTH

PG 3: WHY PROTECT YOUR HEARING

PG 3: GARLICKY GREEN BEANS

PG 3: THE 4 MOST IMPORTANT TYPES OF EXERCISE

PG 4: WHAT'S GROWIN' ON?: TIME TO SPRING INTO ACTION

LOOK WHAT'S COMING!

Don't forget to get your bare root seedlings ordered! Number of stock ordered is limited.

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.

More information on available trees and shrubs, planting, description of trees, photos and the ordering form can be viewed online at: <https://extension.usu.edu/iron/gardening> (look for UACD Tree Sale 2020 at bottom of the page)

April 24- National Arbor Day – This day aims to raise awareness of trees and the important role they play in our environment. Watch for local celebration activities in various local communities and perhaps add a tree to your landscape.

State and local officials are urging everyone to practice good hygiene (especially hand washing), exercise common courtesy, if you feel sick stay home, and stay hydrated. The most accurate and updated COVID-19 information can be found at coronavirus.utah.gov or by calling the 24-hour information line 1-800-456-7707.

EMPTY NEST SYNDROME

If your youngest is all grown and leaving home, you could be experiencing a plethora of varying emotions. You might very well experience a non-clinical diagnosis known as empty nest syndrome- you can learn some basic skills for coping better when you are either left home alone or with your spouse.

While empty nest syndrome is not technically a clinical diagnosis, it is certainly a real feeling. It can be a mixture of loss, sadness, anxiety, and even depression when your last child leaves home and ventures into the world on their own.

Research suggests that some parents dealing with empty nest syndrome become more vulnerable to depression, alcoholism, and marital conflicts. However, this time can also provide a new opportunity for reconnection with your partner, or even reintroduce hobbies and interests that have taken a back seat. It all lies in how an individual deals with change.

Below are ways to cope with empty nest syndrome and how to take action:

- **Make a communication plan** - stay close to your child, while respecting their space. Maintain regular contact and make an effort to show support for their new life.
- **Seek support** - if you are feeling down, share your feelings with friends and family, and lean on them for support. Join a community club or get involved through volunteering. If you are feeling symptoms of depression, immediately consult your physician.
- **Accept change and the timing** - do not compare your child's venture to your own. Focus on how you can help your child succeed and how you can improve your life by setting goals for projects or accomplishments you want to achieve.
- **Stay positive**- get back to enjoying yourself. Devote the energy from parenting into a new activity or hobby.

There is no one perfect way to cope with empty nest syndrome. However, keeping busy or putting time back into yourself and your relationships is a great way to ease the sense of loss.

Source: The Mayo Clinic, <http://www.mayoclinic.org/healthy-lifestyle/adulthealth/in-depth/empty-nest-syndrome/art-20047165> as summarized by CSU Extension, Living Well series.

APRIL IS FINANCIAL LITERACY MONTH

When was the last time you evaluated your finances? Are you making ends meet? Are you able to make your housing and utility payments each month and on time? Are you adding to a savings account regularly?

Hopefully you are able to answer "yes" to each of those questions. However, many of us are able to pay off regular debts yet struggle to save for that "rainy day" or even retirement. Here are three suggestions for giving your savings account a bit of a push from America Saves (<https://americasaves.org/blog/1592-3-ways-to-give-your-savings-account-a-little-boost>)



1. **Add a savings line to your budget.** Rent, utilities, internet. Every important piece of your financial picture gets a designated spot in your budget each month, so why not your savings? We don't always consider our savings goals a priority in our short term savings and spending plan, but it ought to be. Prioritize your goals by adding a "savings" line with an affordable amount to your budget; pay yourself with each paycheck. Auto withdrawals from your paycheck to savings make it painless and insures you stick with your goal.
2. **Stow away the windfall.** Did you receive a raise or plan on receiving one this year? Maybe you have a bonus coming your way for a job well done. Whatever the bounty may be, allocate any unexpected funds to your savings goals. You won't miss the percentage raise you receive, so divert it into your savings account. You weren't expecting that bonus, so tuck it away for a rainy day.
3. **Split and save your refund.** It's a universal truth: saving at tax time can be a big step toward meeting your savings goals. This tax season, opt to split a portion of your tax refund into your savings account. For many of us the tax refund is the largest check we will receive all year, which provides the perfect opportunity to start or grow your savings goal.

Source: www.americasaves.org

WHY PROTECT YOUR HEARING?

According to the website "It's a Noisy Planet...", the extent of noise-related damage to your hearing depends on three factors:

1. **Decibel level**- How loud the sound is. Many devices that children/youth use today have noise levels much higher than is recommended. For example, music played through headphones can be more than 100 times as intense as what is recommended.
2. **Distance**- How close you are to the source of the sound. If you know you will be exposed to loud noise, say at a concert or sporting event, sit away from the speakers and consider using ear plugs or sound-canceling headsets.
3. **Time**- The length of time you are exposed to the sound. Examples of how long it is considered safe to listen to certain noise levels or decibels for an extended period of time-

-Normal conversation at ~ 60 Decibels is considered safe at all times;

-Lawnmower or motorcycle at ~ 80-110 Decibels can be damaging for 14 or more minutes;

- Ambulance or fireworks at ~110- 160 Decibels can be damaging after as little as 2 minutes.

Source: <https://www.noisyplanet.nidcd.nih.gov/parents/too-loud-too-long>

GARLICKY GREEN BEANS

- * 1 lb. fresh green beans
- * 1 Tbsp. olive oil
- * 2 Tbsp. minced garlic



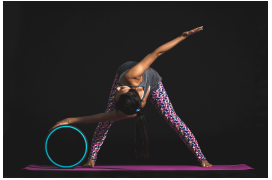
Place green beans in a microwave-safe dish with about 2 Tbsp. water. Cover

with plastic wrap. Cook in microwave on high 3-5 minutes until beans are steamed al dente. Heat oil in a large skillet on medium heat. Add garlic and cook 2-3 minutes until garlic is softened. Add garlic to green beans, stir to coat, and cook an additional 3 minutes. Serve hot. Serves 4-6.

Source: USU Extension 2020 Calendar (March)

THE 4 MOST IMPORTANT TYPES OF EXERCISE

According to the Harvard Health Letter (August 20, 2019), stretching, strengthening, balance, and aerobic exercises will keep you active,



mobile, and feeling great. Each type has its own benefits which together provide overall fitness. For specific exercises that can be done at home, see: <https://www.health.harvard.edu/exercise-and-fitness/the-4-most-important-types-of-exercise>

1. **Aerobic exercise**- If you are too winded to walk up a flight of stairs, it is a good indication you need more exercise that will strengthen your heart and lungs. Aerobic exercise is great for reducing risk of heart diseases, stroke, type 2 diabetes, depression and more.

2. **Strength training**- As we age, we lose muscle mass. This type of exercise helps you stand up from a chair, improve balance and posture, and helps reduce back and joint pain.

3. **Stretching**- If it is a chore to put on and take off a pair of socks, chances are you could benefit from stretching exercises that help maintain flexibility. Stretching is most effectively done while muscles are warm immediately following exercise.

4. **Balance exercises**- Improving balance makes you feel steadier on your feet which can help prevent falls. Besides being out of shape, If you have problems with balance, it could be related to poor vision, inner ear problems or weak leg muscles.

If you are over 60 years old and/or have not been active for some time, it is best to consult with your doctor before engaging in any of these types of exercise to avoid injury.

Source: www.health.harvard.edu/