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### What's Growin' On?: Microgreens

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

Looking for a fun way to boost your immune system while exercising your green thumb? If so, consider growing your own microgreens.

#### What are Microgreens?

Microgreens are small leafy vegetables or herbs harvested just as true leaves begin to form (larger than sprouts, smaller than baby lettuce) and contain 4 to 6 times more nutrient content than the full-grown variety.

Microgreens can be grown from almost any vegetable or herb seed, so you can have fun experimenting with different flavor combinations. Popular varieties include sunflowers, beets, broccoli, kale, peas, chard, and cress. If your pallet prefers a spicier way of life, try growing herbs and veggies like mustards, arugula, radishes, and basil.

#### Growing Requirements and Supplies-

- Shallow, well-drained container (a cheap option is to reuse a plastic produce container from the grocery store)
- Soil mix or seed starting mix which is free of chemicals (use a spray bottle to keep the soil moist)
- Seeds (apply generously)
- At least four hours of sunlight each day
- Cut, wash, and ENJOY!



Keep the good stuff growing!



# KATHY'S CORNER

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

## JUST A QUICK NOTE

We made it! Another year down- and not just any year. It was complete with all the drama of a Soap Opera and strange situations fitting for a Sci-Fi movie.

We may be carrying forward a few scratches and scars but due to the fact that we've experienced all that was tossed our way in 2020, this year we should be much better prepared emotionally and find ways to enjoy 2021.

Below are several opportunities to jump-start your year-- participating in surveys as well as virtual classes.

All the best to you and yours!



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

## ✓ CHECK IT OUT

**The Utah Women & Leadership Project (UWLP)** is conducting an extensive, in-depth study on the impact of COVID-19 on Utah women in the workplace. We welcome all Utah women age 20 or older who are either currently employed or unemployed due to the pandemic. The survey will take 20-30 minutes to complete. Dr. Susan Madsen is the primary researcher for this study. If you have questions or concerns, you can contact her at [uwlp@usu.edu](mailto:uwlp@usu.edu) (USU IRB 11671). You can participate by clicking here: [https://usu.co1.qualtrics.com/jfe/form/SV\\_bQknL06T53oaTDn](https://usu.co1.qualtrics.com/jfe/form/SV_bQknL06T53oaTDn)

**How is Life in Cedar City?** USU Extension conducts annual research to see how folks feel about where they live throughout the state. Cedar City is currently on the list of cities to be surveyed—If you'd like to participate in the *Utah Wellbeing Survey* click here: <https://tinyurl.com/ybpzmra7>

### OTHER GREAT READS INSIDE:

PG 2: TIME TO TIDY UP OR DEEP CLEAN?  
PG 2: PRACTICE AND BUILD RESILIENCE THIS YEAR  
PG 3: TOP COVID-19 SCAMS AND WHAT TO DO ABOUT THEM  
PG 3: 2021 CONSERVATION TREE & SHRUB PROGRAM  
PG 4: WHAT'S GROWIN' ON?: MICROGREENS

### LOOK WHAT'S COMING

**Get Back on Track with Budgeting Hacks (Virtual)**

Date: January 19, 2021

Time: 1-2 p.m.

Let's start the new year right and create a better version of you! Say hello to a new and improved version of your finances with fool-proof strategies for getting your finances back on track, such as tracking and monitoring your expenses. Join us as we share with you budgeting hacks that will whip your wallet back into shape this new year.

Follow this link to the USU Extension Calendar and go to the Eventbrite link to register:

<https://extension.usu.edu/calendar?trumbaEmbed=view%3Devent%26eventid%3D150318207>

**What is Your Money Personality Type? (Virtual)**

Date: February 11, 2021

Time: 12:00- 1:00 p.m.

Our money personalities directly or indirectly affect every money decision we make. Join Amanda for this engaging workshop to better understand what types of money personality you have. Each personality has strengths, but each also may have a downside you may need to curb. This one-hour workshop is for women of all ages and backgrounds who want help increasing their financial wellness in 2021!

Follow this link to the USU Extension Calendar and go to the Eventbrite link to register:

<https://extension.usu.edu/calendartrumbaEmbed=view%3Devent%26eventid%3D150181020>

**HIDDEN GEMS- FAMILY HOME ADVENTURE GUIDES**

Looking for ideas to play together as a family while spending time at home? Experience the new, FREE family fun at home adventure guides! Connect and play together using a guide, give feedback, and be entered to win prizes! It's a win, win, win! Download the guides here: [hiddengems.usu.edu](http://hiddengems.usu.edu)

## TIME TO TIDY UP OR DEEP CLEAN?

(According to experts at Clean & Happy Nest, many of us have fallen out of our usual schedules for having a clean and tidy home due to quarantining or increased use of the home for remote work and home-schooling. To help those ready to get back on track,

<https://cleanandhappynest.org/wp/a-year-of-cleaning/> offers a downloadable cleaning checklist and schedule for a year's time. Their site

also contains cleaning tips to help meet the challenge-should you choose to accept it!



Here's a sampling of what you will find on the above link:

### Daily:

- Disinfect high-touch surfaces
- Do laundry (if needed)
- Clean the kitchen
- Pick up clutter and spot clean

### Weekly:

- Clean the bathroom
- Launder sheets and towels
- Vacuum, mop and dust
- Clean out the fridge

### Monthly:

- Wash blankets and comforters
- Wash curtains
- Dust light fixtures and blinds
- Clean appliances

### Quarterly:

- Wash windows and screens
- Wash shower curtain
- Wash pillows

### Yearly:

- Clean rugs and upholstery
- Clean the chimney and fireplace
- Clear out the gutters
- Deep clean and organize

## PRACTICE AND BUILD RESILIENCE THIS YEAR

USU Extension's HEART (Health Extension: Advocacy, Research and Teaching initiative) team promotes the concept that building resilience can help improve your life and happiness as well as reduce and prevent substance abuse in both youth and adults.

To develop resilience, an important factor is actually facing adversity, stress, or any number of "character building" experiences throughout life.

The HEART team shares five "How To's" for practicing and building what they refer to as the "Resilience Muscle."

- 1. Take care of your body** - building personal resilience doesn't have to be complicated. Getting the recommended amount of sleep, drinking water, and taking care of your body are good first steps. When you feel good in your body it's easier to be in the right mindset to deal with difficult things when they happen.
- 2. Surround yourself in a community** - getting involved in your community, whether it be school, church, family, or work, allows you to create a sense of identity and belonging. A community will also allow confidence to grow and maintain a support system.
- 3. Writing in a journal** - the American Psychological Association explains people who actively write and think through their thoughts and feelings are more equipped to deal with hardships with a growth mindset rather than a destructive mindset.
- 4. Create and work towards goals** - allow yourself to work towards realistic goals that will better your life. If the bigger goals seem out of reach, set smaller stepping stone goals to help create achievement along the way.
- 5. Handle stress in a healthy way** - stress is normal and is something everyone experiences, but stress becomes unhealthy when our coping mechanisms aren't building us to become a better person. Rather than trying to mask or ignore stress, try working through stress by taking active breaks, practicing mindfulness, and asking for help.

Source:

[https://aware.usu.edu/ResiliencePreventsSubstanceUse?\\_ga=2.25036346.1284679070.1609773158-942252679.1527021322](https://aware.usu.edu/ResiliencePreventsSubstanceUse?_ga=2.25036346.1284679070.1609773158-942252679.1527021322)

## TOP COVID-19 SCAMS AND WHAT TO DO ABOUT THEM

Some of us unknowingly fell prey to one or more scamming ploys used by those hoping to make a dishonest "buck" from unsuspecting customers shopping for Christmas. The Federal Trade Commission offers some tips that can be helpful moving forward.

**SCAM 1: Undelivered Goods.** Scammers selling goods online claim they have high-demand items in stock. You place an order and never get your shipment. This is more and more common as anyone can set up shop and look like they're selling legitimate products.

**WHAT TO DO:** Stick to sites you know and trust. Check out the seller by searching for previous customer reviews. If you decide to buy, use a credit card to keep record of the transaction and make sure you see "https" when you check out.



**SCAM 2: Fake Charities.** Whenever a major event like COVID-19 takes place, many kind people look for ways to help. Unfortunately, scammers take full advantage of this and use names that are very similar to names of legitimate charities.

**WHAT TO DO:** Use the following resources to help you research charities: BBB Wise Giving Alliance, Charity Navigator, CharityWatch, and GuideStar. The IRS's Tax Exempt Organization Search tells you if your donation would be tax deductible. You can find your state charity regulator at [www.nasconet.org](http://www.nasconet.org) Most states require the charity or its fundraiser to register to ask for donations. When you give, pay safely by credit card.

See the other top three scams and "What to do" at:

<https://www.utahmoneymoms.com/home/5-covid-19-scams-and-what-to-do-about-them>

- Adapted from: [www.consumer.ftc.gov](http://www.consumer.ftc.gov)

## 2021 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.



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/tree-list>

**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 of each individual species.

On the day of distribution to customers (**April 23, 2021**) any extra trees will be sold. These trees will not need to be purchased in multiples of 5.

### KEY INFORMATION

**-ORDER FORM:** Print from the website or pick up from USU Extension, 585 N Main Ste. 4, Cedar City.

**-RETURN FORM WITH PAYMENT:** Must be turned in before April 1, 2021 to the local Extension Office. After April 1, 2021 only orders mailed with payment to UDAF Zone Five, P.O. Box 806, Panguitch, UT 84759 will be accepted.

**-MAKE CHECKS PAYABLE:** to Upper Sevier CD

**- SUPPLIES ARE LIMITED:** Orders will be filled on a first come first served basis.

**-TREE PICK-UP DATE:** **April 23, 2021 starting at 8 a.m. at the Cross Hollows Event Center (Diamond Z Arena)**