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### What's Growin' On?

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

#### Here are a few tips From USU's Ask an Expert - March Gardening Checklist

- Plant seeds for 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.
- If it didn't happen in the fall, add organic matter to the vegetable garden to help build and amend the soil.
- Avoid compacted soil by not tilling when garden soil is wet or saturated.
- Consider backyard composting or vermiculture (composting with worms).
- If storing bulbs, check their condition to ensure that they are firm, and remove any that are soft or rotten.
- If locally available, plant bare-root trees and shrubs, and keep the exposed roots moist until planted.
- Fertilize spring-flowering bulbs such as tulips, daffodils, fritillaria and crocus.
- Prune berries and fruit trees such as apples, pears, peaches, cherries, plums and apricots.
- Apply horticulture oils at bud break (delayed dormant) in fruit trees to control overwintering insect pests.
- Apply pre-emergent herbicides in late March to mid-April to control annual weeds such as crabgrass and spurge in your lawn.
- Consider including a native fruiting species in the landscape, such as chokecherry, elderberry, serviceberry or currant.
- Download the Utah Home Orchard Pest Management Guide for tips and information.
- Be aware of damping-off, a fungal disease that affects new seedlings.
- Apply dormant oil for pears when leaf buds swell. This smothers eggs of the pear psylla that are laid on buds by overwintering adults.
- Consider taking soil samples to determine fertilizer needs.

Keep the good stuff growing!



Source: [https://extension.usu.edu/news\\_sections/gardening/ask-an-expert-march-gardening-checklist](https://extension.usu.edu/news_sections/gardening/ask-an-expert-march-gardening-checklist)

# KATHY'S CORNER

Extension  
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MARCH/APRIL 2022 EDITION

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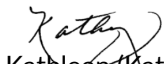
USU EXTENSION - IRON COUNTY - 585 N MAIN ST. SUITE 4 - CEDAR CITY UTAH

## JUST A QUICK NOTE

The calendar indicates Spring is nearly here but Winter keeps hanging around- Don't you love to guess if you will need a coat today or will be wearing flip flops tomorrow? Have you heard the term "Sprinter?" That's where we seem to be- somewhere between two seasons.

May you enjoy getting out and enjoying the weather- whatever it may look like- the sun when it's shining or the brisk air when it may be overcast and snowy.

Best wishes.

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

## ✓ CHECK IT OUT

2022 Finance Calendar- It may already be March but it's not too late to set and complete some great financial goals for the rest of the year. Follow a series of small monthly steps to put you in the driver's seat with your money. Download your free (printable) calendar today at:

<https://extension.usu.edu/finance/empowering-financial-wellness/index>

(For a peek of what the calendar looks like, look inside this newsletter)

Zoom Classes with Create Better Health-Feel healthier, happier and learn to boost your immunity! Free weekly virtual classes over Zoom:

When: Wednesdays  
Time: 12 noon (45 minutes- 1 hour)  
How to join?- Have the link emailed to you by reaching out to [ashley.carlson@usu.edu](mailto:ashley.carlson@usu.edu), [mayra.payan@usu.edu](mailto:mayra.payan@usu.edu) - You may also call USU Extension: 435-586-8132.

**CREATE** SNAP-ED  
**BETTER HEALTH**

### OTHER GREAT READS INSIDE:

PG 2: 2022 FINANCIAL CALENDAR EXCERPT  
PG 2: QUESTION: WHAT IS "GROWTH MINDSET" AND HOW DOES IT HELP WITH ANXIETY AND DEPRESSION?  
PG 2: SUSTAINABLE LAUNDRY DETERGENT AND PRACTICES  
PG 3: DOES HEALTHY EATING COST MORE?  
PG 3: HOW YOU THINK AND ITS INFLUENCE ON MARITAL BLISS

### LOOK WHAT'S COMING

Freeze-drying Class: Chicken Orientation, demonstration and samples-

Date: Tuesday, March 29, 2022  
Time: 6:00 p.m.- 7:00 p.m.  
Location: USU Extension Conference Rm.  
585 N Main St., 2nd floor  
Fee: No cost

Reserve/Use USU Extension Freeze Dryer!

Not sure you want to invest in a freeze dryer of your own? This may be a workable option for you. Details:

-Orientation/Training- Required before use  
-Schedule date with USU Extension  
-\$5.00 per batch (~ 1 ½ gals. Finished product)



## 2022 Financial Calendar Excerpt



✓ **April is financial literacy month! Celebrate by finding a book, class, podcast, etc. to further your personal finance knowledge.** If you find yourself stressing out about finances, chances are part of this stress comes from being unfamiliar. Join our Empowering Financial Wellness team during a free webinar to learn more about credit, debt, budgeting, or financial organization! Check out [finance.usu.edu/efw](https://finance.usu.edu/efw) to register

✓ **Create a financial binder to organize and track your expenses, receipts, financial goals, and tax information throughout the year.** Having your documents all in one place (whether in print or digitally) can be helpful during an emergency or when you need to quickly access your financial information.

✓ **Review your tax withholdings and update your W-4 if you want more or less money withheld from your paycheck.** Adjusting withholdings will increase or decrease the refund amount you get from the IRS each year. For more timely reminders subscribe to the Utah Money Moms blog at [utahmoneymoms.com](https://utahmoneymoms.com).

### ESTATE PLANNING

✓ **Spring clean your financial accounts by making sure your beneficiaries are current. Complete the Beneficiary & Personal Representatives At-a-Glance worksheet at [finance.usu.edu/estateplanning](https://finance.usu.edu/estateplanning).** Many financial accounts are POD (payable on death) accounts, which means the money will be dispersed to whomever is listed as the beneficiary. This form will give you a snapshot of your financial and estate planning documents and who is listed as the beneficiary. As you are completing this worksheet, take the time to update, or designate, the appropriate beneficiaries.

## Question: What is "Growth Mindset" and how does it help with anxiety and depression?

**Answer from Christina Pay, USU Extension Assistant Professor-** Fixed mindset describes the belief some people have that qualities such as intelligence or talents are simply fixed traits. However, people with growth mindset believe that their basic abilities can be developed and improved upon through dedication and hard work.



As it relates to anxiety and depression, those with a fixed mindset believe this is just how they are and think- it can't be changed or controlled. Having a growth mindset allows people to create a buffer to cushion and safeguard the individual from effects of stress, anxiety, and depression because they see these feelings as temporary- therefore they create coping strategies to lessen the affects.

-- This article includes findings from research conducted by author, Carol Dweck, Professor at Stanford University. See the complete article by going to: <https://tinyurl.com/26ms8t5e>

## Sustainable Laundry Detergent and Practices

Washer and dryer manufacturers continue making machines that can clean using less water and energy. These work together with new detergents to get the same results without needing as much water or as much heat. And all of us play a role in cleaning more sustainably. We can make the most of these cleaning products and appliance innovations.

Here are some ideas to try:

- Wash in cold water.
- Dry on low or air dry.
- Recycle empty detergent containers.
- Maintain your appliances with proper maintenance and when replacing them look for sustainable features like energy efficiency.



Source:

<https://cleanandhappynest.org/wpd/sustainable-laundry-detergent-and-practices/>

## Does Healthy Eating Cost More?

In an effort to save money, people may select less nutritious foods when shopping resulting in less healthy meals and snacks. This is a problem because diets rich in fruits, vegetables, whole grains, beans, and healthy fats have been found to reduce the risk of chronic diseases such as obesity, diabetes, and heart disease among others.

Unfortunately, following the MyPlate Dietary Guidelines for Americans may indeed cost more upfront and be difficult to afford for families on a limited food budget. For example, ground beef that is 80% lean can cost as much as \$2.00/pound less than 93% lean ground beef.

So what is the incentive to eat healthy and reserve a higher percentage of income for groceries? Consider the benefit of reduced risk of chronic diseases such as those mentioned above.

For more details on savvy shopping tips to save money and eating more closely in alignment with the Dietary Guidelines, check out:

<https://extension.usu.edu/nutrition/research/does-healthy-eating-cost-more>



## Estate Planning- How to Prepare

DATE: WEDNESDAY, MAY 18TH, 2022  
TIME: 6:00 PM MST  
COST: \$5.00  
WHERE: ZOOM VIRTUAL WEBINAR  
REGISTRATION: EVENTBRITE

Join us for an interactive workshop focused on strategic ways to gather your estate planning information, documents you may need as well as how to start the conversation with your family.



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## How you Think and its Influence on Marital Bliss

According to the Utah Marriage Handbook, how you think affects the quality of your marriage. The expectations you have upon entering marriage, the commitment you make to your relationship as a couple, and having a positive attitude all have a great bearing on the success of your partnership.

Take a look at the following statements and determine if you believe they are True or False:

1. Because we are in love we should never disagree.
2. My spouse should know what I'm thinking and feeling without my having to say it.
3. My spouse will never change (for the better or for the worse).
4. I will always feel those exciting, passionate feelings for my spouse.



These statements are all False- Actually,

1. Having conflict is a normal part of being in a relationship with another human being.
2. Although a few people might be quite good at it, mind-reading is a rare skill. A person can love you deeply and still not be able to know what you're thinking or feeling.
3. People can and do change and grow. When rough patches occur, remember people can change for the better with support, love, and encouragement.
4. Long-lasting love experiences some highs and lows in passionate feelings. Mature love takes time to grow and is better described as feelings of connections, caring, and respect for the other person.

TIPS for success:

1. Recognize any unrealistic expectations you may have.
2. Share your expectations with each other.
3. Think of you and your spouse as a team.
4. Establish a shared mission for your marriage.

Source: The Utah Marriage Handbook, Keys to a Healthy Marriage, USU Extension (Available online at: <https://extension.usu.edu/files-ou/utah-marriage-handbook.pdf>)