

USU Extension Service, Iron co.
585 North Main #4
Cedar City, UT 84721

Change Service Requested

Other Contact Information:

Phone: 435-586-8132

Fax: 435-586-3314

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

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What's Growin' On?: Beat the Winter Blues by Thinking Green

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

One of the best New Year's resolutions we can make is to focus on our health and wellness. Many achieve this by going to the gym or trying out the newest fad diet but have you ever considered resolving to just spend more time with Mother Nature to improve your well-being?

In a book titled "The Nature Fix" author Florence Williams investigates the science behind the powers of the natural world to improve health, promote reflection and innovation, and strengthen our relationships. For instance, Have you ever heard of "forest bathing"? Researchers discovered that after spending time in the forest individuals showed both lowered cortisol levels and significant improvements in measures of self-esteem.

We can also feel the benefits of nature by using indoor plants to create "green space" in the home or office. Horticulture experts have proven that indoor plants improve mental and physical well-being by purifying the air, reducing noise, increasing focus ability, speeding recovery time, and reducing anxiety.

Recommended house plants to consider:

Bromeliad



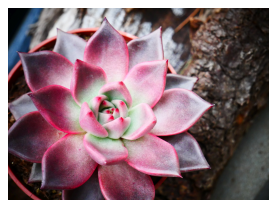
Dracaena



Philodendrons



Succulants



Aloe



Sources:

The Nature Fix by Florence Williams

<https://www.prevention.com/health/g27586276/benefits-of-indoor-plants/>

KATHY'S CORNER

USU-IRONCOUNTYEXTENSION
585NMAINSTREETSTE.#4
CEDAR CITY, UT. 84721

January/February 2020 Edition

JUST A QUICK NOTE

Welcome to 2020! Not only are we starting a new year but a new decade. So, prepare yourself for all upcoming clichés about hindsight being 20:20 in the media, conversations and even politics.

I always feel better prepared to begin a new year if I've taken time during the previous month to rejuvenate, relax, accomplish some personal goals and plan for the next few months (I'm not naïve enough to believe I will personally stick with 12-months-worth of exercise and weight-loss goals.)

Best of success to each of us as we tackle today's challenges so we are better prepared to meet what will face us tomorrow and throughout the year ahead! 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.

Sincerely,

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

✓ CHECK IT OUT

You can access a myriad of information from USU Extension online or from several downloadable Apps.

The link to the Publications homepage can be found at: <https://extension.usu.edu/publications> where you can select the topic area, author, or conduct a general search.

If there is specific information you feel would be helpful to have at your fingertips (phone) on a more regular basis, you can download specific Mobile Applications for items such as "Tree Browser", "Gardener's Almanac", or "My Fi Assist" (short for financial assistance). All are available as Apple downloads and some are also compatible with Android devices. Go to <https://extension.usu.edu> and select "Mobile Apps" from the Browse Extension dropdown menu.

OTHER GREAT READS INSIDE:

- PG 2: Stash Some Cash- Finance Tips for 2020
- PG 2: No Time to Exercise? 7 Ways to Move More
- PG 2: Home Food Storage Advice: Store What You Use
- PG 3: Keeping Pots and Pans Shiny
- PG 3: 2020 Conservation Tree Program
- PG 4: What's Growin' On?: Beat the Winter Blues by Thinking Green

LOOK WHAT'S COMING

Freeze-dryer schedule: If you would like to preserve produce, meat or perhaps some dairy products, you can schedule the USU Freeze-dryer. Most Mondays and Tuesdays are available through February.

- Call the Extension office the week before to schedule your time slot.
- IF you have not attended a class or participated in an orientation, you must do so prior to using the dryer. Make an appointment before or on the same day to meet this requirement.
- IF you use the dryer, the cost is \$5/batch (This equates to about 7 lbs. fresh food and 1.5 gallons preserved food) and you must clean the trays.
- Plan to use your own freezer bags or you can purchase sealable Mylar bags from the office.
- Depending on the density, moisture content and overall bulk of the food, the process takes 24-48 hours.

See USU Extension publication: "Buying a Home Freeze-Dryer: What to Know Before You Go" - The direct link is: https://digitalcommons.usu.edu/extension_curall/1985/

Topics covered include:
>The science behind freeze drying
>Options for size, capacity, and pricing
>Space and power recommendations
>Advantages and disadvantages compared to other food preservation methods and equipment OR as always, contact your local USU Extension Office for answers to questions you may have.

STASH SOME CASH- Finance Tips for 2020

- * Pay yourself first. Set up automatic deposits to a savings account.
- * Put your tax return into a savings account instead of spending it.
- * Begin saving a little each month for upcoming activities, gifts and vacations.
- * Cut back on eating out, entertainment, and impulse purchases.
- * Keep a stash of small bills at home for emergencies.
- * Download the USU Extension PowerPay App at finance.usu.edu.



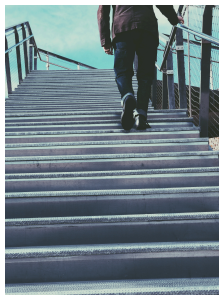
Source: USU Extension 2020 Home and Family Calendar

NO TIME TO EXERCISE? 7 WAYS TO MOVE MORE!

What if exercise could be incorporated into activities you already have in your schedule?

The following are adapted from the website, www.heart.org that suggests “no-brainer” activity boosters:

1. Grab the leash and walk your dog (or offer to walk a neighbor’s dog).
2. Take your spouse or child for some “walk and talk” time.
3. Walk the mall, grocery store, office building, any accessible indoor space.
4. Need to make a phone call? Take a walk while you chat.
5. Walk or jog in place, do yoga, or lift weights while watching your favorite TV show.
6. Ditch the car by parking further away from a store or work or if possible walk or bike there.
7. Take the stairs instead of the elevator. Even just a floor or two can make a difference in your leg strength and endurance.



Source: <https://www.heart.org/en/healthy-living/fitness/getting-active/no-time-for-exercise-here-are-7-easy-ways-to-move-more>

HOME FOOD STORAGE ADVICE: STORE WHAT YOU USE

Being prepared with food, water and fuel for an emergency situation is fairly common practice for many Utahans. While ice storms, power outages, and closed interstate highways may seem unlikely, peace of mind is worth a lot when considering the unknown possibilities for our area.

“Store what you use and use what you store” This is an adage that has gained momentum as individuals and families search for guidance when their attempts to adhere to a general standard tied to having food on hand may not fit their individual needs or dietary restrictions.

In short, there are three main components of food storage: Food supply (three-month and long-term), water supply, and a financial reserve.

There are other considerations as well but for now, those wanting to know the what and how much food to store can begin fairly simply: Take the amount of food you would need to purchase to feed your family for a day and multiply that by 7. That is how much food you would need for a one-week supply (assuming you would eat the same foods every day, that is).



Most families have a basic rotation of around 6 menus they normally eat from every week. Pull out shopping lists, recipes, and anything else that will insure you calculate to have enough ingredients to prepare the items. Don’t forget staples such as spices, flour, sugar, etc.

An underlying guideline is to avoid going to extremes to establish a food storage supply. It is not necessary to go into debt in order to get everything all at once. Start small and build a meal at a time, a week at a time, or whatever works best for your financial situation.

There are several blogs available to assist in building a food/emergency supply as well as information available at no cost from educational and faith-based websites (e.g. “Provident Living”). If you would like further guidance, contact your local USU Extension office.

KEEPING POTS AND PANS SHINY

Many mid- to high-quality cookware pieces can be kept and used for many years. If some start looking stained or less shiny than in previous years, here are a few tips in from former news columnist Heloise in her book “Heloise Around the House”:



Aluminum- Put about 3 Tbs. of cream of tartar and about a quart of water in the stained or “gunky” pot. Bring the mixture to a boil and let it continue to boil for about 10 minutes. Wash and rinse the pot well. This process can be used to both clean and add shine to the inside of cookware.

-Cooking recipes that contain tomato sauce also shine while the foods simmer.

-No cream of tartar or tomato sauce? 2 Tbs. of white vinegar added to the boiling water will work as well.

-AVOID bleach-based cleaner on aluminum as it will cause pitting (eats small holes into the surface).

Stainless Steel- This is only for stainless steel pots and pans, not aluminum and may require more than one treatment.

1- Place the pot in the oven to slightly warm it.

2- Spread a plastic trash bag over some newspaper on the counter and place the pot in it.

3- Generously spray the pot or pan with oven cleaner and allow to set for 5 to 10 minutes.

4- Rinse off oven cleaner; wash in hot, soapy water; rinse well.

Nonstick Pans- The number one caution is to never use metal utensils when cooking in pans with this finish. Even if the manufacturer states otherwise, it is best to use wood or plastic utensils to save the surfaces from scars.

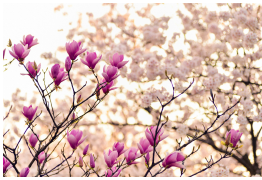
Be gentle and if the pans need scrubbing, use a nylon scrubber and/or soak in hot soapy water. Never use steel wool.

Another caution is to never let this type of cookware boil dry as the nonstick surface can still emit harmful fumes into the air when exposed to dry heat.

Source: “Heloise Around the House”, pp. 369-373.

2020 CONSERVATION TREE 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/gardening> (look for UACD Tree Sale 2020 at bottom of the page)

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 7, 2020**) any extra trees will be sold. These trees will not need to be purchased in multiples of 5.

KEY INFORMATION

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

-RETURN FORM WITH PAYMENT: Must be received **before April 27, 2020** to the local Extension Office or mailed with payment to UF Zone Five, P.O. Box 806, Panguitch, UT 84759.

-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: 8 a.m.- 5 p.m. at the Cross Hollow Event Center (Diamond Z Arena)