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What's Growin' On?: Fall Check List

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

With summer drawing to an end, it is time to harvest the fruits of our labors and prepare for the next season. Below are a few recommendations provided by USU Extension to add to your Fall checklist.

September:

- Consider planting cover crops to provide "green manure" to the garden
- Harvest the onions, garlic, & potatoes once the green foliage has died down. Store potatoes, garlic and onions in a cool/dry location (32-40°F) away from apples
- Fall is the perfect time of year for planting trees and shrubs
- Divide crowded, spring-blooming perennials
- Compost fall leaves
- Start checking pears for ripeness once the fruit twists easily off the tree and seeds are dark colored, allowing them to finish ripening off the tree
- Lawns care: Early in September, apply a slow-release lawn fertilizer to provide a long lasting affect throughout the fall months, reduce irrigation, & aerate

October:

- Plant garlic cloves from mid-October through early November
- Remove residual plant matter from the garden once harvest is complete to reduce overwintering sites for insect pests
- Overwinter carrots, beets and parsnips in ground, by placing mulch over them
- Plant spring blooming bulbs through early November
- Dig tender perennials such as gladiolas & dahlias after the foliage has died down and store them in a cool, (45-50 °F) dry location
- Plant cold hardy annuals: pansy, primrose, kale and ornamental cabbage
- Fall is the best time to control tough perennial weeds such as field bindweed (aka morning glory)

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

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

https://digitalcommons.usu.edu/cgi/viewcontent.cgi?referer=&httpsredir=1&article=1829&context=extension_curall



KATHY'S CORNER

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JUST A QUICK NOTE 

Though it may not yet feel like the seasons are changing, it will be Fall before we know it. This edition of the newsletter focuses on timely topics related to this time of year. Hopefully there is a tip written just for you!

Best wishes!



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

✓ CHECK IT OUT

TRY FREEZE-DRYING- Home food preservation now includes freeze-drying foods that could potentially be stored safely for 25 years.

Want to try freeze-drying fall produce? Schedule a time for a brief orientation and get on the calendar to use our freeze-dryer at USU Extension- Iron County.



Cost is \$5 per batch (for about 1 ½ gallons of finished product) and you must clean the trays and freeze-dryer after (this can be done in our conference room).

OTHER GREAT READS INSIDE:

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LOOK WHAT'S COMING

4-H Afterschool Mentoring programs

Elementary Schools- Grades 4-5
Mon-Tues-Thu 3:30-5:30 p.m.
Wed- 1:30-5:30 p.m.
(East, Fiddler's and North)

Middle Schools- Grades 6-8
Mon-Thur 2:30- 5:00 p.m.
(Cedar Middle, Canyon View Middle)

Programs offer homework assistance from SUU volunteer mentors, 4-H projects and hobbies, physical activities and nutritious snacks. Fees are based on a sliding scales based on need.

Please call 435-586-8132 for more information-



FOUR BACK-TO-SCHOOL TIPS FOR PARENTS



As young people head back to school it is important to have conversations that will help in their relationships with friends, teachers and other employees at their school.

Make time to be kind.

One of the best ways to make friends and a good first impression at school is to be kind. There are three simple things children of all ages can do – *the three S's* – *smile, serve and share*. A smile is the first thing most people will see and remember. It shows friendliness, warmth and openness. Serving others in small ways will also open doors to friendship. A simple compliment or grabbing something that has fallen on the floor for someone can work wonders. Sharing paper, crayons or a treat can help as well. Parents can model these principles and invite their children to be kind and respectful to everyone.

It's good to be grateful.

Just like with kindness, gratitude shows others you are open, thoughtful and humble. Children can give thanks to anyone they meet, from the bus driver, to the gym teacher, to the principal. They all work hard and need to hear expressions of thanks. Letters, texts, and sticky notes also work. Cultivating gratitude in children starts with parents' willingness to express sincere thanks to others, especially their children.

Notice and appreciate the good in each day.

Children are often bombarded with negativity at school. From teasing and tests to homework and bad hair days, our brains are wired to focus and dwell on the tough stuff that happens. When children come home from school, ask about the best part of their day. It's good to get good at noticing the good!

Be quick to forgive.

New schedules and routines can bring new challenges and stress so be patient with your children. When parents keep their tone of voice low and are quick to forgive, it helps teach children to be quick to forgive others as well.

Source: Dr. David Schramm, Family Life Specialist with Utah State University Extension

STAYING SAFE EXERCISING OUTDOORS

Living in SW Utah is a choice of many outdoor enthusiasts—If you are one who enjoys walking, jogging, or even biking outdoors, the Road Runners Club of America suggests:

- Avoid a possible attack by adopting a “don't mess with me” attitude.
- *Be aware
- *Look strong and powerful
- *Be smart and avoid secluded paths with places attackers could possibly hide
- *Carry pepper spray or a loud alarm
- *Know and practice basic self-defense moves



KEEP PETS SAFE FOR HALLOWEEN

As critical as it is to keep your kids safe while they are out trick-or-treating, it's also important to recognize there are dangers tied to your pets as well.



Treats: Candy can be toxic for pets. Chocolate in all forms can be very dangerous for dogs and cats. Most common problems may include vomiting, diarrhea, hyperactivity, increased thirst, urination and heart

rate. Candy sweetened with artificial sweeteners like xylitol, even in small amounts, can cause a sudden drop in blood sugar which can lead to a lack of coordination and seizures.

Sights and sounds: Keep your pet in a quiet place, away from trick-or-treating and other Halloween activities if at all possible. If they must be in the same room as where you greet Halloween visitors, keep them on a leash or a kennel to protect them from injuring themselves or others when they become agitated or frightened.

Costumes: As cute as it might seem to dress your feline friend or canine companion in a costume, bear in mind that a frightened pet in a cape is nobody's idea of fun and it could be outright dangerous for your pet.

Source: Mary H.J. Farrell for Consumer Reports with quotes from Kenny Lamberti of the Humane Society

ARE STONE FRUIT SEEDS POISONOUS?

In short, the answer is yes- Poison Control does not recommend purposefully ingesting fruit seeds or pits. However, if you do eat a couple accidentally, you're probably fine.

Seeds, stones, pits, or kernels of stone fruits like apricots, cherries, plums, and peaches do contain a compound called amygdalin, which breaks down into hydrogen cyanide when ingested. And yes, this compound is definitely a poison.

That said, if you've accidentally swallowed a few seeds or ground up a pit with your jam purée, it is unlikely you will become poisoned.

For example: It takes *approximately 703 milligrams of hydrogen cyanide per day* before beginning to suffer any ill effects. So how many seeds/pits would you have to eat before 703 mg. are ingested? Well, a lot!



8 apricot pits ~ 432 mg.
30 peach pits~ 204 mg.
200 cherry pits~ 117 mg

Source: Adapted from National Institute of Health database- information shared on Good Housekeeping website

NATIONAL FLUFFERNUTTER DAY

National Fluffernutter Day is observed annually on October 8th- In 1913 during World War I, Emma and Amory Curtis of Melrose, Massachusetts invented Snowflake Marshmallow

Crème and published a recipe for a peanut butter and marshmallow crème sandwich which is the earliest known example of a Fluffernutter.



FINANCIAL PREPS FOR CHRISTMAS!

That's right- Get your gift list started now and start tucking away funds as well as a few gifts that are non-perishable! You'll be able to pat yourself on the back come December 24th!

Do you have traditional stocking stuffers you could get now? How about items that will soon be on sale as the seasons change and that may be hard to find in a few weeks?

PROPER CANNING GUIDLINES AND RECIPES!

In Print:

- Complete Guide to Home Canning- USDA (Available at Iron County Extension)
- So Easy to Preserve- University of Georgia
- Ball Blue Book to Preserving- Jarden Home Brands (Available at Iron County Extension)

Web-based:

- National Center for Home Food Preservation- www.nchfp.uga.edu
- USU Extension Canning Resources <https://extension.usu.edu/canning/>

3 TIPS FOR USING WHITE VINEGAR IN THE LAUNDRY ROOM

Baby clothes/blankets-

Vinegar is great at breaking down the uric acid and irritating soap residue in all your baby's clothing, blankets, and sheets. To keep them soft and clean, add one cup of white vinegar to each wash load during the rinse cycle. This same formula will do the trick for the rest of the families clothes.

Timely touch-ups-

To help remove light scorch marks on fabrics, rub lightly with undiluted white vinegar. Then wipe with a clean cloth (not a paper towel). Using the same technique, you'll get great results on underarm deodorant stains left by antiperspirants- especially on white clothing.

Right in the washing machine-

To freshen up your washing machine, once a month pour in a cup of white vinegar. Run through a normal cycle, without clothes, and unwanted soap residue will be removed. If you have especially hard water in your area and you haven't used this strategy before, consider using ½- 1 gallon of white vinegar in the same way but let it soak inside the washing machine for 1-2 hours with warm or hot water.

Source: Adapted from Heinz Hints