

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>

Utah State University is an affirmative action/equal opportunity institution

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

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

When it comes to turf, brown is the new green according to USU Center for Water Efficient Landscaping aka CWEL. In their article "Is Your Lawn Dead or Dormant?" Extension expert Kelly Kopp says that it's normal for the grasses that are traditionally grown in Utah to struggle with the heat and drought we are experiencing now. You may be seeing brown or golden patches forming in your lawn right now. Fortunately, these grasses have the capability to recover from these extreme weather conditions. If grass appears to be dead, it may only be dormant.

Dormancy is the physiological process that grasses use to protect themselves from heat and drought. By entering dormancy, grasses are really protecting their crowns for future recovery. The crown is at the soil surface and it is the point from which the grass blades grow up and the roots grow down. As long as the crown remains alive, the grass has the capability to recover once temperature and moisture conditions improve.

Recognize that when heat and drought reach a certain level, there is no amount of water that is going to coax the grass out of dormancy, Kopp explains. However, as temperatures drop and moisture increases, the grass will recover naturally.

Completely giving up on grass irrigation is not recommended, she says. You may, however, cut back to a minimal amount that will help keep the crowns of the grass plants alive. This amount of irrigation is known as "survival watering" because while it will not keep the grass from entering dormancy, it will help the grass crowns survive and recover. For the cool season grasses that are traditionally grown in Utah, this irrigation amount can be as little as one inch of water per month. One irrigation (1/2 inch) is equivalent to 20 minutes with pop-up spray heads and 40 minutes with impact and mp rotator sprinklers.

For more water-saving resources visit: <https://extension.usu.edu/drought/in-the-landscape>



Keep the good stuff growing!



Source: <https://cwel.usu.edu/research/is-your-lawn-dead-or-dormant>

# KATHY'S CORNER

**EXTENSION**   
**UtahStateUniversity**

JULY/AUGUST 2021 EDITION

**EXTENSION.USU.EDU**

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


## JUST A QUICK NOTE

As a child I don't remember being overly affected by summer heat. It could be that there was usually a breeze blowing in my face and I was always on the move- riding a bike, swimming, or playing games in the back yard (or in the middle of the street in our small town).

As we age, however, it is common to become more vulnerable to high temperatures and less able to cool our body temperature as easily. See a related article on Heat and Health inside this addition of Kathy's Corner.

Please, be safe, stay hydrated, and minimize your exposure to the sun during the hours of highest intensity.

Sincerely,

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

## ✓ CHECK IT OUT

[USU Extension- Iron County Directory](#)

- \*Mike Isom- 4-H Program Coordinator
- \*Jamee Joseph- Staff/Programs Assistant
- \*Kathy Riggs- Family & Consumer Sciences, 4-H Afterschool, County Director
- \*Cindy Rose- 4-H Youth Service Learning
- \*Candace Schaible- Horticulture & Water-wise Landscaping
- \*Ashley Tullis- Staff Assistant
- \*Randall Violett- Ag/Natural Resources
- \*Emma Whitmore- 4-H Program Coordinator, Youth and Community

### OTHER GREAT READS INSIDE:

PG 2: EMPOWERING FINANCIAL WELLNESS  
PG 2: INSIDE/OUTSIDE TEMPS AND YOUR HEALTH-  
PG 2: EMERGENCY CASH STASH  
PG 3: COOKING/PRESERVING WITH CLEAR JEL®  
PG 3: MELON MANIA- MELONS ARE GOOD FOR YOU!  
PG 4: WHAT'S GROWIN' ON?: #BROWNSTHENEWGREEN

## LOOK WHAT'S COMING

### Volunteer County Fair Judges Needed

We are looking for volunteers on the following dates to judge a variety of home arts and 4-H exhibits for the following county fairs:

**August 10- Garfield County (Panguitch)**  
**August 12- Kane County (Orderville)**  
**August 25- Beaver County (Minersville)**  
**September 1- Iron County (Parowan)**

We could also use volunteers to judge exhibits at the Iron County Fair. Preference is for volunteers who do not plan to exhibit in the fair. Specific needs are in Foods, Photography, Fine Arts, Crafts and Needlework.

Are you available to help? Please contact the Extension Office 586-8132 for more details or email: [ashley.tullis@usu.edu](mailto:ashley.tullis@usu.edu)

### Food Preservation Resources-

While USU Extension has online guidelines and recipes for home food preservation (<https://extension.usu.edu/preserve-the-harvest/index>), our office also carries printed copies of the USDA Complete Guide to Home Canning (\$15.00) as well as the Ball Blue Book Guide to Preserving (\$14.00).

### Don't forget the Clear Jel® -

Clear Jel® is the USDA approved thickening agent for canned pie filling. You can purchase a bag containing enough of the product (2 1/3 Cups) to make 7 quarts of pie filling for \$3.00 per bag from the county Extension Office. If you are fortunate to have a supply of pie cherries, berries, or future peaches and apples, you'll love the home preserved pie filling using Clear Jel®.

## EMPOWERING FINANCIAL WELLNESS

The summer series of live online financial wellness classes are underway- Register for the FREE classes, every Thursday at 1:00 p.m.

Which classes might interest you?

- \* Debt Reduction Strategies
- \* Understanding Credit
- \* Organizing Your Finances

Each class is approximately 45 minutes in length. Click on the following link to register for your free class today.  
<https://extension.usu.edu/finance/empowering-financial-wellness/classes-and-webinars>



## INSIDE/OUTSIDE TEMPS AND YOUR HEALTH-

This is one hot summer! Please be reminded there are specific actions you can take to reduce the impact of high temperatures that will likely remain until fall.



\*Keep frequently-used rooms in your home cool- especially at night, you may need to move to a different location for restful sleep.

\*Keep the body cool and hydrated- Keep cold packs or towels in the refrigerator for head, neck, and feet.

\*Keep aware and check in on any vulnerable neighbors. The elderly may not be aware they are in danger of heat exhaustion.

\*If you take medication- check to see if it might need to be refrigerated.

\*Monitor how you feel- If you or others around you feel unwell (dizzy, weak, intensely thirsty, or have a headache), move to a cooler location right away.

Additional details for each area of safety are available from the World Health Organization:  
<https://www.who.int/news-room/fact-sheets/detail/climate-change-heat-and-health>

## EMERGENCY CASH STASH

Having a stash of emergency cash in your home is an important part of emergency preparedness.

Scenarios such as a natural disaster, a national catastrophe, or a real-life family emergency will make you appreciate those dollars you have safely tucked away. Although credit and debit cards are convenient, a back-up cash stash is necessary in an emergency. A true emergency will usually require you to have money, often cash, to survive.

Just in case the electricity is knocked out for several days, your local bank and grocery store might resort to a cash-only policy because credit card machines and ATMs won't work. Occasionally, in natural disasters, banks are unable to open their doors to the public due to flooding, building damage, or their security being compromised by an earthquake, etc.

Another good reason to store cash in your home is if your credit card is stolen or lost. You might have to rely on cash for gas and food until a new card can be issued.

- How much cash do you need to have on hand?
- How do you get started?
- How do you make certain your cash is safe?
- Where should you hide your cash stash?
- Can you outwit a burglar?

Read more at:  
<https://extension.usu.edu/finance/research/emergency-cash-stash>



September 2-6, 2021 | 435-477-8380  
See: <http://fair@ironcounty.net> for schedule and list of events  
Jr. Livestock Show: September 9-11, 2021  
Cross Hollows Event Center

## COOKING/PRESERVING WITH CLEAR JEL®

Question: Is Clear Jel® safe for persons with Celiac Disease to consume?



Answer provided by Dr. Brian Nummer,  
USU Extension Food Safety/Food Preservation Specialist:

If a product bears a "gluten-free" claim after August 5, 2014, it is considered to have met the FDA regulations of less than 20 ppm gluten and should be safe to eat. That means the FDA feels that anything under 20 ppm gluten will not likely cause celiac symptoms.

Clearjel is 100% modified corn starch, no gluten, no wheat. I don't believe many companies label it gluten-free. It appears that Clearjel is a generic description rather than a brand. That means that there are many versions out there from different manufacturers or re-packagers.

Let's look at the term "made in a facility that contains ....".

The FDA FSMA rule (21 CFR 117) requires manufacturers to apply allergen controls if allergens are present in the facility. Since wheat is the allergen, they must apply some controls to their facility regardless if they label the product "made in a facility that contains ....". Some facilities choose to use that statement as information for the consumer. The consumer can choose to purchase or not. Even if a company uses the label disclaimer, it would still be subject to a recall if wheat appeared in the product. Smaller companies are more likely to use the label claim. Try to look for a source manufactured and packaged by a large reputable manufacturer. Steer clear of the many repackaged sources that are likely very small operations.

## MELON MANIA- MELONS ARE GOOD FOR YOU!

Did you know:

- A one-cup serving of cantaloupe has only 53 calories, but it contains 106 percent of the vitamin A daily value and 95 percent of vitamin C. It's also a good source of potassium and folate.
- A cup of honeydew has 60 calories, 51 percent vitamin C daily value and 11 percent of potassium. Honeydew also contains some fiber, folate and vitamin B6.
- Watermelon is very low in calories, coming in at 46 calories per one-cup serving. However, it's loaded with the antioxidant lycopene, which is linked to decreased risk of cancer, heart disease and age-related eye disorders, and contains a good amount of vitamin A, vitamin C and potassium.

Like the information sample above, USU Extension's Create Better Health program loves helping adults and youth eat better and be more knowledgeable about what their bodies need to be healthy.

The youth program lessons feature Captain Create who encourages health and nutrition in fun ways. Invite your kids to meet Captain Create by checking out:  
<https://kidscreateutah.org/> which includes a YouTube channel with fun videos.

USU EXTENSION- IRON COUNTY, WILL BE CLOSED JULY 23<sup>RD</sup> – FOR THE STATE PIONEER DAY HOLIDAY

