

“Catch the Drift” on Proper Herbicide Application

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

With the fruit trees and lilacs in full bloom Mother Nature is letting us know that spring has sprung. Unfortunately, this means those pesky weeds have sprung as well. If you enjoy a weed-free yard it can be tempting to grab a bottle of herbicide (weed killer) and go crazy trying to win the battle. With this being the case we strongly encourage everyone to educate themselves on how to properly handle/apply herbicides to avoid bodily harm and crop damage.



Here are a few simple pointers to ensure proper usage: First, properly identify the unwanted plant (USU-Iron County Extension can help with this). Choose the correct herbicide- select either a selective herbicide which targets a specific type of plant, like a dandelion, while leaving your lawn intact OR a non-selective herbicide, which kills everything in its path. Before application ALWAYS READ THE LABEL. Also, pay attention to weather conditions- the ideal time to do an application is when there is little to no wind. Herbicides can be used throughout the growing season; however, it is most effective in the Fall as the plant is preparing for winter and moving all its resources, and the herbicide you applied, into its root system.

A word of caution- applying herbicides such as 2,4-D and Dicamba during the summer months (temps reaching above 80°F) will result in volatilization and drift which can be transported by wind for a mile or more causing damage as it travels. Basically, the herbicide turns into a gas and floats around the neighborhood.

Don't let weeds go to seed. Kill weeds when they are young. Good management will keep out most weeds. Remember before using any pesticide, read the label. Just because a little herbicide is good doesn't mean a lot is better. Weed control doesn't cost, it pays.

“As the saying goes, “One year’s seeding equals seven year’s weeding”

Keep the good stuff growing!

KATHY'S CORNER

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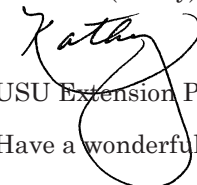
May/June 2019

Just a quick note (🎵):

Have we finally arrived at Spring? If we can make it through a full week without lows in the 30's, I think we're set!

The average date of the last frost in Cedar City is around May 19th but depending on where you live, you might get lower temperatures overnight. For example, if you are in a low valley or up on a mountain bench in Iron County, your average last frost date could be closer to May 28th. A good resource written by USU's Shawn Olsen for judging best dates for planting garden vegetables is found at: https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=2843&context=extension_curall

Kathleen (Kathy) Riggs,



USU Extension Professor, FCS/4-H Youth

Have a wonderful spring!

Keep smiling!



MEMORIAL DAY-
MONDAY, MAY 27TH

Memorial Day occurs at one of the best and most beautiful times of the year: The end of spring and the beginning of summer. Of course you should enjoy the time off outdoors with friends and family! But be sure to take a moment to remember those who fought for our freedom—they definitely deserve to be honored.

Source: www.countryliving.com

LOOK WHAT'S COMING

Freeze Dryer Orientations

To reserve the USU Extension freeze-dryer for personal use, individuals must first understand the process and the basics of how to use and care for the equipment. Please reserve your spot to participate in one of the following times for group instruction at the USU Extension Conference Room.



Dates: June 3, 2019 | 5-6 p.m.

June 12, 2019 | 5-6 p.m.

Reserve your spot by calling 435-586-8132 or email Kathy at kathleen.riggs@usu.edu

TEXT MESSAGING IN AN EMERGENCY

Text Message: RUOK

Response: IMOK

1. In an emergency communication lines may be overwhelmed. Short messages like those above are more likely to go through as you check on your people.

2. For more information on earthquakes, check out this link: <https://www.shakeout.org/utah/>

CHECK (✓) IT OUT!

If you want to know the latest information about what is happening within USU Extension, Iron County, please check out our website(s) and Facebook pages:

www.extension.usu.edu/iron

www.extension.usu.edu/ironmg

<https://www.facebook.com/ironcountyextension/>

<https://www.facebook.com/ironcounty4h/>

<https://www.facebook.com/ironcountyfoodsense/>

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PARENTS, ARE YOUR KIDS READY FOR SUMMER? ARE YOU?

Now that school is about to end and summer begins, parents may find that their children have a lot more energy and may need time to adjust being home, having more free time, and less structure.

If you find they seem to frequently need calming down, constantly whine about having to do chores or even just get out of bed at a reasonable time, consider these tips:



* **Speak in a calming voice** without frustration or yelling. If you want your children to be calm when responding to you, remain calm yourself.

* **Find activities** that allow children to develop creativity and release emotional energy. A daily art project or assembling a kit of some sort may be helpful. A summer full of competitive sports can leave kids (and parents) on edge.

* If they seem stressed or out of sorts, **massage their temples or scalp** by lightly running your fingers through their hair, or rub their shoulders.

* **Encourage children** to monitor their breathing when overly stimulated. Teach them to take deep breaths.

***Stick to routines.** Make certain children know what is expected of them and the consequences for not following expectations

If you want your child to turn out well, spend twice as much time with them and half as much money."

Abigail Van Buren

(Dear Abby)

WHAT ARE THE "DIRTY DOZEN" FOODS AND DOES IT MATTER?

Each year, The Environmental Working Group analyzes USDA's data about pesticide residue on common foods grown by large farm operations and publishes their list for the general public



One of the reasons for the list is to promote the benefits of choosing organic produce over other commercially grown foods. While no one likes the idea of purposely ingesting pesticide residue, many times the alternative of choosing "organic" foods can mean higher prices due to the distance in transporting to local markets. Sometimes freshness can also be sacrificed because of this.

It is noted that non-organic foods listed as having the highest amount of residue are still within guidelines set by USDA and the benefits of eating the produce seems to outweigh the dangers. However, it is a good practice to thoroughly rinse all fresh produce under running water before eating.

For your information, here are the foods that made the 2019 list:

Strawberries	Kale	Spinach
Nectarines	Apples	Grapes
Peaches	Cherries	Pears
Tomatoes	Celery	Potatoes

Source: USU Extension Food Sense

STORING DRINKING WATER... JUST IN CASE

Preparing for broken water pipes, contamination to the water supply or some other type of set-back for accessing running water in your home, are all good reasons to have clean, safe drinking water available. The Central Utah Water Conservancy District offers suggestions for safely storing water:

>For storage of emergency water, the easiest is commercially bottled water. Unless the bottle is punctured or opened, the water will be safe to drink. Water does not have an expiration date.

>If you wish to store tap water, clear plastic soda bottles work best. Do not use milk jugs or fruit juice containers. The proteins and sugars from milk and juice cannot be removed from the containers. This provides conditions where bacteria can grow in the stored water.

Preparing Used Bottles

* Wash bottles thoroughly with dish soap and rinse completely.

* Make up a sanitizing solution by mixing 1 tsp. non-scented chlorine bleach to one quart of water.

* Rinse the bottles with the sanitizing solution making certain that the sanitizing solution touches all of the interior of the bottle.

* Rinse the bottles with clean water.

* Fill bottles with your city's tap water. Most cities chlorinate their water so no additional disinfection is necessary. If you received water from a private well or non-chlorinated source, add two drops bleach for each quart or liter of water.

Prior to using any stored water, it is a good idea to aerate the water by shaking it for a few seconds. This helps the water taste better and will remove any volatile organic compounds that might have been dissolved from the storage container.

First, pour out enough water to create at least a two-inch air pocket in the bottle, tighten the cap and vigorously shake the bottle for 30 seconds.



WORDS OF WISDOM FROM A FOREFATHER

- ◇ Never put off till tomorrow what you can do today.
- ◇ Never trouble another for what you can do yourself.
- ◇ Never spend your money before you have it.
- ◇ Never buy what you do not want because it's cheap; it'll never be dear to you.
- ◇ Pride costs us more than hunger, thirst, and cold.
- ◇ Never repent of having eaten too little.
- ◇ Don't let the evils which have never happened cost you pain.
- ◇ When angry, count to 10 before you speak; if very angry, count to 100.

Source: Thomas Jefferson

WORDS OF WISDOM FROM OUR DADS- (AKA Dadisms- Do any of these sound familiar?)

- ◇ Measure twice; cut once.
- ◇ Don't take any wooden nickels.
- ◇ It'll put hair on your chest!
- ◇ If it's worth doing, do it right.
- ◇ This hurts me more than it hurts you.
- ◇ Two wrongs don't make a right.
- ◇ Don't cry over spilt milk.
- ◇ Be careful what you wish for.
- ◇ You get what you pay for.
- ◇ Money doesn't grow on trees.
- ◇ You gotta be pullin' my leg.



Photo from: www.ahaparenting.com/blog

(Source: <https://cuwcd.social5.net>)

Photo from: www.focusonthefamily.com/parenting