

# KATHY'S CORNER

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Nov/Dec 2018

## Just a quick note (🎵):

Welcome to the changing of the seasons and an end to Daylight Saving Time!

I hope everyone had a fun and safe Halloween this year! As we move into the Holiday season, I wish each of you lots of quality time with friends and loved ones and safety as you may venture out on highways or the skies to be with loved ones.

I also wish for you to have a fiscally sound holiday season where you stay out of debt! Finally, I wish you much joy and happiness celebrating new and old traditions that warm your soul.

Best wishes.



Kathy Riggs,

USU Extension FCS Professor

## Still need Clear Jel® ?

With it being a great year for local fruit production, the Extension Office recently ran out of Clear Jel® (the USDA approved thickening agent for canned pie filling). We have now replenished our supply so 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. We are asking folks to voluntarily limit their purchase to 5 bags. That's the equivalent of 35 quarts of preserved product.

## CHECK (✓) IT OUT!

### *YouTube Videos for Food Preservation Safety*

Did you know USU Extension has a YouTube channel? Granted, the bulk of home food preservation season is behind us. However, there are still a few folks canning venison, winter squash, potatoes and apples. Check out the most up-to-date safety guidelines presented on USU Extension's YouTube Channel!  
<https://www.youtube.com/user/USUExtension/videos>

*"5 Guidelines for Safe Home Food Preservation"*

*"Avoiding 10 Major Canning Mistakes"*

*"Avoiding 4 Minor Canning Mistakes"*

### *Utah Food Sense/SNAP-Ed*

Food Sense (SNAP-Ed) connects program participants with the knowledge and skills they need or continued access to safe and healthy foods.

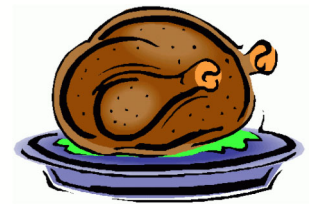
Participants learn how to cook healthy meals on a budget, buy and prepare whole foods, read food labels, practice safety in the kitchen, and much more. If you would like to learn more about Food Sense and perhaps attend a free class, contact Delaney Matheson, Nutrition Education Assistant at 435-586-8132.

**EXTENSION**   
Utah State University

**FOOD SENSE** SNAP-ED

## LOOK WHAT'S COMING

In case the holiday meal becomes overwhelming, USDA has a toll-free hotline open on Thanksgiving Day from 8 a.m. to 2 p.m. ET, with live food safety experts available to help in English and Spanish. Call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854). The hotline is open regularly from 10 a.m. to 6 p.m. ET, Monday through Friday.



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## PRESERVING PUMPKIN/ WINTER SQUASH

**Quantity:** An average of 16 pounds is needed for a canner load of 7 quarts.

**Quality:** Pumpkins and squash should have a hard rind and string-less, mature pulp. Small size pumpkins (sugar or pie varieties) make better canned products.

**Procedure:** Wash, remove seeds, cut into 1-inch-wide slices, and peel. Cut flesh into 1-inch cubes. Boil 2 minutes in water. **Caution: Do not mash or purée.** Fill hot jars with cubes and cooking liquid, leaving 1-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel. Adjust lids; process.

For making pies, drain jars and strain or sieve the cubes at preparation time.

**Processing:** Hot pack only. Altitudes 4,000-6,000 ft.

Dial Gauge- Pints 13 lbs. pressure 55 min.

Quarts 15 lbs. pressure 90 min.

Weighted Gauge- Same time as above but use 15 lbs. weight.

Source: *USDA Complete Guide to Home Canning*, 2009/ Revised 2015



## 4-H HOLIDAY DAY CAMPS/CLUBS

This year, 4-H will once again offer a smattering of December day camps for youth to create gifts or otherwise participate in club activities throughout the holiday season. Some examples are:

Lotions & Potions- December 1, Cost: \$20

Jewelry Making- December 5, Cost: \$20

Wreath Making- December 6, Cost: \$6

For more information on these and other activities or to reserve a spot, contact Angela Hackwell, Iron County 4-H Coordinator: [angela.hackwell@usu.edu](mailto:angela.hackwell@usu.edu) or 435-559-6757.

Note: Youth must be enrolled in 4-H- A cost of \$10 per year- Register at <https://ut.4honline.com>



## EMERGENCY PREPAREDNESS TIP— SHELTERING AT HOME WHEN FURNACE OR POWER GOES OUT

Not everyone has a wood-burning stove to use during the cold winter months if the furnace fails. If you choose to or are forced to remain at home while waiting for a repairman, the tip is to **CREATE WARM ROOMS**



- Choose higher level, low ceiling, south facing rooms with direct sunlight
  - Keep windows clear and clean during the day for as much sunlight as possible
  - Insulate windows with clear plastic during the day and with curtains or blankets at night
  - Make a warm room within a room. Use small tents, blankets, couch cushions, etc.
  - Cover doors, under doors and other openings with blankets or towels – isolating room from the rest of the house. Have ventilation, especially if using heaters
  - Get cozy with the family and use body heat to keep each other warm. Sleep inside the same bed or sleeping bag
  - Vent the room for fireplace, wood-stove or space heater
- Remember the dangers of Carbon Monoxide (CO)
- Don't use fuel burning camp equipment indoors
- Don't use gas appliances like the oven, stove or dryer to heat your home
- Don't use gas powered tools indoors (generators, etc.)

Source: <https://www.utah.gov/beready/documents/BRUSheltering.pdf>

## TIPS TO DE-STRESS YOUR HOLIDAY SEASON

According to The American Psychological Association, [www.apa.org](http://www.apa.org), counting down the days left to shop, making travel plans, and organizing family get-togethers can leave you feeling frazzled and overwhelmed.

However, following a few practical tips, for three main areas of stress can reduce and manage the stress that accompanies the holiday season.

### Relationships.

- Take time for yourself. Spend 15 minutes alone to refresh and clear your mind.
- Have realistic expectations. Families change and grow, so traditions and rituals may change as well. Hold on to the most special traditions, and be open to creating new ones.
- Reach out to others. Volunteering and helping others can lift your spirits and put your family life into perspective.
- Make time for fun.

### Finances.

- Stick to a budget. Consider how much you want to spend in total for the season, and set a spending limit. Keep track of how much you spend on the holidays, including decorations, travel, holiday entertainment and meals, and cards and postage.
- Plan ahead. Before shopping, look through newspaper ads and store circulars to find which stores are running specials and where the prices are lowest. Comparison shop on the internet to find out which stores carry the items you want at the best price.
- Make homemade gifts or give “gift certificates” for your time and talents.

### Physical Demands.

- Know your limits. Give yourself permission to say no to extra holiday activities.
- Don't abandon healthy habits. Continue to get plenty of sleep and stay physically active. Avoid overindulging at holiday meals by preparing a healthy snack ahead of time.

See: <https://extension.usu.edu/sanpete/ou-files/ez-plug/3DestressHolidays.pdf>

Photo from: <http://thedailymeal.com>



## QUOTES FOR THE HOLIDAYS

Sometimes we just need to be reminded of what is important—especially when we are in the thick of thin things this holiday season!

**“There is only one thing more precious than our time and that’s who we spend it on.”**

**-Leo Christopher**

**“It’s fun to get together and have something good to eat at least once a day. That’s what human life is all about—enjoying things.”**

**-Julia Child**

**“You never walk out of the gym and say, ‘I should have gone.’”**

**-Taylor Kitsch**

**“Health is much more dependent on our habits and nutrition than on medicine.”**

**-John Lubbock**

**“At the end of your life, you will never regret not having passed one more test, not winning one more verdict, or not closing one more deal. You will regret time not spent with a husband, a friend, a child, or a parent.”**

**-Barbara Bush**

**“Any fool can criticize, condemn, and complain, but it takes character and self-control to be understanding and forgiving.”**

**-Dale Carnegie**

**“Don’t worry that your children never listen to you; worry that they are always watching you.”**

**-Robert Fulghum**

**“As you travel through time let this be your goal—concentrate on the donut and not the hole.”**

**-Unknown**



Photo from: <http://therussellfoundation.org>

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## Deicing Compounds and Utah Landscapes

Tips from Utah State University Extension

Landscape maintenance in Utah includes the management of snow and ice in winter to ensure public safety and provide convenient public access. Mechanical removal alone is often inadequate when ice accumulates on sidewalks, driveways, and road surfaces. Fortunately, there are a number of products that chemically melt ice or physically improve traction; however, use of these materials is not without significant direct and indirect cost. Many can damage vegetation, landscape structures and surfaces (hardscaping).

Salt applied to surfaces may run off and enter soil, or be splashed by vehicles and snow plows onto the surface of vegetation adjacent to the treated area. In soil, salts reduce the availability of water to plants, and significantly increase water stress during spring and summer months. Salts deposited directly on foliage may also burn and kill the affected parts, or the entire plant. The sodium and chloride components in certain salts are especially damaging to vegetation.

It is clear that there are advantages and disadvantages to all deicer compounds and alternatives. Planning and a combined chemical and mechanical approach to snow and ice control can often minimize the impacts of deicer compounds in the landscape. Consider the following suggestions:

- Use more mechanical removal. The more snow and ice present, the more deicing compound is needed for melting. Reduced amounts can be used if large accumulations of snow and ice are removed first.
- Use deicing compounds with minimal effects on plants. If possible, plant salt tolerant vegetation in areas receiving large amounts of deicing salt. Locate salt sensitive plants away from the site of deicer application and splash. Use hardscaping (gutters, barriers) to channel deicing solutions away from planting areas. Irrigate once heavily in spring to leach accumulated salts from the root zone of plants.
- Use concrete formulations, sealants, and other treatments specifically designed to resist deicing compounds to reduce damage to hardscaping.



Even though deicing salts cause damage to vegetation and hardscapes, their use is necessary to ensure public safety.