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What's Growin' On?: Fall Checklist

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

Courtesy of USU Garden Experts, here are a few items to add to your Sept./Oct. gardening to-do list:

- Beginning in early August, plant selected cool-season vegetables for a fall harvest.
- Deadhead (cut off) spent blossoms of perennial and annual flowers.
- Deepwater established trees and shrubs about once per month during the heat of summer.
- Remove vegetable plants from the garden once harvest is complete to reduce overwintering sites for insect pests.
- Protect tomatoes from early frost by covering the plants with a blanket or tarp.
- Overwinter carrots, beets, and parsnips in-ground, by placing mulch over them. This prevents the ground from freezing.
- Rototill leaves, compost, and/or manure into the vegetable garden to enhance the soil microbe activity.



Be on the lookout for these common pest & disease problems:

- If tomatoes are not producing, one common reason could be due to hot weather (95°F and above) which causes flower abortion.
- Blossom end rot (black sunken areas on the end of tomatoes) is common and is caused by uneven watering.
- Check under leaves of pumpkins, melons, and squash plants for squash bugs.
- Treat for Corn earworm when the corn's silk is approximately ½ long.
- Spider mites prefer dry, hot weather and affect many plants. Treat for Spider mites by using "softer" solutions such as spraying them with a hard stream of water or by using insecticidal soap. Spider mites can be identified by shaking leaves over a white piece of paper. If the small specs move...mites.
- Clean up and discard all fallen fruit to reduce overwintering sites for disease and insect pests.

Keep the good stuff growing!



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

KATHY'S CORNER

SEPTEMBER/OCTOBER 2021 EDITION

EXTENSION.USU.EDU

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JUST A QUICK NOTE

Remember back to June and early July? It seemed as if we would likely experience low production and uncertain harvests from vegetable gardens and fruit trees due to heat and drought.

As it turns out heavy rains and a few weeks of moderate temperatures helped many gardeners catch up to a more normal growing season. That said, chances are you or someone you know also experienced damage to their homes, property, landscapes and gardens.

Some are still picking up the pieces and rebuilding or putting back together as best they can. Let's remember to be kind and generous as opportunities to help neighbors, friends, and even complete strangers present themselves.

All the best to you and yours-


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

✓ CHECK IT OUT

September is Emergency Preparedness Month for Utah State University Extension. Be sure to log onto <https://extension.usu.edu> to view multiple Emergency Prep Resources and sign up to receive email tips throughout the month.

Main areas with resources include:

Natural Disasters, Preparedness, Canning, Food Storage, and Other Disasters (e.g. Bio-Security, Family Stress, Farm Safety, Food & Family Safety, Food Storage and West Nile Virus).

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®.

OTHER GREAT READS INSIDE:
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LOOK WHAT'S COMING

Virtual Marriage Survival Class

Married, engaged, and seriously dating couples are invited to participate in a virtual fun, hands-on, four-week course that will help enrich relationships and build a healthier marriage. Topics covered include increasing commitment, communication skills, financial harmony, strengthening your relationship, and protecting your marriage. For more information or questions, call 801-399-8207.



Empowering Financial Wellness Free Webinar Series

1:00 PM and 7:00 PM MDT. Interested participants can register at finance.usu.edu/efw



October

- Budgeting for Beginners
- Debt Reduction
- Credit Reports
- Organizing Your Finances

SELECTING A SUSTAINABLE CLEANING PRODUCT

The movement to help save the planet and preserve the natural environment has prompted the manufacture of many “sustainable” products. The American Cleaning Institute offers the following general tips to use when narrowing down the choices for more sustainable products—such as those used for household cleaning purposes:



- Check for minimal packaging made with recycled and/or recyclable materials.
- Select concentrated cleaning products that help eliminate excess packaging and waste.
- Choose reusable tools and refillable containers.
- Purchase only as much of the product as you can use before the expiration date. This eliminates the possibility of throwing away partially filled containers of chemicals.

Source:

<https://cleanandhappynest.org/wpd/how-to-choose-a-sustainable-cleaning-product/>

EMERGENCY PREPAREDNESS- IN A NUTSHELL

The Big Five to Survive:

1. 72-hour kit per person
2. 3-day supply of food
3. 1 gallon of water per person per day
4. First aid kit and medications
5. Flashlight/battery-powered radio

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FOR SAFETY'S SAKE- PROPER PRESSURE CANNING OF LOW ACID FOODS

Pressure canning is the only recommended method for canning meat, poultry, seafood, and vegetables. The bacterium *Clostridium botulinum* is destroyed in low-acid foods when they are processed at the correct time and pressure in pressure canners. Using boiling water canners for these foods poses a real risk of botulism poisoning.

If *Clostridium botulinum* bacteria survive and grow inside a sealed jar of food, they can produce a poisonous toxin. Even a taste of food containing this toxin can be fatal. So, consumers who wish to determine the safety of their own home food preservation of low-acid foods can use the following checklist provided by USDA's [Complete Guide to Home Canning](#):

- Food was processed in a pressure canner.
- Gauge of the pressure canner was accurate.
- Up-to-date researched process times and pressures were used for the size of jar, style of pack, and kind of food being canned.
- Jar lid is firmly sealed and concave.
- Nothing has leaked from the jar.
- No liquid spurts out when jar is opened.
- No unnatural or “off” odors can be detected.

(Note: Botulism toxin cannot be detected by smell, taste, or appearance of the product.)

How to Stay Safe on Halloween

Whatever route you go, follow CDC guidelines.

- Wear a face covering.
- Stay 6 feet apart.
- Remember that once you're indoors in close proximity, it's best to protect yourself with a mask.
- Ask your neighbors ahead of time if they'll be handing out candy this year so you can all be on the same page.
- Set individually bagged candy on a table outdoors.



Ways to celebrate if you're skipping out on trick-or-treating:

- Carve pumpkins.
- Have a movie night.
- Decorate the inside or outside of your home.
- Walk around the neighborhood and check out all the fun, spooky displays

PLAN TO HAVE A JACK-O-LANTERN? KEEP THE SEEDS!

As you carve your Halloween jack-o'-lantern's this year, throw out the pulp, but be sure to keep the seeds. One ounce of pumpkin seeds contains around 5 grams of protein so they are good for you.

For ease in separating the pulp and strings from the seeds when carving, place seeds and pulp in a bowl of water. If the pulp starts to dry out, it is more difficult to remove it from the seeds. Once seeds and pulp are separated, rinse the seeds well.

To roast seeds, place them in a new bowl. Sprinkle with your favorite seasonings and oil, (suggestions below) and mix well. Next, spread them evenly over a large baking tray. Bake at 350 F for 10 to 20 minutes or until lightly brown. Stir the seeds frequently to avoid burning. Cool pumpkin seeds, then store them in an air-tight container.

When choosing a seasoning for your seeds, the options are many, depending on the flavor you desire. The outer part of the pumpkin seed can be removed (hulled) after roasting. The inner part is a green color and is a great addition to breads and muffins.

Some great seasoning options:

- Cinnamon toast pumpkin seeds: 1 teaspoon cinnamon, ¼ teaspoon salt, 2 tablespoons sugar, 3 tablespoons melted butter or olive oil.
- Chili pumpkin seeds: 1 tablespoon chili powder, 1 tablespoon tamari sauce, 2 teaspoons garlic powder, 1 tablespoon olive oil, salt to taste.
- Spicy pumpkin seeds: ½ teaspoon paprika, ¼ teaspoon cayenne pepper, 1 tablespoon red pepper flakes, 2 tablespoons melted butter or olive oil.
- Parmesan pumpkin seeds: ¼ cup Parmesan cheese, 1 teaspoon ground black pepper, 2 tablespoons melted butter or oil.

Source: USU Extension-

https://extension.usu.edu/news_sections/home_family_and_food/5-ways-to-use-pumpkin-seeds

KEYS TO EMBRACING AGING

According to Extension specialists at Kansas State University Extension, the way in which you take care of yourself through the years, both physically and mentally, will affect the natural process of aging as follows:

- **Positive Attitude-** Can help better manage life's transitions and challenges.
- **Eating Smart and Healthy-** Not only provides more energy but helps prevent illness and chronic disease.
- **Physical Activity-** Decreases disability from diseases such as heart disease, diabetes, arthritis and cancer.
- **Brain Activity-** Is crucial to survival, growth and everyday successes. The brain needs exercise and maintenance just like the body.
- **Tuning-in to the Times-** Includes staying on top of technology and keeping up with current news and events.
- **Safety-** When practiced, helps protect at home, when driving, exercising, and prepares you for emergency situations.
- **Know Your Health Numbers-** Especially those associated with cholesterol, triglycerides, blood pressure, blood sugar, and even body mass index.
- **Stress Management-** Having appropriate amounts of stress is healthy and useful but so is learning positive ways to cope.
- **Financial Affairs-** Good financial management remains a constant of balancing income with expenses. Have a plan that works for you.
- **Sleep-** Is needed to repair muscles, consolidate memories, and regulate hormones and appetite. Sleep helps you make good decisions and fully engage in your day.
- **Taking Time for You-** While it makes us feel needed to help out and spend time with family and friends, don't forget to take time for yourself every day.



- There is no magic formula to stop the aging process but these 12 steps throughout life may help optimize health and wellness

Source:

<https://www.aging.k-state.edu/programs/embracing-aging/embracing-aging.html>