



USU Extension Utah County

2022

NEWSLETTER

June | July | August

Utah State University is an affirmative action/equal opportunity Institution

Tips for Conserving Water in Your Vegetable Garden

- By Meredith Seaver -

USU Extension Utah County Horticulture Assistant

Keep a good level of organic matter in your soil. This gives your plants the moisture they need while making it easier for air to move into the soil, bringing roots the oxygen they need.

Cover the soil with mulch to reduce evaporation. Black plastic can help conserve moisture and reduce weeds, but an organic mulch can do all that AND improve the soil without needing removal at the end of the season. A one-inch layer of compost or bark fines, a layer of newspaper, thin layers of grass clippings added week after week, and paper grocery bags are all options. Some of them might not be very pretty, but they will all do the trick.

Water deeply, but less frequently. Deeper, less frequent watering encourages deeper rooting. Your watering should be consistent though - no big swings from wet to very dry.

Use drip irrigation. One zone in a sprinkler system can be converted to drip for large gardens. For smaller gardens a simple drip system is easy to assemble and can connect to a garden hose once or twice a week watering. Even an inexpensive soaker hose can give a slow, deep watering. When you're setting up your drip irrigation every season, remember that emitters and soaker lines go UNDER mulch, so set up the drip first and add the mulch afterwards.

Use a controller or timer for your watering so that you don't leave a drip line or sprinkler running for hours because you got distracted and forgot you were watering.

Be consistent with weed control. Weeds use water too, and you want to keep that water in the soil for your vegetables.

(PHOTOS FOR ARTICLE SHOWN ON THE FOLLOWING PAGES)



Drip irrigation emitters or lines should be placed UNDER mulch, not over.



Compost can be used as a mulch in gardens. A one-inch layer helps to conserve moisture, reduce weeds, and improve the quality of the soil. Compost doesn't need to be removed at the end of the season.



Black plastic or woven black weed mat can help conserve moisture and reduce weeds. Plastics like these eventually need to be removed and discarded.



Grass clippings can be a good mulch in the garden, but clippings should be added in thin layers, letting each thin layer dry before adding another. Grass clippings can be left in place or turned under at the end of the season.



HOMEGROWN

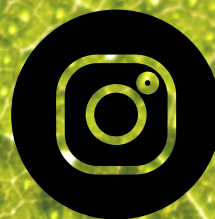
Horticulture

GOT PLANTS?

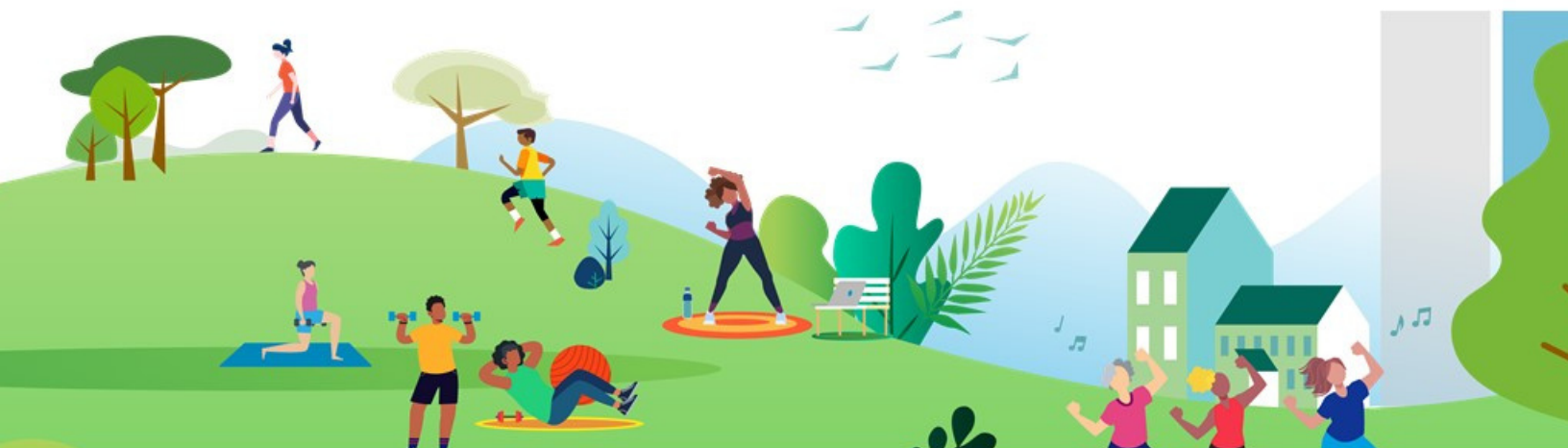
The Homegrown Horticulture podcast focuses on helping plant-growers of all experiences in the Intermountain West. With our unique climate in mind, we offer tips on everything from backyard vegetable gardens, to fruit trees and orchards, to lawns, to landscape trees, and shrubbery.

Our information is based on the most updated research and is a production of Utah State University Extension.


Check out our pages on Facebook and Instagram!



STRONG BODIES Strength Training Program



Join us for a 12-session strength training group program! The classes include progressive resistance training, balance training, and flexibility exercises. Classes are two days a week for 6 weeks, and led by Utah County Extension faculty.

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HEALTH EXTENSION
Advocacy Research Teaching

Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see equity.usu.edu/non-discrimination.

Dates: Tuesdays and Thursdays from July 19, 2022-August 25, 2022

Time: 9am-10am **OR** 3pm-4pm

Location:

USU Extension
1426 E. 750 N., Suite 202, Orem, UT 84097

Pre-registration required by July 3, 2022

<https://tinyurl.com/27ssmz2d>

Contact: Gabriela Murza
(385) 268-6543
Gabriela.murza@usu.edu

Learning By Doing



Utah County 4-H Summer '22

Utah County 4H Summer 2022

A 4-H summer is an amazing experience! Engage your youth in leadership and learning through camps and activities all summer long. Register via Zsuite.org and get ready for an amazing summer of fun as you explore, learn, and do!

Click this link and scroll down the page to "Upcoming Events" to learn more:
<https://bit.ly/utahcounty4h>

2022 Intertribal Opioid Wellness Summit

June 21-24

Uintah Conference Center | Vernal, Utah



Summit Highlights:

- **Keynote Speakers**
Lissa Yellowbird-Chase, Sahnish Scouts Founder
Reagan Wytsalucy, USU Extension
Assistant Professor, San Juan County
- **Special Presentations**
Larry Cesspooch, Ute Storyteller
Katie Zaman, Sociologist and Illustrator
- **Family-Friendly Prevention Dinner & Activities**
- **Social Powwow, Native Artisan & Craft Booths**
- **Rural & Tribal Recovery and Treatment Panel**
- **Health & Wellness Resource Expo**
- **Continuing Education Units (CEUs) (Up to 10)**
- **June 21* - Uintah Basin First Responders Workshop (By Invitation)**

Register now!
bit.ly/2022OpioidSummit

Community scholarships available.
Request application by emailing
troi-resourcecenter@usu.edu.

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College of Humanities and Social Sciences
Emma Eccles Jones College of Education & Human Services
Kinesiology & Health Science
Extension



TRIBAL & RURAL
OPIOID INITIATIVE



Regence



EMPOWERING
FINANCIAL
WELLNESS



Women & Money Series: Created by Women for Women

JUNE 1

HOW WOMEN CAN
BUDGET TO SURVIVE
INFLATION

JULY 7

ORGANIZING FINANCIAL
RECORDS (DOCUMENTS)
FOR WOMEN

JUNE 8

ESTATE PLANNING
BASICS FOR
WOMEN

JULY 14

HACKS TO HELP WOMEN
MAXIMIZE INCOME &
MINIMIZE EXPENSES

JUNE 15

HOW WOMEN CAN
MANAGE DEBT & SAVE
FOR THEIR FUTURE

JULY 21

STRATEGIES TO HELP
WOMEN SAVE FOR
THEIR FUTURE SELVES

JUNE 22

HELPING WOMEN BUILD
CREDIT & INCREASE
THEIR CREDIT SCORE

JULY 28

TIPS TO HELP WOMEN
CREATE A BUDGET AS A
FAMILY

FREE, live webinars at 1:00 PM MDT

Register at: finance.usu.edu/efw

utah
MONEY
moms

UTAH WOMEN &
LEADERSHIP
Project



DEPARTMENT OF
WORKFORCE
SERVICES

Extension
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Finance Calendar

2022

Ready to own your path to financial wellness this year?

Check off each small step monthly and see the drastic impact of improved personal finances over the course of the year. These short, actionable tips and related resources will have you in the driver's seat with your money.

Join us for monthly personal finance webinars.

See schedule at www.finance.usu.edu/efw.



Estate Planning

Protect Yourself, Your Loved Ones, And Your Assets

[Download FREE Toolkit](#)

Estate Planning And Why It's Important

An estate plan is a set of legal documents that protect you, your loved ones, and your assets. Estate planning goes beyond simply having a will. An estate plan will also cover issues like who receives guardianship and custody over your children or who makes medical decisions for you if you're unable to do so. The most important reason to have an estate plan is to make sure that what you want is clear and your requests are honored now and even after you pass away.



What you can get out of the toolkit if you download it

You will be able to download the documents so that you can gather the information and securely store and organize the important documents needed for the efficient planning of your own estate plan.

What is included in the toolkit

This 40-page toolkit is designed to help you begin the estate planning process. It is not intended to substitute for legal advice but it is intended to clarify some of the documents involved in estate planning so that you can determine what you would like to accomplish with your own estate plan. The toolkit includes documents and checklists to provide further assistance and protection for you and your assets.





Cutting Expenses

GUIDEBOOK



Working toward a financial goal is sometimes daunting.

This booklet will help you strategize how to make small (or big) adjustments in your spending, freeing funds to put toward your goals. Drastic changes in lifestyle for the long term can have high failure rates, but if strategically planned with your goal in mind, can help you accomplish your vision of financial empowerment.



EMPOWERING
FINANCIAL
WELLNESS

EXTENSION 
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PRESERVE YOUR FOOD



FREEZE DRYER CLASS

**FIRST THREE PEOPLE TO SIGN UP WILL RECEIVE A FREE BAG OF
FREEZE DRIED STRAWBERRIES**

**JUNE 30 • THURSDAY • 6 PM
1426 E 750 N, SUITE 202
OREM, UT 84097**

This class will certify you to rent the USU Extension freeze dryer so you can preserve the foods of your choice. Please contact Cindy at cindy.jenkins@usu.edu or 385-268-6538 if you have any questions. Register at <https://www.eventbrite.com/e/freeze-dryer-class-tickets-356639637757> or with the QR code.





Connect



Play



Experience



Bond

FREE FAMILY FUN GUIDES

Download the guides and provide feedback to be entered to win a prize.



Looking for ideas to play together as a family this summer? Use our FREE Hidden Gem adventure guides! (New guides available now!) Download a guide, connect and play together using the guide, then give us feedback at the link provided on the guide by July 31st, and be entered to win fabulous prizes!

Click here to see the guides:

<https://extension.usu.edu/relationships/hiddengems/>

(Each evaluation enters you in a drawing to win your choice of a prize valued at approximately \$50.00. Winners will receive a list of options to choose from. Only one prize allowed per household.)