

Utah State University Extension
 1 South Main
 Brigham City UT 84302
 435 695-2542
 877 390-2326

Non Profit Org
 U.S. Postage
 PAID
 Utah State
 University

PERSPECTIVES

UtahStateUniversity
 COOPERATIVE EXTENSION

extension.usu.edu/boxelder



Spring 2011

Check us out on the web:
<http://extension.usu.edu/>
<http://extension.usu.edu/boxelder>

Utah State University is an affirmative action/equal opportunity institution.

Upcoming Events

Visit our Web site, <http://extension.usu.edu/boxelder>, for more information about classes.



May

Making Jams and Jellies

May 8, 2011—7-8 p.m.
 Brigham City Public Library
 26 East Forest, Brigham City

Quick and Easy Quick Breads

May 18, 2011, 6:30-7:30 p.m.
 Tremonton Sr. Center Dining Room
 510 West 1000 North, Tremonton

May 19, 2011, 6:30-7:30 p.m.
 Bridgerland Applied Technology College
 325 West 1100 South, Brigham City

Food, Fun, and Fitness for Kids

Snow Park	June 14-15, 2011
Constitution Park	June 21-22, 2011
Perry City Park	July 5-6, 2011
Riverside Park	July 12-13, 2011

First to sixth grade youth learn to make healthy food choices, prepare healthy snacks, and participate in fun, active games.

Viva Vegetables

June 23, 2011	Lettuce
July 7, 2011	Green Onions
July 21, 2011	Cucumbers
August 4, 2011	Corn

Kindergarten, first and second grade youth learn about growing and preparing vegetables.

Visit extension.usu.edu/boxelder for more information and registration forms for both these activities

Dingy Dishes?

If your dishes aren't looking as clean as they used to when you take them out of the dishwasher you may be noticing the affects of a change in dishwashing detergents that occurred in July 2010. Utah was one of sixteen states that banned phosphates from dishwasher detergents and dishwashing soaps.

The reason for the ban was the desire to reduce the impact that phosphates have on water quality. When introduced to bodies of water phosphates act as a fertilizer, accelerating plant and algae growth. Too much algae strips bottom waters of oxygen, killing fish and other aquatic life. These oxygen-devoid "dead zones" can occur in freshwater or in the ocean.

Previously, phosphates could constitute up to 8.7 percent of dishwasher detergent; now the new regulations limit them to 0.5 percent.

We have depended on phosphates for years because they are so good at stripping away food and grease from dishes and helping suspend dirt particles so they don't reattach to dishes during the wash cycle. Without phosphates, new detergent formulations will need to

be developed to improve cleaning.

A similar situation occurred several years ago when phosphates were lowered in laundry detergents. Since then, laundry detergents have been reformulated and their ability to clean has improved. The same process will likely occur with dishwasher detergents.

In the meantime, here are some temporary solutions.

1. Buy a detergent with a water softener.
2. For light soil, add one-half to 1 teaspoon of baking soda to the detergent holding area and 1 teaspoon of white vinegar to the liquid spot removal compartment and run the dishes through a cycle.
3. For heavy jobs put 1 tablespoon of baking soda plus 1 tablespoon of borax into the bottom of the dishwasher. The dishwasher will do the mixing. Also add distilled white vinegar to the rinse dispenser.

Source: *Dingy Dishes? Blame Reduced Phosphates*, retrieved from <http://extension.usu.edu/html/news-multimedia/articleID-11740> February 28, 2011

Energy Saving Tip

When you're shopping for appliances, think of two price tags. The first one covers the purchase price. The second price tag is the cost of operating the appliance during its lifetime.

To compare the energy usage of an appliance, use the bright yellow Energy Guide label. Federal law requires that manufacturers display this label on all new refrigerators, freezers, water heaters, dishwashers, clothes washers, furnaces, boilers, air conditioners, and heat pumps. The Energy Guide label lists the estimated annual energy use and operating costs of the appliance.

Inside this Issue:

Vegetable	2
Learn the Signs: Act Early	2
Slashing Your Transportation	3
FAQ: Are anti-bacterial gels effective?	3
Upcoming Events	4

Vegetable Quesadillas

Vegetable Quesadillas

2 Roma tomatoes
1/2 bell pepper
2 green onions
1 carrot grated
1/2 cup pinto, black or kidney beans
2 tortillas
1/2 cup Monterey Jack cheese
1/2 cup plain yogurt
2 tablespoons salsa

Mix tomatoes, bell pepper, green onions, carrot, and black beans together in a small bowl. Warm a heavy pan over medium heat. Place a tortilla in the pan and warm one side, then flip the tortilla over. Place two tablespoons cheese on half of the tortilla. Top with half of the tomato mixture. Sprinkle 2 tablespoon of cheese over the tomato mixture. Fold the tortilla in half over the filling. Cook for 1-2 minutes and turn over and cook for an additional 1-2 minutes or until the cheese is melted. Transfer quesadilla to a plate and keep warm. Repeat for second quesadilla.

To serve the quesadilla, top with plain yogurt and salsa.

Source: *Recipes that follow the Dietary Guidelines*, retrieved from <http://extension.usu.edu/fsne> on February 28, 2011.



Photo By: Leah Damron

Learn the Signs: Act Early



During their child's early years, parents are keenly aware of changes in physical development, such as height and weight. But there are also important milestones children should reach in terms of how they play, learn, speak, and act. Smiling for the first time, making eye contact, and pointing are a few of these developmental milestones.

Parents need to know about developmental milestones as they are an important way to track a child's overall development. Also, the earlier a child with a developmental delay receives help, the better chance the child has to achieve his or her full potential.

The Centers for Disease Control and Prevention (CDC), in collaboration with a coalition of national partners, is sponsoring the public awareness campaign, "Learn the Signs. Act Early". The campaign is designed to educate parents about childhood development, including early warning signs of autism and other developmental disorders, and promote early action among parents and health care professionals.

Today, about half of children with developmental disorders are not diagnosed until school age, yet many signs of delay can be easy to see. To learn more about what to look for as children develop, download a copy of the booklet *Milestone Moments* from the CDC website, www.cdc.gov/ActEarly. From that page click on Free Materials and then View or Print Materials.

Source: www.extension.org

Slashing Your Transportation Expenses

The following suggestions can help slash your transportation costs. Weigh each idea and adjust it to fit your situation.

1. **Carefully plan the use of your vehicle to reduce the amount of driving.** Combine errands into one trip.
2. **Car pool or use public transportation when possible.** Even if you only car pool or take the bus once a week, it will reduce how much you spend on transportation.
3. **Walk or ride a bike, especially for short distances.** It's good for your health, too.
4. **Keep tires inflated properly.** Under-inflated can mean poor gas mileage. Over-inflated can put more wear on the tires.
5. **Have regular oil changes and car maintenance performed.**
6. **Learn how to do basic vehicle maintenance.** Check out a book from the library, and borrow tools if necessary.
7. **Wash your own car.**
8. **Don't carry more than you need.** Lighter loads equal better gas mileage.
9. **Think hard before buying a new car.** New cars are more expensive and depreciate quickly; consider a nice, more affordable older vehicle.
10. **Search online to find the value and price information on the car you are looking at purchasing.**

11. **Avoid leasing cars.** Even the best lease may cost you more in the long run.
12. **Buy a fuel-efficient car.** Factor in the long-term costs of a car, not just the sale price.
13. **Keep your car longer.** If you want to sell it, consider selling it yourself.
14. **Make sure your automobile is properly insured.** This may prevent unnecessary additional costs caused by an accident.
15. **If your employment is seasonal, arrange with your insurance agent to have the premiums due when you are working.**
16. **Increase the deductibles on your car insurance if you have adequate savings.** This will lessen the cost of your premiums.
17. **Maintain a steady speed** when driving to increase fuel efficiency. Use routes that allow for consistency, rather than numerous stops and starts.
18. **Don't speed.** Save money by never having to pay for a speeding ticket and by getting better gas mileage.

Source: *Slashing Your Transportation Bill*, by Margie Memmott, Adrie Roberts, Melanie Jewkes

FAQ

My family travels often, and we like to use antibacterial gels to keep our hands sanitized. Are these products effective?

Yes, you can use disposable wipes or a hand gel sanitizer without water.

The alcohol in the gel kills the germs on your hands.

However, it is usually not as effective as proper hand washing. Hand sanitizers should be used when hand washing facilities are unavailable or as an extra precaution after hand washing.



Source: www.extension.org