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PERSPECTIVES

UtahStateUniversity
 COOPERATIVE EXTENSION

extension.usu.edu/boxelder



Summer 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.

August



Pressure Canner Gauge Testing



USDA recommends that pressure canner gauges be tested each year to insure that they are accurate and home canned food is processed safely. To have a

pressure canner gauge tested, bring the pressure canner lid to the USU Extension Office, 1 South Main, Room 30, Brigham City between 8:30 a.m. and 4:30 p.m. Monday through Friday. There is a \$3 fee to test each gauge. Testing takes less than 5 minutes.

Freezing Fruits and Vegetables

August 3, 2011
 Brigham City Library Auditorium
 7 p.m.

Freezing is a great way to preserve fruits and vegetables for the winter ahead. Come and learn the basics of freezing a variety of fruits and vegetables, including basic preparation, packaging materials, and freezer selection and management.

Preserving Tomatoes and Salsa

August 10, 2011
 Brigham City Library Auditorium
 7 p.m.

Salsa and tomatoes are two of the most popular products preserved at home. Learn how to prepare them and sample some of the current recipes to see which ones you like the best.

Fun Family Activities

Summer is a fun time to do things together as a family. Here are some fun, inexpensive things you can do that are close to home.

Things to Do

- Picnic in the park
- Make ice cream or root beer
- Make dish soap bubbles
- Attend a play at the Heritage Theater in Perry or the Old Barn Theater in Collinston
- Go on a family bike ride or hike
- Camp in your backyard or at a state park

Things to See

Golden Spike National Historic Site, 32 miles west of Brigham City
www.nps.gov/gosp

See the steam locomotives and learn the history of the wedding of the rails.

World of Puppetry Museum at the Fine Arts Center, 58 S 100 W, Brigham City
bcfineartscenter.org

See the largest permanent puppet collection in Utah. Museum visits often include puppet demonstrations, a Punch and Judy puppet show, puppet making activities and puppet story telling.

Brigham City Tabernacle

200 S Main, Brigham City

Built on a site chosen by Brigham Young himself, the tabernacle is an architectural gem. Take a free guided tour in the summertime.

Holmgren Historical Farm

640 N 300 E, Tremonton
Holmgrenhistoricalfarm.org

Settled in 1889, the Holmgren Historical Farm is home to barn dances, quilt shows, artists in the garden, and music festivals.

Brigham City Depot

833 W Forest, Brigham City

Once a shipping center for the Union Pacific, the Depot is now an educational center for railroad history.

Brigham City Museum Gallery

24 North 300 W, Brigham City

Home to two interactive areas where young people have the opportunity to use pioneer tools.

Eli Anderson Historic Wagon and Buggy Collection

8790 West 11200 N, Bothwell
 435 854-3760 or 435 730-3368
www.wagonlandadventure.com

You won't want to miss the largest private collection of wagons and buggies in the West. Call to make an appointment.

Energy Saving Tip

Although compact fluorescent lamps/light bulbs (CFLs) are initially more expensive to buy, you should see a return on your investment when you replace your most frequently used incandescent light bulbs with CFLs. To have the same amount of lighting in a space, you can replace a 100-watt incandescent bulb with a 26-or 28-watt CFL. It will last about 8 times longer (8,000 hours compared to 1,000 hours for an incandescent bulb) and use 70 watts less energy. On average, each bulb can save you more than \$30 in electricity costs over its lifetime.

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Simple Salsa

Simple Salsa

Kassidy Mote, Willard
4-H Chef Extraordinaire Contest Winner
2010

Many people struggle to find a home canned salsa recipe that has the flavor they want and is approved for home canning. Kassidy introduced me to the idea of preparing the salsa with home canned tomatoes as I was getting ready to use it rather than canning the salsa in the fall. Her technique let me get the flavor I wanted with just a few minutes preparation time when I was ready to serve it. Here is Kassidy's recipe.

1 quart tomatoes
4-7 jalapeño pepper rings
1/2 medium onion, chopped
OR 1 teaspoon onion powder
1 clove garlic
1/4 bunch cilantro
Salt and pepper to taste

Place all ingredients in the bowl, blend with hand blender or place ingredients in a food processor and blend until smooth. Serve with chips or as a topping to your favorite food.

Kristin, Kassidy's mom, says it is also fun to add fresh fruit to the salsa after you blend it.



ChooseMyPlate.gov



Balance Calories

- Enjoy your food, but eat less
- Avoid oversized portions

Foods to Increase

- Make half your plate fruits and vegetables
- Switch to fat-free or low-fat (1%) milk

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers
- Drink water instead of sugary drinks

For more information visit:

<http://www.choosemyplate.gov/>

<http://www.choosemyplate.gov/downloads/MyPlate/DG2010Brochure.pdf>

<http://food.unl.edu/web/fnh/dietaryguidelines2010>

Slashing Your Utility & Home Maintenance Expenses

1. Invest in a programmable thermostat. These can be set to automatically adjust the heat/air conditioning at specified times during the day and night. They cost between \$25 and \$75.
 2. Install energy-efficient shower heads and faucet aerators. These reduce the amount of water released by up to 50 percent with almost no noticeable difference in pressure.
 3. Maintain and clean your furnace regularly. Replace air filters every two months during heating season. The furnace will run more efficiently and use less energy.
 4. Sign up for budget billing for your natural gas and electricity. You pay the same amount each month throughout the year (regardless of season/weather). The monthly payment is figured on your 12 month average. Contact your energy provider for information on their particular budget plan.
 5. Shower instead of bathe. The average bath uses twice as much hot water as a five-minute shower.
 6. Turn off faucets immediately after use. Many of us tend to leave the faucet running while washing dishes or brushing teeth. Turning off the faucet saves thousands of gallons of water a year—not to mention the energy needed to heat it!
 7. Clean the lint filter in the dryer every time you use it. A clogged filter increases drying time.
 8. Fix leaky faucets.
 9. Hang clothes to dry instead of using a dryer.
 10. A full freezer is an efficient freezer. If your freezer isn't full, fill plastic jugs with water and freeze. This will keep the freezer contents cold for longer.
 11. Turn off unused lights and electrical devices. A computer can burn 100-200 watts of power while sitting idle. If you leave it on while sleeping or working, it can add up to a couple of kilowatts a day. This could be \$5 a month by itself. Leaving lights on can waste another \$5-\$10 a month.
 12. Turn down the water heater. Lowering temperatures in the water heater to 115-120 degrees reduces power usage without a noticeable difference to the user. This portion of utility costs is 30 to 40 percent of the total energy bill.
 13. Get a home energy audit every couple of years with the local power company to find ways to cut costs.
- Source: *Slashing Your Utility and Household Maintenance Bill*, by Adrie Roberts, Melanie Jewkes

Steam Your Veggies

1. Fill a pot with 2 inches of water.
2. Place a metal steaming basket with veggies in the pot.
3. Bring the water to a boil, cover the pot with a lid. Lower the heat to medium. Most veggies will cook within 5 minutes.
4. Flavor with fresh lemon juice, salt and pepper.

Try a variety of veggies:

Sliced Carrots

Pea Pods

Green Beans

Snap Peas

Broccoli



Source: www.numatters.com