

Extension Connection

March/April 2011

MILLARD COUNTY

Extension Update

January and February were busy months for Extension in Millard County. We started off with a Farm and Ranch Financial Management Workshop on January 19th. The workshop was presented by Jay Olsen from Snow College. One of the topics covered was figuring the cost of operating machinery. Jay told us about several machinery cost calculators. They can be accessed at the Millard County Extension web-site: extension.usu.edu/millard under the agriculture link. Excel is required.

On January 25th Rhonda Miller, Utah State University Extension's Agricultural Environmental Quality Specialist sponsored an Animal Feeding Operation/ Confined Animal Feeding Operation workshop at the Millard County Fair Building. This workshop focused on regulations governing feedlots and dairies. These regulations continue to be expanded. Dairies should look for another workshop outlining regulations specific to CAFO's later this spring after the regulations have been finalized.

On February 1st we had our first annual Millard County Crop School. Earl Creech, Utah State University Extension's Agronomist, spent the first hour talking about corn and alfalfa production. Ricardo Ramirez, Utah State University Extension's Entomology Specialist spend the second hour addressing pest issues common to alfalfa production. Lunch was provided by the Rancher Café. Grant Cardon, Utah State University Extension's Soils Specialist spent the last hour addressing fertilization issues relevant to alfalfa and corn.

We would like to extend a special thanks to those who attended the Crop School. Your comments and recommendations for improving the school next year are encouraged. We do plan on making this a yearly event, so we hope you will make plans for attending again next year.

Just a quick note about grasshoppers... It looks like there will be money available again this year to spray grasshoppers. For those who want to be involved in the aerial spraying projects on range ground, we highly recommend you start organizing with your neighbors now. These projects require a high level of involvement and cooperation from landowners and must be put together in advance. We have to have large blocks of land to spray at one time. This requires landowners to have highlighted maps-including acreage, and to pool their money in a single account. This must be done before the grasshoppers start causing problems, so it is already in place when it is time to spray.

Upcoming Events

Alfalfa Pollinator Workshop and Lab Tour

*March 2, 2011
Logan, UT*

*(see announcement in news-
letter)*

Utah Water Users Workshop

*March 15-16, 2011
St. George, UT*

*(see announcement in news-
letter)*

AZ/UT Range Livestock Workshop and Tour

*April 5-7, 2011
Kanab and St. George, UT*

*(see announcement in news-
letter)*

MILLARD COUNTY EX- TENSION WEB SITE

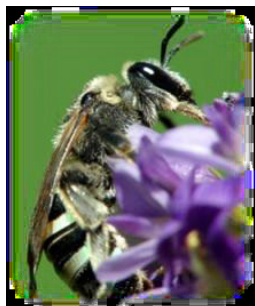
Keep connected and updated on activities, events, and information through the Millard County Extension web site: extension.usu.edu/millard

Alfalfa Pollinators

Trent Wilde—USU Extension Agent

March/April 2011

Announcing



USDA ARS Pollinating Insects
Research Unit
Alfalfa Pollinator Workshop
and Lab Tour



March 2, 2011
Logan, UT

**Location: USDA ARS Poisonous Plants Research Laboratory
1150 East 1400 North**

The USDA ARS Pollinating Insects Research Unit (*Logan Bee Lab*) is hosting an Alfalfa Pollinator Workshop and Lab Tour on March 2, 2011.

The workshop will begin with research talks on alfalfa leafcutting bee health, alkali bee foraging and nesting biology, and the harm to bees from some insecticides used to control alfalfa's arthropod pests. Next will be an **open panel discussion** with alfalfa seed producers from around the West who have succeeded in developing some of the best practices for managing healthy populations of alfalfa leafcutting and alkali bees. **Lunch** will be sponsored by Forage Genetics, Intl to those who attend the talks. After lunch will be a **tour of the Logan Bee Lab**, ending the day mid-afternoon.

This workshop is designed for alfalfa seed producers, alfalfa bee producers, extension personnel, and alfalfa seed industry representatives. Our intention is to introduce alfalfa seed and bee producers to the research activities being conducted at our facility, especially those concerning alfalfa pollinators, and to provide networking opportunities regarding the ins-and-outs of using alfalfa leafcutting and alkali bees - especially for alfalfa seed growers.

*To Register Call
Call (435) 797-0581*



Foods & Nutrition

Mary Anna Henke—Nutrition Educator

March/April 2010

Food \$ense Nutrition Education is a **Free** program to help individuals and families eat better on a tight budget. If you would like to attend classes contact us to sign up. If you are unable to attend classes in person but would like information, Food \$ense has a DVD that contains many of the lessons that you could do at home on your own time. **Anyone completing four or more lesson will receive a free cookbook.** For more information call us at 864-1480 or 743-5412 or please check out our web page at www.extension.usu.edu/millard.

FREE Classes:

- Delta Sands Apartment Complex - Thursday, Mar. 3rd - 4:00 PM: Food \$ense Cooks: Knife Skills with Fruits & Vegetables.
- Delta Sands Apartment Complex - Thursday, Apr. 7th - 4:00 PM: Food \$ense Cooks: Grilling/Broiling.
- Fillmore's Mt. Catherine Manor Complex - Thursday, Mar. 10th - 4:30 PM: Food \$ense Cooks: Knife Skills with Fruits & Vegetables.
- Fillmore's Mt. Catherine Manor Complex - Thursday, Apr. 14th - 4:30 PM: Food \$ense Cooks: Grilling/Broiling.
- Kanosh Paiute Band Building - Wednesday, Mar. 9th - 5:00 PM: Food \$ense Cooks: Knife Skills with Fruits & Vegetables.
- Kanosh Paiute Band Building - Wednesday, Apr. 13th - 5:00 PM: Food \$ense Cooks: Grilling/Broiling.

My Pyramid For Kids ; Also for Adults

As I go into the schools and teach the youth the "My Pyramid for Kids", I encourage them to eat a variety of foods and to not be afraid of trying new foods. One reason for this is to balance the foods that they eat so they can get all of the nutrients their bodies need to keep healthy. One way to do this is to eat from at least three food groups in every meal. If you can eat four or even all five food groups in each meal, that's even better.

1. **Grains**—Make half your grains whole. Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low fat popcorn, more often.
2. **Vegetables**—Vary Your Veggies. Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.

3. **Fruits-Focus on Fruits.** Eat them at meals and at snack time too. Choose fresh frozen canned or dried and go easy on the fruit juice.
4. **Milk-Get Your Calcium**—rich foods. To build strong bones serve low fat and fat-free milk and other milk products several times a day.
5. **Meat and Beans-Go lean with protein.** Eat lean or low fat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.

Mexican Spicy Bean Pizza

- 1 premade pizza crust
 - 1 small can tomato paste
 - 1/2 to 3/4 can refried beans
 - 1 small can corn, drained
 - 3/4 cup sliced bell pepper
 - 1/4 cup thinly sliced onion
 - 1/2 cup grated cheese
 - 1/2 teaspoon red pepper flakes
 - 1/4 cup chopped, fresh cilantro
- Preheat oven to 425°F. Put pizza crust on baking sheet or pizza pan. Spread tomato paste and then refried beans over crust. Arrange corn, bell pepper and onion over beans. Sprinkle cheese and pepper flakes on top. Bake 15 minutes or until hot and bubbly. Garnish with cilantro. Yield: 4 servings.

Oriental Chicken Salad

- 2 chicken breasts
 - 1/2 head of cabbage
 - 1/2 cup slivered almonds (optional)
 - 4 green onions, chopped
 - 1 pkg. chicken ramen noodles
- Dressing:
- 2 Tablespoons sugar
 - 3 Tablespoons vinegar
 - 1/2 cup oil
 - 1/4 teaspoon pepper
 - 1 seasoning packet (from ramen)
- Cook and cube chicken. Chop cabbage and place in salad bowl. Toast almonds until lightly browned. Add almonds, onion and chicken to cabbage and toss. Break uncooked noodles in package and add to salad. Make dressing. Pour over salad and toss lightly. Yield: 8 servings.

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Water Users

Trent Wilde– USU Extension Agent

March/April 2011

Utah Water Users Workshop

March 14-16, 2011
The Dixie Center, St. George, Utah
<http://extension.usu.edu/wuw>

GENERAL SESSIONS

A. Water Policy in Utah
Mike Styler, Director, Utah Department of Natural Resources
B. Utah Water Outlook
Randy Julander, Natural Resources Conservation Service
Brian McInerney, Hydrologist, National Weather Service
WATER RIGHTS/LEGAL ISSUES:

1. *Legal Issues in Water Rights—*Norm Johnson*
 2. *Water Issues—*Kent Jones*
 3. *Legislative Update—*Sterling Brown*
 4. Risk Assessment and Reduction Management Plan for Strawberry High Line Canal—*Gordon Younker and Kerry Van Dyke*
 5. *Fundamentals of Water Right Conveyance—*Randy Tarantino*
 6. Stream Bed Access Private/Public Issues—*Marty Bushman*
- WATER CONSERVATION/TECHNOLOGY:**
7. On Farm Water Measurement—*Gary Merkley*
 8. *Where's the Data? Federal and State Web sites—*Cory Angeroth and James Greer*
 9. Electrical Load Reduction for Irrigation—*Bill Marek*
 10. *Small Hydro Power on Irrigation Systems—*Gary Esslinger*
 11. Overview of Utah's Population Projections—*Juliette Tennert*
 12. *Water Use and Cost of Water in Utah—*Eric Jones*
 13. Water Conservation Issues—*Chris Thompson*
 14. Inspection of Canals Located in Urbanized Areas—*Jim Keith*

WATER RESOURCE/SUPPLY:

15. Multiple Inspection Technologies for Aqueduct Pipeline Assessment —*Mark Anderson*
16. Logan Canal Landslide Restoration Project—*John Meikle and Bronson Smart*
17. Millsite Dam Rehabilitation—*Nathaniel Todea and Bill Leeflang*
18. Canal Automation—*Jade Henderson and Kevin Payne*
19. Stream Statistics Software—*Cory Angeroth*
20. *Water Related Land Use Patterns in Utah—*Eric Edgley*
21. Bureau of Reclamation's Hydrographic Sonar Survey Program—*Ryan Luke*

Note: aSession #24 is in the Garden Room.

bThere is a three hour hands-on NOAA workshop associated with #28, Wednesday afternoon.

22. Management Practices for Small Reservoirs—*Mac McKee*

23. *Groundwater Trends in Utah—*Pat Lambert*

24. aUtah Water Development—*Dennis Strong*

25. The Narrows Project - A Story of Conflict—*Richard Noble*

26. Twelve Mile Landslide - San Pete County—*Danny Boore*

and Garrick Wilden

27. Provo Reservoir Canal Enclosure Project - Construction

Update 2011—*Jeff Budge*

28. b*Forecasting Water: Methods and Applications—*Kevin*

Werner and Tim Bardsley

WATER QUALITY:

29. Sediment Removal Without Dredging—*John McArthur*

30. River Restoration Assessment Using GIS—*Nathaniel Todea*

and Shane Green

31. Non-Point Source Stormwater Management—*Carl Adams*

32. Nutrient Issues in Utah Lakes and Streams—*Walt Baker*

33. Taking No Prisoners - Beating Back Invasive Species—

Leonard Willett

34. Managing Water Systems—*Paul Hansen*

35. Permitting for Pesticide Use—*Mark Schmitz*

◇GUEST PROGRAM:

36. Home Decorating Hints—*Joni Christensen*

37. Fashion Show—*Dillard's*

38. Motivational Speaker—*Richard Paul Evans*

◇*Note:* Session 36, 37, and 38 are especially for Guests.

Guests are welcome to attend all general sessions and workshops.

* An asterisk (*) indicates sessions offered twice

Mark your calendar for the 33rd Annual AZ/UT 2011 Range Livestock Workshop and Tour

Workshop topics include:

- ◆ Matching your cattle to your range
- ◆ Matching sires to your range and cow herd
- ◆ Cattle operations of the Carrol Ranch
- ◆ AZ range mineral program
- ◆ Ranching on cheatgrass
- ◆ Utilizing cheatgrass with supplementation
- ◆ Broom Snakeweed research update
- ◆ Backgrounding calves—comparing revenues
- ◆ Evolution of federal land agencies

**Tour will be on the Norman Carrol/
Merlin Esplin Ranch.**

Don't miss out on the door prizes.....

*2 Atkin AZ strip Range-Raised Angus/X Bulls(pick from 15 bulls),
Savage Rifle/scope, dutch ovens, feed supplements, knives, and more!!!*

Registration: 7:30 am — 8:00 am

Workshop: 8:00 am — 4:30 pm

April 5 — Washington County Fair Grounds
Hurricane, UT

April 6 — Frontier Movie Town
297 West Center, Kanab, UT

April 7 — Tour: Carrol Ranch (TBA)

No cost — lunch provided by our sponsors!!!

For more information contact:

Rob Grumbles, 928-753-3788
grumbles@ag.arizona.edu
Kevin Heaton, 435-676-1117
kevin.heaton@usu.edu

Chad Reid, 435-586-8132
chad.reid@usu.edu
Kyle Spencer, 928-643-7062
kyle.spencer@az.usda.gov



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USU Extension
83 So. Manzanita Ave.
Delta, Utah 84624

Other Contact Information
Phone: 435-743-5412 or 435-864-1480
Fax: 435-743-4221 or 435-864-1488
E-mail: millardextension@usu.edu

www.extension.usu.edu/millard

Millard County

Mon/Wed/Fri
83 South Manzanita
Delta, UT 84624
(435) 864-1480
Fax (435) 864-1488
millardextension@usu.edu

Trent Wilde-USU Extension Agent
Darlene Scott- 4H Coordinator
Mary Anna Henke- FSNE Educator
Sharal Young- Office Manager

Tues/Thurs
50 South Main
Fillmore, UT 84631
(435) 743-5412
Fax (435) 743-4221
millardextension@usu.edu

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