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Extension Connection

January/February 2010

MILLARD COUNTY

I thought I would take this opportunity to give the residents of Millard County an update on what has been going on in Extension through the fall.

Extension cosponsored a Pesticide Education Safety Program Training in November to offer CEU's for those who need them to renew their pesticide applicator licenses. We will be holding a workshop in February introducing a new, simplified process for Private Applicators to obtain a license. More information about this new program is provided in this newsletter.

Extension also teamed up with Snow College to offer QuickBooks classes. We had a very large response. The first set of classes filled up quickly, and the waiting list kept growing prompting us to offer another series of classes starting in January. For further information about the January classes refer to the announcement in this newsletter.

In mid November, we had a visit from the newly hired Extension Agronomist. His name is Earl Creach. He will not officially start until January 1st, but he is getting a head start on a few things. He held a workshop about Teff, an Ethiopian crop that has been introduced into the U.S.. It can be grown either as a forage or a grain crop. The grain product from Teff is not currently meeting the demand of the Ethiopian American population in the U.S.. This supply shortage is currently providing very profitable returns creating an opportunity for some farmers to capitalize on this product. A more in depth look at Teff is provided in the agricultural section of this newsletter.

As part of the Utah Noxious Weed Act, Millard County is required to have a functioning Weed Board. The Weed Board is responsible for controlling noxious weeds in the county and reporting to the State. Extension is one of the agencies associated with the Weed Board. Much of the grant funding that is available for weed control requires the county's involvement in a Cooperative Weed Management Area. Millard County's involvement in the CWMA is dependent upon having a functioning weed program. Meetings addressing these issues and to prepare for the upcoming weed season were held November 30th and December 14th.

In December Extension cosponsored an informational workshop discussing the benefits and limitations of using compost as a fertilizer. The guest speaker was Paul Stukenholtz from Stukenholtz Labs in Twin Falls, ID. Paul has a masters degree in Agronomy and did his graduate work at Utah State in composting. He provided a very research based presentation about compost and how it compares to chemical fertilizers.

We are continuing to take applications for our 4-H programs, offer Food Sense Nutrition Education classes and support the YFP programs. We appreciate the communities' support of these programs. For more information about these programs refer to the Nutrition section of this newsletter and the 4-H Newsletter.

As a new agent, it has been enjoyable to get out and visit with some of you, and I look forward to meeting the rest of you. Feel free to drop by our offices any time if you have something you would like us to help you with.

Upcoming Events

Financial Awareness Classes

*Jan. 12 @ 6:00 pm Fillmore
City Library*

*Jan. 13 @ 6:00 pm Delta
Extension Office*

QuickBooks Classes

*Jan. 14,21,28 and Feb.4,11
Delta Tech 6-9:00 pm*

Private Pesticide Applica- tor License Workshop

*Feb. 16th 8:30 am-12:30pm
Fair Building, Delta*

MILLARD COUNTY EXTENSION WEB SITE

Keep connected and up-
dated on activities, events,
and information through
the Millard County Exten-
sion web site:

extension.usu.edu/millard

Home Living

Trent Wilde—USU Extension Agent

January/February 2010

Financial Awareness Classes

We will be offering a Financial Awareness Class again in January. The Class will be offered in Fillmore, January 12th, at the Fillmore City Library at 6:00pm, and in Delta, January 13th, at the Extension Offices at 6:00 pm. The class introduces a new technique which provides consumers the benefits of a cash only money management system (avoids unintended debt) while still allowing consumers the convenience of using credit cards.

Traditionally, keeping track of expenses and keeping a current balance was as simple as keeping our checkbook register up to date. This assured that we always knew where we stood with our day to day finances. But the introduction of electronic transactions coupled with on demand credit have complicated this procedure. Previous personal finance techniques were not designed to address these issues leaving consumers unprepared to manage our finances.

This inadequacy in personal financial management techniques has encouraged many consumers- even traditionally responsible ones- to fall back on the very common but usually unfavorable technique of just spending and adding it all up later when the credit card bill or bank statement arrive. Unfortunately, this well intentioned technique is generally an illusion that never comes to pass leaving our finances in disarray.

The Financial Awareness technique incorporates checks, debit cards, credit cards and electronic funds transfers into a single accounting register. Expenses from all these purchasing options are entered into the register, and a running balance is kept. Credit card expenses are subtracted from our balance at the time of purchase and set aside to pay the credit card bill. This accomplishes two things. It prepares us to pay the credit card bill when it arrives, but it also accounts for the expense in our running balance.

The importance of the running balance comes when we make our day to day spending decisions. Without this combined balance, we don't really know how much money we have available to us. Although it is tempting to use our credit card to "cover" any short falls, this approach, over time, tends to build up unintended debt.

Although all debt is not bad, debt should not be entered into uninformed. That is why this program is titled "Financial Awareness." It's goal is to ensure that we as consumers are making informed financial decisions- if we are making a purchase, we make it with a knowledge of how much money is available to us or if we do not have enough money to purchase something, we make the decision either not to buy it or to use debt to buy it before the actual purchase is made. This process protects us from accumulating unintended debt.

The program also includes a budgeting element which helps us budget for monthly expenses such as utilities, rent/ house payments etc.. The combination of these techniques provides a practical solution to day-to-day personal financial management.

Whether your goal is just trying to make ends meet or whether you are trying to use your money more wisely, this program can be a tool to help you meet those goals.

For those who attended this class in October, we will show you how to implement this program into Quicken. Although using this computer program is optional for this technique, it can make it even more convenient.

Master Preserver Trainings

Because there is not a Family and Consumer Sciences agent in the county, we have been exploring ways to meet the Family and Consumer Science needs. Carolyn Washburn, the FCS agent in Washington County, has offered to train 6-8 "Master Preservers." After this training, these Master Preservers would be approved to answer questions from the community about preserving food. We know there are many people in the county who have a lot of knowledge about food preservation. We would like to encourage you to take this training so we can use you as a resource to the residents of the county.

The training would take place next summer. If you would be interested in sharing your food preservation knowledge with other residents of the county, contact us at the Extension Office, and we will put you on the list.



Foods & Nutrition

Mary Anna Henke—Nutrition Educator

January/February 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. For more information call us at 864-1480 or 743-5412 or please check out our new web page at www.extension.usu.edu/millard.

FREE Classes:

- Delta Sands Apartment Complex - Thursday, Jan. 7th - 4:00 PM: Viva Vegetables -Potatoes!
- Delta Sands Apartment Complex - Thursday, Feb. 4th - 4:00 PM: Viva Vegetables—Root Vegetables!
- Fillmore's Mt. Catherine Manor Complex - Thursday, Jan. 14th - 4:30 PM: Viva Vegetables – Potatoes!
- Fillmore's Mt. Catherine Manor Complex - Thursday, Feb. 11th - 4:30 PM: Viva Vegetables—Root Vegetables!
- Kanosh Paiute Band Building - Wednesday, Jan. 13th - 5:00 PM: Viva Vegetables – Potatoes!
- Kanosh Paiute Band Building - Wednesday, Feb. 10th - 5:00 PM: Viva Vegetables—Root Vegetables!

How Much? Food & Physical Activity

How do you determine how much food and physical activity your body needs. Every Adult should try and get 30 minutes of exercise most days of the week and youth should aim for 60 minutes of physical activity every day. The web site: www.mypyramid.gov allows you to figure out how many calories you should be eating in a day, by filling out the information of your sex, age and how active you are. If you have a few extra pounds you want to lose, increasing the amount of time you exercise and/or decreasing the amount of calories you eat is a healthy way. Try and eat at least 3 of the 5 food groups in each meal to aim for a balanced diet to get the

nutrients your body needs.

Here's a **Hearty Vegetable Soup** Recipe to keep you warm and healthy on these cold winter days. I love all the vegetables in this recipe.

- 1-46 oz. can vegetable juice
- 1-15 oz. can kidney beans
- 1 lb. cooked and drained ground beef
- 4 medium sized potatoes
- 6 medium carrots
- 1 yellow onion
- 1-10oz. Pkg. frozen peas
- 1-10 oz.pkg. frozen corn or 1-15 oz. canned corn, drained
- salt and pepper
- basil
- bay leaf
- chili powder

Cut the carrots into round pieces and potatoes into cubes. Cut the onion into squares. Place the carrots, potatoes, and the onion into a microwave safe bowl with 1 cup water. Microwave for 15 minutes until vegetables are tender.

Place vegetable juice, carrots, potatoes, onions, beans, salt and pepper, and seasonings into a pot. Place on stove on low heat, until heated through. Add peas and corn and continue heating until peas and corn are soft and hot. Add ground beef. Make sure all ingredients are warm. Season to taste.

Serve with cornbread, toast, biscuits or rolls. You can grate some cheddar cheese into the bowls of soup. Feel free to adjust the ingredients and seasonings to you or your family taste. Leftovers can be frozen and heated for later meals.

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Crops & Livestock

Trent Wilde– USU Extension Agent

January/February 2010



Introducing Teff: A new rotational crop for Utah

Teff is an annual grass from Ethiopia that is grown for grain or forage. Although teff acreage in the U.S. continues to rise (particularly in Nevada where it was introduced in 2002), demand far exceeds production. This crop has many of characteristics that make it a strong candidate for inclusion in Utah cropping systems.



Why consider growing teff?

- ✓ Grows well in Utah's soils and climate
- ✓ Requires less irrigation water than most other crops
- ✓ Uses equipment and agronomic practices that are already widely used in Utah
- ✓ Very low input costs
- ✓ Can be highly profitable
 - Forage production – average Nevada production is 4-5 tons/acre (2 cuttings per year) that is similar in quality to Timothy hay.
 - Grain production – average Nevada grain yields are around 1800 lbs/acre (2009 price was 45¢/lb). Straw production averages 2 tons/acre.



Offered again January 14, 21, 28, February 4, 11th @ Delta Tech
 To Register call: (435) 283-7376 or go online: www.SnowCollegeBusiness.com

One Time Private Pesticide Applicator Licensing Opportunity

Licensing of Private Pesticide Applicators Without Taking Examinations

The Utah State University Extension Office of **Millard** County is cooperating with the Utah Department of Agriculture and Food to license individuals as Private Pesticide Applicators. Eligible people who actively participate in the workshop's interactive training, complete the required paperwork, and pay the \$20 fee can be licensed for three years as a Utah Private Pesticide Applicator without having to pass examinations. There will be a limited number of these special workshops offered during 2010 and in the future individuals applying for a new license or whose license has lapsed, will again be required to pass one or more examinations.

Training: Fair Building, Delta
 Tuesday, February 16, 2010
 8:30 am to 12:30 pm

Interested individuals who wish to participate should arrive on time to complete the required paperwork and received the numerous training materials. Each participant should bring pencils, a calculator, and \$20 in cash or check. The training and completion of paperwork will require four hours and participation throughout the entire workshop is necessary to receive a license. A representative of the Utah Department of Agriculture and Food will assist with the workshop training and provide receipts for license payments. Approved licenses will be mailed to the applicants.

A Private Pesticide Applicator is any person who uses or supervises the use of Restricted Use Pesticide for the purpose of producing any agricultural commodity on property owned or rented by him or his employer or (if applied without compensation other than trading of services between producers of agricultural commodities) on the property of another person. The Restricted Use Pesticide designation is assigned to a pesticide product that has a potentially high degree of human and/or environmental hazard.