

Extension Connection

March/April 2010

MILLARD COUNTY

Extension Update

I would like to take a few minutes to update everyone about what has been going on in Extension since our last newsletter. We started off January by meeting with the Millard County Weed Board. By State statute each county is required to have a weed board which is responsible for the control of noxious weeds in their county. For the last several years Millard County's Weed Board functioned under the direction of the County Road Department. The decision has been made to return the funding for the control of noxious weeds to the control of the Weed Board. Along with this decision, it became necessary to open the position for a Weed Supervisor/Sprayer. The position was announced in several public places and in the local newspaper for a six week period. A significant number of applications were received, and at the time of the publication of this newsletter the Weed Board was preparing to review the applications. Having a Weed Supervisor/Sprayer will allow the county to better treat noxious weeds in the county and open the door to other grant funding.

We have also been working to prepare for the upcoming grasshopper season. Last year was one of the worst grasshopper seasons on record. The experts are predicting another problem this year. Both state and federal agencies have financial assistance programs to help cover the cost of spraying for grasshoppers. We will be holding a public meeting to address this issue on March 10 @ 7:00pm at the POD in Fillmore. Anyone who may have grasshopper problems are invited to attend this meeting.

On February 16th Utah State University Extension and Utah Department of Agriculture and Food held a Private Pesticide Applicator Licensing Workshop at the fair building in Delta. The workshop provided a one time opportunity for private applicators to attend a four hour workshop and receive their Private Pesticide Applicator license without taking a test. Residents of Millard County took full advantage of the opportunity. Approximately 120 people attended the workshop, and 107 new licenses were issued.

We hope these types of programs are fulfilling some of the needs of the county and look forward to working with you as other needs arise.

Upcoming Events

Grasshopper Meeting

*March 10, 2010
7:00pm @ POD
Fillmore, Utah*

Utah Water Users Workshop

*March 16-17, 2010
Dixie Center
St. George, Utah
To Register visit:
<http://extension.usu.edu/uuww/html/registration>*

Arizona/Utah Range Livestock Workshops

*April 6-8, 2010
Kanab & St. George*

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

Utah State University Millard County Extension Personal Finance Program

Individual Development Accounts

This information provided by uidan.org

IDA: Opportunity Accounts for Business, Homes or Education

Creating Pathways to Prosperity

Lack of income means you don't get by; lack of assets means you don't get ahead. We believe in the power of saving. UIDAN helps lower wage working families build their personal safety net by providing a \$3-for-\$1 savings match and financial management skills training.

Economic Multiplier Effect

Individual Development Accounts (IDAs) are matched savings accounts that enable lower-income families to build assets and develop skills for financial self-sufficiency. UIDAN creates new cycles of prosperity by providing a 3-to-1 match on the monthly savings of lower-income working families who are trying to buy their first home, pay for post-secondary education, start a small business, or purchase an assistive technology device for work related activities.

Financial Education and Ongoing Support

Everyone can save - some just need a boost. While the matched savings is the centerpiece of an IDA, the program has several other critical components including mandatory financial management training, budget planning and monitoring, financial coaching, debt management, innovative financial products, and asset-specific training.

For more information visit: <http://www.uidan.org/>

*This program will be coming to Millard County. More information will be available in the future.



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. 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, Mar. 4th - 4:00 PM: Viva Vegetables—Legumes!
- Delta Sands Apartment Complex - Thursday, April 1st - 4:00 PM: Viva Vegetables—Spinach!
- Fillmore's Mt. Catherine Manor Complex - Thursday, Mar. 11th - 4:30 PM: Viva Vegetables – Legumes!
- Fillmore's Mt. Catherine Manor Complex - Thursday, April 8th - 4:30 PM: Viva Vegetables—Spinach!
- Kanosh Paiute Band Building - Wednesday, Mar. 10th - 5:00 PM: Viva Vegetables – Legumes!
- Kanosh Paiute Band Building - Wednesday, April 14th - 5:00 PM: Viva Vegetables—Spinach!

Dried beans or Legumes—What do you do with them?

Dried beans are very inexpensive. They are a great source of protein. Follow these simple steps to cook them up.

1. Sort and wash the beans, throwing out anything that isn't a bean (like a rock).
2. Soak beans in hot water.
3. Combine 2 cups rinsed, dried beans such as pinto or kidney with 8 cups of fresh water, not the water they've soaked in.
4. Cook on low for 6-8 hours or in a crock pot overnight. Beans are done when you can press them on the roof of your mouth.
5. Add additional ingredients to flavor or use in your favorite bean recipes.

Hummus

- 1 can (15 oz.) of chickpeas/garbanzo beans
- 1/4 cup olive oil
- 1 Tablespoon lemon juice
- 1 teaspoon cumin

In a food processor, blend all ingredients together until smooth and creamy. Serve with bread, chips, or veggies or as a sandwich spread. Store in an airtight container for up to 3 days.

*You can add things like garlic, roasted red peppers, or sundried tomatoes to make different, fabulous varieties of hummus.

Mexican Spicy Bean Pizza

- 1 pre-made pizza crust (Boboli bread)
- 1 small can tomato paste
- 1/2 to 3/4 can spicy refried beans
- 1 small can corn, drained or 1 cup frozen corn
- 3/4 cup sliced bell pepper
- 1/4 cup thinly sliced onion
- 1/2 cup grated Colby-jack cheese
- 1/2 teaspoon red pepper flakes
- 1/4 cup chopped fresh cilantro

Preheat oven to 425°. Put pizza crust on baking sheet or pizza pan. Spread tomato paste, 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

Homemade Chili

- 1 lb. lean ground beef
- 1 medium onion
- 1 can (14.5 ounces) tomatoes, crushed
- 2 cans (15 ounces) pinto or kidney beans
- 1 can (12 ounces) tomato juice
- 3/4 cup catsup
- 1 Tablespoon chili powder
- 1/4 teaspoon garlic powder
- 1/2 teaspoon cumin
- 1/2 teaspoon onion powder
- 3/4 teaspoon salt
- 1/4 teaspoon pepper

Sauté ground beef and onion in a large saucepan over medium heat until meat is browned and onion is tender; drain fat. Add tomatoes, chili beans, tomato juice, catsup and seasonings; mix well. Bring to a boil; cover and reduce heat to low. Simmer for 20-30 minutes; stir occasionally. Yield: 8 servings.

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UTAH PESTS fact sheet



Published by Utah State University Extension and Utah Plant Pest Diagnostic Laboratory

ENT-131-09

September 2009

Community-Wide Grasshopper Control

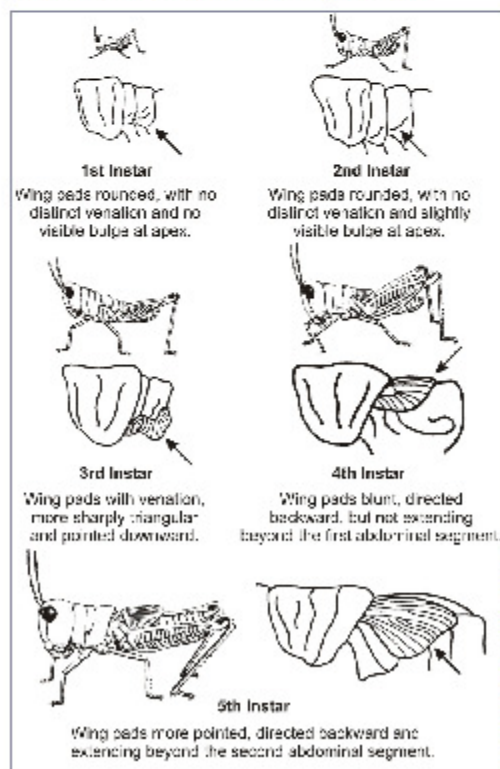
Marion Murray, IPM Project Leader

Springtime, while grasshoppers are still nymphs, is the best time for communities or neighborhoods to work together to suppress grasshopper populations. Treating as wide an area as possible is the key to success. When grasshoppers become adults, they can travel great distances and may not remain in one area long enough for an insecticide to be effective.

HOW TO IDENTIFY NYMPHS

Grasshoppers go through five nymph stages before becoming adults. Look closely at a few individuals to assess the size of their wing pads (see diagram below and table at right). Grasshoppers that are able to fly have already reached the adult stage. Mobility increases after the 4th instar, so insecticide treatments are not as effective on 5th instar, or adult stages.

Images and Descriptions of Grasshopper Stages



General Sizes of Grasshopper Stages

| Stage | Size |
|------------|------------|
| 1st instar | 1/4 inch |
| 2nd instar | 3/8 inch |
| 3rd instar | 1/2 inch |
| 4th instar | 3/4 inch |
| 5th instar | 1 inch |
| Adult | 1.5 inches |

Note: Size is approximate, and depending on species, can vary by 1/4 to 1/2 inch.



Newly hatched grasshopper nymphs

WHERE TO TREAT

| | |
|--|-------------------|
| open fields | roadsides |
| hedgerows | drainage ditches |
| boundaries between yard and open space | other weedy areas |

TREATMENT OPTIONS

1. Bait + insecticide:

- wheat bran + carbaryl or *Nosema locustae* (a natural grasshopper pathogen) that must be consumed
- spread evenly through the habitat, grasshoppers eat the bait as they are foraging for food
- easy to apply, but expensive
- selectively kills only grasshoppers and other foraging insects
- must be reapplied frequently and immediately following wetting events (rain, sprinkler irrigation)
- very effective option



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