

Extension Connection

May/June 2010

MILLARD COUNTY

Extension Update

It has been a busy few months for Extension in Millard County. As of April 14th, Millard County has a new Weed Supervisor/Sprayer. Terry Scottorn comes to the position with experience in landscape management and has held a non-commercial pesticide license for many years. Terry will be spending the first few weeks on the job getting spray equipment installed and functioning. Once the equipment is ready, he will be spraying noxious weeds in the county as well as working cooperatively with other agencies dealing with weed issues.

We are still trying to prepare for a potential grasshopper problem this summer. The cool wet spring we are experiencing is a positive sign. Traditionally, cool wet weather through the spring inhibits the grasshopper hatch. But, no one really knows for sure what will happen. Because of the severe problem we had last year, we are being advised to prepare for another bad year. Once the grasshoppers begin hatching, we will have a better idea of the situation.

In order for the experts to make an assessment, they will need to know when the first grasshopper hatch occurs. The severity of the problem and the spray schedule are dependent upon this information. They have asked everyone to watch for this hatch. We should be looking for small 1/4 " long grasshoppers. At the first sign of this hatch, please call our offices. We will pass the information on to the other agencies for their assessments.

Dr. Kerry Rood, the Extension Veterinarian, was in the county in March. He has been working with some local ranchers on a nutrient issue. He has offered to provide a workshop on mineral requirements in cattle. If there is enough interest here in the county on this topic, we will arrange for the workshop. If this is something you would be willing to attend, let us know, and we will start a list.

We are working on updating our contacts list. As issues arise in the county, it would be very helpful to have email addresses for as many people as possible so information could be sent out in a timely manner. I realize not everyone uses email. But, for those who do, it is a very convenient and inexpensive method of disseminating information. If you have an email address, please send an email to trenton.wilde@usu.edu from your email account, and I will compile a list. It would also be helpful if you included your phone number and mailing address in the email so we could update our mailing and phone list. For those who do not use email, if you will send your phone number and mailing address to: Millard County Extension, 50 S. Main, Fillmore, UT 84631 or Millard County Extension, 83 S. Manzanita Avenue, Delta, UT 84624, we will update your information on the mailing and phone lists. This information will only be used for Utah State University Extension related purposes.

Please feel free to drop by our offices or give us a call anytime.

Upcoming Events

Farm Bureau Field Day

*May 5, 2010
Nye Dairy*

4H Scholarship Awards

*May 18th & 19th
Millard and Delta
Awards Nights*

Millard County Junior Livestock Show

*May 31– June 3, 2010
Millard County
Fairgrounds*

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

Home Living

Trent Wilde—USU Extension Agent

May/June 2010

Financial Programs

Extension's financial programs continue to move forward. We are in the process of making the Preventive Accounting Personal Finance training available online. This is the program we have taught here in Millard County and surrounding counties. It is designed to assist consumers in keeping track of our day to day expenses. The program has a budgeting element as well as a system which accounts for credit card and debit card transactions in our day to day money management. The system is designed to help avoid overspending and unintended debt. We are excited to get the program online where people can learn the system in the privacy of their own home.

We have also started offering Individual Development Accounts in Millard County. This is a financial management training program that teaches people how to save and rewards them with matched funds. This program will likely be offered several times a year. If you are interested in this program, watch our newsletter for future sessions.

Family and Consumer Science

We continue to offer pressure cooker lid testing at our offices. If you bring your lid in we will test it as soon as possible and let you know when you can come and pick it up. Most lids test within the guidelines, but once in awhile we do have to recommend purchasing a new pressure gauge. These gauges are available from merchants on either side of the country.

We are planning on offering a Master Preserver training later this year. We have several people signed up for this training, but we could always use more. This training is for experienced canners who would like to become certified to assist with canning questions in the community. Once trained, we could refer many of our canning questions to these Master Preservers and allow them to share their knowledge with others in the county. If you are interested in sharing your canning skills with others, this would be a great opportunity to do so.

Judges for County Fairs

In Extension we ask volunteers from other counties to come to our fair and judge the exhibits. In return, we are asked to bring volunteers from our county to other county fairs. We may need to take as many as twenty five volunteers from Millard County. If you have experience in one of the exhibit areas, we would appreciate your service in this responsibility. You do not have to be an expert. You just need to be familiar enough with the category to be able to recognize a quality exhibit. If you would like to volunteer, contact one of our offices.



Foods & Nutrition

Mary Anna Henke—Nutrition Educator

May/June 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, May 6th - 4:00 PM: Viva Vegetables –Asparagus!
- Delta Sands Apartment Complex - Thursday, June 3rd - 4:00 PM: Family Meals— Easy, Tasty and Healthy.
- Fillmore's Mt. Catherine Manor Complex - Thursday, May 13th - 4:30 PM: Viva Vegetables – Asparagus!
- Fillmore's Mt. Catherine Manor Complex - Thursday, June 10th - 4:30 PM: Family Meals — Easy, Tasty and Healthy.
- Kanosh Paiute Band Building - Wednesday, May 12th - 5:00 PM: Feeding Preschoolers—Tin Foil Dinner.
- Kanosh Paiute Band Building - Wednesday, June 9th - 5:00 PM: Family Meals — Easy, Tasty and Healthy.
- Millard County Extension, Delta Activity Room – Tuesday, June 15th - 3:00 PM: Loving Your Family Feeding Their Future: Family Meals, Easy, Tasty & Healthy.
- Millard County Extension, Delta Activity Room – Tuesday, June 27th - 3:00 PM: Loving Your Family Feeding Their Future: Fruits & Vegetables, Simple Solutions.

Focus On Fruits

Summer is a great time to Focus on Fruits, especially fresh fruits in season. Fruits add vitamins, minerals, and fiber to our meals and snacks. Each member of your family should aim for 1 1/2 –2 cups fruit every day, depending on their age. Some ways to include it in your meals and snacks would be: Eating fruit for breakfast. It makes a great start for the day. Using fruit as a snack. Keep a bowl of fruit like bananas, apples, or oranges on the kitchen counter for quick snacks. Use fruit for dessert. Most fruit is naturally sweet and will settle your craving for sweets. Look for fruit on sale to help stretch your food dollars or look for the fresh produce stands from local farmers for fresh fruit.

Frozen Fruit Cups

- 3 bananas
- 24 ounces fat free strawberry yogurt
- 10 ounces frozen strawberries, thawed, with the juice
- 8 ounces canned crushed pineapple, with the juice

Line 18 muffin-tin cups with paper baking cups. Dice or mash bananas and place in a large mixing bowl. Stir in remaining items. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bags in freezer. Before serving, remove paper cups and let stand 10 minutes. Yield:18 servings

Fruit and Chicken Salad

- 1/2 cup low fat mayonnaise or plain yogurt
- 1-8 oz. can pineapple chunks, drained
- 2 tablespoons honey
- 1 cup chopped, unpeeled apple
- 1/2 teaspoon ground ginger
- 1 cup grape halves
- 2 cups cooked, cubed chicken
- 1/2 cup pecan halves (optional)
- 1 can (11 ounces) mandarin oranges, drained

In a large bowl, combine mayo or yogurt, honey and ginger. Stir in chicken, oranges, pineapple, apple, and grapes. Chill at least 30 minutes. Sprinkle with pecans just before serving. Yield: 6 servings.

Magical Fruit Salad

- 1 can (8 oz.) pineapple tidbits, drained
- 1 1/2 cups milk
- 1/2 pound seedless grapes
- 1 pkg. (3 oz.) lemon, vanilla, or coconut instant pudding mix
- 2 bananas, sliced

Place pineapple, grapes, and bananas in a large bowl. Pour milk over fruit. Stir in instant pudding mix. Let mixture stand 5 minutes to set. Yield: 6 servings.

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Useful Information Sources

Utah State University Analytical Laboratories (USUAL)

Utah State University Analytical Laboratories (USUAL) is Utah State University's soil, water, plant, feed and manure testing facility. These services are available to the public for a modest fee. Soil sample boxes are available at our offices, and submission instruction forms are available from the USUAL website:

<http://www.usual.usu.edu/index.html>

Utah Plant Pest Diagnostic Lab

The Utah Plant Pest Diagnostic Lab is available to identify insects and plant pests. Instructions and submission forms are available from their website:

<http://utahpests.usu.edu/upddl/htm/forms>

The website also has links to pest fact sheets, an image gallery to help identify pests, and pages listing recent insect and plant disease samples to help increase awareness of current pest issues.

USU Extension Animal Health

This website deals with animal health issues. We have had inquiries about issues like trichomoniasis testing regulations. This website provides links to these type of issues. It can be found at:

<http://extension.usu.edu/ah/>

We hope these sources of information will be beneficial to you. For further information, feel free to contact our offices.

Horticulture

Trent Wilde– USU Extension Agent

May/June 2010

Horticulture Information

As spring gets into full swing, our office gets many requests for information about home gardening, lawns, trees, scrubs etc. With the agriculture season in full swing, it can be difficult to respond to every request. I thought it may be helpful to provide some of the more common sources of information.

Utah State University has many publications on almost any horticulture topic. All of these publications can be accessed through the Extension home page at:

<http://extension.usu.edu/>

Click on the publications link on the left side of this page. The publications page has a search feature where you can type in keywords for the subject you are interested in. This will pull up all the publications about the topic. You can then search the publications for the information you are looking for.

Although all of the publications are available through the publications page, here are a few of the more common ones with their web addresses.

Basic Lawn Care: http://extension.usu.edu/files/publications/publication/HG_517.pdf

Landscape Planting: http://extension.usu.edu/files/publications/publication/HG_500_3.pdf

Home Vegetable Garden: http://extension.usu.edu/files/publications/publication/HG_313.pdf

Preparing Garden Soil: http://extension.usu.edu/files/publications/factsheet/HG_H_01.pdf

Utah County Extension has a very good horticulture website with links to many of the publications. It is particularly good for publications on specific vegetables, but it has information about most horticulture topics. Their site can be accessed at:

<http://extension.usu.edu/utah/hm/horticulture>

For links to the vegetable publications, click on the vegetable link on the right side of the page.

There are also other websites which are very helpful. For tree enthusiasts, the USU Tree Browser website is an amazing resource. It has pictures and information about almost any tree you will find in Utah. It can be accessed at:

<http://www.treebrowser.org/treeBrowser/usuTreeBrowser/index.html>

I hope these resources will help answer many of your questions. Please feel free to contact us. We will try to get you the information you need.



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Bulk Rate
U.S. Postage
Paid
Delta, UT
Permit No. 1201898
Non-Profit

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