

Extension Connection

November/December 2010

MILLARD COUNTY

Extension Update

Fall is the time of the year in Extension when all of the paperwork I have been putting off comes due. All of the dirty details that were so easily overlooked at the moment are now catching up to me. Although the grasshopper spraying program concluded months ago, we just barely finished the paperwork for it a few weeks ago. We would like to thank the Millard County Treasurer and Auditor Offices for their assistance collecting the money for the cooperative grasshopper spraying program. If you are ever at the courthouse, stop by and thank them for their help on the project.

The last few years we have been having our Commercial and Noncommercial Pesticide Licensing workshop in November. This year it will be November 9th. Look for the announcement in this newsletter.

In addition, there will be a Private Pesticide Licensing workshop the following day on November 10th. This is the same type of workshop that was offered last February. People who need Private Pesticide Licenses can come to the workshop on the 10th and receive a license without taking a test. We weren't sure this type of workshop was going to happen again, and this may be your last opportunity to get a Private Pesticide License without taking the test. So, if you don't have your license, it would be worth your time to come on the 10th. For further information, look for the announcement in this newsletter.

Bob Hill, USU's Irrigation Specialist, has asked me to bring to your attention a couple of resources the irrigation department provides on the internet. USU maintains a weather station in Flowell. The data from this weather station is available on the internet. This data is designed to use evapotranspiration data to determine crop watering schedules. Anyone who is interested in using this program can access this information at the website listed in this newsletter.

There is also a pumping cost estimator available on the internet to help people who may be considering switching to sprinkler irrigation do a cost/benefit analysis. It is also useful to people who are already pumping if you are trying predict costs.

Upcoming Events

Commercial/ Noncommercial Pesticide Licensing Workshop

*November 9, 2010
Millard County
Fair Building
9:00 am - 4:00 pm*

Private Pesticide Licensing Workshop

*November 10, 2010
Millard County
Fair Building
Sign In: 8:00am
Workshop
8:30 am - 12:30 pm*

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

Adult Farm/Ranch Business Management Class

Snow College continues to provide Adult Farm/Ranch Business Management Education to central Utah. The purpose of Farm/Ranch Management Education is to help farm families achieve their farm business and family goals. Farm families enroll in specific year-long farm business management courses. Instruction occurs monthly at the farm with the farm family using their farms financial and production information.

To increase educational opportunities for agriculture producers in central Utah; Snow College's Farm/Ranch Management Department will sponsor a Farm/Ranch Management workshop on January 19 2011 at 7:00 PM in Delta at the Extension Office.

“What Does My Banker See That I Don't” Measuring my business using “Benchmarks”

This workshop is open to all agricultural businesses. The workshop will cover topics relevant to farm management including: financial risk and the associated management of risk through accurate financial and production records, preparation and interpretation of financial statements and identifying my financial and production benchmarks and benchmarking my business against the industry.

For more information call Snow College Farm/Ranch Management Dept at 435-283-7335 or 435-893-2242. You may also call Instructors Jay Olsen at 435-851-4943 or Kip Larsen at 435-851-6217.

Irrigation Websites

Flowell Weather Station Data

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

Pumping Cost Estimator

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

Crops & Livestock

Trent Wilde– USU Extension Agent

November/December 2010

Commercial And Noncommercial Pesticide Licensing Workshop

November 9, 2010
Millard County Fair Building
9:00 am - 4:00 pm

If your pesticide license expires this year, it is your responsibility at the time you renew your license to (1) earn appropriate CEU's and provide paper copies that show the CEU's earned during the past three years and/or (2) retake and pass the necessary licensing examinations.

This workshop offers 6 CEU's; two each for Law, Use and Safety.

Renewal Fees for 3 year Licenses:

Commercial Applicators	\$65.00
Noncommercial Applicators	\$20.00

For more information about license categories, testing, fees:
UDAF Website: www.ag.utah.gov/divisions/plant/pesticide/applicators.html

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
Wednesday, November 10, 2010
Sign in: 8:00 am
Workshop: 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.

FOOD \$ENSE



NUTRITION EDUCATION PROGRAM

Foods & Nutrition

Mary Anna Henke—Nutrition Educator

November/December 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.

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, Nov. 4th - 4:00 PM: Cauliflower!
- Delta Sands Apartment Complex - Thursday, Dec. 2nd - 4:00 PM: Winter Greens!
- Fillmore's Mt. Catherine Manor Complex - Thursday, Nov. 11th - 4:30 PM: Cauliflower!
- Fillmore's Mt. Catherine Manor Complex - Thursday, Dec. 9th - 4:30 PM: Winter Greens!
- Kanosh Paiute Band Building - Wednesday, Nov. 10th - 5:00 PM: Cauliflower!
- Kanosh Paiute Band Building - Wednesday, Dec. 8th - 5:00 PM: Winter Greens!

Holidays and Calories, Do they belong together?

Do you ever wonder, "How am I going to keep the pounds off during the holidays?" This time of year can be a difficult time when there is so much celebrating. Making smart food choices and just simple changes from how foods are prepared can make all the difference from gaining 5 pounds to no weight gained.

Here's a few suggestions to help:

- Watch your serving size—just eat until you are satisfied, then stop.
- Use fat free or nonfat milk products in your cooking rather than whole milk.
- Go for a walk after dinner, include the whole family and enjoy each other's company or go by yourself to allow for some quiet time. It's a great way to reduce stress.
- Be aware of the amount of sauces, gravies, or salad dressing you put on your food. If you know certain foods have extra fat cut down on the amount you take or change to a lower fat item such as Italian dressing rather than ranch on a salad.
- Use cooking methods that don't add extra fat into the cooking process. **Deep frying your turkey**

may taste sensational, but how many extra calories are you adding? Roasting it with wonderful seasonings can taste sensational, too.

- Use fruit as dessert instead of a high sugar dessert.
- Choose to drink water or low fat milk instead of high calorie drinks with meals.
- Read food labels to know if it is a smart choice. Watch the fat, sugar, and sodium content of the food.

Guiltless Pumpkin Pie

Ingredients:

2 large eggs

1/2 cup granulated sugar

1 1/2 teaspoons pumpkin pie spice or 3/4 tea

spoon each of ground cinnamon and ground nutmeg

1/4 teaspoon salt

1 15-ounce can pumpkin

1 5-ounce can fat free evaporated milk

Optional: Low fat whipped topping and ground cinnamon

Directions:

1. Preheat oven to 350°F. Lightly grease or spray a 9-inch Pie Plate; set aside.
2. Place eggs in a large bowl, beat with fork or whisk. Add sugar, pumpkin pie spice, and salt. Stir until well mixed.
3. Stir in pumpkin and evaporated milk. Pour into prepared pie plate.
4. Bake for 40—50 minutes—or until center is set.
5. Remove from oven and cool on wire rack. Serve immediately or refrigerate until serving time. If desired, add a spoonful of low fat whipped topping to each serving and sprinkle with additional ground cinnamon.

How is it Guiltless? Count the ways.

- No crust means fewer calories
- Fat free milk saves calories
- 1 serving provides 170% of your daily Vitamin A needs

Source: Healthy Homemade 2010 Nutrition and Fitness Calendar. Videos Online

www.extension.iastate.edu/foodsavings/recipes

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