

Extension Connection

September/October 2010

MILLARD COUNTY

Extension Update

It has been a busy summer for Extension in Millard County. In June, in cooperation with USDA-APHIS and the Utah Department of Agriculture and Foods, a cooperative grasshopper control program was carried out. The program covered over 19,000 acres in Millard, southern Juab and eastern Sanpete counties with the vast majority of the project in Millard County. APHIS contracted two spray planes out of Fort Bridger, Wyoming to do the spraying. Most of the spraying was based out of the Fillmore airport. The planes spent the better part of three days in the area doing the spraying.

Every evidence appears that the spraying was effective—the only drawback being we would have liked to have covered even more acreage. These type of programs require a lot of preparation. Several landowners began making preparations for this project in early April and continued to stay on top of it through June. This dedication by a few landowners allowed the program to succeed and benefitted many of their neighbors.

It is unclear if there will be funding for this type of project again next year, but if there is, and others would like to be involved, the landowner organization will have to be done well before the actual project takes place.

In addition to the cooperative project, many landowners in the county sprayed grasshoppers with individual contracts through the UDAF.

In July, Extension teamed up with the Millard County Economic Development Association to sponsor a workshop for the dairy industry to address immigrant worker issues. This event turned out to be a very informative day. Although we had a commitment from the U. S. Citizen and Immigration Services director out of Salt Lake to come and answer questions for the dairy farmers, as word of the meeting spread, we ended up with three representatives from the regional USCIS office in Denver at the meeting answering questions. This included the regional director. He was very open and did his best to answer questions. Although problems remain, the workshop was a positive development.

Of course the county fair was the first week of August. It is always a very busy time for us. We would like to thank all who helped in any way. Your help is greatly appreciated.

Jim Stevens will be leaving us at the end of September. Jim has been a constant in Extension in Millard County for many years. He wrote a couple of articles for this newsletter. Although he has written many articles over the years, these are kind of his final farewell. We hope you enjoy them. We would like to thank him for his many years of service.

As always, feel free to drop by our offices anytime.

Upcoming Events

Utah State Fair

*September 9-19, 2010
Utah State Fair Park
Salt Lake City, Utah*

Farewell for Jim Stevens

*September 14, 2010
Millard County Courthouse
3:00-5:30 pm*

4H Awards Night

*November 4, 2010
Millard County Fair
Building*

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

September/October 2010

Master Preserver Training

On August 18-20 Carolyn Washburn, USU FCS Agent– Washington County, presented the Master Preserver Course in Millard County. This course was designed for experienced home preservers who wanted to become qualified to assist with food preservation questions in the county. Although we have many talented home canners in the county, because of liability reasons, we cannot refer people with questions to anyone unless they have been trained in the latest food preservation guidelines.

Nine people from Millard County and two people from other counties participated in the three day training. During the training, participants were introduced to the latest guidelines and regulations related to food preservation. They also had the opportunity to put these guidelines to practical use making bottled fruits, vegetables and meats. In addition, they learned food drying and freezing techniques. For three days, the Extension Office was full of heavenly aromas.

We would like to thank the people who were willing to participate in the course. They will be a very beneficial resource to the county. If you have food preservation questions, we would be happy to refer you to our “Master Preservers.” Although they should be able to answer many of your food preservation questions, please remember that they are volunteers and remember to respect their time accordingly.

Personal Finance

In late June, I received confirmation that the personal finance program I designed had been accepted for publication in a nationally recognized Extension journal. With this recognition, the program has gained substantial validity. The program is designed to help people better manage their day to day financial lives in the electronic age. It provides a system of checks and balances designed to help consumers stay on budget and avoid unintended credit card carryover balances.

The program is called the Preventive Accounting System or PAS. We will be offering several classes introducing the system throughout the fall and winter. If this program is something that would be of interest to you or your organization, feel free to contact the Extension office. We would be happy to set up a time to meet with you or your organization and present the system.

In correlation with the introduction of PAS, we intend to establish a website and a blog that individuals can access to get additional information about this project. These resources will provide individuals the opportunity to discuss personal finance issues with other individuals as well as receive timely information about relevant financial issues from the privacy of their own home. This will allow people who may be reluctant to discuss their personal finances in public the opportunity to have access to these helps.



Foods & Nutrition

Mary Anna Henke—Nutrition Educator

September/October 2010

Food Sense 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 Sense 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, Sept 2nd - 4:00 PM: Corn
- Delta Sands Apartment Complex - Thursday, Oct. 7th - 4:00 PM: Peppers
- Fillmore's Mt. Catherine Manor Complex - Thursday, Sept. 9th - 4:30 PM: Corn
- Fillmore's Mt. Catherine Manor Complex - Thursday, Oct. 14th - 4:30 PM: Peppers
- Kanosh Paiute Band Building - Wednesday, Sept. 8th - 5:00 PM: Corn
- Kanosh Paiute Band Building - Wednesday, Oct. 13th - 5:00 PM: Peppers

Harvest Time with Zucchini

It's that time of year when the garden that you planted is yielding many wonderful foods. As the joke goes, "It's that time of year when neighbors and friends tend to lock their cars due to the over of abundance of zucchini". This year my squash yield has been bounteous. Since I did not plant any last year I have really enjoyed the yield. I have given my share of it away due to the quantity I grew. I have also learned new recipes in which to use it. One of my favorite recipes has been using it in my eggs for breakfast. I have also enjoyed knowing about the health benefits of summer squash. Did you know that summer squash is abundant in manganese? Manganese is a mineral that helps with metabolism in our bodies. It helps break down the foods we eat and turn them into energy or other components that are needed in our bodies, like muscle and tissue. Besides helping our metabolism, summer squash is low in calories. What a great weight loss partner! So if you did not plant any zucchini this year do so next year or the next time your neighbor wants to share their zucchini

with you say, "Yes, I'll take it!" and try this delicious recipe below.

Mexican Frittata

2 1/2 small zucchini (about 1/2 pound)
 1/2 medium green bell pepper, seeded and chopped (about 1/2 cup)
 1 medium onion, chopped (about 1 cup)
 2 cloves garlic or 2 tsp. bottled minced garlic
 1 teaspoon vegetable oil
 6 large eggs, beaten
 1/2 cup shredded mozzarella cheese
 1/4 cup shredded or grated Parmesan cheese
 1/4 teaspoon black pepper
 Optional: 1 hot pepper, chopped or replace the mozzarella cheese with pepper jack cheese. If desired, substitute red, yellow, or orange bell pepper for the green.

1. Wash zucchini; trim and discard the ends. Cut each zucchini into 4 strips, then cut into 1/4-inch pieces. In bowl, combine the zucchini, bell pepper, onion, garlic, and hot pepper if desired.
2. Heat the oil in a skillet over medium heat. Add vegetables and cook, stirring frequently, until the zucchini is crisp-tender, about 4 minutes.
3. While the vegetables cook, stir the eggs, mozzarella, and parmesan together in a bowl.
4. Shake the skillet to distribute the vegetables evenly. Pour egg mixture over vegetables and shake the skillet again to help distribute the egg mixture. Put lid on pan and cook 5 to 7 minutes, until the egg on top is solid. Sprinkle with black pepper.
5. To serve, loosen edges of frittata with a spatula. Cut it into 4 wedges. Serve immediately.

Source: Viva Vegetables! Summer Squash and Healthy Homemade 2010 Nutrition and Fitness Calendar. Videos Online www.extension.iastate.edu/foodsavings/recipes

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Crops & Livestock

Jim Stevens– USU Extension Agent

September/October 2010

HORTICULTURE

Jim Stevens

PLANTING A FALL GARDEN

Many of the cool-season crops that were planted in the spring have been harvested and now there is empty space in the garden. Filling that space with new plantings of some of these same crops will provide a nice harvest as the weather cools in the fall. Recommended vegetables include carrots, beets, turnips, lettuce, broccoli, cauliflower, cabbage, peas, and radishes.

In spring gardens we typically plant quick maturing varieties, so they can mature before the summer heat. For fall planted gardens, select maturity dates so vegetables will mature before cold weather sets in. The above mentioned varieties will survive in cool fall temperatures, and remember that they can even take a little frost.

Some varieties have a difficult time germinating in the heat, and for these it is best to start the plants inside then transplant them. Lettuce has the hardest time. For fall gardens plant butter head, romaine, or iceberg varieties. Plant these inside (peat pellets trays work great), and when they come up uncover them, put them outside, and water daily. Transplant to the garden 10-14 days later.

Carrots can be left in the ground into and through the winter. You may need to pile straw or leaves over the tops to protect them from the weather, but carrots dug throughout the winter are exceptionally sweet and make a nice treat while you are reading your seed catalogs and waiting for spring.

COMPOSTING

Your garden soil has many living organisms, from earth worms to bacteria that spend their lives eating bits of organic material. When the soil is abundant with organic material the living community is happy and well fed and the soil is very rich. There is a saying “feed the soil, not the plant” for a rewarding garden.

Organic matter was once living material. Composting is the method for turning kitchen scraps, yard waste, your daily newspaper, and all kinds of other organic materials into one of the very best soil amendments. Nature’s process of decomposition, the alchemy that occurs between micro organisms and raw materials during composting, is all it takes to transform garden waste into garden gold.

Compost is dark and crumbly with a delicious earthy fragrance, which makes an excellent soil amendment as well as ideal mulch and a perfect top dressing for fertilizing lawns. You just can’t have too much. Not only is composting a sound horticulture practice, creating rich soil amendments from recycled garden trimmings, fallen leaves, and kitchen scraps, it is also environmentally valuable. Garden waste represents a huge percentage of bulk materials pouring into land fills. So pat yourself on the back for being a good citizen as you laugh `all the way to the compost pile.

Don’t worry about following exact directions in composting. To create a basic compost, pile organic material and let it rot. Add a bit of garden soil plus water and air. *Vincent Wilding, Utah County News Letter. July/August 2010.*

Crops & Livestock

Jim Stevens– USU Extension Agent

September/October 2010



MINIMIZING STRESS

Fall is the time of year when calves will be weaned, which is a stressful time for them. Any management practices that can reduce stress are an economic benefit for producers.

COMMON TYPES OF STRESSORS

Thermal comfort, physical comfort, behavioral needs, and adequate health are potential sources of stress.

THERMAL COMFORT

Cold or heat stress can affect young or sick animal's more than mature, healthy cattle. The optimal thermal temperature range for calves is 50 to 85 degrees farenheight. In these ranges an animal can maintain body temperature by constriction or dilation of blood vessels, modification of posture, and behavior, or changes in hair elevation. When the air temperature falls below the critical temperature, food energy is diverted from production or growth to produce additional body heat and maintain body temperature. Cold stress decreases the rate of absorpction of colostrum in new born calves, and depresses the immune system.

Poor air quality places stress on all animals. Clouds of dust can make breathing difficult and affects the animal's air ways. Inadequate space for feeding, calving, and resting produces stress in cattle. When feed is spread on the ground with limited space, stress may lead to increased aggression and fighting and also nutritional deficiencies. Ground surfaces that are unsuitable for adequate rest can also cause stress that affects the health of animals.

Disruption of the social order and herd stability also causes stress in animal operations .Weaning, isolation, and crowding also causes stress. The duration and intensity of stress can impact the animal's capacity to grow, reproduce, and maintain health. Long term stress influences a number of body processes including immunity, digestion, and reproduction. Stressed cattle may show increased morbidity and/or mortality, decreased weight gains or lower reproductive performance for a time after a stressful event. In order to minimize stress a producer needs to recognize signs and symptoms of stress of individual animals as well as the herd. Proper management of livestock such as housing, waste management, preventive health programs, and proper nutrition are essential in minimizing stress.

Providing adequate shade or sprinkler systems can greatly reduce the stress of heat. Provide adequate feed space for all the cattle in order to eliminate crowding.. Slippery surfaces should be avoided to prevent injuries. Cattle should have access to nearly level ground for comfortable resting position.

Providing adequate nutrition, controlling the effects of parasites, proper immunization of cattle, to control or prevent known infectious diseases are important components in effectively managing stressors associated with disease. Herd history, performance, and age of the cattle will assist in planning an effective preventive health program.

CATTLE PRODUCER'S LIBRARY, ANIMAL HEALTH SECTION



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