

# On the Home Front



## Hinton Around the Yard & Garden

HORTICULTURE  
NEWSLETTER  
by Adrian C. Hinton,  
USU Extension

### GREETINGS FROM YOUR COUNTY AGENT



As you know, spring has sprung and hopefully we have had our last killing frost for this year. We have had a beautiful fruit blooming season except for the anxious apricots. Hopefully you will have your warm season vegetables ready.

Sign up for free weekly email advisories for fruit trees, turf, landscaping and small fruits and view past advisories at:

[www.utahpests.usu.edu/ipm](http://www.utahpests.usu.edu/ipm)

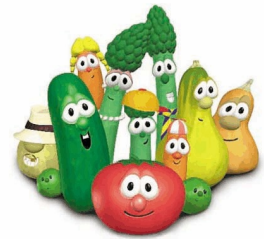
Don't forget to sign up for the Master Gardener class for 2009. We are taking names of interested green-thumbers at this time so call 801-851-8479.

We hope you have a great growing season. Be sure and stop by and visit the Diagnostic Lab with

*Adrian C. Hinton*

### Timely Tips for May/June

by Richard Hayes, USU Horticulture Assistant



1. Fertilize your roses and control rose diseases such as mildew with a fungicide. When selecting new roses, choose plants labeled for resistance to diseases.
2. Mid-May, transplant tomato and pepper seedlings.
3. Plant summer blooming bulbs now.
4. Look at the Growing Vegetables Timetable on page 2 for advice on when to plant your vegetables.
5. Walk through your vegetable and flower gardens every day and look for insects, insect eggs or disease related problems. Pick off the insects and eggs by hand or hose them off with water. Prune affected plant parts and dispose of them.
6. Look for powdery mildew on plants. It looks like white powdery patches on leaves or flower buds of roses. Prune infected plant parts and dispose of them.
7. Control slugs with bait or traps and by removing or mowing vegetation near garden spots.
8. Set your lawnmower to cut at the 3" level.
9. Sign up for a free Slow-the-Flow water check at 801-502-2851.
10. Call the USU Extension office if you have any gardening questions: 801-851-8462.
11. Enter your prize vegetables and fruits at the Utah County Fair. Entries for 4-H are on August 10. For rules go to [www.utahcounty4-h.org](http://www.utahcounty4-h.org) Open Class entries in Horticulture and Floriculture are due August 12. For rules go to [www.utahcountyfair.com](http://www.utahcountyfair.com) after June 1.

## Thug of the Month

### Sod Webworm

Do you have brown spots and thinning turf? The cause could be drought, stress, fungal disease, herbicide damage or dogs, but it could also be damage from the sod webworm. This insect feeds at the base of the turf as a caterpillar, clipping off the grass blades. The caterpillars are light brown to gray with spots, and reach about 1 - 1 ½ inches in length. The adults are small, light brown to buff colored moths. The adults do not feed on the turf.



Sod Webworm  
Caterpillar

You can tell if you have the sod webworm by checking at the base of the turf for small web-lined tunnels or small green fecal pellets. The webworm feeds at night, so you won't see them feeding when you check during the day.



Sod Webworm  
Moth

You can also make a mixture of one tablespoon of liquid detergent to one gallon of water. Roll it, don't shake it; you don't want bubbles. Pour on lawn over a one square foot area. Larvae will come up to the surface of the grass if they are present in about ten minutes. Don't do this test during the hottest part of the day. When you are done, immediately saturate the area with water to wash the soap solution off the grass because if you leave it the sun will cause a chemical burn.

If you do have sod webworms in your lawn, there are some simple things you can do to control them. Encouraging natural predators is usually all that is needed. Birds, ants, rove beetles and ground beetles are all effective predators. Avoid frequent or routine applications of broad spectrum pesticides that might reduce their populations. *S. Carpocapsae* nematodes (Biosafe®) are lower risk products that are effective against young webworm caterpillars in early summer without killing beneficial predators. There are also many traditional pesticide products such as Mach 2®, Turf Ranger® and Sevin® that are registered for control of sod webworm. Always follow label directions carefully.

You can make your lawn less attractive to sod webworms by avoiding over-watering and over-fertilizing. A healthy lawn will usually stay ahead of sod webworm activity.

For more information about gardening,  
visit the USU/Utah County website at:  
<http://extension.usu.edu/utah>

## The Master Gardeners Corner



### MG Summer Social!

The Master Gardener Summer Social is on June 24 and will be at a new location this year. It will be at Rock Canyon Park in Pavilion #4. There will be slides and swings for kids to play on.

**Time.** The social starts at 5:00 for mingling and playing games. There will be pinatas and water coloring and other fun activities for every age group.

**Dinner.** At 6:15 dinner will be served. The MG Board will provide the meat and drinks. Please bring a side dish, salad or dessert.

**Prizes.** There will be prizes for whoever comes the farthest, whoever's been a Master Gardener the longest, whoever had their hours done the fastest, etc.

**Dues.** MG dues can be paid at the Summer Social. The dues are still \$13.

**Hats & Shirts.** The new MG hats and shirts will be for sale at the social as well:

Women's shirts: \$27

Men's shirts: \$27 (tall \$30)

Hats: \$10

Come join us for a really great time!

### Sign Up for Slow-the-Flow

Slow-the-Flow is a free sprinkler system check provided by USU Extension and the Central Utah Water Conservancy District (your water care provider). Water checkers come to your home and check the roots of your grass—they should be 9 - 12" long to be healthy. They also check the pressure in your line because many homeowners have the pressure too high, which can wear out your system sooner. They determine your soil type; each type is watered differently. They place catch cups out to determine how evenly and uniformly your system is working.

The water checkers then give you a personalized watering schedule for **your** yard. If they find any problems, they will tell you. If you had this water check done commercially, it would cost anywhere from \$100 - \$200, however, we offer this as a free service.

Call 801-502-2851 to receive your free Slow-the-Flow water check.

## Growing Vegetables Timetable

Use this time table to begin your vegetable planting:



- Dry beans:** May 5 - June 1  
**Snap beans:** May 5 - June 10  
**Celery:** May 5 - June 15  
**Sweet corn:** May 5 - July 1  
**Cucumber:** May 5 - June 20  
**Summer squash:** May 5 - June 20  
**Lima bean:** May 20 - June 10  
**Cantaloupe:** May 20 - June 10  
**Eggplant:** May 20 - June 1  
**Peppers:** May 20 - June 1  
**Tomatoes:** May 20 - June 10  
**Winter squash:** May 20 - June 10  
**Watermelon:** May 20 - June 10  
**Beets:** July 1 - Aug. 1  
**Cabbage:** May 1 - July 15  
**Kale:** July 2 - Aug. 15  
**Lettuce:** June 1 - Aug. 1  
**Onions:** Aug. 1 - Aug. 10  
**Rutabaga:** June 15 - July 1  
**Spinach:** July 1 - Aug. 1  
**Turnip:** July 1 - Aug. 1

Because Utah weather isn't always predictable, be prepared to cover your tender plants if there is a prediction of frost.

*My green thumb came only as a result of the mistakes I made while learning to see things from the plant's point of view. ~H. Fred Ale*

## Weed of the Month Field Bindweed

Field bindweed (*Convolvulus arvensis*) goes by many names such as greenvine, cornbind, lovevine and creeping jenny—the most common in our area is morning glory. This is not to be confused with the ornamental morning glory (*Lpomoea* spp) that we choose to grow on an arbor for its' showy blues, reds, pinks or purples. Rather, I am talking about the noxious weed that is the bane of every gardener.



It is sometimes said that a weed is a plant growing in the wrong place. While you go about destroying your morning glory, think about this—the ancient Mesopotamians and Egyptians found it growing in their gardens and allowed it to grow and cover their arbors to provide shade. They were grateful for a plant they didn't have to haul water to because the roots were dozens of feet under the hot sands.

However, we want it gone. So, what are our choices? Hand pulling or digging is usually the first place to start, and you can rid yourself of the top growth that way, but the root of the matter will still be there. Above ground, one plant can cover several square feet on the surface, twining and choking as it produces vines up to twelve feet long. Underground, there are often hundreds of feet of tenacious rhizomes developing every season, and, as if that wasn't bad enough, the seeds can stay viable in the ground up to 50 years. Each mature plant can produce from 25 to 200 seeds. What gardeners want is complete eradication. What we might actually achieve is good control over a few years, employing the following methods.

1. During the first 30 days of the young plants' growth, remove with a hoe or by hand, before they get well established. Tilling and spaying makes a good one-two punch.
2. When it is actively growing, spray the bindweed with glyphosate (RoundUp, Killzall, etc.). For a better kill, add a few drops of liquid plant food and a spreader-sticker. This will help enhance the absorption of the chemical. Or, while wearing chemical gloves, the herbicide can be rubbed on with a rag, breaking open the tougher outer layer of tissue to make the plant drink up more. This direct application may be better around flowers and valuable plants.
3. Put a few drops of a concentrated glyphosate product into the center of each flower, which the plant will drink up.
4. Finally, in the fall when plants are getting ready for winter by storing up nutrients and moisture, give any foliage a good drink of the killer potion.

There is a lesson to be learned from the tenacity of a noxious weed such as morning glory—never give up. It doesn't and neither should we.

*by Carol Williams, USU Horticulture Assistant*



by Jana Darrington, Family & Consumer Sciences Agent

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## Putting “Family” in Family Finance

Well-managed family finances are important to a great marriage. How does this happen?

According to Alena Johnson, Utah State University, you have to have a plan for where, when and how to spend the money. First of all, both partners need to be able to feel that they can trust the other. “If there’s not complete trust, problems can occur,” Johnson says. They must both be willing to live within their means, which means no overspending.



It also means that if one or both of the partners want to make a big purchase like new furniture or a car, the couple needs to communicate about not only why they need or want the item, but how they can realistically pay for it.

One way to achieve a goal is to reduce or eliminate other debts so that your budget can withstand the extra monthly expense that will accompany a new purchase.

Things to consider:

- Determine who does what.
  - o For example, who keeps the checkbook balanced?
  - o Whose judgment on merchandise is sound?
  - o Pre-determine how you will handle your income.
- Establish in writing all income and expenditures.
- Develop financial trust. Be honest with your partner.
- Don’t forget to communicate.
- Determine how much personal spending money each partner will receive.
- Work together – if financial problems arise, don’t let it negatively affect the marriage.

*Guess who has a combined annual income of \$14 billion and spends \$2 billion on junk food and \$12 billion on toys, games, clothes, and entertainment? The answer: kids ages 4-12! Teenagers spend approximately seven times more!*

What about your kids? Do they know the value of money? If not, they can make unreasonable demands because they don’t understand the family finances.



It’s best to start when your children are small and young but they can be taught at any age. They can learn to save for something as small as a snow cone or as large as college. When they purchase with money they’ve saved, they will learn how satisfying it is to reach a goal. As your children grow older they can begin to save for larger and more important goals.

In addition, you should take them shopping with you and teach them to comparison shop. Show them how to use ads and coupons. This will not only impress upon them how to save money, but give them the knowledge to participate in family budgeting and spending. Everyone benefits when there is money left after shopping is complete.

Here are two comparisons: A mother taught her daughter to comparison shop for clothing from a very young age. Starting in junior high school, she was given a budget amount at the beginning of each school year that she could spend. She knew the things she wanted, but she shopped all over trying to get bargains. When she would find an especially good buy, she’d come home so excited with her new purchase. She would delightedly announce, “Guess how much I saved?!”

In contrast, a college student who had not been taught to comparison shop often overspent her monthly budget. She typically would rush through stores and buy whatever suited her without checking other stores or prices. She did this with everything from food to clothes, leaving her short at the end of every month.

As illustrated, it’s essential to teach your children to have a healthy respect for money and to recognize that poor money management can be detrimental to future happiness. It is your responsibility to teach by inclusion and example.

It is possible to have a great marriage and family life and learn how to handle money together. Mutual trust and the ability to communicate about money with each other and your children is an investment worth making.

*by Jana Darrington & Trish Cutler*

## USDA Q & A's

H1N1



Influenza Outbreak

Do any  
infected

swine have the virus that has  
humans?

- There is no evidence at this time that swine in the United States are infected with this virus strain.

Can I get this new strain of virus from eating pork or pork products?

- According to USDA scientists, no. Swine influenza viruses are not transmitted by food so you cannot get swine influenza from eating pork or pork products.
- Eating properly handled and cooked pork and pork products is safe. Cooking pork to an internal temperature of 160°F kills all viruses.

Can I get this flu by touching pork that is not yet cooked?

- There is no evidence at this time that the virus is in swine or that touching uncooked pork could infect someone with the virus.

What is this flu that people are talking about in the news?

- It is a new strain of flu that consists of a mixture of genetic material from swine, avian and human influenza viruses.

Is USDA testing and monitoring to make sure swine are not infected with the virus and if so, how?

- A network of Federal veterinarians, state animal health officials and private practitioners are regularly involved with monitoring U.S. swine for signs of significant disease.
- To date, there have been no reports that the influenza virus currently causing illness in humans is circulating anywhere in the U.S. swine herd.
- As a proactive measure, USDA is reaching out to all state animal health officials to affirm they have no signs of this virus type in their state.
- USDA has put the U.S. pork producers on a high alert for safety.

Can you get this flu from being around or touching swine?

The CDC says that the spread of swine flu can occur in two ways:

- Through contact with infected pigs or environments contaminated with swine flu viruses.
- Through contact with a person with swine flu. Human-to-human spread of swine flu has been documented also and is thought to occur in the same way as seasonal flu. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

For more information, go to [www.cdc.gov](http://www.cdc.gov) or call:  
1-800-CDC-INFO

## What You Can Do To Stay Healthy

Influenza is thought to **spread mainly from person-to-person** through coughing or sneezing of infected people.

**There are everyday actions people can take to stay healthy.**

- **Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.**
- **Wash your hands** often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, face masks, alcohol-based hand rubs and other essential supplies.



### UPCOMING CLASSES

- May 12 **Spring Cleaning & Organization**  
12: 00 - 1:00 pm Health & Justice Bldg., Rm. 1600  
& 6:30 - 7:30 pm Historic Courthouse, Ballroom
- May 21 **Food Storage Cooking: Using Your Beans**  
11:30 - 1:00 pm & 6:30 - 7:30 pm  
Both in Utah County Admin. Bldg., Rm. L700
- May 27 **Credit 101**  
12: 00 - 1:00 pm & 6:30 - 7:30 pm  
Both in Health & Justice Bldg., Rm. 1600
- June 4 **Inexpensive Family Fun!**  
12: 00 - 1:00 pm & 6:30 - 7:30 pm  
Both in Utah County Admin. Bldg., Rm. L700
- June 11 **Canning 101**  
11:30 - 1:00 pm & 6:30 - 7:30 pm  
Both in Utah County Admin. Bldg., Rm. L700
- June 17 **Finding Extra Cash Using PowerPay**  
12:00 - 1:00 pm & 6:30 - 7:30 pm  
Both in Utah County Admin. Bldg., Rm. L700
- June 24 **Introduction to Sewing**  
12:00 - 1:00 pm & 6:30 - 7:30 pm  
Both in Utah County Admin. Bldg., Rm. L700

#### Addresses:

Health & Justice Bldg., 51 So. University, Provo  
Utah County Admin. Bldg., 100 East Center, Provo  
\$5.00 per class or \$3.00 if pre-registered 24 hrs. in  
advance. Call 801-851-8479 to register.

## Utah County Office

100 East Center, Rm. L600  
Provo, UT 84606  
Phone: (801) 851-8460  
Fax: (801) 343-8463  
extension.usu.edu/utah

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It's time to renew if your  
expiration date is  
May/June 2009

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## Eat Your Way to a Healthier New You

### What counts as one cup of fruit?

1 cup of chopped fruit like fruit cocktail counts as  
1 cup from the fruits group



½ cup of dried fruit like raisins counts as  
1 cup from the fruits group



1 large banana counts as  
1 cup from the fruits group



1 large orange counts as  
1 cup from the fruits group



32 red seedless grapes counts as  
1 cup from the fruits group



1 cup (8 fluid ounces) of 100% fruit juice counts as  
1 cup from the fruits group



## Frozen Fruit Cups

18 servings

### Ingredients:

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

### Instructions:

- Line 18 muffin-tin cups with paper 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 bag in freezer.
- Before serving, remove paper cups and let stand 10 minutes.

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This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political needs or disability. "Utah State University is an affirmative action/equal opportunity institution."

