

May/June 2011

On the Home Front



Hinton Around the Yard & Garden



GREETINGS FROM YOUR COUNTY AGENT

**HORTICULTURE
NEWSLETTER**
by Adrian C. Hinton,
USU Extension

Summer is almost here! It's almost time to plant warm season plants, but don't get tempted to plant them too early. Don't forget we had a record late frost last spring. It's best to wait until after Mother's Day to be safe.

The new Pest Advisory is out and ready. Be sure to sign up as soon as possible at utahpests.usu.edu/ipm.

Don't forget about the Master Gardener Summer Social this year. You can read more details about it on Page 3. I'm really looking forward to seeing all of you up South Fork Canyon to renew old friendships and make new ones. And if you have extra plants, bring to share at the plant exchange.

Timely Tips for May/June

by Meredith Seaver

- You can start a summer garden any time between our last frost and the end of June. Prepare the soil by adding composted organic materials and then plant some tender warm-season crops like beans, squash, cucumbers, melons, tomatoes and peppers.
- Aphids on roses and other trees and shrubs can be controlled by hosing off with a strong spray of water. This is best done early in the day so that leaves have a chance to dry off.
- Reduce plant stress and insect problems on trees and shrubs by deep watering every 7-10 days during upcoming hot weather.
- For tidier flower beds this year, and better blooms next year, remove fading blossoms from tulips, daffodils and other spring flowering bulbs but don't remove the foliage until after it begins to turn yellow.
- Now is a good time to plant summer blooming bulbs.
- Remember, it's the evenness of the cut that makes a lawn look good, not necessarily the height.
- Mulch around your annuals, perennials and shrubs to help conserve moisture and reduce weeds.
- Aerate your lawn before hot summer weather arrives.

Thug of the Month

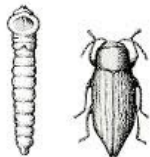
by Richard Hayes



Flatheaded borers attack all species of fruit trees in Utah. In early to mid-June the adult borers will begin to emerge from the pupation sites on the trunks of infested fruit trees. The active adults lay eggs on the lower trunks. After hatching, the larvae

proceed to tunnel through the tree bark and into the phloem tissues and outer xylem tissue. This tunneling can injure or kill a fruit tree.

Research indicates that female flatheaded borer adults will only lay eggs in direct sun on the lower three or four feet of the trunk. Using a tree wrap, cloth or burlap to shade the trunk most of the summer will prevent egg laying. Apply the coverings loosely.



Other ways to prevent borer infestations are to keep trees well-watered and remove infested trees.

Apply protective trunk spray when adults are active.

To find out the most effective timing for these sprays, sign up for USU's free pest advisories. Go to:
utahpests.usu.edu/ipm

TEN MISTAKES TO AVOID WHEN GROWING TOMATOES

- 1. Choose the right variety.** Some tomato varieties are determinate type plants, meaning they may grow to about three feet in height and then stop. Others, especially most of the heirloom types, are indeterminate, meaning they will grow as high as you allow them to.
- 2. Don't plant them too close.** Tomato plants need at least 1 ½ feet between plants, preferably two feet. If no support is given and they are allowed to sprawl on the ground, they will need twice as much room. Plants spaced too closely will produce few fruit and have more disease problems as the foliage stays wet.
- 3. Plant what you can use.** For a family of four, six plants is usually enough.
- 4. Don't plant in shady spots.** Tomato plants need at least seven hours of direct sun. If they have less, they will have fantastic foliage but very few fruit. Nothing can overcome this light requirement.

5. Feed the plants, but not too much.

Tomatoes like a balanced fertilizer with similar amounts of nitrogen, phosphorus and potassium.

6. Don't lose sleep over pruning. Tomato plants grow just fine without pruning. However, pruning will result in slightly fewer total fruit but the fruit will be slightly larger.

7. Keep the plant well watered. When the soil around tomato plants dries out, a serious problem results. Calcium, one of the handful of minerals needed by all plants to grow, is absorbed by the plant's roots along with water. If water is limited, so is calcium. The result is blossom-end rot, a brown, dry, leathery spot on the bottom of the fruit. Regular deep-watering is important, but do not keep soil constantly wet. Use mulch to help conserve moisture.

8. Don't remove leaves or branches from mature plants with fruit. Never remove foliage from a mature plant. This exposes fruit to direct sun and can lead to sunscald, a yellowing of the side exposed to the sun. When ripening fruit inside, put them in a paper bag and place them out of direct sun.

9. Identify your pest problems. Learn to identify common tomato pests so that you can take appropriate action. Use chemicals as a last resort.

10. Don't put fruit in your refrigerator. Temperatures below 55° will destroy the fragile balance of sugars, acids and other flavor inducing compounds. Leave tomatoes at room temperature.

Steve Reiners, Cornell University



Watering Requirements for Native and Low Water Use Plants

To be a plant in Utah, you have to be tough. You have to withstand temperatures above 100° and tolerate below freezing temperatures.



The way plants adapt to this climate includes developing deep roots, which can take a month or a whole season. So it's important to water new transplants every week until the root system is established. Shrubs and trees take longer to establish than do perennials and grasses.

After the plants are established, native plants require less water than other cultivated species in your landscape.

After establishment:

- **Very low water use** - deep water 1 - 2 times a summer during drought
- **Low water use** - deep water every 4 - 6 weeks
- **Medium water use** - deep water every 2 - 4 weeks
- **High water use** - deep water every 1 - 2 weeks

Master Gardener

ANNUAL SUMMER SOCIAL!

Wednesday, June 22

6:00 pm

South Fork Park

Pavilion #1 Provo Canyon



You don't want to miss this! Bring your favorite dish to share for our traditional Master Gardener Summer Social in beautiful South Fork Canyon.

- Hamburgers, hot dogs and drinks will be provided.
- Please bring a pot luck dish: salad, casserole, fruit, veggie plate, dessert, etc.
- There will be activities for children as well as door prizes.
- A plant exchange will be part of the evening's activities.

For more information or to RSVP, call 801-851-8479.

Free Classes at The Red Barn



Giant Pumpkin Growing -

Thursday, May 5, 6:30 - 7:30 pm

During the class they will be transplanting pumpkin plants to take home.

Growing Herbs - Saturday, May 14, 10 - 11:00 am

Meredith Seaver will show you everything you need to do to grow successful herbs in your home.

Turf and Tree Care - Saturday, May 21, 10 - 11:00

am. Join Julia Tuck as she teaches how to keep your lawn and trees healthy all summer long.

Reserve your seat by calling 801-754-5511 or email:

classes@rowleysredbarn.com

The Red Barn: 900 South 300 West, Santaquin

What's wrong with my tree?

We expect to see more problems than usual with trees and shrubs this year and we can thank that wonderful, warm autumn weather last November.



While we were all enjoying those extra weeks of pleasant temperatures, so were our trees and shrubs. Temperatures stayed warm during the time that our landscape plants should have been preparing themselves for winter and most of us, including our trees and shrubs, were surprised by sudden frigid weather.

Woody plants and perennials all go through processes that protect tender tissues from freezing weather by becoming dormant. If our valley has a cold snap before these processes are complete, the cells of cambium tissue and roots are still active and can be killed. This can result in dead branches, split bark or even a dead tree or shrub in some cases.

So what can we do about it now? We can't change what has happened but we can be patient this and next year and also give our trees and shrubs good care. Deep, infrequent watering, pruning out dead branches and adequate applying of fertilizer will help our trees recover.

This fall you can also protect your trees from winter bark injury by using an inexpensive tree wrap. Simply wrap the trunk of any tree that has dark-colored, smooth or young tender bark. This will block the sun and help the cambium tissue under the bark to stay cold and dormant until spring.

On a side note, our trees and shrubs aren't the only plants that were affected by our warm fall weather. Perennials that didn't become dormant in time last year may also show unusual problems such as blooming late or even failure to bloom at all. For example, June bearing strawberries in some parts of the valley may not bloom and set fruit this year because the warm weather tricked gardeners into delaying fall mulch applications that protect overwinter buds. Combine that lack of protection with the delayed dormancy and it's likely that many of us will see smaller berry crops this year. Perennial plants that survived the winter should recover and do better next year.

Meredith Seaver, USU Extension Horticulture Assistant



Improving Family,
Resources & Health

CLOSE TO HOME

Jana Darrington, Family & Consumer Sciences Agent

Prepare and Eat More Meals at Home

Preparing and eating meals at home is an important step toward healthy eating. Too many of us eat out in restaurants and on the go more than we should. We know that when we eat out we usually eat larger portion sizes; more calories, fat, and sugar; fewer fruits and vegetables; fewer whole grains; and fewer low-fat dairy products.



Meals you prepare and eat at home don't have to be fancy or gourmet, and they don't have to take a lot of time. Preparing a simple meal at home takes about as much time as driving to a fast food restaurant or ordering a pizza. You can have easy, quick, and healthy meals at home. Just keep it simple with these four steps: PLAN, SHOP, FIX, and EAT.

Plan

The first and most important step is planning. Start by keeping a list of the things your family likes to eat. This list can help you as you plan for each week. If you try a new recipe that everyone likes, don't forget to add it to the list. Keep the master list taped inside the kitchen cupboard.

The number one reason people say they can't eat healthy food is lack of time. If you plan meals, you will actually save time and money in the long run. By planning ahead, you will have the things on hand you need to fix quick, easy, healthy meals for you and your family - and it won't take any more time than going to the drive-thru.

Set aside 30 minutes to plan for the next week.

Make a list of the main dish and the side dishes that you will serve for each day of the week. Select recipes that have few ingredients and that use quick cooking techniques.

Post the menu on the refrigerator.

Get input from your family members. Use your list of everyone's favorite foods, including main dishes, salads, vegetables, fruits and desserts.

Look in cookbooks, newspapers, web sites or magazines for quick main dish and side dish ideas. Add them to your list. File recipes in a file, box or loose-leaf notebook.



Shop

Shop regularly, whether once a week or once a month. This saves time, gas and money. In-season fruits and vegetables are less expensive and taste better. Visit local farmer's markets or farm stands for lower prices and better quality. Stick to the list. You are less likely to overspend and less likely to forget ingredients you may need for your week's menus. Don't shop hungry. Eat a snack, or go shopping after eating a meal.



Get the kids involved by letting them choose a new fruit or vegetable that they'd like to try or an old favorite. Kids who get to help pick out foods and help fix them are more likely to try them.

Fix

Stick to your plan. Wash and prepare fruits and vegetables in advance. Make extra of a main dish for another meal. Add a favorite canned or frozen fruit or vegetable to any main meal. Check your meal plan each evening, and take out frozen meats the night before. Place them in a dish in the refrigerator to thaw safely for the next day's dinner.

Get the kids involved by fixing meals that can be fun for the whole family. Children are more likely to try new foods if they can help get them to the table. Safety comes first. Encourage good hand-washing.

Eat

Eat together. All families are busy. Make eating together a family priority. Mealtime is a great opportunity for parents and kids to be together. Adults are important role models and can influence foods they taste and learn to eat. Remember that kids often take more time to eat than adults do. Take your time through dinner and enjoy the extra few minutes sitting at the table before cleaning up.

Turn off the TV. Turn off the television, radio, cell phone and beeper so everyone can focus on the conversation without distraction. Let the answering machine pick up calls, or turn off the phone ringer to avoid dinner interruptions.

Share events of the day. Ask each person at the table to talk about a fun activity or something good that happened that day. It is a wonderful time to catch up on special school events or achievements of the kids in your family. You can also plan upcoming family activities (maybe going for a walk after dinner).

Make healthy choices. It is easier to make healthy choices when meals are prepared at home and families sit at the table together to share that meal. It is a good time to talk about and model healthy eating, portion sizes and trying new foods.

Tips for Low-cost Family Fun

1 Read stories together.



2 Bake or cook together.



3 Have a family game night. Trade games with other families that have children the same ages as yours. Set up a play area, pop some popcorn and learn new games.

4 Set up a puzzle to work on. Everyone can work on it as they pass by during the day. And, you can choose times when the family can work on it together.

5 Your local library has games, free Internet, movies, music CDs and audio books. They have magazines, newspapers and books too.

6 Teach children crafts you enjoy. Spend time doing them together.



7 Get together with friends once a month for a potluck. Make a pot of soup or stew and ask others to bring side dishes.

Free or Inexpensive Activities in Utah County

Provo Library - 801-852-6650

Monday Night at the library concerts, Toddler time, Book Babies, Mother Goose

Orem Library - 801-229-7050

Bilingual Story Time, Laptime, Chess

Museum of Art, BYU Campus - 801-422-8287

Bean Museum, BYU campus - 801-422-5051

Museum of Peoples & Cultures - 801-422-2220

BYU Museum of Paleontology 801-422-6519

UVU Woodbury Art Museum, University Mall, Orem - 801-863-6200

Springville Museum of Art - 801-489-2727

Camp Floyd/Stagecoach Inn State Park & Museum, Fairfield - 801-7668-8932

Covey Center for the Arts, Provo 801-852- 7007

Peteetneet Museum & Cultural Arts Center, Payson 801-465-4297

Payson City Sunday Concerts - 801-465-5200

Payson Onion Days - 801-465-5200

Utah Lake Festival, Utah Lake State Park - 801-851-2900

Many towns have "Days"

- **Eagle Mountain Pony Express Days**
- **Spanish Fork Wild West Days, Icelandic Festival**
- **Payson Scottish Festival**
- **Mapleton Pioneer Days**
- **American Fork Steel Days**
- **Springville Art City Days**
- **Strawberry Days - Pleasant Grove**

Freedom Festival Events, many are free

Star parties at BYU Planetarium

BYU baseball games \$15 per family

Softball games UVU \$2 - \$4 per person

Peaks Ice Arena - less than \$10

Utah County Office

100 East Center, Rm. L600

