

# On the Home Front



## Hinton Around the Yard & Garden

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



### GREETINGS FROM YOUR COUNTY AGENT

Welcome an early fall (maybe). Hopefully we'll all have a chance to get many more fruits and vegetables stored away before the first frost which is generally very close to Halloween.

Thanks to all those who brought their produce and beautiful flowers to the Utah County Fair. We look forward to seeing many more at the State Fair in September.

Hopefully you are all signed up to receive weekly horticulture updates at: [utahpests.usu.edu/ipm](http://utahpests.usu.edu/ipm). This has been a very helpful service for the past three years.

It was great seeing you at the Summer Master Gardener Social. Be sure to stop by and use our Diagnostic Lab if you have any horticulture problems.

### Timely Tips for September/October

by Richard Hayes

1. The first killing frost of the season is typically about October 20<sup>th</sup>, so plant your spring-blooming bulbs before the first frost.
2. Dig up and air-cure summer bulbs after the first frost. Store them in single layers in vermiculite, perlite, peat, sand or newspaper. Don't forget to label them. Do not divide them until spring.
3. Remember you can save the seeds from heirloom/open pollinated plants. Once planted, they will become identical to the parent plant. Seeds from hybrid plants do not grow up to be identical to the parent plant.
4. Plant pansies for beautiful fall color.
5. Fall is a good time to plant perennials. Get them in the ground before the ground freezes and water in well. A layer of mulch will provide thermal protection for the roots over the winter.
6. Cure winter squash and pumpkins in a warm, dry place at 80° for seven to ten days before storing them. Harvest with a couple inches of stem still attached.
7. Tomatoes will only produce lycopene and carotene, two substances that help a tomato turn red when the temperature is between 50°F - 85° F.
8. Clean out vegetable gardens and annual/perennial beds after the first killing frost. Removal of the dead plants reduces overwintering insect habitat and plant diseases.
9. Reduce your watering frequency as the weather cools off.
10. Have a gardening question? Call the Utah County/USU Diagnostic Lab at 801-851-8462.

## Putting Your Garden to Bed

by Meredith Seaver, USU Horticulture Assistant

Before you know it, the gardening season will be over and it will be time to “put the garden to bed.” It’s one of the least favorite jobs in the garden, but taking the time to do this in the autumn will save you time, trouble and money next year.



Begin by making notes about how your garden did this year and where everything was planted. This will make it easier to plan for next year and rotate your plants properly.

After frost has killed your annuals, remove all the dead plants from your garden. You can do this by pulling and composting the plants, pulling and sending the plants to a green waste facility or by turning them under with a tiller or shovel. The only plants that should be left in gardens are root crops such as carrots, fall planted crops that you are going to overwinter and perennial plants.



If you have perennial vegetables and flowers in your garden, do not cut them back until after they have completely died back. This will give the plants time to pull all the carbohydrates from the leaves and stems back down in to the roots and crowns.

Gather up your watering supplies. Make sure the water is drained from hoses, sprinklers and drip lines and store these items in a protected area.

This is also the time to add the leaves from your trees or shrubs to your garden..

Remove debris, weeds, clutter, stakes, poles, plant pots and other items from the garden so that insects and diseases have fewer places to overwinter.

If you are planning to plant some early spring crops, prepare that area of your garden now so that you can take advantage of the short dry spells that we often have in the early spring. If you have tilled or turned and raked the seedbed in the fall you will be able to plant in the early spring without waiting for the soil to dry out enough for tilling.

*Gardening is a matter of your enthusiasm holding up until your back gets used to it.* Author Unknown

## Avoiding Bed Bugs

Bed bugs are expert and indiscriminate hitchhikers. They don’t care how poor or wealthy a home is or whether it is clean or not. They just want to be near people and they depend on people to help them get from place to place.

Bed bugs have become more common in the past two years and we’ve given you lots of information about how to get rid of them, but there are some things that you can do to reduce your chances of having this pest as a houseguest to begin with.

- Carefully inspect any secondhand furniture that you purchase. In addition to hiding in mattresses and bedding, bed bugs can also hide in bed frames, dressers, picture frames, luggage, cabinets, rugs, etc. Consider caulking all the seams and joints of used furniture before you bring it into your home.
 
- Wash second hand clothes in hot water and dry them on high heat as soon as you bring them home.
- Re-glue loose wallpaper and patch cracked dry wall or plaster.
- Vacuum the seams, pockets and pouches of luggage when you return home from a trip, especially if you have traveled to densely-populated urban areas or outside of North America.
 
- Enclose all your mattresses and box springs in plastic or allergenic mattress protectors. If you do have bed bug problems later, you won’t have to replace your mattresses.
- Check behind headboards, wall hangings, pictures and along baseboards when you stay in hotels, etc.
- Before moving into a home or apartment, carefully inspect inside electrical outlets, along or behind baseboards and door and window frames, in heating ducts and similar places for signs of bedbugs.
- Keep your home or apartment free of clutter to reduce hiding places for bedbugs.
 

by Meredith Seaver, USU Horticulture Assistant

## Birds for Backyard Pleasure



As our population grows and we build more housing developments and businesses we use birds' natural habitats, causing birds to seek food and shelter elsewhere. If you'd like, you can invite birds into your yard and extend habitat to them. With just a little preparation you can enjoy a variety of birds such as hummingbirds, orioles, goldfinch, waxwings, quail, sparrows, jays, chickadees, thrushes and even hawks may come to your yard.

First, birds must have food. Many people provide bird feeders to attract birds to their yards. Some birds eat seeds, some eat fruit, some eat nuts, some eat insects or worms and other birds eat nectar from flowers. Many species of birds like black-oiled sunflower seeds. There are also high quality bird seed mixes available for birds in Utah. If you put up feeders in the winter, you will have to keep them filled because the birds will become dependent on them.

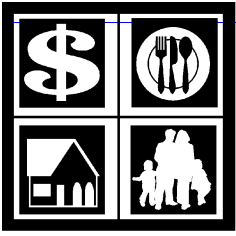
Birds need cover so they feel safe and have a place to hide if they feel threatened. Be sure to put feeders out of reach of predators (such as cats). Place feeders near trees, shrubs, and flowers of varying heights, thus creating a place for the birds so they feel safe. Increasing the number of plants, varying the sizes of the plants, and having a variety of species will help you attract more kinds of birds. Plants provide shelter, protection, and food.

Most birds need water. If you provide a bird bath, it's very useful if the bird bath has gently sloping sides. A water depth of ½" to 2" is just right. Locate it near protective cover, supplying branches and rocks for perching. Use an immersible heater to keep the water from freezing in winter. Birds find dripping water irresistible. If cats live in your area, use an elevated birdbath to provide more security to the birds. Drain and scrub the water area every two weeks.

There is a partial list of plants that will attract birds. For the full list, go to our website at: <http://extension.usu.edu/utah>

by Julia B. Tuck, CLT, Utah County Birders

<b>Trees</b> - American Plum	<i>Prunus americana</i>	15 - 25' x 10 - 12'	Fruit
Western Catalpa	<i>Catalpa speciosa</i>	40 - 60' x 20 - 40'	Blossoms (hummingbirds)
Crabapple	<i>Malus spp.</i>	15 - 25' x 18 - 20'	Fruit
European Mountain Ash	<i>Sorbus acuparia</i>	20 - 40' x 14 - 30'	Fruit (robins & waxwings)
Hazelnut (Filbert)	<i>Corylus avellana</i>	12 - 20' x 4 - 13'	Fruit (insects, cover)
Juniper	<i>Juniperus spp.</i>	Varies	Fruit
Pine Tree	<i>Pinus spp.</i>	Varies	Seeds, insects, protection
Spruce	<i>Picea spp.</i>	Varies	Seeds, protection
<b>Shrubs</b> - Blackberry	<i>Rubus spp.</i>	Up to 10' x 4'	Fruit, cover
Currant	<i>Ribes spp.</i>	Varies	Fruit, flower (hummingbirds, jays, etc.)
Red raspberry	<i>Rubus idaeus</i>	Varies	Fruit
Rugosa rose	<i>rosa rugosa spp.</i>	Varies	Seeds (American goldfinch)
<b>Vine</b> - Trumpet vine	<i>Campsis radican</i>	30 - 40' vine	Blossoms (hummingbirds)
<b>Flowers</b> - Aster	<i>Aster spp.</i>	1 - 5' x 1 - 3'	Seeds (lesser goldfinch, sparrows)
California poppy	<i>Eschscholzia californica</i>	12 - 15" x 12 - 15"	Seeds (quail)
Columbine	<i>Aquilegia spp.</i>	1 - 3' x 1 - 2'	Blossoms (hummingbirds)



Improving Family,  
Resources & Health

## CLOSE TO HOME

by Jana Darrington, Family & Consumer Sciences Agent



### Learning Games

The time we can spend with our young children is precious because we have so little of it. Playing learning games is a way to have fun with our child and help him learn at the same time. Children don't need a lot of expensive educational toys to learn. What they do need are parents who are their first and best teacher.

Tips for keeping learning fun:

- Pick the right time, not when your child is tired, hungry or you are irritable.
- Play for short periods of time, 5 - 10 minutes is about right.
- Eliminate distractions, turn off the TV, put away other toys.
- Praise your child with a hug, smile or kiss.
- Be flexible! Your child may find new, fun ways to play learning games.

Try some of these learning games with your young child:

#### Close Your Eyes

Ask your child to take a good look at you, then close her eyes. While her eyes are still closed, ask her, "What color shirt am I wearing?" Vary the game by looking at a room or a picture. What can she remember? Let your child take a turn and you try to remember. This game helps children develop memory and will help later when your child learns to read and do math.



#### Sound Detective

While you move around the room making a funny sound like, "Moo!" your child tries to find you with her eyes closed. He points to where you are and then opens



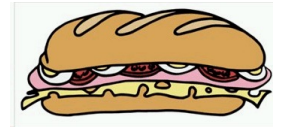
his eyes. Be sure to take turns with your child. Sharp ears lead to sharp readers!

#### Dot to Dot

Draw dots on a paper in rows. Take turns with your child drawing a line between two of the dots, either up and down or across. The object is to make as many boxes as possible. When your child makes a box, put her initial in the box. When all the boxes are completed, the person with the most boxes wins.

#### Guess What I am Doing

Act out something that your child can try to guess, such as brushing your teeth, dialing the telephone or making a sandwich. Do simple things that are familiar to your child. Take turns. Children enjoy acting things out and pretending. They will enjoy watching Mom and Dad pretend too, and you will both have fun with this game.



#### Sorting Silverware

While you are doing the dishes, let your child put the silverware away. Young children love to sort and also like to imitate and help you. Show your child which slot the spoons go in and which slot the forks go in. Be sure to praise him when he puts them in the right spot.




by Rebecca Douglas, Extension Educator, University of Illinois

### Frozen Fruit Cups

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

1. Line 18 muffin -tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining items.
4. Spoon into muffin-tin cups and freeze at least 3 hours.

<p><b>Try adding carrots to:</b></p> <ul style="list-style-type: none"> <li>• Stir-fry</li> <li>• Salads</li> <li>• Stews</li> <li>• Casseroles</li> <li>• Wraps</li> </ul>	<p><b>Carrots: Not just a dippy vegetable!</b></p>	
<p><i>While carrots are delicious when dipped in salad dressing, the possibilities are endless!</i></p>		

### Dill and Lemon Pepper Fettuccine

- 2 medium carrots
- 2 medium zucchini
- 8 oz. uncooked fettuccine
- 1 container (8 oz.) dill dip
- ¼ teaspoon lemon pepper

1. Shave carrots and zucchini lengthwise into thin slices with vegetable peeler.
2. Cook fettuccine as directed.
3. Add carrots and zucchini about one to two minutes before fettuccine is done; drain.
4. Return fettuccine mixture to saucepan.
5. Add dill dip and lemon pepper; toss.
6. Serve immediately.

*Recipe from Betty Crocker's Fix-it-Fast Family Favorites*

### Carrot Chicken Salad

- 1 cup low-fat mayonnaise or Miracle Whip
- 2 cups diced, cooked chicken
- 2 cups chopped celery
- 2 cups shredded carrots
- 2 Tbs. chopped onion (green or white)
- Garlic powder to taste
- 1-4 oz. package slivered almonds
- 1 cup chow mein noodles

Mix all ingredients together EXCEPT chow mein noodles. Stir in chow mein noodles just before serving.

### Spicy Carrot Soup

- 8 carrots, roughly chopped
- 5 celery sticks, cut into pieces
- 2 cloves of garlic, chopped
- 1 large onion, chopped
- 4 cups water
- 1 tablespoon of olive oil
- 1 teaspoon of curry powder
- 1 can of coconut milk or evaporated milk
- Salt to taste

1. Heat olive oil in a saucepan; saute the chopped garlic and chopped onion for 4 - 5 minutes.
2. Add the curry powder, then stir.
3. Add all of the remaining ingredients except the salt and cook until the vegetables are tender. Mix in a blender until the soup is smooth. Add salt to taste and serve.

### Japanese Chicken Salad

- 1 half chicken breast or 2 thighs
- 1 carrot (cut into small match-stick size pieces)
- 1 cucumber (cut into small match-stick size pieces)
- Dressing (mix together)**
- 1 T sugar
- 2 T soy sauce
- 2 T sesame oil
- 2 T rice vinegar
- 1 T toasted sesame seeds

In a small saucepan, cover the chicken breast or thighs with water. Bring to a boil, then turn down and simmer for 8 - 10 minutes, then drain. Make a slit in the meat; if it's pink, it needs to cook longer. If it's white, it's done. Shred the chicken and mix together with vegetables and dressing. Enjoy!

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."



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## Financial Goals Can Make Wishes Come True

Goals are motivators. They provide focus and direction. Financially, goals help us use the resources we have to get the things that we want. Goals turn dreams and wishes into reality.

Many people look at a spending plan (a family's financial goals) as a restriction. They feel it keeps them from what they want. Feelings of frustration at always being restricted often lead a family to stop planning and looking ahead.

But a spending plan can help us get those things we want. The key is to select goals that are really important to us; goals that will motivate us; goals that will make some of our dreams and wishes come true; goals that are ours, not someone else's.

The point of goal setting is to look ahead, decide what you want, and make a plan that will help you get it. Without thinking, we sometimes end up planning for unimportant events and overlook or avoid planning for significant ones. To end up where we want to be, we need to think about what we want and how we are going to get it.

Very few of us ever have a large enough income to cover our list of wants. It seems to be part of human nature to want and need more as our income increases.

Because of this reality, prioritizing our needs and wants is essential. Most families can reasonably focus on two major goals at once. Start with those of the highest priority and then, rather than giving up the other goals, write them down and begin working on them when money is available. Success in achieving financial goals is increased when family members take part in establishing and achieving goals.

Involving family members in setting and prioritizing goals is a great learning experience. It helps them develop problem solving skills. It increases their sense of being a contributing member of the family. And, it helps them become aware of financial limitations.

Goals are important tools that help us turn wishes and dreams into reality. Begin by prioritizing your family's wants and needs. Then focus your energy on the things that matter most.

*Author: Ann Henderson, M.S., CFCS, Utah State University  
 Extension Educator, Box Elder County*

