

KATHY'S CORNER

Extension
UtahStateUniversity.



March / April 2023 EDITION

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JUST A QUICK NOTE

With all the white ground cover that seems to barely melt before replenishing itself, it's hard to imagine that Spring is just around the corner. For some, this trend is challenging the mindset of "Cultivate an attitude of gratitude" or "This, to, shall pass."

Unfortunately, I have no great words of encouragement to share. I suppose we would do well to remember that Punxsutawney Phil did see his shadow on the ground during Ground Hog Day. So, by Mid-March, we should see improving weather (the end of 6 more weeks of winter) ... maybe. In the meantime, let's hang in there!

Sincerely,

Kathleen (Kathy) Riggs, Professor
USU Extension, Iron County
Family and Consumer Sciences/4-H Youth



✓ CHECK IT OUT

Reserve/Use USU Extension Freeze Dryer!

Not sure you want to invest in a freeze dryer of your own? Then give the one at the USU Extension office a try. This may be a workable option for you.

Details:

- Orientation/Training- Required before use
- Schedule a date on either a Monday or Tuesday with USU Extension Office
- \$5.00 per batch (~ 1 ½ gals. Finished product)

Note: Keep reading to see sample recipes that combine food storage staples with fresh ingredients to create a freeze-dried breakfast-on-the-go, and yummy dessert. (see pg. 2)



OTHER GREAT READS INSIDE:

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LOOK WHAT'S COMING

Virtual DIABETES Cook Along CLASS SERIES

Join us as we cook diabetes appropriate meals and learn how to better manage diabetes symptoms!

February 28th: 6 pm
Topic: Diabetes Plate Method
Recipe: Chipotle Burrito Bowls


March 7th: 6 pm
Topic: Carbohydrates
Recipe: Vegetable Stir Fry


March 14th: 6 pm
Topic: Protein & Blood Glucose Control
Recipe: Italian Chicken Foil Dinner



March 21st: 6 pm
Topic: Diabetes & Body Weight
Recipe: Sheet Pan Bake

March 28th: 6 pm
Topic: Fiber, Healthy Fats, & Snacks
Recipe: Berry & Nut Salad

Register on Eventbrite





Extension UtahStateUniversity.  

<https://www.eventbrite.com/cc/free-diabetes-cook-along-1526799>

Add Empowering Financial Wellness webinars for March -
<https://usu.app.box.com/s/hacu2t9zzgd7873zh7p9stgz3b1bvpmk>

Don't forget to order your trees/shrubs from the Tree Conservation Program -

Orders must be placed by April 17, 2023. Tree and shrub supplies are limited and it's first come first serve. The tree order form can be found at the USU Extension Office or online at: <https://extension.usu.edu/iron/files/tree-order-form2023.pdf>

FIGHT INFLATED FOOD COSTS STARTING AT HOME

High costs of purchasing food is a concern for nearly all of us. One suggestion for cutting down on this expense at home is to reduce food waste. What does that look like for you? Consider these suggestions from the Mayo Clinic:

1. Take an inventory. Take stock of the pantry, refrigerator, and freezer before shopping to avoid over-buying.

2. Create a meal plan. Planning at least a few meals for each week is a great way to ensure you have healthy meals.

3. Save and eat leftovers safely. If you don't think you will be able to eat your leftovers within two-three days, freeze what you don't think you'll use- Label and date each container.

4. Store food properly. Learn how to properly store food, especially fresh produce, and only buy what you can use before it starts to lose quality. See more information here:

<https://www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-produce-safely>

5. Use leftovers creatively. Find ways to use rather than toss food that isn't fresh. Vegetable scraps and peels can be made into soup stock. Apples and blueberries that are soft work perfectly cooked in oatmeal, etc.

Source: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/7-ways-to-reduce-food-waste-in-your-kitchen>



DAILY DIFFERENCE MAKERS (NEAFCS)

1. Start your day in a positive way.
2. Pay attention to your self-talk.
3. Focus on possibilities.
4. Smile at people.
5. Give up perfection.
6. Learn to say "no" when necessary.
7. Give yourself a time-out without feeling guilty.
8. Utilize appropriate resources (including people).
9. Have some fun!
10. End your day in a thankful way.



FREEZE-DRIED RECIPES

Oatmeal Apple Bites

These are great for breakfast on-the-go or for a snack any time of day.

Cook several servings of oatmeal from rolled oats and stir in apples sliced or diced into pieces about 1 inch thick.

Place bite-size dollops on freeze dryer trays and run them through a standard cycle.



Leftover Pie Bites

Take leftover pie (one at a time) and mash so the crust and the filling look more like a dough (Note: You can make cream pies too, like chocolate, banana, or coconut cream.)

Then, scoop the dough-like mixture using a small ice cream scoop or melon baller and place on parchment-lined freeze dryer trays. Run through a freeze dry cycle.

These treats can be eaten immediately or stored for the next time you're craving your favorite pie.

Storage for both recipes; if prepared in large quantities place in Mylar bags or canning jars, and add an oxygen absorber before sealing.

Source: "HarvestRight, Discover Home Freeze Drying"

GETTING ODORS OUT OF CLOTHES

Most of the time, doing a load of laundry can make your clothes look and smell better. But sometimes, the odor doesn't all come out. Here's how to eliminate those tough clothing odors.

- Allow sweaty clothes to dry. If clothes are dry before they hit the hamper, it will breed less bacteria and keep that odor from multiplying.
- Do laundry regularly. If clothes have been sitting in a hamper for weeks, those odors will be harder to remove.
- Use the right detergent. Wicking gym clothes can often trap odors in the microfibers, making it difficult to remove. There are detergents designed to get out those stubborn odors that can build up over time.
- Wash inside out. This will let the detergent better access the worst odor causing spots.
- Hang dry. Giving clothes some time on a clothesline can help air out odors and sun exposure can help kill germs.



Source:

<https://www.cleaningiscaring.org/wpd/getting-odors-out-of-clothes/>

CHOOSING A WORD OF THE MONTH

Have you found yourself thinking or uttering a particular word or a phrase that motivates you to complete goals or simply move you to action?

A meaningful word or phrase of the week, month, or even year, is thought to create a sense of inner strength, make you feel energized, or help you hunker down and focus on the task or challenge before you.

A word of the month can also help remind you to slow down, be more intentional in relationships and to be happy.

A few samples of words from which to choose could include:
Balance, Devote, Forward,
Harmony, Persevere



(Type "Choose a word of the month" in your favorite Search Engine for additional ideas.)

How about a motivational phrase?

"Your history is not your destiny."
(Joyce Meyer)

"Don't pass on your passions. Endure. Strive. Ensure."
(Anthony Liccione)

"We cannot become what we want by remaining what we are."
(Max Depree)

"No matter how hard the past is, you can always begin again."
(Buddha)

"Don't let yesterday take up too much of today."
(Will Rogers)

WHY ARE THE IRISH CONSIDERED LUCKY?

During the gold and silver rush years in the second half of the 19th century, a number of the most famous and successful miners were of Irish and Irish American birth.... Over time, this association of the Irish with mining fortunes led to the expression "the luck of the Irish."

Source: celtictitles.com/blog/luck-of-the-irish.

March
17th

Happy
St. Patrick's Day



TIPS TO KEEP YOUR MARRIAGE STRONG LATER IN LIFE

According to USU Extension Family Life Specialist, Dr. David Schramm ("Dr. Dave"), as couples age, keeping a marriage strong can become a challenge. Children move away, health challenges arise, and complacency creeps in. Also, retirement likely means spending more time together. For these and other reasons, "gray divorce," or divorce among adults 50 and older, has doubled since 1990.

Dr. Schramm offers the following tips to nurture marriage as couples grow old together.

- **"TNT" Try New Things.** Keep your relationship alive by finding new ways to play together. Try new activities or sports, take a class together, try new restaurants, or go to events you may not otherwise attend.
- **Keep Communicating.** Stay in tune with who your partner is and who they are becoming. We all change over time and may develop new preferences or have new goals, dreams, and plans. Turn the TV off and put your phone in another room so you can better connect face-to-face.
- **Avoid Affection Deprivation.** Stay in touch. As we grow older, it is common for couples to experience relationship ruts, and many tend to demonstrate less physical affection. Research continues to show the power of touch. Whether you are holding hands, hugging, giving gentle pats, or sitting next to each other while watching a movie, an electrical connection occurs, and chemicals of love and attachment are released.
- **Balance Time Together and Time Apart.** When children move out of the house, couples often have more time on their hands. While trying new things together is important, time apart can also benefit your relationship. Have lunch with a friend, neighbor, or sibling. Spend an afternoon or evening with friends playing a sport or participating in a club. These activities can be invigorating and interesting.



Source: <https://extension.usu.edu/news/how-can-we-keep-our-marriage-strong-as-we-age>

April
9th

HAPPY
Easter





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Check us out on the web:

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

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Preparing and Improving Garden Soil

A great garden starts with healthy soil. In Utah, there are unique considerations for creating and maintaining healthy soils.

Native Utah soils are relatively low in organic matter. Soils along the Wasatch Front average 1.5% organic matter content, whereas areas of the country that receive more rainfall typically have 4-5%. The pH of Utah soils averages 8.0, which is ten times more alkaline than a neutral pH of 7. Alkaline soils cause certain micronutrients to become less available, leading to nutrient deficiencies in garden plants. One of Utah's most troublesome, pH-related deficiencies is iron chlorosis, a deficiency of plant-available iron. Lastly, soil salinity easily increases in Utah. Keeping soil salinity below 2 dS/m is ideal for most garden plants. Despite these challenges, time and organic matter can transform garden soils from brutal to beautiful!

Organic matter is a broad, umbrella term that describes sources of carbon-containing materials, such as kitchen scraps, leaves, wood, manure, grass clippings, or even dead materials in the soil, such as decomposed plant and animal tissue. Organic matter is the best amendment for any soil type. It increases soil moisture retention, improves structure, and decreases compaction. Soil structure is the aggregation of the mineral portion of the soil with organic matter. Many Utah soils can have poor soil structure due to heavy clay subsoils and low organic matter. Adding organic matter helps form secondary particles that allow air and water movement into the soil. Good structure also improves the tilth or workability of soil, ultimately improving plant growth. Organic matter also provides essential nutrients, as well as food and habitat to many soil macro- and microorganisms. These soil flora and fauna create important soil health benefits, such as improved aeration, soil structure, and nutrient cycling. Hence, organic matter is often referred to as "black gold."

One common mistake gardeners make when amending soil is expecting immediate results. Garden soils improve over time. Incorporating 1-2 inches of organic matter into the soil annually will gradually - and sustainably - improve soil quality and reduce the risk for excessive salinity and nutrient levels.

To read the rest of this article and learn more about how to improve your soil visit:

<https://extension.usu.edu/yardandgarden/research/preparing-and-improving-garden-soil>

