



USU Extension Service, Iron co.
585 North Main St. Suite #4
Cedar City, UT 84721

Change Service Requested

Other Contact Information
Phone: 435-586-8132
Fax: 435-586-3314
Check us out on the web:
<http://extension.usu.edu/iron>

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What's Growin' On?

WATERING THE GARDEN
Bill Varga, USU Extension Specialist, Retired
<https://extension.usu.edu/yardandgarden/research/watering-the-garden>

It would take a blind optimist to believe that Utah won't be facing some effects of drought this summer. If you are considering a vegetable garden this summer, the best way to conserve water is to start planning your garden now. Also, map out your garden and be open to changes. We tend to follow gardening traditions that are more suitable for farms than home vegetable gardens.

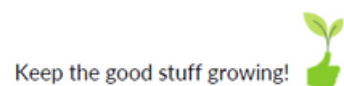
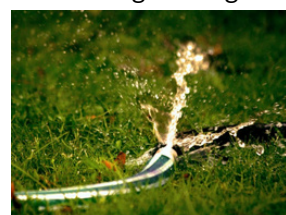
For instance, most people tend to plant rows that are much too wide. One of the best ways to save water is to plant as close together as the plant instructions allow. You can plant in circles, squares, triangles, whatever, as long as you leave enough room to reach the weeds.

The next thing you can do is work extra organic matter into the soil. Most Utah soil is low in organic matter and it will help hold in moisture. "Organic matter" can be just about any type of compost or fertilizer. You probably want to avoid too much barnyard manure because it may carry lots of weed seeds with it. These will be counterproductive to your garden. If you have it available, homemade compost made of rotted plant matter is one of the best things you can add to your garden soil. If not, this is a good time to start a compost pile.

Varga says to apply about one inch of organic matter on top and work it into the soil. You will probably need to add about one- and one-half pounds of nitrogen per 100 square feet of garden to help break down the organic matter.

When it comes time to water, one of the biggest mistakes people make is watering everything in the yard on the same schedule. Shrubs and plants such as raspberries often get watered right along with the vegetables even though they don't need nearly as much water. Make an effort in your planning to separate the plants that are big water users from those that need it less frequently.

We have become used to relatively cheap water and as a result probably built bigger gardens than we need.



KATHY'S CORNER

Extension
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MAY/JUNE 2022 EDITION

EXTENSION.USU.EDU

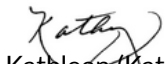
USU EXTENSION - IRON COUNTY - 585 N MAIN St. SUITE 4 - CEDAR CITY UTAH

JUST A QUICK NOTE

If you're like me, after several days of wind kicking up dust, rattling windows, and aggravating allergies, I'm not a very happy camper! However, it has been expertly pointed out to me that 1) windy days are great for flying kites and 2) windy days deter flies and mosquitos!

Lesson learned? It can be beneficial to look for the silver lining when we are more apt to complain about our circumstances.

Happy spring everyone!


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

✓ CHECK IT OUT

What is the big deal about logging on to <https://extension.usu.edu>? It is the home page that will open the door to any number of resources in every program area covered by USU Extension. Currently, the home page is featuring an opportunity to sign up for free gardening tips:



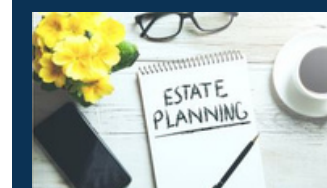
Also available is a video featuring the best 5 trees that thrive in Utah's climate.



OTHER GREAT READS INSIDE:

- PG 2: AM I ALLERGIC TO NATURE?
- PG 2: ARE YOU OR SOMEONE YOU LOVE AT RISK FOR ELDER ABUSE?
- PG 3: SMOOTHIES- HELPFUL, HEALTHY, OR HARMFUL?
- PG 3: FOOD PRESERVATION SUPPLIES IN 2022
- PG 3: HAPPY MOTHERS DAY AND FATHERS DAY!

LOOK WHAT'S COMING



Estate Planning- How to Prepare

DATE: WEDNESDAY, MAY 18TH, 2022
TIME: 6:00 PM MST
COST: \$5.00
WHERE: ZOOM VIRTUAL WEBINAR
REGISTRATION: EVENTBRITE

Join us for an interactive workshop focused on strategic ways to gather your estate planning information, documents you many need as well as how to start the conversation with your family.

IMPORTANT NOTE:
Those who register by Friday, May 13th will receive a hard copy of the Estate Planning Toolkit and a free electronics power bank!

Eventbrite Link: <https://www.eventbrite.com/e/estate-planning-how-to-prepare-tickets-301074791807?fbclid=IwAR2AgMXogkzgzFedhAHfeFNsGU-4SaWKHKZlprQUROGXdydGxjEK-Y6EbgA>



NOTE: Each class must be registered for separately.

AM I ALLERGIC TO NATURE?

Being allergic to nature or having environmental allergies is “an immune response to something in your surroundings that’s typically otherwise harmless. Symptoms... vary from person to person but can include sneezing, coughing, and fatigue.” Also common are runny nose, itching, headaches and even wheezing.

Here are some basic steps you can take to minimize outside allergens from entering or lingering inside your home and natural approaches to reducing symptoms as outlined by Healthline.com:



1. Use an air purifier that is equipped with a HEPA filter. While some allergy sufferers place a unit inside their bedroom to run at night, if allergies are more severe, you might consider a filtering system that is part of your home’s ventilation system.

2. Allergy-proofing your bed may be as simple as weekly laundering of sheets and pillowcases (and don’t forget the mattress cover)- Be sure to use hot water. It’s also a good idea to reduce dust mites by vacuuming your mattress occasionally.

3. Close the windows- especially on breezy days/nights and when pollen counts are high- You can use your nightly news or an app on your phone to get this information. You probably already know when allergens are in the air just by stepping outside for a few minutes.

4. As much as they are loved, it’s best to keep pets out of the bedroom and off the bed as they carry dander and if they spend time outdoors, are likely to bring allergens into the home in their coats.

5. Using a saline nasal spray can help rinse allergens out of the nasal passages. It takes consistent use during allergy season for this to become an effective remedy.

Of course, there are other helps available with essential oils, allergy injections, or prescription medication. It may take a combination of several steps to help bring the sought-after relief. See:

<https://www.healthline.com/health/allergies/environmental-allergies>

ARE YOU OR SOMEONE YOU LOVE AT RISK FOR ELDER ABUSE?

According to the Center for Disease Control and Prevention, a combination of individual, relational, community, and societal factors contribute to the risk of someone becoming perpetrator of abuse.

Individual Risk Factors of becoming a perpetrator:

- Current or past abuse of drugs or alcohol
- Current physical health problem
- Past episode(s) of disruptive behavior
- Past experiences of traumatic events
- High levels of stress
- Poor or inadequate preparation or training
- Inadequate coping skills
- Exposure to or witnessing abuse as a child
- Social isolation

Relationship Risk Factors:

- High financial and emotional dependence upon a vulnerable elder
- Past family conflict
- Inability to establish or maintain positive prosocial relationships
- Lack of social support

Protective Factors for Elder Abuse:

Protective factors reduce risk for perpetrating or experiencing abuse and neglect. Protective factors have not been studied as extensively as risk factors.

However, identifying and understanding protective factors is as important as researching risk factors. These include emotional intelligence; having social support; and a sense of community where individuals feel connected to others. These protections can help you and others through tough situations or circumstances.

Source:

<https://www.cdc.gov/violenceprevention/elderabuse/riskprotectivefactors.html>



2ND ANNUAL
UTAH ELDER ABUSE
AWARENESS DAY
Virtual Conference 2022

Wednesday, June 15
10 AM -12 PM

REGISTER:
<https://bit.ly/UTEAAD22>

SMOOTHIES- HELPFUL, HEALTHY, OR HARMFUL?

Are you a fan of smoothies? Do you consider them a healthy alternative to eating separate whole fruits and/or vegetables? Let’s take a closer look at a review written by Dr. Carrie Durward, PhD, RD who is a USU Extension Nutrition Specialist.

Durward states that smoothies can be a vehicle for consuming many nutrients considered essential to the human body. It all depends on what ingredients are used. Most of the healthy nutrients in our smoothies will come from fruit or vegetables. Benefits of a diet high in fruits and vegetables include lower risk of diseases such as diabetes, obesity, cancer, and cardiovascular disease.



These fresh foods are great sources of vitamins and minerals, fiber, water, and protein. The concerns come when the smoothies are consumed in excess. The most significant concern is the possible high sugar content and acid which can lead to dental issues.

Another concern with smoothies is the potential for gaining weight- smoothies that contain high fat dairy such as cream or sweetened-condensed milk take away from the benefits of Vitamin D and calcium.

Finally, is the concern using smoothies in cleanses such as the “Green Smoothie cleanse.” Durward points to research that finds the liver and kidneys are extraordinary organs that perform wondrous functions for the body. One of these functions is to remove actual toxins from the body, a process they can perform without the assistance of a cleanse.

To review Dr. Durward’s complete article, see:

<https://extension.usu.edu/nutrition/research/smoothies-helpful-or-harmful>

A great way to avoid added sugars is by making your own smoothie. For more information, on how to make your own smoothie:

<https://createbetterhealth.org/2020/07/17/three-steps-to-a-nutritious-smoothie-favorite-smoothie-recipes/>

FOOD PRESERVATION SUPPLIES IN 2022

The past two years have found many home food preservation enthusiasts scrambling for equipment and supplies—for a time, pressure canners were unavailable or in short supply...and the prices were, and still are, high. The same held true for canning jars and lids- especially genuine name brands such as Ball®, Kerr® and Mason® (which, by the way, are all manufactured by the same company).

Some manufacturers from other countries attempted to pass their supplies off as familiar U.S. brands and even some new pop-up companies in the U.S. began marketing their own brand.



Following lots of disappointment with off-brand lids due to poor performance, it was hard to get anyone excited about staying engaged in home food preservation—at least with canning.

Well, the tide is changing, and supplies are becoming more available. It’s still best to buy directly from stores who have supplies shipped directly from Newell Brands- the maker of all Ball®, Kerr® and Mason® jars and lids along with the Ball Blue Book. If you go to [freshperserving.com](https://www.freshperserving.com), and check where to purchase supplies, you can locate local businesses selected as direct suppliers.

If you have any questions about food preservation or where to find supplies locally, you may also reach out to your local USU Extension Office. As a side note, keep in mind there are other ways to preserve food besides water-bath and pressure canning.

May 8th: Happy Mothers Day

"A Mother is more precious and valuable than all the riches in the world." -Violet James

June 19th: Happy Fathers Day

"Dads are like chocolate chip cookies; they may have chips or be totally nutty, but they are sweet and make the world a better place." - Hillary Lytle

