

KATHY'S CORNER

Extension

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USU EXTENSION - IRON COUNTY - 585 N MAIN St. SUITE 4 - CEDAR CITY UTAH 84721

JUST A QUICK NOTE

It looks like a banner year for fruit-bearing trees! Vegetable gardens may not be as productive but anyone growing their own produce this year is likely smiling. However, due to the high cost of fuel, prices at Farmer's Markets and Supermarkets are not able to pass along much savings to the consumer.

Considering spreading the word among neighbors and friends who may be searching for some sort of swap- whether it be vegetables for fruit, or some type of yard service for fresh produce.

Enjoy the transition of the seasons! It should be a beautiful fall season!

Sincerely,

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



✓ CHECK IT OUT

ClearJel®

May be purchased at the Iron County Extension Office @ \$3 per bag. One bag has enough product to make pie filling for 7 quarts of fruit pie filling. It may also be used in homemade jams and jellies- Recipes and directions are available- just ask.



Food Preservation Equipment "check-out"

Your local USU Extension office has food preservation equipment that may be checked out for 1-2 weeks.

- Pressure Canners- \$25 deposit with \$20 refund if equipment is returned in excellent condition
- Boiling Water-bath Canners- \$20 deposit with \$15 refund possible.
- NESCO Dehydrator- \$25 deposit with \$20 refund possible.

OTHER GREAT READS INSIDE:

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LOOK WHAT'S COMING

FREE Virtual Class Series-

Tuesdays, October 3rd - 24th, 2023. USU Extension presenters will take you step-by-step through a diabetes-friendly recipe and provide suggestions to help you improve your diabetes symptoms and overall health.

DIABETES
Cook Along
DIABETES PLATE METHOD
Stuffed Spaghetti Squash
Tuesday, October 3rd
11:00 am
Sign up on Eventbrite

Annular Solar Eclipse

On Saturday Oct. 14th between 9:30 a.m. - 10:35 a.m. we have the opportunity to experience an eclipse with parts of southwestern Utah seeing a "ring of fire" for almost five minutes. It isn't safe to view this spectacle without protective eyewear so make sure to get some eclipse glasses before the event to safeguard your eyes.



THE BIG FIVE TO SURVIVE DOOR HANGERS

The Iron County Extension Office has received a small supply of door hangers available to residents to use during times of natural or other disasters or other emergency situations. If groups are looking for larger quantities, please reach out to us so we can work with USU Extension Marketing for more. The picture shows each side of a single hanger.



USU EXTENSION'S UTAH MONEY MOMS FINANCE TIPS FOR OCTOBER

- **Review your Social Security Statement.** What's an SSS? It's a personalized estimate of how much you will receive from Social Security if you retire or become disabled. It's an earnings record tracking back to your first job. Log in at www.ssa.gov/myaccount and verify that you're getting credit for your Social Security and Medicare contributions.
- **Earn as a family.** Discuss things you could do together to earn some extra funds to contribute to a family experience or a trip. Work together implementing creative ways to accomplish the goal and celebrate when you finish. Your children will remember positive money experiences like this for years to come. For more tips to teach kids about money, follow [@utahmoneymoms](https://www.instagram.com/utahmoneymoms) on Instagram and Facebook.
- **Consider the cost of habits.** Most households spend over \$150 on spontaneous purchases each month. A daily soda, coffee, snack, etc. quickly adds up. Take one habit and evaluate how you could cut the cost this month. Reducing spending temporarily allows you to rethink the value of the item. Download the free Cutting Expenses Guidebook: <https://extension.usu.edu/finance/files/EFWCuttingExpenseGuidebook.pdf> for more simple money saving tips, and visit: www.inflation.usu.edu



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH- THEME: "TAKE CONTROL IN 1, 2, 3"

Are you ready for the first or next disaster or emergency that comes your way?

The website: <https://www.ready.gov/build-a-kit> has an option to download printable instructions for a basic disaster supplies kit. Recommendations for the kit include:

- Water – 1gallon per person per day for at least 3 days for drinking and sanitation
- Food – at least a 3-day supply of non-perishable foods
- Battery-powered or hand-crank radio and NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air as well as plastic sheeting and duct tape to seal windows and doors if sheltering in place becomes necessary
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities such as natural gas
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery
- Cash
- Prescription medications



Additional items may be added so it is customized just for you. Keep in mind, however, that adding things like canned food items or a sleeping bag will add bulk and weight. Be certain the kit remains "portable" meaning you can carry it.

Remember, the key to facing potential disasters is preparation. Being proactive now will help reduce the fear of being hungry, cold, or injured in the future.



USE CAUTION BEFORE CHOOSING AN OUTDOOR COOK STOVE FOR HOME CANNING

While manufacturers of propane camp stoves may state in their manuals, they are safe to use for home canning, it's important to consider the side of home canner manufacturers and canning experts.

The general guidance provided in some user guides of home canner manufacturers have now added "Caution: Do not use pressure canner on an outdoor LP gas burner or gas range over 12,000 BTUs.



The main reason for lower BTUs is that high intensity heat is likely to warp the bottom of a pressure canner rendering it unusable. This is especially true for canners made of aluminum.

Another result could be that the boiling water will evaporate more quickly under higher temperatures and dry canners will warp.

For more information on this subject as well as cautions for canning on ceramic or glass cook-tops, please see the following factsheet written by Dr. Brian Nummer, former food safety and preservation specialist.

https://digitalcommons.usu.edu/extension_curall/185/

STRETCH THERAPY: CREATE A BALANCED BODY

Regular stretching is just as important as regular exercise. Stretching improves flexibility and posture, and decreases your chance of exercise-related injuries. Stretching also provides time to relax your mind and give your body a chance to recharge.

Just like any type of physical activity, it is important to stretch correctly. Most of the time you should stretch after you've already performed a warm-up exercise (like jogging for 5 minutes) so your muscles are warm. You should avoid bouncing while stretching. Most importantly, always listen to your body. You want to avoid pushing your muscles too far and causing yourself injury.



For more information on Dynamic Stretching and Static Stretching, see our USU Create Better Health blog article:

<https://createbetterhealth.org/2015/08/06/physical-activity-stretching/>

DEALING WITH STRESS AND ANXIETY

According to a study done by Mishkova in 2013 Stress can lead to anxiety and anxiety can lead to stress. Because of the relationship between stress and anxiety, it can be assumed that learning to better cope with either stress or anxiety would also help with the other. There are many self-help techniques for coping with the stresses and anxieties of day-to-day life, such as the following:

- Get involved – This is a great way to surround yourself with a good social support network. In addition, serving helps you to feel good about yourself.
- Take care of yourself – Get adequate sleep, eat healthy meals, and exercise regularly in order to give your body the best chance of functioning properly.
- Focus on the positive – Avoid negative self-talk and focus on what you can do, instead of what you cannot do. Think about how you have successfully coped with stressful situations in the past.
- Participate in activities you enjoy – Take time to step away from the stresses and worries of life to do something that you enjoy. Taking this kind of break will help you come back to the stressors with a clearer mind and renewed energy.
- Apply relaxation techniques and meditation – Learning how to calm a troubled mind can be very helpful. Even just a few minutes spent relaxing the mind and body can be effective.



While these self-help techniques can be very useful, if the stress or anxiety becomes overwhelming, it interferes with your responsibilities and relationships, and/or you have thoughts of suicide or self-harm, it is time to seek professional help. Therapy and medication, either alone or in combination, have been found to be effective at relieving persistent stress and anxiety.

Source: Dr. Dave Schramm & Dr. Jennifer Viveros
For the entire article with references, see:

<https://extension.usu.edu/relationships/research/stress-vs-anxiety-understanding-the-difference>





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Check us out on the web:

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

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Gardener's Almanac Sep. & Oct. Gardening Checklist

- Deadhead (cut off) spent blossoms of perennial and annual flowers.
- Deep water established trees and shrubs about once per month when it is hot.
- Remember that turfgrass only needs 1 ½ to 2 inches of irrigation per week.
- Plant garlic cloves from mid-October through early November.
- Remove vegetable plants from the garden once harvest is complete to reduce overwintering sites for insect pests.
- Protect tomatoes from early frost by covering the plants with a blanket or tarp.
- Place mulch over carrots, beets and parsnips to prevent the ground around them from freezing.
- Rototill leaves, compost and/or manure into the vegetable garden to enhance the soil microbe activity.
- Prune roses by heading back excessively long canes to prevent damage from heavy snow loads.
- Cut back ornamental grasses in snow prone areas once the foliage has dried down, otherwise leave them until spring and enjoy the vertical accent during winter.
- Plant spring blooming bulbs through early November.
- Plant trees and shrubs in the fall to enhance root establishment.
- Protect trunks of young trees from winter cracking by wrapping them with a white reflective tree wrap.
- Dig and remove annual flower plantings.
- Plant cold-hardy annuals, including pansies, primrose, kale, and ornamental cabbage.
- Prune raspberry canes to the ground after they have fruited.
- Control tough perennial weeds such as field bindweed (a.k.a. morning glory).
- Mow grass to a height of 1-to-1½ inches at the end of the season to minimize disease problems.
- Apply a quick-release nitrogen fertilizer after the last mowing (late October to early November) for early greening next spring.



For more information and tips go to: <https://extension.usu.edu/yardandgarden/monthly-tips>