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## EFFICIENT IRRIGATION OF TREES AND SHRUBS

"In Utah, urban landscape irrigation accounts for 50-75% of the annual municipal water use, and much of it is applied in excess of the plant's needs. This excess is a tremendous resource waste and the overspray causes substantial damage to hardscape (i.e., decks, patios, fountains, decorative concrete, etc.). Scheduling irrigation according to landscape plant water needs can reduce excess water use. In addition to conserving water, proper irrigation can encourage deeper root growth and healthier, more drought tolerant landscapes." (from source: EFFICIENT IRRIGATION OF TREES AND SHRUBS)

**HOW MUCH SHOULD YOU WATER?** Trees or shrubs should be watered to a depth of 18-20 inches. The amount of water to apply in any situation depends on the soil type. Sandy soils absorb water the fastest (about 2" per hour), followed by loam soils (3/4" per hour). Clay soils have the slowest absorption rate (1/2" per hour).

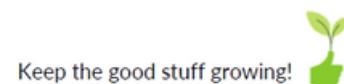


By allowing water to penetrate deeper into the soil profile you are encouraging deeper rooting and a more drought tolerant plant. Frequent, light irrigations will lead to plants that have a shallow root system and that are more prone to water stress.

When using sprinkler systems about 1/2 -1 inch of water may be required weekly for shrubs and smaller trees (4" trunk diameter), depending on the size of the tree, may require hundreds of gallons of water per week. Water newly planted trees and shrubs more frequently until the root system is established. Also, mulch and control weeds and grasses around the trunk of the trees and shrubs to reduce competition for water and nutrients.

**SYMPTOMS OF WATER STRESS** - Wilting and leaf scorch are symptoms of water stress. However, over-watering of plants can create similar browning symptoms and even cause the leaves to drop. Roots need oxygen to survive and when the soil is over-saturated with water there is little oxygen for the plant's roots. Without a healthy root system, the plant is no longer able to absorb water and will show signs of water stress. Many gardeners assume these symptoms are from a lack of water and they will continue to add to the problem by over-watering, eventually causing the plant to die.

Source: [https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1894&context=extension\\_curall](https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1894&context=extension_curall)



# KATHY'S CORNER

Extension  
UtahStateUniversity®



September / October 2022 EDITION

[EXTENSION.USU.EDU](http://EXTENSION.USU.EDU)

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

## JUST A QUICK NOTE

It would seem the climate this fall is intent on messing with our minds. Just when we hit a rainy season with cooler temperatures, Mother Nature determined this would be a good time to make September nearly the hottest on record- at least in most parts of the state.

Add in a few flash flooding incidents and fickle garden produce (namely, weird-shaped tomatoes), and maybe it would be a great time to brush up on Emergency Preparedness by reviewing some pertinent resources.

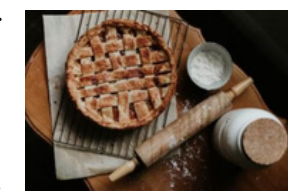
USU Extension is featuring September as Emergency Preparedness month and has an option on the website homepage to receive tips throughout the month here: [extension.usu.edu](http://extension.usu.edu).  
<https://extension.usu.edu/preparedness/index>

Enjoy the fall season!

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 7 quarts of fruit pie filling. It may also be used in homemade jams and jellies - Recipes and directions are included.



### 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:

- PG 2: FOOD PRESERVATION- CHOOSE THE ROAD TO FOOD SAFETY
- PG 2: COULD YOU BENEFIT FROM A REVOLVING SAVINGS ACCOUNT? YES!
- PG 2: GET QUALIFIED FOR REMOTE WORK
- PG 2: FIVE HEALTH BENEFITS OF SEWING
- PG 3: CREATE A BASIC DISASTER SUPPLIES KIT
- PG 3: WHAT COLORS DO YOU INCLUDE IN YOUR DIET?
- PG 3: A FEW LESSER-KNOWN HOLIDAYS TO LOOK FORWARD TO IN OCTOBER!

### LOOK WHAT'S COMING

[Empowering Financial Wellness](#)  
- Webinar Series for women

Date: Tuesdays & Thursdays, Sept. thru Nov. 2022  
Time: 12 p.m. (Noon)  
Cost: No fee

Register: [www.finance.usu.edu/efw](http://www.finance.usu.edu/efw)

Topics: Range from organizing records to estate planning  
- six main topics



[Utah Parenting Summit](#)  
- A statewide virtual event

Date: Saturday, October 8, 2022  
Time: 6:00 to 8:30 p.m.

Cost: \$10 thru September 30/ then \$15 per ticket  
Register & Information:

<https://usuextension.mykajabi.com/utah-parenting-summit-2022>

Topics: Will provide real-world solutions to common parenting challenges, with six live workshops presented by professionals nationwide



## FOOD PRESERVATION- CHOOSE THE ROAD TO FOOD SAFETY

Now that county fair season is behind us, some questions have been coming in regarding the way some of the canning exhibits were judged. Please take a moment to review canning guidelines and resources, including “tested” or “approved” recipes. Fair judges do not consider family recipes or blogs as approved recipes.



Canning rules are based on safe food preservation guidelines from approved sources (National Center for Home Food Preservation (NCHFP), USU Extension and Pacific Northwest Extension, USDA, and Ball Canning). See: <https://nchfp.uga.edu>, <https://canning.usu.edu>, or [www.freshpreserving.com](http://www.freshpreserving.com)

## COULD YOU BENEFIT FROM A REVOLVING SAVINGS ACCOUNT? YES!

KristiLyn Wilkinson, with USU Extension Empowering Financial Wellness program says, a revolving savings account is the magic that keeps irregular expenses from derailing your budget.

Wilkinson adds, for most people, we tend to live our financial lives month-to-month. Your rent or mortgage is due once a month, your car payment is due once a month, you pay for Netflix and piano lessons once a month, etc. You get the picture. But every month it seems like there are some expenses like a birthday, Christmas, annual insurance bill, college tuition, etc. that come creeping in.

To create a revolving savings account, you add up all your irregular expenses throughout the year. Take ten minutes and list all the birthdays, holidays, insurances, anniversaries, etc. that happen for you during the year. Then you divide that amount by 12 and that number is what you put each month into a revolving savings account. That way, when you have those irregular expenses come up during the year, you have money set aside to pay for them and they don't derail your budget. Your future self will thank you-



Even though there are 12 months in the year, some people like to divide the total by 11 to give themselves a cushion in case there is one month when they can't save the money. One tip to make sure you are always funding your revolving savings account is to make it automatic. Have the money directly deposited into your revolving savings account. You won't have to worry about remembering to transfer the money yourself. The money will be out of sight, out of mind, until you need to use it.

Source: <https://www.utahmoneymoms.com/home/the-life-changing-magic-of-a-revolving-savings-account>

## GET QUALIFIED FOR REMOTE WORK

Ever since COVID-19 disrupted work schedules for lots of employees, it has introduced many new ways to perform work even now which may not require traveling to an office or other location to perform work well.

If you are one who:

- Would prefer to work from home or anywhere besides a physical office
- Want to reduce time from home required by long commutes
- Feel the strain on family budgets due to gas prices
- Just want more flexibility to work either from the office or home or even while traveling

An ROI or Rural Online Initiative program may be a great option for you. Find more information here: <https://extension.usu.edu/remoteworkcertificate/>



## FIVE HEALTH BENEFITS OF SEWING

Have you considered learning to sew (clothing construction, quilting, needlework, etc.) or brushing up on a skill you once pursued? Consider that these home art skills have many benefits that may convince you to pull out the old sewing machine or knitting needles and yarn.



1. Relieves Stress - The meditative action of sewing encourages positivity and feelings of relaxation.
2. Promotes Brain Growth- The creative nature of sewing encourages the formation of new brain cells.
3. Happiness - Sewing increases dopamine in the brain, which makes us feel HAPPY.
4. Fights Dementia - Sewing keeps the mind clear, focused & active which can help prevent dementia as we age.
5. Improve your Hand/Eye Coordination - Sewing requires a certain type of attention to detail that encourages coordination, especially hand/eye.

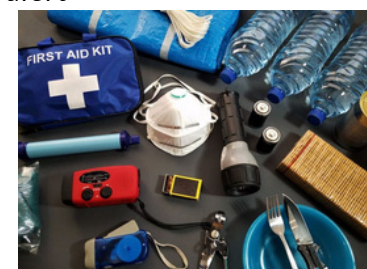
Source: <https://extension.usu.edu/sewing/>

## CREATE A BASIC DISASTER SUPPLIES KIT

The website: <https://www.ready.gov/build-a-kit> has an option to download a printable Basic Disaster Supplies Kit. The list also has suggestions for “unique needs” that include pets and elderly adults.

Recommendations for the Basic Disaster Supplies 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
- Plastic sheeting and duct tape to seal off 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



Other items are important but adding size and weight to the kit may require additional portable totes or backpacks.

Remember that assembling a kit is not a one-and-done task; it requires regular maintenance. You may need to place a recurring date on your calendar to update and replenish the kit. Canned and packaged food will expire, batteries will lose power, and you may think of things to add or adapt to better suit your needs and situation.

## WHAT COLORS DO YOU INCLUDE IN YOUR DIET?

It's old news that health experts would like Americans to eat more fruits and vegetables. However, many of us tend to eat the same basic foods day-after-day and week-after-week.

There are lots of beneficial, disease-fighting nutrients found in fruits and vegetables, but it takes eating a variety of them to cover most of those benefits. Below is a smattering of examples from what is sometimes referred to as the fruits/vegetables rainbow of colors.



RED: tomatoes, pink grapefruit, watermelon, cranberries (or craisins)

RED/PURPLE: red grapes, blueberries, strawberries, beets, plums, red apples

ORANGE: carrots, mangoes, cantaloupe, winter squash, sweet potatoes

ORANGE/YELLOW: oranges, peaches, papaya, nectarines

YELLOW/GREEN: spinach, collards, corn, green peas, avocado, honeydew

GREEN: broccoli, Brussels sprouts, cabbage, kale, bok choy

WHITE/GREEN: onions, leeks, garlic, celery, asparagus, pears, green grapes

The list within each category is not all-inclusive. There are other foods from within the United States and around the world available in most parts of the country. For example: jicama, kiwi, nopales, pomegranate and so many more!

Source: Hope newsletter, March 2003

## A FEW LESSER-KNOWN HOLIDAYS TO LOOK FORWARD TO IN OCTOBER!

Date

- 01: National Homemade Cookies Day
- 04: National Cinnamon Roll Day
- 05: National Do Something Nice Day
- 12: National Stop Bullying Day
- 21: National Reptile Day
- 25: National Care about You Day



Source: <https://www.calendarr.com/united-states/calendar-october-2022/>