What's Growin' On?: Microgreens
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Looking for a fun way to boost your immune system while exercising your green thumb? If so, consider growing your own microgreens.

What are Microgreens?
Microgreens are small leafy vegetables or herbs harvested just as true leaves begin to form (larger than sprouts, smaller than baby lettuce) and contain 4 to 6 times more nutrient content than the full-grown variety.

Microgreens can be grown from almost any vegetable or herb seed, so you can have fun experimenting with different flavor combinations. Popular varieties include sunflowers, radishes, arugula, radishes, and basil.

Growing Requirements and Supplies:
- Shallow, well-drained container (a cheap option is to reuse a plastic produce container from the grocery store)
- Seeds (apply generously)
- At least four hours of sunlight each day

For the sake of this guide, we will only discuss making microgreens from sunflower seeds. All other vegetables and herbs require a similar approach.

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Growing microgreens is a relatively easy process with a short time span from seed to harvest.

Seeds:
- Soak the seeds in water overnight before planting to speed up germination.
- Plant the seeds in the shallow container, making sure the seeds are covered by a thin layer of soil. You can apply a spray bottle to keep the soil moist.

Sunlight:
- Place the container in a bright spot with at least four hours of sunlight each day.

Watering:
- Keep the soil moist by using a spray bottle. Do not let the soil sit in water.

Harvesting:
- Harvest the microgreens once the leaves are about 1 to 2 inches long.

Cut, wash, and ENJOY!

At least four hours of sunlight each day
Seeds (apply generously)
Soil mix or seed starting mix which is free of chemicals (use a spray bottle to keep the soil moist)

Source: https://extension.usu.edu/calendars/2021/02/02/utah-women-leadership-project-uwlp.html
TIME TO TIDY UP OR DEEP CLEAN?

(According to experts at Clean & Happy Nest, many of us have fallen out of our usual schedules for having a clean and tidy home due to quarantining or increased use of the home for remote work and home-schooling. To help those ready to get back on track, [https://cleanandhappynest.org/wvod/a-year-of-cleaning](https://cleanandhappynest.org/wvod/a-year-of-cleaning) offers a downloadable cleaning checklist and schedule for a year's time. Their site also contains cleaning tips to help meet the challenge—should you choose to accept it!

Here's a sampling of what you will find on the above link:

Daily:
- Disinfect high-touch surfaces
- Do laundry (if needed)
- Clean the kitchen
- Pick up clutter and spot clean

Weekly:
- Clean the bathroom
- Launder sheets and towels
- Vacuum, mop and dust
- Clean out the fridge

Monthly:
- Wash blankets and comforters
- Wash curtains
- Wash pillows
- Clean out the garbage

Yearly:
- Clean rugs and upholstery
- Clean the chimney and fireplace
- Clear out the gutters
- Deep clean and organize

PRACTICE AND BUILD RESILIENCE THIS YEAR

USU Extension's HEART (Health Extension: Advocacy, Research and Teaching initiative) team promotes the concept that building resilience can help improve your life and happiness as well as reduce and prevent substance abuse in both youth and adults.

To develop resilience, an important factor is actually facing adversity, stress, or any number of "character building" experiences throughout life.

The HEART team shares five "How To's" for practicing and building what they refer to as the "Resilience Muscle."

1. Take care of your body - building personal resilience doesn't have to be complicated. Getting the recommended amount of sleep, drinking water, and taking care of your body are good first steps. When you feel good in your body it's easier to be in the right mindset to deal with difficult things when they happen.

2. Surround yourself in a community - getting involved in your community, whether it be school, church, family, or work, allows you to create a sense of identity and belonging. A community will also allow confidence to grow and maintain a support system.

3. Writing in a journal - the American Psychological Association explains how people who actively write and think through their thoughts and feelings are more equipped to deal with hardships with a growth mindset rather than a destructive mindset.

4. Create and work towards goals - allow yourself to work towards realistic goals that will better your life. If the bigger goals seem out of reach, set smaller stepping stone goals to help create achievement along the way.

5. Handle stress in a healthy way - stress is normal and is something everyone experiences, but stress becomes unhealthy when our coping mechanisms aren't building us to become a better person. Rather than trying to mask or ignore stress, try working through stress by taking active breaks, practicing mindfulness, and asking for help.

Source: [https://aware.usu.edu/ResiliencePreventsSubstanceUse?_ga=2.25036346.1284679070.1609773158-942252679.1527021322](https://aware.usu.edu/ResiliencePreventsSubstanceUse?_ga=2.25036346.1284679070.1609773158-942252679.1527021322)

TOP COVID-19 SCAMS AND WHAT TO DO ABOUT THEM

Some of us unknowingly fell prey to one or more scamming plays used by those hoping to make a dishonest "buck" from unsuspecting customers shopping for Christmas. The Federal Trade Commission offers some tips that can be helpful moving forward.

SCAM 1: Undelivered Goods. Scammers selling goods online claim they have high-demand items in stock. You place an order and never get your shipment. This is more and more common as anyone can set up shop and look like they're selling legitimate products.

WHAT TO DO: Stick to sites you know and trust. Check out the seller by searching for previous customer reviews. If you decide to buy, use a credit card to keep record of the transaction and make sure you see "https" when you check out.

SCAM 2: Fake Charities. Whenever a major event like COVID-19 takes place, many kind people look for ways to help. Unfortunately, scammers take full advantage of this and use names that are very similar to names of legitimate charities.

WHAT TO DO: Use the following resources to help you research charities: BBB Wise Giving Alliance, Charity Navigator, CharityWatch, and GuideStar. The IRS's Tax Exempt Organization Search tells you if your donation would be tax deductible. You can find your state charity regulator at [www.nasconet.org](http://www.nasconet.org). Most states require the charity or its fundraiser to register to ask for donations. When you give, pay safely by credit card.


- Adapted from: [www.consumer.ftc.gov](http://www.consumer.ftc.gov)

2021 CONSERVATION TREE & SHRUB PROGRAM

This annual program is sponsored by the local Conservation Districts serving Beaver, Garfield, Iron, Kane and Washington Counties.

The Stock: are bare root seedlings (trees and shrubs) that come in a variety of species and sizes and are adaptable to a wide variety of environmental conditions in our area.

More information on available trees and shrubs, planting, description of trees, photos and the ordering form can be viewed online at: [https://extension.usu.edu/iron/tree-list](https://extension.usu.edu/iron/tree-list)

The Purpose: of the program is generally to address conservation goals such as livestock protection, wildlife habitat, energy conservation and wind control. While trees and shrubs are not selected for general landscaping, there are no restrictions on use.

The Cost and packaging of the seedlings are established to encourage their use as windbreaks or shelter belts. Therefore, plants must be ordered in multiples of five of each individual species.

On the day of distribution to customers (April 23, 2021) any extra trees will be sold. These trees will not need to be purchased in multiples of 5.

KEY INFORMATION

- ORDER FORM: Print from the website or pick up from USU Extension, 585 N Main Ste. 4, Cedar City.
- RETURN FORM WITH PAYMENT: Must be turned in before April 1, 2021 to the local Extension Office. After April 1 2021 only orders mailed with payment to UDAF Zone Five, P.O. Box 806, Panguitch. UT 84759 will be accepted.
- MAKE CHECKS PAYABLE to Upper Sevier CD.
- SUPPLIES ARE LIMITED: Orders will be filled on a first come first served basis.
- TREE PICK-UP DATE: April 23, 2021 starting at 8 a.m. at the Cross Hollows Event Center (Diamond Z Arena)