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Utah State University is an affirmative action/equal opportunity institution

Gardeners Almanac Monthly Checklist

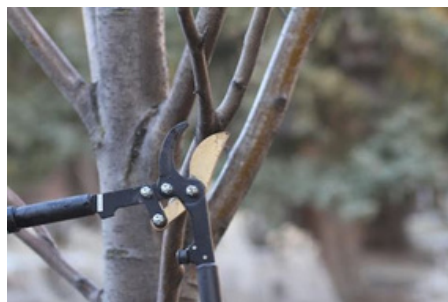
January Tips

- Peruse garden/seed catalogues to help determine new and exciting vegetable varieties to try in the garden.
- Plan out and design the vegetable garden--try to implement crop rotation of vegetable families to reduce disease buildup.
- Consider growing herbs and/or microgreens indoors to add fresh greens to your diet.
- Use deicing compounds sparingly to avoid salt damage to landscape plants.
- Perform routine maintenance on lawn mowers and other small engine garden equipment.
- Sign up to become a member of the USU sponsored Botanical Gardens and receive discounts on classes and workshops along with other special benefits.

February Tips

- Consider adding a smaller structure such as a low tunnel or a larger high tunnel to extend your growing season.
- Try your hand at starting vegetables or annual seeds indoors from seed to get a jump start on the growing season.
- If storing bulbs, check the bulb's condition to ensure they are firm, removing any soft or rotten bulbs.
- Prune grapes and fruit trees in late February – early March.
- Fertilize fruit trees at least 6 weeks before they bloom.

<https://extension.usu.edu/yardandgarden/monthly-tips>



Keep the good stuff growing!



KATHY'S CORNER

Extension
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January / February 2023 EDITION

EXTENSION.USU.EDU

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

JUST A QUICK NOTE

Here we are already several days into the new year! How are you adjusting to being back to work, getting kids back in school, or getting back to the gym, perhaps?

Make sure to set a workable pace for yourself as you ease into your routine, so it is more doable and less stressful- Everyone benefits from time to decompress- whether it is simply taking a few breaths of brisk outdoor air, talking with a friend, or even taking a 10-minute power nap.

What works for you? Remember it, add it into your schedule and move forward with a more positive attitude!

May you have a prosperous 2023!

Sincerely,

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



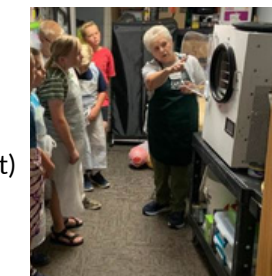
✓ CHECK IT OUT

Reserve/Use USU Extension Freeze Dryer!

Not sure if you want to invest in a freeze dryer of your own? Experiment first using the freeze dryer at the Iron County Extension office.

Details:

- Orientation/Training- Required before use
- Schedule with USU Extension (Mon or Tues)
- Choose ~ 3lbs. of what you want to process
- \$5.00 per batch (~ 1 ½ gals. Finished product)



2023 Extension Calendars

We still have a supply of free 2023 calendars designed by USU Extension. These calendars include tips and even recipes. You know you want one! Stop by today and pick up one for you and maybe one for a friend or family member.

OTHER GREAT READS INSIDE:

- PG 2: UTAH MARRIAGE CELEBRATION
- PG 2: EMPOWERING FINANCIAL WELLNESS
- PG 2: 2023 CONSERVATION TREE & SHRUB PROGRAM
- PG 2: BE PREPARED FOR WINTER STORMS
- PG 3: ROLE OF NUTRITION WITH CHRONIC PAIN
- PG 3: FOOD PRESERVATION SAFETY TIP
- PG 3: PRACTICE PREVENTION TO KEEP GERMS UNDER CONTROL

LOOK WHAT'S COMING

DIABETES COOK ALONG CLASSES

Join online 5-class series offered weekly beginning February 28, 2023, at 6 p.m. with a wide variety of topics.

Feb. 14th

HAPPY
Valentines
DAY

UTAH MARRIAGE CELEBRATION

Learn how to create a marriage filled with greater connection, fulfillment, and fun by attending the Utah Marriage Celebration, a date night for couples who want to strengthen their relationship (or an opportunity for single individuals to prepare for a future romantic relationship). Come join us on Friday, February 10 for an evening of online education from speakers across the nation and inspiring keynote speaker, Nate Bagley of GrowthMarriage.org



Registration and information available here:
<http://relationships.usu.edu/mc23>

EMPOWERING FINANCIAL WELLNESS

Live & Free webinar series for women- Learn the best finance strategies.

Hosted via Zoom, recordings for later viewing are available to all who register.

To register see: FINANCE.USU.EDU/EFW



WINTER 2023: JANUARY, FEBRUARY & MARCH

12:00 PM MT
Tuesdays & Fridays

Free live webinars hosted via Zoom. Recording available to all who register.

Join our FREE webinars to learn the best finance strategies including:

- Ditch holiday debt with PowerPay
- Cut expenses to survive student loan repayment
- Bolster your budget
- The bright side of inflation for your finances
- Organize and declutter financial paperwork
- Protect your credit and investments
- Investing principles for women
- Estate planning essentials for peace of mind
- Maximize income and minimize expenses



TO REGISTER: FINANCE.USU.EDU/EFW

2023 CONSERVATION TREE & SHRUB PROGRAM

The Conservation Tree Program is back again this year, and the tree/shrub order forms are now available. The seedlings are bare root and come in a bundle of FIVE or TEN. Remember that there is a limited number of seedlings, and it is first come first serve. The faster you submit your order with payment, the more likely you are to get the trees/shrubs you want. You can pick up or drop off the order forms at the Iron County- USU Extension Office in Cedar City or mail the completed form with the payment to the Panguitch address on the bottom of the order form.

To get a PDF of the order form visit:
<https://extension.usu.edu/iron/files/tree-order-form2023.pdf>

Purpose: As a reminder, plantings are generally intended to address conservation goals such as livestock protection, wildlife habitat, energy conservation and wind control. However, there are no restrictions on use. Windbreaks and shelter belts are excellent uses of these plants.



BE PREPARED FOR WINTER STORMS

Gratefully, Utah has yet to experience the extreme weather of California and New York this winter. It is still a great idea to be prepared for times when the power is out, a trip to the grocery store isn't possible, or the car is buried in snow too deeply to dig out.

Before a Storm, it is Helpful to:

- Arrange for emergency heat supply in case of power failure.
- Prepare auto, battery-powered equipment, food, heating fuel and other supplies.
- Prepare a car winter survival kit to stay warm, have food and water, matches, shovel and a way to free a car stuck in a snowbank or mud.
- It's also a great idea to keep the gas tank above ½ full at all times.

Source: Family Emergency Preparedness Guide, SW Utah Public Health along with area Emergency Management Departments



ROLE OF NUTRITION WITH CHRONIC PAIN

In a recently published online nutrition factsheet for USU Extension, authors explored the relationship between nutrition and chronic pain. In part, the article states:

“Proper nutrition is required for all cells in the body to function optimally, with immune cells being no exception. Immune cells must receive the nutrients they need to perform their job. Without appropriate nutrition, negative changes in the immune system may occur and may increase the risk of chronic low-grade inflammation (Childs et al., 2019).

“There is increasing concern that modern lifestyle and diet have resulted in the promotion of ongoing, low-grade inflammation (Childs et al., 2019, p. 2). The Western diet is generally characterized by a high intake of added sugar, fat, and sodium, and a low intake of whole grains, fiber, micronutrients, and other bioactive molecules such as polyphenols and omega-3 polyunsaturated fatty acids (Brian et al., 2019; Childs et al., 2019). Diets consisting of highly processed foods, high in saturated fats, trans fats, or added sugar, have been positively linked with persistent low-grade inflammation (Barbaresko et al., 2013; Harvard Health, 2018).”

However, moderate changes in diet can provide sufficient nutrients to help keep the immune system working well and aid in reducing pain caused by inflammation .



Examples of dietary adjustments mentioned in this article include:

- Regularly eat more fruits and vegetables
- Change out saturated fats with polyunsaturated options
- Increase foods containing antioxidants such as dark green leafy vegetables, nuts, legumes, and whole grains

Source:

<https://extension.usu.edu/nutrition/research/chronic-pain>

FOOD PRESERVATION SAFETY TIP

When canning and using other methods of food preservation, safely preserving the food product with scientifically tested recipes should be the top priority. No one wants to waste their time and effort preserving food that will spoil before consumption, not seal properly, or create an accidental food-borne illness or toxin in the product.

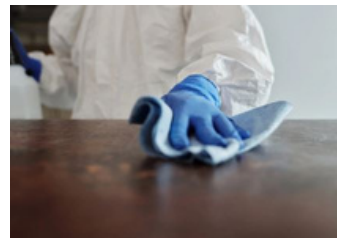


Also, be aware that recipes passed down through families and neighbors or found through online searches may not be safe. If you have questions or doubts, please reach out to your local USU Extension Office for assistance.

PRACTICE PREVENTION TO KEEP GERMS UNDER CONTROL

From the American Cleaning Institute, here are some basic prevention practices to help keep your home free of many lurking germs and bacteria.

- Keep clutter to a minimum. Having lots of stuff around makes cleaning harder and gives places for dust and allergens to collect.
- Wash hands with soap and warm water regularly - to help stay healthy and keep dirt and germs off household surfaces.
- Wipe shoes on entryway rugs or mats to protect floors and carpets, and to catch dirt, dust, pollen and other allergens brought in from the outside.
- Keep bathroom and kitchen surfaces as dry and clean as possible to help control the growth of moisture-loving bacteria, mold and mildew.
- Leave shower doors and curtains open after use so shower walls can air-dry.
- Treat spots and stains on garments and clothes as soon as they occur.
- Promptly clean up crumbs and other food scraps after preparing or eating food.
- Wipe up spills before they have a chance to dry.
- Put coasters under beverage glasses to prevent water spots and rings on wood surfaces.



Source: <https://www.cleaninginstitute.org/cleaning-tips/clean-home/cleaning-basics>