

USU Extension Service, Iron co.  
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Change Service Requested

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

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### What's Growin' On?: Get Your Garden Growing

-Ashley Tullis, USU-Iron County Staff Assistant & USU Extension Master Gardener

#### May/June Checklist:

- Turfgrass needs minimal irrigation each week. [Click here](#) for irrigation needs in your area.
- In compacted sites, aerate with hollow core aerator when turfgrass is actively growing (April – June).
- Control broadleaf weeds in the lawn when temperatures are between 60-80°F. Follow the label and stop use of broadleaf herbicides once the temperature is above 85°F.
- Apply a slow-release lawn fertilizer to provide a long-lasting affect throughout the summer months.
- Protect fruit blossoms and tender garden plants from late freezing temperatures.
- Deadhead (cut off) spent blossoms of perennial and annual flowers.
- Thin the fruit of apples, peaches, apricots to approximately 1 fruit every 5-6 inches.
- Apply a second application of pre-emergent herbicides in late May - early June to control annual weeds.

**Pro tip from the USU Extension Gardening Team-** Get the garden growing by adding a tablespoon of fertilizer to the soil under each plant. Use a good all-purpose fertilizer and mix it into the soil 1-2 inches under each plant or seed. As the roots develop and grow, they will move through the area where you added fertilizer and you will be rewarded with ample growth and plant production.

Remember that young plants need to be watered often. Check plants daily and water each day for the first few weeks. Once plants are well established, you may not need to water as often, but you will still want to walk through the garden daily to monitor for potential issues.

The Team also suggests enrolling in the [Creating Perfect Soil course](#), the course covers everything from what soil is made of and why it is important to how to choose and apply the correct fertilizer.



Keep the good stuff growing!



Source: USU Gardening Team and <https://extension.usu.edu/yardandgarden/monthly-tips>

# KATHY'S CORNER

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MAY/JUNE 2021 EDITION

EXTENSION.USU.EDU

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

## JUST A QUICK NOTE

Winter could be behind us once and for all...?  
Mother Nature has fooled us all more than once with a late snow storm though so gardeners may want to wait a week or two before planting live plants or be prepared to protect them. (Average last frost in Cedar City is somewhere between May 10-20 depending on the source.)

Enjoy the changing of the seasons- even though we may long for warmer temperatures, the cool nights are helping us maintain some of our mountain snow run-off (what's left of it, anyway). We'll all need to do our part to conserve water this summer. To see tips for home, yard & garden, and general water conservation best practices, visit: <https://extension.usu.edu/waterquality/conservation/>

Sincerely,

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

## ✓ CHECK IT OUT

### 4-H Day Camps

Review the schedule and sign youth up for 4-H Summer Day Camps: <https://mcusercontent.com/6eae74e1e84ed23e2ce0cb818/files/f7b40d81-876d-45c3-af78-ece94154d5f2/2021DayCampSchedule.pdf>

### Free Water Check Program

[Click here](#) or call ICWCD 435-865-9901 to schedule an appointment to have your irrigation system evaluated.

### Guides for Growing & Maintaining Your Yard and Garden

Information abounds on topics related to:  
Fruits, Vegetables & Herbs  
Healthy Soil  
Trees & Shrubs  
Lawn Care

Plus: "Monthly Tips & Checklist"  
Online Gardening Classes  
Visit: <https://extension.usu.edu/yardandgarden/index>

### OTHER GREAT READS INSIDE:

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## LOOK WHAT'S COMING

### Preserve the Harvest Lectures & Live Demos

Tuesdays, 7:00- 8:30 p.m. (MDT)  
Livestreamed lectures with demos:  
May 18- Freeze Drying  
May 25- Jams & Jellies  
June 1- Dehydrating  
June 8- Pressure Canning  
June 15- Tomatoes & Salsa

For more information on the classes and registration, visit:  
<https://extension.usu.edu/preserve-the-harvest/master-food-preserver>

### Financial Wellness Classes

Live online events during May are at 1 p.m. and 7:00 p.m. MDT and last about 45 minutes. June classes are coming...

May 18- Credit and Your Financial Growth  
May 25- Organizing Your Financial Future

Register for a free class:  
<https://extension.usu.edu/finance/empowering-financial-wellness/classes-and-webinars>

## BEING A KID, AGAIN- BENEFITS BOTH YOU AND YOUR KIDS

Kids are almost always ready to play so making yourself available to spend time with them can be great for both of you for different reasons. If you don't have any children in your home, chances are there are some nearby whose parents will gladly share!

Positive results- It's a health challenge, not just because of movement but chances are you'll also end up laughing which is good for your health! Playing like a kiddo can result in strength and cardiovascular benefits. Just do it!



Just remember- Keep play time playful- no need to make games/activities competitive. As much as possible, keep play time about them- go with the flow.

Ideas for what to do- Simple tag, hiking or biking not just around the neighborhood. "Just Dance" with a video app or purchased console game, or use a walking trail.

## DECOMPRESSING- Separating work stress from your personal life

Whether you work from home or an office in a different location, downtime or decompressing is essential to avoid having work stress spill over into personal life. When you have an especially busy day at work, consider trying any of the following ways to de-stress:

- Read the newspaper or a good book.
- Sort the mail.
- Listen to your favorite music.
- Tackle a project that needs to be done.
- Share the ups and downs of the day with your spouse, a friend, or pet.
- Mediate.
- Take a few minutes to mentally review the day and plan for tomorrow.
- Get out of the house or find a quiet place inside the house where you can do something alone and/or pamper yourself.
- Take a brief nap, take a walk, or soak in the bathtub.

Sourced from Be Well Hope Health Letter, USU

## QUICK SUMMER BREAKFAST- on the go

Summer mornings aren't always slow and leisurely. Check out this recipe for Breakfast Cookies from USU's Create Better Health:

## Breakfast Cookies with Fruit

fruity dessert 

### Ingredients

- 1 ripe banana, mashed
- 1 egg
- ¼ cup maple syrup or honey
- ¼ cup brown sugar (optional)
- 1 tsp. vanilla extract
- ½ tsp. salt
- ½ tsp. ground cinnamon
- ¼ cup peanut butter
- ¼ cup whole wheat flour
- 1 cup old fashioned oats
- ¾ cup nuts and/or seeds
- ¾ cup dried fruit



### Directions

Preheat your oven to 350 ° F. Spray a baking sheet with nonstick cooking spray. In a large bowl, mix the mashed banana, egg, syrup or honey, brown sugar, vanilla, salt, cinnamon, and peanut butter until well blended. Add the flour and stir to combine. Add the oats, nuts, and dried fruit. Stir to mix. Use a large spoon or cookie scoop to scoop out the mixture onto the prepared baking sheet. Press down on the top of the cookie to flatten slightly. Bake for 15-18 minutes.

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## GOLDEN RULES FOR A HAPPY HOME

1. If you open it, close it.
2. If you turn it on, turn it off.
3. If you unlock it, lock it.
4. If you break it, fix it.
5. If you can't fix it, call someone who can.
6. If you borrow it, return it.
7. If you use it, take care of it.
8. If you make a mess, clean it up.
9. If you move it, put it back.
10. If it belongs to somebody else and you want to use it, get permission.
11. If you don't know how to operate it, leave it alone.
12. If it doesn't concern you, mind your own business.

Source: Anonymous

## FOOD STORAGE TIP FOR MAY

Memorial Day is often labeled as the beginning of outdoor grilling/barbecue and picnic season. For this reason, many grocers will run ads for spices and condiments soon to be used for summer activities and events.

While a good sale is always great for those who like to have a well-stocked pantry or long-term food storage, it is important to be realistic.

How many bottles of ketchup will you really go through in the next year?

Probably not 12; maybe 2 or 3.

Ask the same question about prepared mustard; mayonnaise; salad dressings; and even pickles.

Next, let's talk about spices- while most spices will store great for 1-2 years, if you buy a 5 year's supply of some items, they may become stale or lose their potency. Again, be a realist- Be prepared but avoid becoming a hoarder who over time may likely end up disposing of unused items.



## WHERE TO BUY BALL®/KERR® BRAND CANNING LIDS

From the site: <https://www.freshpreserving.com/where-buy.html> the website for Ball®/Kerr® products, the following statement is found:

**Ball® brand home canning products are currently only sold through authorized third-party retailers, and not our website, FreshPreserving.com, or the Ball corporation site, Ball.com. For your convenience, we've included a select list of authorized retailers who are currently carrying genuine Ball® brand home canning products. When purchasing online, use caution if the product is sold or shipped by another entity other than the authorized retailer.**

Retailers located in our area include: Ace Hardware®, Kroger®, Target®, TrueValue®, Walmart®, Albertsons®, and Tractor Supply Co.®. Keep in mind that local stores may or may not have these items in stock so it is best to check the websites to see about online orders.

One more caveat is that while one business may list canning lids at a reasonable price (e.g. \$2.99/dozen), another may charge 4x's that much. Also, it appears only regular mouth jars are currently available. However, gardens have yet to produce fall's harvest so keep hanging in there for better news soon



**NOTE: If you own a dial-type canning gauge on your pressure canner, it should be tested annually—An alternative option, if your canner comes with a counter weight (5-10-15 lbs. options), you may use the 15 lbs. weight at our altitude.**