Juab County Home and Yard Irrigation System

In 2008, a PVC Drip Irrigation system was developed by Juab County gardeners and was shared with others through a number of workshops. These workshops were taught on local, county, state, and national levels. Fact sheets and other materials have been developed to educate gardeners about the system. In 2014, a USU YouTube 9 minute video was produced about the system and placed online. During 2016, the video was viewed over 93,000 times from people in 208 countries. The video was ranked number two on USU’s YouTube videos viewed during the year. It is also number four on USU’s all-time videos viewed list despite only being placed online 30 months. It’s rewarding to see how a program developed in Juab County has reached such a global audience.

By Jeff Banks

Forage Kochia Research Project

In 2006, with the help of a WSARE grant, a long term USU research project was started in the county. The project was titled “Interseeding Forage Kochia into Established CRP Grass Stands”. The research plots were located on Ron Harper’s farm west of Levan. The objectives of the study were to: (1) determine potential to interseed forage kochia into established CRP ground and (2) evaluate how the interseeding affected forage mass and forage nutritive value. After a number of years of collecting data, the results have now been published. The results were published in 2016 as a refereed journal article and a USU peer reviewed fact sheet. The study shows that this method may be an attractive and economic alternative to returning CRP acres to crop production. This research project will assist producers not only in this county, but throughout the state and the Western US. 

By Jeff Banks

Extension Gardening Workshops

Home horticulture is a major activity for many residents in the area. To assist the residents in improving their gardening skills, Extension organized, planned, and assisted with the teaching of eight different yard and garden workshops. The classes included Water Wise Plants and EZ Landscaping, Yard and Garden Pest Control, Great Vegetable Gardens, Rose Care, Pruning, & Management, Container Pots and Hanging Plants, and Conserving Water by Using Drip Irrigation. Specialists were brought in to teach some of the workshops, which were held in Nephi, Mount Pleasant, Park City, and Richfield. The series of garden programs were deemed a major success and the information shared with the workshop participants should help them in their future gardening efforts. Two hundred and twenty adults and youth participated in the workshops.

By Jeff Banks
**Teen Council Highlights**

The 4-H Teen Council is a group of youth leaders that work cooperatively with our county agents and 4-H staff providing learning opportunities for the youth in our county. They range in age from grades 6th-12th with near 40 members combined, forming this year’s Jr. and Sr. Teen Councils.

Every month the Jr. Teen Council participated in a variety of activities allowing them to strengthen leadership skills and develop character. Random acts of service were sought out, and during the year the Jr. Council members completed 1,000 hours of combined service. Some of these projects included packets for soldiers, games at the park, and food donations. The Jr. Teen Council participated in the community garden this year caring for two garden beds. They planted tomatoes, onions, peppers, celery, cucumbers, and cabbage. Their harvested produce was used to make snacks for 4-H activities and a portion was donated to the Food and Care Coalition for homeless shelters. 

*By Amy Stanley*

This year the Senior Teen Council leadership focus was on “growth”. Many teens had tremendous personal growth in their leadership skills including responsibility, dependability, commitment, and follow through. They were committed to 85 or more hours of service in their communities. They lead 4-H Day Camp, and hosted “Fab Friday” activities. Senior Teen Council members also grew through participation in many leadership trainings including Southwest Region Ambassadors, 4-H, Winter Retreat, County and State Contests, and Teen Leadership Training (TLT). Their growth culminated with two major activities: a “Growth Activity” including rappelling and paddle boarding, and a Relationship Retreat held in Moab, focusing on helping each youth to become their personal best. They planned and presented two workshops at the annual “Community Family Night Out”.

*By Susan Allred*

**General 4-H**

The annual 4-H Day Camp was held at Hop Creek Hideaway. Youth learned about Critters in the Creek, created a special craft to take home, and learned about science from a mad scientist. These activities were presented by leaders from Utah State and some local leaders.

In cooperation with Nephi City, our annual 4-H Summer in the Park program introduced area youth to programs that 4-H offers. They learned life skills through games and activities including STEM projects, what to do in the case of an emergency, good nutrition, and the importance of communicating with others.

Sewing and Food Preparation/Nutrition camps were held during July. 4-H youth learned to prepare a complete Mexican Fiesta meal. They learned new sewing skills and completed projects that could be entered in the county fair. They learned how to make loom hats and fleece blankets which were donated to the hospital as a service project.

We presented in-school 4-H to the third graders at Eureka Elementary. Students learned about what a plant needs to grow and they planted flowers to take home. They also learned the importance of saving money. 

*By Judy Jensen*
USU Extension and Department of Workforce Services co-sponsor the Food $ense/SNAP-ED Nutrition Program which helps people lead healthier lives. SNAP-Ed teaches people eligible for SNAP benefits about good nutrition, how to make their food dollars stretch further, and to be physically active. Food Sense SNAP-Ed Program provided education to 4,524 low income residents including youth and school programs.

The Food $ense “Creates” curriculum is designed to improve healthy eating and basic cooking skills, making new habits that will help residents take control of their own nutrition and health. Participants are taught to plan meals and snacks in a way that works for their family and their budget. These tools allow them to look at what they are spending now, and how they can make small changes that add up to increased savings in their budgets. Also emphasized is the importance of choosing a physically active lifestyle consistent with the current Dietary Guidelines for Americans and USDA’s MyPlate.

Success Story: "The Food $ense program and Laurie help remind me of the importance of family mealtime. Laurie gives me many ideas that help me. Every time I see her and pick up a recipe handout or take the lessons she offers, it reminds me to do my best." C.A.

I was in the supermarket where a participant came up to me to show that he has been using the menu planner and shopping list he was given at a lesson he attended. These tools have helped him eat better and save money. **By Laurie Bates**

**HEALTHY RELATIONSHIPS UTAH**

Relationship Education

Great opportunities were made available to citizens in Juab County this past year with regard to relationship education. Last spring, Utah State University was awarded a grant for Fatherhood Education, and Juab County was selected as one of the regions throughout the state where classes would be provided. Research based fatherhood classes were offered at no cost to fathers, expectant fathers, and father figures in the county. Classes were offered in various locations, like the local DWS office and the Mountainland Head Start preschool, for example, in order to make these classes accessible to a wide variety of citizens. In addition to community classes, private classes were also held by request. Private groups include businesses, departments, and even neighbors.

The Fatherhood Education Grant offers Love & Logic Parenting Classes, and Home Run Dads Parenting Classes. Love & Logic tends to have more of a skills based approach, whereas Home Run Dads uses a fun sports theme to teach enhanced relationship building techniques.

Additionally, the grant provides for InsideOut Dad Fatherhood classes to be taught to incarcerated fathers at the Juab County Jail. These classes provide incarcerated fathers with the motivation and skills they need to form the lasting connections that will prevent recidivism.

Classes are offered on a continual basis at no charge. 2016 was the first of this five-year grant. **By Natasha Dansie**
Relationship Classes
Looking back on my work in 2016, the concept of relationships and relationship management seems to be the most salient feature in all of my endeavors. One of the most significant connections that I have developed has been with the female inmates at the Juab County Jail. During these visits, I shared research-based curriculum in financial management and relationship topics. The audience at the jail always looked forward to my arrival and they were extremely receptive. I taught 16 classes and a total of 91 participants in 2016. There was always such a unique and warm feeling when I taught at the jail. I believe that this feeling came because I knew that this was an audience who truly needed and valued the information that was delivered.  
By Ginger Hack

FCS 4-H Clubs
Another special relationship I have enjoyed is with the 4-H members that I have served in my capacity as a youth development educator. It has been a pleasure to work with the youth in our cake decorating, sewing, modeling, rocket making, cooking, and day camps. I have participated with senior 4-H members during practice interviews for state contests, and I accompanied them to Logan where they competed. I have reveled in the camaraderie and friendships that they offered. I am keenly aware of the opportunity as an educator to: be a positive influence, to help them develop skills of independence, to encourage successful learning, and to guide the youth as they become productive citizens.  
By Ginger Hack

Financial Management
I was fortunate to develop a great relationship with Lon Wickel, the Store Manager, of Nephi’s Wells Fargo Bank. We co-taught a series of classes entitled Financial Freedom, which I adapted from Extension and Wells Fargo curricula. I have also used this curriculum to teach at the jail. The women were exceptionally interested in this topic because of the concern regarding how they will cope financially as they seek employment with their past prison records. I have also encouraged home businesses. So far, I have taught three soap making classes, a floral arranging class, and a class teaching how to create lotions and other personal care products.  
By Ginger Hack

Home Canning and Preserving
The community of Juab County has a strong interest in food preservation and home canning. Food preservation and canning resources are continually requested. To meet this demand, I adapted and taught a four-class series entitled, Use It or Lose It. I also advertised a free pressure canning gauge testing service at the Extension office. The marketing generated a response, and I discovered three critically faulty gauges. Current, research-based home-canning information was shared. This extremely valuable information could prevent potential illness or death. As a NEA Supervisor, I work alongside Laurie Bates, Food Sense NEA, to teach healthy eating and lifestyle strategies.  
By Ginger Hack

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