As our spring season fades into long summer days, I wanted to share some of the most common problems I'm seeing. Many issues right now are a result of one shared problem: drought. When plants or trees are experiencing water stress it makes them much more susceptible to attacks from other pests, pathogens, or diseases. This year is going to be tough on trees and lawns.

With that being said, one problem I am seeing right now is with pines and other evergreens. Many of these trees have the tips of their needles or the tops of their trees turning brown and seeming to die off. Several different beetles and pests can cause these types of problems in evergreens. Depending on exactly what you have, some of these pests can be eradicated with pyrethrin. Many different products contain this active ingredient. Always follow labels and keep in mind these can be problematic to pollinators, so choose spray times wisely. Albeit, most trees that do exhibit these bugs are generally under water stress. However, if you can give a good soak to your trees a couple of times a week, it may help your trees to naturally fight off some of these pests.

In lawns, I am seeing different types of molds, fungi, and dying off patterns. Similar to the trees, the grass is also more susceptible to disease and pests when it is water-stressed. Good practices to help keep your lawn watered properly and to keep fungus growth down is to water less frequently but more deeply. This will help the grass develop a better root system and help it fight off fungus problems on its own. Another good practice is to mulch your lawn instead of bagging it. The grass clippings contain nitrogen and useful organic matter that breaks down into the soil. If your lawn is particularly long, it may be useful to bag occasionally, but sticking to mulching the grass will considerably improve your soil quality and grass stand over time.

If you only have a limited amount of water to go around and you have to decide between watering the trees or the lawn, I recommend letting the lawn go. If the grass isn’t watered, it will enter dormancy, and you can bring it back in the fall. If a tree is choked off of its water supply, it will die. There is no bringing it back after it is gone. Dead lawns don’t look great, but I believe that is preferable to replacing trees in the future.

The last commonly seen problem I want to discuss is iron chlorosis in plants and trees. This is generally due to our high pH (alkaline) soils. This makes it difficult for plants to take in water and nutrients. When looking at tree selections, most maples, especially the ‘Autumn Blaze’ cultivar, don’t survive well. There are situations where they will grow well, but most often it is worth your time and money to consider alternates to these trees. Lilac bushes, Bur Oak, Ginkgo, and other trees grow well in our soil types. For more information on planting the correct trees, contact Extension or visit USU Extension websites treebrows-er.org or forestry.usu.edu.
The Power of Volunteers
By Eva Timothy

Did you know that a positive and encouraging relationship with an adult can aide youth in the development of resilience (to recover quickly) to overcome adversity? As youth develop positive bonds with adults, they are imbued with greater ability to bounce back from life’s difficulties. Furthermore, as community members volunteer, they find that they have much to offer those around them. Thus building their own self-worth and confidence. This is one of the many reasons that 4-H works with community members to lead clubs using hands-on learning activities.

The COVID-19 pandemic has had major financial and mental health implications (Banerjee et al., 2021). No one is immune from this recent stressor, old or young. Now, more than ever, we depend on our community to join us as we invite youth to engage in learning and relationship development in healthy ways.

This last year has challenged our resiliency. It has required quick adaptation as we navigate a global pandemic that has impacted all lives. However, we have had some amazing volunteers who have been pivotal in the continued effort to build the youth of Millard County. We would like to express our heartfelt appreciation for the following volunteers:

References
Banerjee D., Kosagisharaf JR., Sathyanarayana Rao TS. ‘The dual pandemic’ of suicide and COVID-19: A biopsychological narrative of risks and...
There were 4 youth who went to Logan, Utah to participate in the Utah 4-H State Shoot. There were only roughly 50 from the whole State of Utah who participated, so having 4 from our county is amazing! These youth went to Utah 4-H State Shoot to have much more.

Come join us for the Annual 4-H Classic June 29-30 in Utah County. Cost is only $25. Cost includes a t-shirt, 2 meals and contest awards. Lodging is on your own.

We will have volunteer and youth workshops to provide club meeting ideas on: Family Consumer Science, STEM, Civic Engagement and Leadership. There are 30+ workshops to choose from. This is replacing the old "Leadermete". 10 state contests happening related to Family Consumer Science & Public Speaking. Contests will be open to observe so you can learn about the contests as well. State winners in the Senior Division will receive a winners jacket. They will also be eligible to compete in the nationwide virtual contests in October and the National 4-H Competition in Denver in January. Intermediate state winners will receive a sweatshirt.

You don't want to miss this great opportunity to learn and/or compete. Registration closes on June 17.

We are always looking for volunteers! We would love you to share a hobby, passion or skill with our youth! There are MANY ways you can give: teach a one-time class, host a one-time event, assist a club leader with a topic in a current club or start up a new club (ie. photography, robotics, hiking, baking, biking, coding, canoeing, aeronautics, etc...) Our youth want things to do and are always ready to learn new things. We have an amazing team and youth leaders who are excited to work with you! Contact us today! Call, text or email Tonya at: 435-557-0399 tonya.morrison@usu.edu or Courtney at: 385-236-3121 courtney.stephenson@usu.edu
Upcoming Classes in Your Area

- Food, Fun & Culture May 28, June 4 & 18, July 2, 16, & 30 at Fillmore City Library at 10:00 AM for preschoolers through 2nd Grade Youth and parent(s). RSVP to Mary Anna at 864-1484. Limited to 25.
- Create Fresh Farm Food: Meal Planning & Flexibility with What’s in Your Garden or At The Farmers’ Market/Create a Casserole. Thursday, June 3, 4:00 PM at the Delta Sands Apartment Complex: 274 West 100 South or Thursday, June 17, 4:00 PM at Mt. Catherine Manor: 155 South Main Street, Fillmore.
- Create Farm Fresh Food: Fruits & Vegetables/Storing Fresh Fruits & Vegetables/Create a Fruity Dessert. Thursday, July 1, 4:00 PM at the Delta Sands Apartment Complex or Thursday, July 15, 4:00 PM at Mt. Catherine Manor, Fillmore.

Blueberries

Blueberries are available fresh, frozen, canned and dried for nutrition and convenience. If selecting fresh, choose firm, plump, dry blueberries with dusty blue color. Blueberries are fat free, saturated fat free, cholesterol free, sodium free, high in vitamin K, high in manganese, good source of fiber, good source of vitamin C, and a good source of copper.

Mixed Fruit Smoothie

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>DIRECTIONS</th>
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<tbody>
<tr>
<td>• ½ cup 100% apple juice</td>
<td>Put all ingredients in a blender or food processor and process until smooth.</td>
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<tr>
<td>• ½ cup unsweetened almond milk</td>
<td>Pour into glasses to serve. Makes 2 servings.</td>
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<tr>
<td>• ½ cup frozen blueberries</td>
<td>Use your favorite fruits to make a refreshing smoothie on a hot summer’s</td>
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<tr>
<td>• ½ cup frozen strawberries</td>
<td>evening. We’ve recommended berries here, because they’re easy to work with</td>
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<tr>
<td></td>
<td>in smoothies, but any fruit frozen in bite-sized pieces will work just as</td>
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