PRESERVING THE HARVEST

SAFE TECHNIQUES FOR HOME

Furthermore, if your dial gauge reads 2 or more pounds off, the National Center for Home Food Preservation recommends that the dial gauge be replaced. Dr. Elizabeth Andress explains that a 2-pound error on a dial gauge means a 30% decrease in your pressure canner being able to kill bacteria or other microorganisms (2017). Extensions greatest concern is public safety, therefore, we cannot advise the use of a dial gauge that reads 2 or more pounds off inaccuracy.

PRESSURE GAUGE TESTING

The gleaning season is upon us, and many home food preservation gurus have begun the laborious love of pressure and water bath canning. For those who are new or skilled at this form of storing food for later use, it is always advisable to brush up on your knowledge of the latest research to keep you and your loved ones safe.

PREVENTING BOTULISM

It is recommended that the dial gauge of each pressure canner you intend to use be tested before each harvesting season. Yearly testing is recommended to help you avoid the possibility of under processing, thus running the risk of the botulism toxin being present in your delicious home-canned foods. Note: this toxin is not visible to the eye and is the most deadly form of food poison.

OTHER ITEMS TO CHECK

• Sealing Rings- check for pliability. Replace when breakage or cracking occurs.
• Vent Pipe- check for and clear any obstruction.
• Cover- if you notice your lid is hard to open or close, use a light cover of vegetable oil on the sealing ring and body lugs.

*Recommendations were obtained from the Presto Pressure Canner & Cooker manual.

References

We are always looking for volunteers! We would love you to share a hobby, passion or skill with our 4-H 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, fishing, aeronautics, etc…) Our youth want things to do and are always ready to learn new things. We have an amazing team, as well as talented 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

Millard County Fair Summary:
CONGRATULATIONS TO ALL THE FAIR QUALIFIERS!

Small Animal Grand Reserve and Reserve Champions- Dayne Scott, Alethea Stephenson, Kinley Warnick, Trystyn Ashby, Cheyenne Ashby, Wyatt Finlinson, Krue Ashby, Traycen Ashby.

Millard County Fair Horse Show- Everyone improved so much, but the overall winner who took the buckle was Jada Jaques.

Fashion Revue- Felicity Winsor, Ella Winsor and Danika Anderson were this year’s winners! The girls did an excellent job and we loved having Karley Swallow emcee and sing for us!

Cake Wars- Congratulations to AJ Stephenson & Brooklyn Walton who won 1st place with their amazing piano cupcake design!

Our NEW 4-H year begins Sept 1st!
Every child needs to renew their registration@ 4h.zsuite.org in order to participate in clubs, events and activities.
Please make sure your phone numbers, email addresses and physical address are up to date.

MILLARD TEEN COUNCIL Corner
Teen Council is open to ALL 4-H youth in 9th-12th grades. This club is designed to help teen’s develop leadership skills. Members meet monthly to plan, organize and implement 4-H educational programs, community service projects and fun social activities.

Contact your 4-H Leader for more information or sign up on 4h.zsuite.org

Don’t see a club your child is interested in? Please let us know! We place our focus where the most interest is received. We’re always looking for club leaders! Give us a call and we will explain how easy it is to assist in 4-H!
Congratulations to Nathan Taylor who participated in the Healthy Choices Create Challenge for the month of July and won an Air Fryer+ from the CBH State Office plus a punch pass from East Millard Swimming Pool. Thanks to those who donated prizes for the Healthy Choices Create Challenge.

**Upcoming Classes in Your Area**

- **Create Fresh Farm Food: Healthy Eating Patterns/Benefits of Family Mealtime/Create a Stir Fry.** Thursday, September 2nd, 4:00 PM at the Delta Sands Apartment Complex: 274 West 100 South or Thursday, September 16th, 4:00 PM at Mt. Catherine Manor: 155 South Main Street, Fillmore.

- **Create Better Health: Introduction to MyPlate/Physical Activity/Create a Casserole.** Thursday, October 7th, 4:00 PM at the Delta Sands Apartment Complex or Thursday, October 15th, 4:00 PM at Mt. Catherine Manor, Fillmore.

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**Fruit And Vegetables**

People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, type 2 diabetes, and some types of cancer. Eating healthy can also prevent obesity and high blood pressure.

Fruits, vegetables, and legumes (dry beans and peas) may reduce the risk of several chronic diseases. Compared to people who eat few fruits, vegetables, and legumes, people who eat higher amounts as part of a healthy diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, type 2 diabetes, and cancers in certain parts of the body (mouth, throat, lung, esophagus).

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**Rainbow Salsa**

**INGREDIENTS**

- 4-6 tomatoes
- 1 orange bell pepper
- 1 can sweet corn, drained & rinsed
- 1 jalapeno
- 1 lime, juiced
- 1 bunch of cilantro
- 1 purple onion, diced
- 1 can low-sodium black beans, drained
- 1 tablespoon cumin
- 1 teaspoon salt

**DIRECTIONS**

Wash hands and then wash all fresh produce (tomatoes, bell pepper, jalapeño, lime, cilantro, and onion). Core and dice tomatoes. Dice orange bell pepper. Wearing disposable gloves, remove all seeds and white interior of the jalapeño. (For spicier salsa leave the seeds in). Finely dice jalapeño. Juice lime. Finely chop cilantro. Chop onion. Add corn and black beans once drained and rinsed. Mix all ingredients in a large bowl. Serve with low sodium tortilla chips, on a taco salad, in a quesadilla or burrito, or on top of eggs, chicken, or fish.
USU Extension
83 So. Manzanita Ave.
Delta, Utah 84624

Address Service Requested

Other Contact Information
Phone: 435-743-5412 or 435-864-1480
Fax: 435-743-4221 or 435-864-1488
E-mail: millardextension@usu.edu

www.extension.usu.edu/millard

Millard County

Mon/Wed/Fri
83 South Manzanita
Delta, UT 84624
(435) 864-1480
Fax (435) 864-1488
millardextension@usu.edu

Eva Timothy—FCS/4-H Assistant Professor
Makayla Shank—Office Manager
Mary Anna Henke—FSNE Educator
Kalen Taylor—Ag Agent
Tonya Morrison—4-H Coordinator
Courtney Stephenson—4-H Coordinator

Tues/Thurs
50 South Main
Fillmore, UT 84631
(435) 743-5412
Fax (435) 743-4221
millardextension@usu.edu

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