My name is Kalen Taylor and I would like to introduce myself as the new USU extension faculty member here in Millard County. I’ll be in charge of everything agriculture, horticulture and anything else related to natural resources. I feel very lucky to be here and I am excited to learn more about the area. I am from Layton, Utah but I have been living in Cache Valley attending Utah State University for the past six years.

In my week I’ve spent here, I’ve noticed the first thing that people ask me about is where I’m living. Well, right now I’m not really living anywhere. I have a small apartment in Fillmore but my wife, Hannah, and our 11-month-old son, Charles, are up in Cache Valley while we look for a house. We hope to find something that will work for us soon, the weekend drive back and forth to visit my family is not one that I am looking forward to.

I grew up working on produce farms. I’ve done some of everything from planting peppers to hoeing onions and picking sweet corn. I’ve worked with tomatoes, watermelon, cantaloupe, pumpkins, squash, strawberries, asparagus and a variety of other fruits and vegetables. In college I spent a few years working for the Cache County noxious weed department. I should be able to help identify some of the weeds that might be causing you problems and recommend some herbicides or pesticides to help you out.

As far as agricultural practices in general, this area is very unique in the way things are done. Even within the county there is a lot of variety and distinctive practices in each region. I’m not very familiar with the standard practices of the area and it is going to take me some time to figure it out. I’m eager to learn how things are done here. I look forward to meeting the producers in the county, learning from them and connecting them with resources from the university. If you are interested in being a part of trials for new chemicals, seed varieties or control methods for weeds and pests, contact me. If I have your information, I can quickly get to you when an opportunity for a research trial comes up.

To finish up, I’m going to share just a couple garden tips, these tips and more can be found online at the USU Extension Gardener’s Almanac.

After your harvest is over, be sure to clean the garden area of debris and old plants, this will help eliminate areas that insects can overwinter and cause problems in the spring. This applies to fruit trees as well. Cleaning up and discarding fallen fruit that wasn’t harvested helps cut down on pest numbers for next year. Fall is a great time to prep your soil for next year, tilling your soil and adding compost or fertilizer now gives you a jumpstart for next year’s garden. As temperatures start to drop, it can be a good time to plant trees or shrubs from the nursery. Cooler temperatures put less stress on the tree and it is able to establish a strong root system for the spring. For your lawns, it is good to leave the grass about 1-1 ½ inches high for the last mow of the year. After the last mowing, usually late October or early November, it’s a good time to apply a quick-release nitrogen that will help your lawn green up early next spring.

If you have any questions or want me to come out to see your operation, please give me a call or send me an email. I’m generally in Delta MWF and Fillmore T/Th. My email is kalen.taylor@usu.edu. You can also stop by the office and find me there. I’m happy to come take a look at something and try my best to answer your questions. If I don’t have an answer, I can probably connect you to someone that does.
**Important Calendar for Millard County 4-H**

**OCTOBER**

*National 4-H week 4th-10th*
*Delta STEMtastic Cloverbuds - Oct 5th 3:15-4:00 pm*
*Delta Arts & Crafts Oct 6th 3:15 pm*
*Portfolios Due Oct 8th*
*Sassy Stitchers Oct 14 & 28 3:30-4:30*
*Millard County Shooting Sports Wednesday 6pm*
*Haley’s Craft Club Oct 14 4:00-5:00pm*
* Fillmore STEM Club Oct 21 3:00-5:00pm*
*Fillmore Crochet Club Oct 22 3:00-4:00pm*
*Awards Night Oct 26th (Delta) open house 6:00-7:00pm*

**AMBASSADOR INFORMATION**
Ambassador Training – Location TBD

**Other State Important Dates**
Horse and Livestock Symposium-15th to 17th
Consumer Decision Making Practice Contest- 22nd
Design Team Training- 24th
State Ambassador Project- date TBD

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**MILLARD TEEN COUNCIL**

This county-wide club 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.

We are very pleased to announce our new Teen Council leader, Mrs. Teresa Thompson! Teresa retired in May after a 36 year career in public education, most recently as principal of Delta High School. She has expressed that she dearly misses her association with students and is excited for this opportunity to continue working with youth in our 4-H community. She told us her best days were spent at 4-H camps and learning to cook with her cooking club....that is where her love of baking started. She fondly remembers her 4-H leaders and the life lessons they taught her. She is the mother of Nick/Brittnee and Emile/Chad and the drama of Addi, Taylee, Traycin (and another baby girl due in March). Time spent with family and friends is important and something she treasures. Please join us in welcoming Teresa (AKA Mrs. T.) to our amazing 4-H family.

October Dates to remember:

**National 4-H week 4th-10th** - Wear 4-H shirts to school all week! Tell all your friends why you LOVE 4-H and set a goal to recruit at least 1 new member this month!

- Monthly Meeting: **MONDAY, Oct 5th @ 5:30 pm** at the Extension office building in Delta. Let Tonya know if you need a Zoom link.

- **4-H Portfolios Due Oct 8th**, They will be judged in Delta in time for you to review before your submission to the State Portfolio contest

- **Service Project**! Meet at the Fillmore Elementary School garden at 4:00 pm. Pizza and swimming provided afterwards!!! Please RSVP

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**Current Charter Clubs* 2020/2021**

- Sassy Stitchers Sewing Club, VIRTUAL
- Haley’s Craft Club
- Millard Shooting Sports
- Fillmore Crochet Club
- Millard Teen Council
- Delta 4-H Goat Club
- Delta Arts & Crafts Club
- Crazy Quilters Club
- Delta Mustangs
- Delta STEMtastic Cloverbuds
- Millard County General Chartered

All Millard County 4-H clubs are open to any 4-H member in the entire county!

*as of October 1st, based on completed registrations. If your club isn’t listed, please contact Tonya or Courtney.

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**Are you registered for 4-H?**

We have a new website! All previous youth and adult 4-H enrollments expired on August 31, 2020. Some of your information was transferred to the new website, BUT, it is still necessary for you to re-register for the new 4-H year, which officially began **September 1st**. We don’t want you or your kids to experience FOMO so please visit: [4h.zsuite.com](http://4h.zsuite.com) to complete your registrations **today**! Tonya and Courtney are entering clubs as soon as they have completed the Charter Club process. If you don’t see your club, or a club you are interested in, please contact us directly and we’ll help you complete the process.

**Need help, have questions?** Call 435-864-1480 or 435-743-5412
Create Better Health Nutrition Education is a Free program to help individuals and families eat better on a tight budget. If you would like information, call 864-1484, 864-1480 or 743-5412 or please check out our county web page at: www.extension.usu.edu/millard. Create Better Health Millard County has a Facebook page with lots of healthy ideas and recipes for your family to try. Check out our Facebook page at: https://www.facebook.com/createbetterhealthmillardcounty/

FREE Classes:
At this time, I will not be teaching any direct education adult classes in person, but I am recording videos and posting them to Millard County Extension Facebook page. If you watch the videos you can please fill out the survey posted with the video.

- October 8, 2020 at 4:00 PM: I will be starting Create Better Health Zoom Lessons. The first class will be Introduction to MyPlate & Physical activity/Create a Soup. I will email a link to the zoom lesson to those who want to participate. Please let me know if you would like to added to the email list.
  My email is: maryanna.henke@usu.edu

- Here is the link to Create Farm Fresh Foods—Lesson #4 Healthy Eating Patterns/Benefits of Family Mealtime/Create a Stir Fry: https://www.facebook.com/watch/?v=990838784756627&extid=cW5zdMxLbf4eTRBL

- Youth can sign up for Create Better Health SNAP-Ed Youth online classes: Create MyPlate and be emailed a link to the videos classes. We would like to update this list so if you would like to be added to the list or removed from the list please call 864-1480 and let us know. Here are the links to the past month youth videos.
  - Create MyPlate—Healthy Snacks Lesson: https://www.facebook.com/watch/?v=2635834110011198&extid=1JQs8xZSmqiecW
  - Create MyPlate—Review MyPlate Lesson: https://www.facebook.com/watch/?v=321201335807658&extid=XLPhN13GYopaNiyF

Tasty & Low-Cost Recipes
Sometimes the hardest part of being in the kitchen is deciding what to make. MyPlate Kitchen can help to discover delicious and budget-friendly recipes your family will love.

MyPlate Kitchen is an interactive tool to help with healthy meal planning, cooking, and grocery shopping. The site features a searchable database of healthy recipes, and options to create a cookbook, shopping list, and share recipes on social media. This one-stop shop features recipe collections from MyPlate and other USDA programs to plan tasty meals that meet health and nutrition goals.

Here are recipe sources recipe ideas and inspiration from MyPlate Kitchen:
- Meeting Your MyPlate Goals on a Budget Cookbook
- Delicious Heart Healthy Recipes (NIH National Heart, Lung, and Blood Institute)
- Fun Family Recipes (NIH National Heart, Lung, and Blood Institute)
- Meal Planning, Shopping, and Budgeting (USDA Food and Nutrition Service SNAP-Ed)
- Stretch Your Protein Budget (North Dakota State University Extension Service)

Here is a just a sample of the healthy and budget-friendly recipe from MyPlate Kitchen. Check out the site for many more recipes.

**Delicious Lentil Stew**

**Ingredients**
- 2 tablespoons butter (or margarine)
- 1 cup onion (chopped)
- 6 cups water
- 2 cups lentils (dry, washed, soaking not necessary)
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon oregano
- 1/4 teaspoon garlic powder
- 6 carrots (large, cut into 1/2-inch pieces)
- 8 small celery stalks
- 1 teaspoon salt
- 1 can whole tomatoes (16 ounce, cut into pieces or 3-4 fresh tomatoes cut in wedges)

**Directions**
1. Melt butter in a large skillet.
2. Sauté onion until tender.
3. Add water, lentils, Worcestershire sauce, oregano, and garlic powder.
4. Cover, bring to a boil. Reduce heat, and simmer for 45 minutes.
5. Add carrots, celery, and salt.
6. Cover and simmer 30 minutes more or until the vegetables are tender.

**Source:** Choose MyPlate.gov

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination. For USU’s non-discrimination notice, see equity.usu.edu/non-discrimination.
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