Millard County is frozen and cold right now so it’s hard to think about what is going on out in the field. This is the perfect time of year for education and I would like to take this newsletter to share some of the educational resources that Extension has. First up is the crops.usu.edu website. This is a great website where we have information ranging from planting to pest management, economic outlook and much more for crops in Utah. This is a good resource for many questions and common problems that producers encounter every year. Our crops website is also a good place to find information about recent field experiments and projects. We currently have some university research going on in Millard County dealing with water conservation and irrigation. As we learn more and publish these results the information will go onto the crops website. We also have some winter wheat variety trials that were planted last fall, we are excited to see how the wheat looks this spring.

Additionally, there are some projects that we hope to get going over the next year. We are starting some reduced tillage trials and plots to try and get more information about the viability of no-till farming in Utah. We are also looking for some cooperators to work with on fertilizer trials mainly looking at zinc, iron and potassium in corn production. If you want more information about any of these current projects or would like to be involved in field research, please get in contact with me.

There is a large project underway to help improve surface/flood irrigation efficiency. The project is being worked on by researchers at Utah State University, Oklahoma State University, University of Arizona, Mississippi State University and the University of California. Right now, they are just seeking information in the form of a survey. The more responses we get in Utah, the better we can tailor the research to fit our own local needs. Delta is a unique area in that it has so much flood irrigation. If you flood or otherwise surface irrigate, please consider helping us out by taking a short survey, the link will be provided below.

**Our annual USU Crop Schools** have been virtual this year. There are a couple of classes left. Small grains will be **Tuesday Jan, 26 from 6:30 – 8:30**, Alternative Crops is **Tuesday Feb. 2 6:30 – 8:30** and Pasture/Hay will be **Tuesday Feb. 9** at the same time. These virtual events are free, but you must register in advance in order to attend. The link will be provided below. If you need CEU credits the crop schools must be attended live. If missed the alfalfa or corn events that were earlier in January or can’t make it to the future events, the videos will be available on the USU Extension YouTube page.

I’ve got a few more **Cattlemen’s red books** at the extension offices, please come pick them up if you need one. Lastly, for 4-Hers, don’t forget to get your animals for the Millard County Jr. Livestock Show. We’ll be doing tagging in February for any beef and towards the end of March for all other animals at the show.

Either type the link into the internet browser or open your phone camera on the QR code to visit the link.

**Irrigation Survey Link and QR Code**
https://okstate.az1.qualtrics.com/jfe/form/SV_bKkAylDYZczXqKWN

**Crop School Link and QR Code**
https://extension.usu.edu/crops/crop-schools
**USU Extension - Millard County is HIRING!**

**4-H Horse and Livestock Coordinator**

Part-time position, 520 hours per year, approximately 50 hours per month January-September.

Coordinate 4-H Horse and Livestock, including 4-H portion of Millard County Jr. Livestock Show and Millard County Fair.

Questions? Call or email Kalen Taylor 435-864-1482 or kalen.taylor@usu.edu

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**LIVESTOCK PRODUCER EDUCATION SERIES**

**OPERATION SUCCESS THROUGH Drought MITIGATION**

- **Sheep Management and Health Considerations in Drought**
  Dr. Chad Page, USU Extension Small Ruminant Specialist
  Flock health and management concerns and solutions for drought years.
  **1/28**
  **7:00 PM**

- **Insuring Against Drought**
  Dr. Ryan Larsen, USU Extension Ag Economics Specialist
  Drought conditions have many economic impacts on a farm or ranch operation. This presentation will highlight some insurance and financial management tools to help mitigate these impacts.
  **2/4**
  **7:00 PM**

- **Herd Management**
  Dr. Matt Garcia, USU Extension Beef Specialist
  This presentation will educate on depopulation strategies to ensure productivity during drought and beyond
  **2/11**
  **7:00 PM**

- **Insect Management**
  Gregory Abbott, USDA APHIS
  This presentation will cover insect recognition, prevention, and cost recovery techniques that will assist you in protecting your operation.
  **2/18**
  **7:00 PM**

- **When is the drought really over?**
  Dr. Eric Thacker, USU Extension Rangeland Specialist
  Managing grazing through and during drought recovery.
  **2/25**
  **7:00 PM**

**Hidden Gems**

Free family activity guide to help you explore the hidden gems in your relationships

To check it out visit: [hiddengems.usu.edu](http://hiddengems.usu.edu)

**Delta Snow Goose Festival**

Feb. 25 1:00pm thru Feb. 28 4:00pm
Millard County Fair Building in Delta

Join your local quilt guild, Piece In The Valley, for a quilt show and quilting classes. Sign-up on Eventbrite for the class that is of most interest to you and to reserve your ticket for the Quilt Show

www.eventbrite.com/e/delta-snow-goose-quilt-showclasses-tickets-136735813499

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**Millard County Jr. Livestock Show Beef tagging day is on February 20th at South Tract Live-stock.** All other animals will be tagged on **March 27th** at the indoor arena in Delta. **The Millard County Jr. Livestock Show will be Tuesday, June 1st - Friday, June 4th.** There are a couple of deadlines coming up quick. The deadline to have any beef tagged for the state show in Spanish Fork is January 19th. The deadline for the rest of the animals to be tagged for Spanish Fork is March 1st. The state show will be Wednesday, April 28 - Saturday, May 1st.
Current Charter Clubs* for 2020/2021

- Sassy Stitchers Sewing Club, VIRTUAL
- Haley’s Craft Club
- Millard Shooting Sports
- Fillmore Crochet Club
- Fillmore STEM
- A Stitch in Time (sewing 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 youth in the entire county and many have the option to participate online!

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

New Clubs coming soon:

Countywide Paint club- virtual
Fillmore Cloverbuds
Entrepreneur Club (Delta)

watch our Facebook & Instagram pages for more info.

MILLARD TEEN COUNCIL

We are looking for a new adult leader to lead the Jr Teen Council club (4-H youth ages 6th-8th grade). Please contact Courtney or Tonya to find out more. We’d LOVE to have you join our team!

Who’s ready for a Game Show night?! All 4-H youth 6th -12th grades are invited to join us for this special combined activity. DATE TBD but it will be late February or early March. Check your email for more information.

Teen Council completed 2 fun service projects in December and received recognition on the State 4-H social media pages! Great job teens! Keep the service adventures going!

*Monthly Meetings: 2nd Monday of each month @ 6:00pm

Saturday, March 6, 2021, Shooting Club is hosting a Western Heritage training. Learn the history of western heritage and how to bring it back to life again.

We’re hosting a special guest, Blake Clark, who is coming from Logan to demonstrate how Western Heritage Project works and how you can participate. If you are interested, please sign-up on 4h.zsuite.org under events.

Millard County Jr. Livestock Show June 1-4

- Register for 4-H at 4h.zsuite.org
- Beef Tagging February 20th
- Other Animals Tagging March 27th

Attention 4-H Volunteer Leaders:

Clover Academy is now available on ZSuite! 4 lessons are available for your learning pleasure! You’ll receive a certificate of completion once all lessons are completed. Each lesson takes about 10 minutes and don’t need to be done all at one time. Effective March 1st, 2021, all new volunteer leaders must complete these lessons as part of the application process, but the lessons are available now for all volunteers.
Virtual Horse Judging Camp
February 2021
Experts from 4 Universities
- Note taking & reasons
- Halter Classes
- Horsemanship
- Ranch riding
- Oral reasons with feedback
- course with at-home assignments, 4 interactive meet-
ings, reasons critiques, quizzes & more! The fee for this course is $30. To purchase and enroll in this course, go to: https://campus.extension.org/course/search.php?

Who's ready for a Tech Camp!
1) February 9 & 11 in Fillmore
4-H room above horse arena
Both camps 3-6:00 PM
Day 1 - 3D Printer
Cricut machine
Tye-dye a mask
Day 2 - 3D Printer
Embroider tye-dye mask
Tye-dye personal item
Open to all 4-H youth 10 & up

2) February 22 & 24 in Delta
Millard County Fair Building
Go to 4h.zsuite.org to register
Questions? email: courtney.stephenson@usu.edu

YeeHaw! It’s time for 4-H Horse clubs to get back in the arena! If you plan on forming a 4-H sponsored horse club, please contact Tonya Morrison to get all set-up BEFORE your first meeting.
The Delta Mustangs 4-H club will begin meeting Thursday, March 4th. To join, please contact Candi Stephenson at 435-421-9903

Utah 4-H Southern Teen Retreat
Register now 4h.zsuite.org
For: 8—12th grade youth
Cost: $35.00
When: March 5-6, 2021
Where: Beaver City Center
300 N Main, Beaver, UT

Why Submit a 4-H Portfolio?
- This is a great time to receive state-level feedback.
- The 4-H Portfolio is incorporated into all 4-H Leadership Positions and other opportunities. Youth who submit their portfolio to the State 4-H Portfolio Contest will have a competitive advantage moving forward.
- Youth will receive a blue, red, or white ribbon and certificate based on their submission.

2021 STATE 4-H PORTFOLIO CONTEST
COVER LETTER OBJECTIVES:
- What personal growth have you experienced this year?
- What does 4-H mean to you?
- What goals do you have based on your 4-H experience?
- How has 4-H prepared you for the future?

MORE INFORMATION ABOUT THE 4-H PORTFOLIO CAN BE FOUND HERE: HTTPS://UTAH4H.ORG/PROJECTS/LEADERSHIP/PORTFOLIO/

Important Calendar for Millard County 4-H
February & March
Feb 9 & 11 Tech Camp (Fillmore) 3-6:00 pm
Feb 20 Beef Tagging **time tbd**
Feb 22 & 24 Tech Camp (Delta) 3-6:00 pm
March 6 Western Heritage event 8:00am-2:00pm
March 27 Other animals Tagging **time tbd**
** tagging times have not been set yet

AMBASSADOR INFORMATION
March 5-6 “Dare to Dream 4-H Teen Retreat (Open to all 4-H teens.)

Other State 4-H Important Dates:
♦ State 4-H Portfolios Contest due: Feb 15
♦ FCS Skill-A-Thon Practice Contest Feb 9
♦ 4-H Prom Feb 27
♦ Southern Region Teen Retreat March 5-6
♦ UPHC / Utah 4-H Horse Show March 12-14
♦ Fashion Revue Workshop March 18
♦ TRY Team Training (virtual) March 19-20
♦ Horse Judge Training March 25-27

Not a member of 4-H yet...? Register anytime at: 4h.zsuite.org. Cost is only $10/child!
For more information on joining OR leading a club, contact our local 4-H Coordinators: Courtney or Tonya
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 Create Better Health Millard County 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, please fill out the survey posted with the video. If you would like to receive an email with the link and all the handouts from the classes, I will email the links to the lessons. I would like to make this a Zoom class, where I would send out a Zoom link to those who want to join in person from Zoom and then I can answer your questions and respond to your remarks directly. Please let me know if you would like to be added to the email list or to receive a Zoom link for the class. My email is: maryanna.henze@usu.edu

- Here is the link to Create Better Health: Nutrition Facts Label, Physical Activity Barriers, and Create a Skillet Meal: https://fb.watch/2YwyybJrNo/
- Here is the link to Create Better Health: Fruits & Vegetables, Aerobic Activity, and Create Amazing Vegetables: https://fb.watch/38vOfrdZpy/

I want to say thank you to all the wonderful community members who gave food and donations to Central Utah Food Sharing for the Giving Holiday Calendar or through other organizations during the month of December and January. I saw firsthand how their emptied shelves became full due to all the donations they received. We live in such a giving and caring community. Thank You!

Fruit Group

I have discovered a few things about myself, one is that if I do not start my day off with fruit in the winter, I tend to not eat enough of the fruit group in the day. I love fruit, but it is not my go to snack when it is cold outside. But if I start my day off with fruit, then I get the recommended amount of fruit for the day.

So how much do you need?

The amount of fruit you need to eat depends on age, sex, and level of physical activity. The amount each person needs can vary between 1 and 2 cups each day. Those who are very physically active may need more. What counts as a cup of fruit?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group.

Eating fruits provide health benefits—people who eat fruits and vegetables as part of an overall healthy diet are likely to have reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body. Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Fruits are sources of many essential nutrients that are under consumed, including potassium, dietary fiber, vitamin C, and folate. Sounds like some good reasons to eat fruit. Here are some ways I like to add fruit to my day.

**Fruity Homemade Oatmeal**

3/4 cup rolled oats
2 tablespoons raisins, currants, or dried cranberries
1 apple (cored and chopped)
1 teaspoon cinnamon
1/4 chopped pecans or walnuts (optional)
1 1/2 cups water
- Remove skin from apple using a vegetable peeler.
- Cut the core out of the apple.
- Chop apple into small pieces.
- Add water to saucepan and bring the water to a boil on medium heat.
- Stir in raisins, chopped apple, cinnamon, nuts, and oatmeal.
- Turn heat to low and cook 5 minutes, stirring often.

**Fruit and Yogurt Breakfast Smoothie**

1 banana (very ripe and peeled)
3/4 cup pineapple juice
1/2 cup yogurt, low-fat vanilla
1/2 cup strawberries (remove stems and rinse)
- Place banana, pineapple juice, yogurt, and strawberries in a blender.
- Blend until smooth
- Makes 2 servings. Serve with whole wheat toast.

**Fruit Pizza to Go**

1 English Muffin (tasted)
Yogurt or peanut butter to spread
Assorted sliced fruit like Bananas, strawberries, orange, kiwi
- **Toast English Muffin**
- **Spread yogurt or peanut butter on English muffin**
- **Top with Fruit and Enjoy!**

**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.