What is USU Extension?

Here at Utah State University Extension, our goal is to provide you with research-based programs and information accessible through your community that can help enrich your life to an even higher level of satisfaction.

We are a part of your community. As part of a cooperative agreement between Utah State University, the USDA, and county governments throughout the state, we are committed to bringing you the resources you need to make your life a little easier and more enjoyable.

Whether you're looking for help in your yard or garden, have questions on food preservation, need help getting out of debt, want researched information to keep loved ones safe and healthy, or desire to broaden the horizons of your little ones through unique community opportunities and experiences, USU Extension can help. The resources and answers are there, just ask!

To learn more about USU Extension, its vision and its accomplishments, visit our state website at extension.usu.edu.
To see what resources are available to you in Utah County, visit our county website at extension.usu.edu/utah, or call our front office at 385-268-6530.
How Can I Help My Trees Get Ready for Winter?

Meredith Seaver - Horticulture Assistant at USU Extension of Utah County

1. Continue to water deeply about once every two weeks. Trees should be watered deeply. Deep but less frequent watering will help your trees make the transition to winter dormancy.

2. Freshen the layer of bark nuggets in your tree ring. A three-inch layer of small or medium bark nuggets will help to insulate the soil, slow down freezing, and also slow down drying of the soil.

3. Give your trees a deep soak in late November. This is especially important for any evergreens.

4. Don't fertilize your trees in the fall.
Poinsettias are a traditional plant for bringing bright color indoors for the Holidays. To get the most enjoyment from your poinsettia purchase, choose a plant with tightly closed yellow/green flowers and healthy, undamaged bracts (colored leaves). Protect the plant from chilly temperatures while you transport it to your home and remove the plastic sleeve right away.

Place your poinsettia in a room with bright light. Don’t place it too close to a fireplace, furnace vent or drafty windows and doors. Water deeply when the upper two inches of soil feel dry and let the soil drain thoroughly before returning the plant to its decorative pot cover. Poinsettias will not tolerate wet soils or frequent watering. Half-strength fertilizer can prolong the beauty of your poinsettia beyond the holiday season.
Flowering Christmas cactus is another popular Holiday plant. It is easy to grow and does well in any brightly lit location. Protect your Christmas cactus from hot or cold drafts and water deeply once the soil seems dry and the pot feels lightweight when lifted. Christmas cactus will not tolerate frequent watering, wet soils or over-fertilizing.
The Health Extension: Advocacy, Research, and Teaching (HEART) Initiative works with community members and organizations to address pressing public health issues, namely the opioid epidemic. We provide educational programs and events in the communities we serve. HEART faculty are based in the 9 counties whose opioid overdose death rates were higher than state and/or national rates. Utah County’s overdose death rates due to opioids in 2018 was higher than both state and national rates, making it an important county to include in this initiative. For more information about HEART, impacts, programs, and resources, please visit https://extension.usu.edu/heart/.

Visit and sign up for the monthly HEART Beat newsletter to “stay in the know”.

You can also read the 2020 Utah County Needs Assessment as it relates to the opioid crisis. If you are interested in educational programs, trainings, or would like more information, please contact Gabriela Murza at the Utah County Extension office.

Utah County 4-H Health Rocks! Mentoring Program is in full swing at Lakeridge Junior High School! Youth and mentors meet every Friday after school to do fun activities and learn important life skills. If your child attends Lakeridge Junior High School and would like to join, please contact Callie Millward at callie.millward@usu.edu. We are also looking for high school and college-aged mentors to be paired with youth. Anyone aged 18+ is required to complete a background check and fingerprinting to work with youth.
We are excited to announce that Utah County 4-H Mentoring has been awarded two competitive federal grants from the Department of Justice to implement for the next three years. These grants were awarded to only a handful of mentoring programs across the nation. We are thrilled to carry out this programming across Utah County. 4-H Mentoring will work with over 300 youth, ages 9 to 15, considered at-risk of opioid and substance use by pairing them with a volunteer mentor who acts as a role model and guide. See more about 4-H Mentoring at utahcounty4h.org/youthprograms/mentoring.
The Utah County 4-H Jr. Teen Council & Teen Council are leading a holiday service project to ensure youth in-need from our 4-H Mentoring Program have presents under their trees this holiday season. Youth listed have been identified by our 4-H Mentoring Coordinator and team, as those in the greatest need.

We are asking for your help picking a child’s name from our list, and providing any or all items on their wish list. Names can be picked, beginning **November 4th - November 23rd**.

All items need to be dropped off or delivered to the 4-H office by **December 11th**. If using an online delivery method, please mark the package (ATTN: Heather Thomson).

Watch our social media, call or stop by our office to pick up your name. [https://forms.gle/o8CEcDsZBkJ66J7Z8](https://forms.gle/o8CEcDsZBkJ66J7Z8)

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