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# USU Extension Utah County

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2021

# NEWSLETTER

August | September | October

# Will Fertilizing Now Help My Lawn Tolerate the Hot Weather Better?

By Meredith Seaver - USU Extension Utah County Horticulture Assistant

In general, it's best if we don't fertilize stressed plants, especially water-stressed or heat-stressed plants, and that includes our lawns. The grasses in our lawns are cool-season grasses- they grow best in the spring and fall and try to take a break during the hottest part of the summer.

Applying nitrogen will push vigorous green growth, and that's not what our lawns need to do during hot weather. The best thing we can do for our lawns right now is to hold off on the nitrogen for several more weeks so that our lawns can wait out the heat for a little longer. Once the weather starts to cool off in the fall we can fertilize again.

For now, let's give our lawns the best care we can by making sure we're watering properly.

Are you watering for just a few minutes every day or are you watering deeply, but only every few days? Deep, less frequent watering is best for our lawns. It encourages deeper rooting, which will help your lawn deal with the heat a little better.

Have you checked your sprinkler system? First, run your sprinklers while you watch each zone. Are there sprinklers that are tilted? Do you see any sprinklers that aren't popping up all the way or that are blocked by other plants? Are you getting good head-to-head coverage or is the sprinkler spray only "meeting in the middle?" Do you see a lot of misting and small droplets billowing up into the air while the sprinklers run? Make sure everything is working well- the right nozzles in your sprinklers, nice, coarse droplets that fall onto the lawn instead of blowing away, good head-to-head coverage.

If everything seems to be working well and you're watering deeply, but not too frequently, but you're still having problems, you may need to watch your sprinklers run at the time of day or night that they normally run. Water pressure can be different at different times of the day or night and that can affect how well your sprinkler system works. You may need to water earlier or later or adjust the number of minutes you run each zone.

If you're still seeing problems with your lawn after giving your watering program a good checkup, you can send photos of your lawn to [gardenhelp@usu.edu](mailto:gardenhelp@usu.edu) so that we can take a look and check for patterns in the lawn that show up with certain diseases or pests.



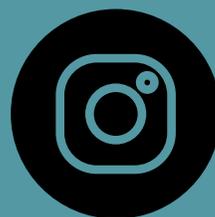
# HOMEGROWN *Horticulture*

## GOT PLANTS?

The Homegrown Horticulture podcast focuses on helping plant-growers of all experiences in the Intermountain West. With our unique climate in mind, we offer tips on everything from backyard vegetable gardens, to fruit trees and orchards, to lawns, landscape trees, and shrubbery.

Our information is based on the most updated research and is a production of Utah State University Extension.

**Check out our pages on Facebook and Instagram!**



# 4-H Mentoring Family Camp



Utah County 4-H Mentoring held their annual Family Camp in beautiful Alpine, Wyoming for families in the program. Families engaged in workshops, camp activities and games, visited Snow King Mountain, and had time for a family free day. This camp allows families to strengthen bonds, learn together, and create memories. The program is extremely grateful to have access to the camp which is owned by University of Idaho Extension, as well as to OJJDP who helps fund many of the activities for the camp. The 4-H Mentoring team looks forward to preparing for family camp in 2022!

Learn more about Utah County 4-H Mentoring at [utahcounty4h.org](http://utahcounty4h.org) or contact Brandon Summers (Program Director) at [brandon.summers@usu.edu](mailto:brandon.summers@usu.edu)

# STRONG BODIES

## Strength Training Program



Join us for a 12-session strength training group program! The classes include progressive resistance training, balance training, and flexibility exercises. Classes are two days a week for 6 weeks, and led by Utah County Extension faculty.

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**Dates:** Tuesdays and Thursdays from September 7-October 21

**Time:** 10:00am-11:30am

**Location:**

USU Extension – Utah County office  
1426 E. 750 N., Suite 202, Orem, UT 84097

**Pre-registration required by August 23, 2021:** <https://tinyurl.com/j4xf5vec>

**Contact:** Gabriela Murza  
(385) 268-6543  
[Gabriela.murza@usu.edu](mailto:Gabriela.murza@usu.edu)

ART SHOW

# YOU ARE NOT ALONE

Mental illness affects individuals, families, and communities, and no one should feel like they are going through their experience alone. Art can help us explore, understand, and heal.



**SEPT. 3, 2021 | 6PM-9PM |  
HEALTH AND JUSTICE BUILDING, 151 S.  
UNIVERSITY AVENUE, PROVO**

View local art and meet organizations in Utah County that help those with mental illness heal, recover, and thrive

In partnership with USU Extension's HEART Initiative in Utah County and the Utah County Art Board

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# SUMMER 2021 EMPOWERING FINANCIAL WELLNESS FREE WEBINAR SERIES

AUGUST 2  
BUDGETING METHODS

AUGUST 9  
PAYOFF YOUR DEBTS WITH POWERPAY

AUGUST 16  
CREDIT SCORES

AUGUST 23  
ORGANIZING YOUR FINANCES (PART 2)

**REGISTER AT [FINANCE.USU.EDU/EFW](https://finance.usu.edu/efw)**

Live online events will be at 1:00 PM MDT.

Link to the online event will be emailed upon registration.



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# AN EVENT DESIGNED TO PROMOTE WELLNESS AND BALANCE IN THE LIVES OF WOMEN OF ALL AGES AND STAGES OF LIFE.

September 18th, 2021  
9:00 AM to 1:30 PM  
ONLINE

Keynote Speaker Dr. Susan Madsen



Utah State University Extension is excited to host the 2021 Celebrating Women Virtual Conference. The purpose of this community event is to increase knowledge of health and wellness and to empower women to live their best lives.

The conference will consist of pre-recorded and live workshops designed to help you dive deeper into the many dimensions of wellness. In addition, all attendees will receive recordings of every live workshop. Early bird tickets are only \$8.00 and are available through September 4th.

To learn more, visit the website at:

<https://extension.usu.edu/healthwellness/celebratingwomen>

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