



## Hinton Around the Yard & Garden

HORTICULTURE  
NEWSLETTER  
by Adrian C. Hinton,  
USU - Utah County

### GREETINGS FROM THE COUNTY AGENT

A lot of Utah gardeners are gearing up for the long awaited planting season. Along with the soil preparation, choice of plants, and garden design comes the concern of water availability. Forecasters agree if we use our current resources wisely we should have sufficient water for the growing season.

To conserve water, try and deep soak your garden by watering down about 12 - 14 inches, which is about 2 inches of water. This can actually save water because sprinklers lose a lot of water to wind and evaporation.

You can also stress your plants a little by watering them less frequently. You may remember that years back when most people had "water turns," they

could only water every seven to ten days, and they still produced abundant crops.

And please remember to plant extra so you can share with a friend or neighbor.



**Note:** *Our County Agent, Mr. Adrian Hinton, has been called to active duty in the National Guard. Until his return, members of our office staff will be addressing his articles.*

### TIMELY TIPS FOR - May & June

1. Set your mower to cut to a height of 2 ½ - 3". Be sure to sharpen your cutting blade.
2. Call Julia at our office for a FREE WATER AUDIT at 1-877-728-3420 or 370-8465.
3. Don't forget Mother's Day, May 11<sup>th</sup>.
4. Have your fruit tree spraying schedule planned and in operation. If you need help, stop by our office and pick up a copy of "The Home Orchard Pest Management Guide."
5. In mid May treat your lawn for broadleaf weeds. At the end of May make your second application of lawn fertilizer.
6. The first week in June start side dressing fertilizer on vegetable plants and repeat every four weeks.
7. Start thinning fruit trees for better yields about June 6-10.
8. Let your garden soil dry out on the surface about 1" between waterings. (Remember to deep soak.)
9. Watch closely for grubs, billbugs and other lawn insects and treat accordingly.
10. Pray for rain, and happy gardening!



By Paul Wilkey, USU Master Gardener  
and Horticulturist

# Protecting Pollinators

Gardeners should give special consideration to protect insect pollinators, like the honey bee, from insecticide poisoning. Without these special insects, crops such as melons, squash, cucumbers and gourds will fail to set fruit. In many urban areas, bee numbers are insufficient for summer squash production early in the season. The female flower fades and the fruit shrivels instead of enlarging.



Bees are also essential for fruit production. Most apples, pears, cherries and Japanese plums require pollen from another variety to set fruit. Bees promote better fruit set even with peaches and apricots which don't require cross pollination. The same holds true with small fruits and berries such as raspberries, blackberries and strawberries.

The following insecticides are those commonly used by home gardeners. Several of them are highly toxic to bees and have restricted application times. Consider other flowering plants such as weeds around the crops you are treating that might also be attractive to bees.

A rule of thumb for home gardeners to follow: **“DO NOT SPRAY WHEN TREES OR FRUITS ARE IN BLOOM.”** Codling moth, cherry fruit fly and other major pests are controlled later in the season, not when the trees are in bloom.



In general, fungicides and herbicides (weed killers) are not toxic to bees.

## Fungicides and herbicides:

**BACILLUS THURINGIENSIS, DIPEL, THURICIDE:** Non-toxic to honey bees.

**DIAZANON:** Do not apply on or near blooming crops or weeds.

**IMIDAN, PHOSMET:** Do not apply on or near blooming crops or weeds. (Highly hazardous.)

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**LINDANE:** Do not apply on or near blooming crops or weeds. (Highly hazardous.)

**MALATHION, CYTHION:** Do not apply on blooming crops. (Highly hazardous.)

**ORTHENE, ACEPHATE:** Do not apply on or near blooming crops or weeds. (Highly hazardous.)

**PYRETHRIN, PYRETHRUM:** May be applied anytime.

**ROTENONE:** May be applied anytime.

**SEVIN, CARBARYL:** Do not apply on or near blooming crops or weeds. *This is probably the most hazardous material to bees.* (Highly hazardous.)

**THIODAN, ENDOSULFAN:** Apply only during late evening, night or early morning.

**NOTE:** Late evening is considered to be the time after the sun starts to set, and early morning before 7:00 a.m. when bees are not active. High temperatures shorten these application periods. Do not apply insecticides when temperatures are unusually low because residues will remain toxic much longer.



*Jerry L. Goodspeed*  
USU Extension Agent, Weber County

### *Master Gardener Volunteers Needed*

**Call now to reserve time to volunteer in our office to fulfill your 40 hour requirement.** We need you! We'll work around your schedule. If you've already completed your 40 hours but want to volunteer anyway, we'd love to have you. Call 370-8460 (ext. 0).

#### **Volunteer now to help beautify Provo City:**

May 10 - Planting Flowers, 8:00 a.m.

1. Memorial Park

2. 7<sup>th</sup> East at the roundabout

3. Kiwanis Park

May 17 - Center Street, Provo, 8:00 a.m.



## Hinton Around the Yard and Garden

### The True Scoop on Diazinon

Diazinon labeled for indoor use can no longer be sold. Retail sales of indoor products were stopped on December 31, 2002. This includes Diazinon labeled for homes, schools, stores and other enclosed places. Diazinon for outdoor uses on landscapes/lawns will continue to be sold until December 31, 2004.

### *Establishing a Diagnostic Lab in Heber*

We are currently trying to establish a Diagnostic Lab for the Wasatch County Extension office in Heber. We plan to have the lab on Thursday every week through the growing season. We are in desperate need of Master Gardeners to assist with this position.

Please call Paul Wilkey for details at 801-370-8460 (ext. 3). Mileage will be paid.

### Lawn Maintenance

**FERTILIZER** Most garden shops now have a seasonal fertilization program especially designed for spring, summer and winter applications.

**AERATE** Very difficult to do if soil is dry. Will improve compacted soils, space holes 4-6" apart. Very important to reduce thatch and improve water penetration. Do not remove plugs. Leave on lawn.

**SEEDING** Rototill soil 6" deep and mix 12-15 lb. 16-16-8 or similar complete fertilizer. Smooth and firm seed bed. Use a good blend of named, improved Kentucky Bluegrasses.

**SODDING** Same soil preparation as SEEDING. Buy sod with blend of named improved Kentucky Bluegrass varieties. Irrigate immediately after laying.

### Kid Size Pumpkins That Weigh 10 Pounds or Less That Do Well In Utah



Variety	Maturity
Trickster	105 days
Spooktacular	105 days
Sugar Pie	105 days
Spirit	99 days
Autumn Gold	105 days
Baby Bear	105 days
Lil Ironsides	100 days
Mystic Plus	105 days
Oz	100 days
Lumina (white skinned)	105 days
Peek-A-Boo (Tiny white)	92 days

The best chance of getting these varieties is by ordering your own seeds. Get them started in your home or greenhouse in early spring.

*These maturity dates are extreme high numbers. Most of these varieties will ripen sooner (approximately 10 days sooner) if weather conditions are favorable.*

**INSECTS** Properly identify insect and use a certified product for that specific problem.

**DISEASE** Be sure a disease is identified. Check with nurserymen or County Agent. Read label for fungicide use. No fungicide will control all diseases.

**BROADLEAF WEEDS** Use product containing 2,4-D. Trimec is effective on a wide range of weed. (Do not use in weather above 85E F or when conditions are windy.) Read and follow label directions.

**CRABGRASS** Dacthal or Betasan alone or in a fertilizer mix. 2 ½-3" mowing height plus adequate fertilizer discourages weeds.

**SPURGE** Dacthal alone or in a fertilizer mix.

# When Should I Use Dormant Spray?

by Diane G. Alston,  
Utah State University

## True Dormant Sprays

Sprays applied in early bud swell stages, before any flower or leaf tissue has emerged, are called dormant sprays. A true dormant spray is only recommended

for one insect pest of tree fruits in Utah, the pear psylla. Pear psylla overwinter as adults and congregate in pear trees to begin mating and egg-laying activity once pear buds begin to swell and daily temperatures exceed approximately 55E F.



The dormant spray is the preferred timing over delayed dormant, but often both sprays are needed if psylla populations are high (exceed 5 adults in 25 beating tray samples). The dormant spray should go on at the onset of egg laying, which is about 6 weeks before bloom. Recommended materials are dormant oil (superior or supreme) plus an insecticide, such as Asana, Pounce, Ambush, Thiodan, lime sulfur, flowable sulfur or kaolin clay (2-3 applications required).

## Delayed Dormant Sprays

Sprays applied once a flower or leaf tissue begins to emerge from buds are called dormant sprays. The idea behind the dormant spray is that most pests do not become active until the host fruit trees become active. Applying dormant sprays too early results in a reduction in activity of materials and less control than targeting initiation of pest activity. Delayed dormant timings for different types of fruit:

- < Peach, nectarine and apricot: calyx green to first pink or white
- < Cherry: side green to green tip
- < Pear: tight or green cluster to first white
- < Apple: half-inch green

So when is a delayed dormant spray necessary and when can it be skipped? Not all insect and mite pests are accessible and susceptible to delayed dormant sprays. Some common examples are codling moth and two-spotted and McDaniel spider mites. Delayed dormant sprays are not appropriate for these pests. A delayed dormant spray will be effective if the orchard has a history with any pests that can be targeted at this time.

Apples typically receive a delayed dormant spray for early-season aphid or red mite control and peaches for peach twig borer, whereas tart cherries usually don't have problems with early-season pests and typically do not require a dormant spray. In recent years, a build-up in fruit worms (speckled green and pyramidal) has been noted in some tart cherry orchards. A delayed dormant spray every 2-3 years in tart cherries may be helpful in suppressing fruit worms and other pests

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with early-season activity.

The dormant and delayed dormant spray is typically dormant (superior or supreme) oil either alone or in combination with an insecticide effective for the targeted pest(s). The oil has a physical mode-of-action that suffocates overwintering pest life stages (typically eggs or juveniles). Which pests can be targeted with delayed dormant sprays? Following is a list by fruit crop of those we commonly encounter in Utah:

- < Peach, nectarine and apricot: oil + Thiodan or Supracide will control early-season peach twig borer, green peach aphid, San Jose scale and European red mite. If red mites are your only target, oil can be used alone. Coryneum blight is also a target at this time.
- < Cherry: oil + Lorsban or Supracide will control black-berry aphid, San Jose scale, fruit worms, leafrollers, or red mites. Again, if red mites are your only target, oil should be used alone.
- < Pear: oil + Asana, Pounce, Ambish, Thiodan, Supracide, lime sulfur, flowable sulfur or kaolin clay (2-3 applications required) will control pear psylla, rust and blister mites, scale and red mites. Again, use oil alone if red mites are the only target. Control of fire blight cankers can also be targeted at this time.
- < Apple: oil + Lorsban, Supracide or Thiodan will control aphids, scales, red mites, Campylocoma and leafrollers. Lorsban is best for Campylocoma, aphids and leafrollers. Supracide is best for scale. Again, use oil alone if red mites are your only target. Fire blight and apple scab may be additional targets.



Dormant and delayed dormant sprays can provide an early "leg up" (so to speak) by suppressing pests that overwinter in orchards and are active early. Use of these early sprays may reduce or prevent the need for later treatments when more non-target impacts to natural enemies can occur. Sprays should be directed to cover from between the lower scaffolding limbs and the upper tree canopy, avoiding the lower trunk. Predaceous mites overwinter in cracks and crevices on the lower trunk and should be avoided. Additionally, dormant and delayed dormant oil sprays should be applied with enough water to thoroughly cover the limbs. Concentrate sprays should not be used. Generally, at least 100 gallons per acre are necessary to provide thorough coverage (it depends on tree size and limb density). The physical action of the oil requires full coverage to kill overwintering insects. Consider using dormant treatments if any of the above insect and mite pests are a problem.



by Judy Harris, USU Extension Agent in Utah County

Type of Debt	Partner 1	Partner 2
Student Loans		
Outstanding medical bills		
Outstanding utility bills		
Auto loans		
Credit cards (list each separately)		
Store debt for electronics, furniture		
Private lender		

## Debt brought into marriage: The *anti-dowry*

### Some facts about debt brought into marriage

Money is one of the topics couples fight about most often. It is also a leading cause of divorce. Debt brought into marriage or accumulated during marriage is a particularly troublesome part of many couples' money problems. And the more debt the couple has the greater their financial bondage.

*Marrying into debt is a big responsibility to take on, and in many cases is so unappealing that the debt serves as an anti-dowry.* On the other hand, nothing is more appealing or liberating than being debt free.

When 684 Utah newlyweds who had been married less than one year were asked what the most problematic issue during the first months of their marriage was, they indicated that it was the debt they brought into marriage.

The preliminary results of the Utah newlywed study support the finding of a nation-wide study in 2000. That study looked at the problem areas of couples married five years or less. They found that debt brought into marriage was the number one problem area for those couples married less than one year and in the top three for couples married five years or less.

### How debt affects the marriage relationship

Debt brought into marriage as well as debt accumulated in marriage often cause strain on the marriage relationship because that debt forces us to spend more of our time and energy focused on money. However, if people have enough money to meet their basic needs, it is more likely that couples and families can turn their attention to enhancing the quality of their marriage and family relationships. It is estimated that many American adults spend up to 80% of their waking hours either earning, spending, or thinking about money!

There is much evidence that couples' financial problems are linked to increased levels of stress, conflict, and marital duress as well as decreased levels of marital satisfaction. And financial problems are frequently cited

as a major reason for divorce. The 684 newlyweds studied in Utah indicated that the greater their debt levels the tougher their transition to married life and the lower their levels of marital satisfaction.

Since Utah couples marry younger than the national average (23 for males and 21 for females in Utah versus 26.8 for males and 25.2 for females nationally), they are less likely to have stable employment when they marry. This will likely contribute to their financial difficulties, including their debt load.

The average college graduate in 2002 carried an estimated debt load of \$22,000. And for 39% of these new graduates, their debt load was unmanageable, meaning that it required 8% or more of their monthly income to repay the debt.

Starting a marriage with large amounts of debt places a great strain on the relationship and may put the marriage in jeopardy from the beginning.

*A national study of 21,501 couples found that one of the unique qualities of the majority of happy couples was that they did not have major debts.*

### Develop debt elimination plan (whether wed or not)

Focus on a modest lifestyle, cut spending, and direct all the money you can toward debt reduction, starting with debts with the highest interest rates. (Call 370-8468 to request a free computer analysis of your personal debt elimination plan.) Take care of car and tires to help them last longer. Fix your own meals. Make do. If not yet married consider having roommates to share costs.

Couples need to share who owes what (see table above). Look at each other's saving, checking, credit card statements, as well as credit reports. Share your debts, family financial upbringing, and current views on money with your fiancé or spouse. (Source: *Debt Brought into Marriage: The Anti-Dowry*, draft for fact sheet, Utah State Univ., 2003)

## *Stretching food dollars:* **Family Nutrition Program**

The Family Nutrition Program (FNP) is a new resource in Utah County to help individuals and families learn how to get the best nutrition for the least money. FNP provides nutrition education to families of all types and ages who are receiving or are eligible to receive food stamps or otherwise qualify as low income. Also those participating in WIC or Headstart programs are eligible.

*FNP offers nutrition education in the home and in small groups. In Utah County our assistant can serve both Spanish- and English-speaking families. Call us at 370-8460 and when you hear the voice press 0 (zero).*

FNP lessons and information are free. Topics include:

- ¢ Making food dollars last all month
- ¢ Learning to prepare tasty, thrifty meals
- ¢ Planning quick meals
- ¢ Eating for good health
- ¢ Keeping food safe to eat
- ¢ Using a shopping list
- ¢ Choosing healthy snacks
- ¢ Understanding food labels
- ¢ Feeding infants and children
- ¢ Eating during pregnancy

The benefits of good nutrition include:

- Children go to school ready to
- Families have more energy and
- Individuals improve their chances of good health now and in the future.



learn.  
feel better.

## **Thick fruity shake**

### *Great flavor with little or no fat*

This shake is satisfying enough for a quick breakfast or as a snack. The key to the rich-thick-shake consistency is using pieces of frozen fruit. Be sure the frozen fruit is in separate pieces before putting in the blender or food processor; a block of frozen fruit can damage the appliance! Having separate pieces of frozen fruits also allows you to make a shake for just one or add more fruit to serve the whole family. Enjoy experimenting with various frozen fruits or combination of fruits this summer and throughout the year.

### **Strawberry Banana Thick Shake**

10 ounces frozen sliced strawberries\*,  
thawed slightly so slices separate  
1 ripe banana sliced or broken into  
pieces (shake will be thicker if pieces  
are frozen)  
1-1½ cups milk  
¼ cup nonfat dry milk powder

In a blender or food processor combine frozen pieces of fruit, milk, and dry milk powder. Cover container tightly and whirl until smooth and thick. Serve immediately. Yield: 3 portions (each 10 ounces). Calcium per portion: 228 mg

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## ***A national epidemic: Osteoporosis***

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Osteoporosis has reached epidemic proportions in the United States according to the National Institutes of Health. Symptoms of this disease are bones which become so porous and weak that fractures begin to occur with the ordinary activities of life. More than 15 million Americans, mostly women, have some degree of it.

Calcium intake and weight-bearing exercise are both crucial to develop bone mass. ***The efficiency of calcium absorption is increased during puberty, and the majority of bone mass formation occurs during this period.***

Studies suggest that for most healthy children between 9 and 18 years old the maximum calcium balance in the body is achieved with intakes of 1300 mg per day.

Yet research has shown that teenage girls on average get less than 60 per cent of their recommended daily intake for calcium.

Ironically, girls should be getting all the bone building help that calcium can give because women are more prone to osteoporosis later in life. The best safeguard against this crippling affliction is the development of a large bone mass during youth. Food sources include dairy products, fish containing bones, lentils, and beans. (OSC, AAP, NDB)

# Making **EAT** a part of wheat!

- Do you have bags, barrels, or buckets of wheat just sitting on your storage shelves waiting to be used someday?
- Or have you wanted to start a wheat storage program, but didn't know how to begin?

Learn how to purchase bulk wheat and then use that wheat in variety of appetizing ways.

You will sample bread, pancakes, cereal, cakes, sweet breads, and white sauce—all using 100% whole wheat. We'll grind wheat and discuss what to look for when purchasing a home grinder. Besides enjoying taste testing you will learn the nutritional benefits of whole wheat in your everyday diet.

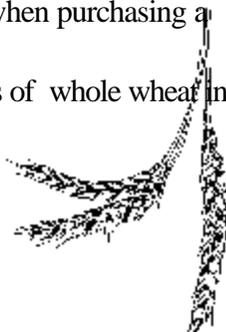
### CHOOSE FROM TWO DATES:

either Thursday, May 15  
or Tuesday, August 26

**TIME:** 10:00 a.m. - noon

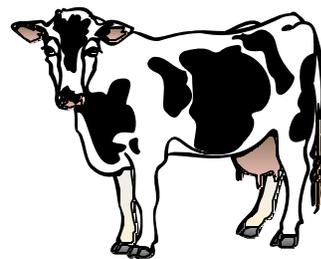
**PLACE:** Room L700, County Administration Bldg,  
100 East Center, Provo

**COST:** \$5 per person (includes extensive handout)



Class size is limited to 40, so please register early and call 370-8460 if you need to cancel. (No refunds after the Friday before class).

# THERE'S A COW IN THE KITCHEN



Break the cycle of buying powdered milk, dumping old powdered milk, buying more, again and again. Learn to use and enjoy the powdered milk you buy!

Learn easy ways to enjoy powdered milk, including 5-minute cheesecake, Mexican day cheese, cottage cheese, Allemande sauce, smoothies, breakfast drinks, pudding and pies, whipped "cream" topping, mock sour cream, mock cream cheese, yogurt, and chowder. Sampling the foods will show you the tasty possibilities!

The presenter will be Darlene Carlisle (a student of Virginia D. Nelson who authored the book, *There's a Cow in the Kitchen: A Guide to Cooking with Powdered Milk*). For those who want an excellent printed reference, copies of the book will be available for \$7 each.

**DATE:** Thursday, May 15      **TIME:** 6:30-9:30 p.m.

**PLACE:** ballroom of Historic County Courthouse.

**COST:** \$5 includes handouts.

Optional *Cow in the Kitchen* cookbook is additional \$7.

Since class size is limited to 40, please contact Judy at 370-8460 x2 if you need to cancel your registration so someone on the waiting list can attend.

### Registration

**Put the EAT in Wheat** (formerly Wheat! The Staff of Life), 10 a.m.-noon

G Thursday, May 15 or G Tuesday, August 26

**There's a Cow in the Kitchen**

G Thursday, May 15, 6:30-9:30 p.m.

Name(s): \_\_\_\_\_

Daytime phone or email address: \_\_\_\_\_

Address: \_\_\_\_\_

Enclose check (\$5 per person) payable to Utah State University and mail to:

USU Extension, 51 South University Avenue, Room 206, Provo, Utah 84601

If paying at the door the cost is \$6 per person (but admitted only if space is available).

## Upcoming Programs to Attend:

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- There's a Cow in the Kitchen: Powdered Milk . . . . page 7

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COOPERATIVE EXTENSION  
SERVICE  
UTAH STATE UNIVERSITY  
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## Respect teaches respect

Parents need to treat a teen with respect if they expect him or her to learn self-respect and respect for others.

*A teen who feels loved and valued will be more careful about decisions. A teen who feels worthless may feel that his or her decisions don't matter.*

Parents expressing love is a powerful way to build self-respect. So is listening and trying to understand. Spending time with him or her in activities also builds self-respect. Teens need self-respect in order to be able to say "No" when they are pressured to have sex or get involved in other harmful behaviors.

Have confidence in them. Expect that they will do what is right. Expect that they will be involved with good friends and activities. Be realistic in your expectations, but encourage and show faith in your teen.

*Teens are at a stage of life when they may doubt themselves. If parents doubt them too, they are likely to live up to this self-fulfilling prophecy.*



(Source: Facts & feelings: Talking about values)

This newsletter is an educational effort of the Utah County office of Utah State University Extension, 51 So. University Ave., Room 206, Provo, UT 84601.

The phone for USU Extension is 370-8460. If you do not have a touch tone phone, stay on the line and the receptionist will help you. With a touch tone phone, at the greeting press the number of the desired subject:

- 5) garden, yard, trees, insects
- 2) food, finances, clothing, housing
- 3) pastures, field crops, dairies
- 4) 4-H and youth



## Please check

If the date on your mailing label says 6/2003 it is time to renew your subscription. Make check payable to "Utah State University" and mail to address above. Send \$3 to renew for 1 year (6 issues).