



Hinton Around the Yard & Garden

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

GREETINGS FROM THE COUNTY AGENT



Rolling Out the Red Carpet.....

On September 15 we will be rolling out the red carpet to welcome back our County Agent, Adrian Hinton.

Adrian was called to active duty on March 4, 2003 with his National Guard Unit during the Iraqi crisis. His absence was a big impact on this office, so needless to say we will be extremely happy to have him back.
WELCOME HOME ADRIAN!

Those of you who are wise enough to keep a garden journal, every year will have some interesting entries.

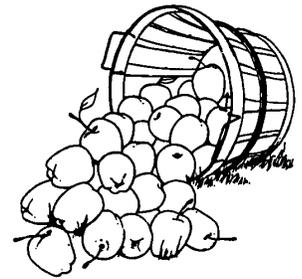
As you know, most of them now deal with heat and insects. However, after judging some of the neighboring county fairs we have seen some pretty impressive entries. Patience and determination really pay off.

Everyone has been enjoying their fresh veggies from the garden. Now it's time for the home canning gear to come out to preserve for the future. All in all it's been another great growing season.

*Paul Wilkey, USU Master Gardener
and Horticulture Assistant*

TIMELY TIPS FOR SEPTEMBER - OCTOBER

1. Pack up the family and attend the Utah State Fair September 4 - 14.
2. Late September is a great time to plant a new lawn or over-seed your existing one.
3. Existing lawns can be treated with weed and feed products.
4. Keep harvesting your vegetable garden until it has peaked out. Then plant over-wintering crops like parsnip, etc.
5. Start harvesting apples in early October.
6. Give ALL your trees and shrubs one last good deep soaking at the end of October.
7. Pay attention to frost warnings. It may be time to winterize your sprinkling system.
8. Start mowing your lawn shorter in the first part of October – down to one inch for winter.
9. Start cleaning up your garden. Put vines, stalks, leaves, etc. in your compost pile. A clean garden area in fall helps prevent insects and disease problems in the spring.
10. Harvest your pumpkins and prepare for a festive Halloween.



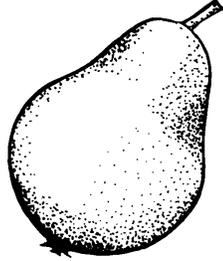
**By Paul Wilkey, USU Master Gardener
and Horticulture Assistant**

Harvesting and Storing Pears and Apples

The following is a reprint from a past USU Extension publication. Clip and place this in your garden journal for future reference.

Pears

There are more questions about harvesting pears than any other fruit because people do not harvest them at the right time or they are not stored properly.

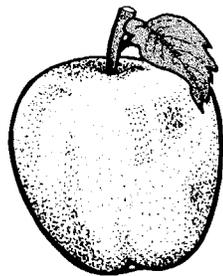


Pears should be picked when they are fully grown, still firm and before any visible ripening occurs. Harvest when the skin changes from a dark-green to a light-green color. The fruit should separate easily from the twig with an upward twist of the fruit. Pears infested by worms drop prematurely but that indicates that the other pears are near ripening. Cut through the fruit and look at the seeds. Seeds should be dark brown or black.

Once pears are harvested, handle them carefully. Bartlett pears should be placed in a cool, dry place and allowed to ripen on their own. Winter pears must be chilled at near 32° F for several weeks before they ripen. After they are removed from storage, leave them at room temperature for several days and they will ripen.

Apples

Apples, by contrast, can be picked when they are fully mature. Avoid bruising fruits or breaking the skin. Do not attempt to store fruits damaged by diseases or insects.



Apples store best at near 32° F for 80 or 85 percent relative humidity. Storage life is reduced considerably at higher temperatures and they start to shrivel if the humidity is less.

Avoid storing pears or apples near potatoes, onions, cabbage, or other crops as they may pick up on unpleasant odors or tastes from these crops.

Hinton Around
The Yard & Garden



UPCOMING CLASSES

There is still room in the **afternoon** Master Gardener class. This goes from 2:00 - 4:00 p.m., October 2 - November 25, at Thanksgiving Point Garden Visitors Center Oak Classroom in Lehi. If interested, call Betty at 370-8463.



Check out these other USU classes at Thanksgiving Point. Call 768-2300 to register.

Plants for Utah Landscapes - \$30
September 3, 10, 17: 2:00 - 4:00 p.m.

Basic Landscape Design - \$40
September 9, 16, 23, 30: 10:00 a.m. - noon

Flower Bed Design - \$40
September 9, 16, 23, 30: 2:00 - 4:00 p.m.



Wednesday Garden Path Workshops (instructors are USU Extension Service Master Gardeners):
Sept. 3: Bulbs for Early Spring Color - \$10
Sept. 10: Forcing Bulbs (per pot fee) - \$15
Sept. 17: Pumpkin Planters - \$35
Sept. 24 - Indoor Gardens - \$10

Saturday Workshops (instructors are USU Extension Service Master Gardeners):
Sept. 6: Winter Garden Design - \$7
Sept. 13: Color for All Seasons - \$7
Sept. 20: Ornamental Grasses - \$7
Sept. 27: Putting Your Garden to Bed - \$7

Garden Walk - Guided Walking Tour of Thanksgiving Gardens:
Sept. 8: Fall Blooming Perennials - \$8



Hinton Around the Yard and Garden

Starting Your Own Backyard Orchard

Have you wanted to start your own backyard orchard? Proper choice of trees and a thorough understanding of growing and maintenance can make this a great adventure. Poor planning and being unwilling to dedicate yourself to proper care will just plain and simply spell disaster.

To be a successful home orchardist with a variety of trees requires a combination of skill and art. Unlike a commercial orchardist who is dealing with one particular fruit (apple orchard, peach orchard, etc..) you are most likely going to be dealing with a variety of fruit. If you want apples, you will want two varieties for pollination. With peaches, you can choose between an early and mid-season peach, and no pollinator is necessary in most cases. Nectarine or apricot are also self fertile. You might even want to venture into sweet or tart cherries or plums or prunes. Whatever your choices, be sure to know the growing needs of *each tree*. These questions need to be answered before you purchase fruit trees.

Important things to consider are:

1. How much fruit do you need?
2. Is the fruit for immediate consumption or do you need enough for canning?
3. Are the trees that you desire hardy enough for your zone?
4. Do you need pollinator trees?
5. How much space does each tree require?

Have I got you confused? Does it sound like too much work and are you about to decide to plant zucchini instead? Well don't give up the idea yet. There are a lot of options and a great deal of help available to you to make this a pleasant venture.

Important first steps are to decide how much space you have available; are you going to plant some of these trees in your front or back lawn areas? If so, there will be special water requirements to meet. Next, choose only the fruits you will actually use. If you don't use the fruit, the tree will only become an annoyance. For example, choose only apple varieties that your entire

family enjoys. Another consideration is educating yourself about pruning and spraying schedules. These are very important and will totally determine the success of your crops.

If this all sounds overwhelming, do not become discouraged. Here at the Extension office we have Master Gardeners and other staff members to help you get on your way. We are prepared to answer all your questions and will be happy to help you in making your tree variety choices.



We have numerous publications available to you here at the office and we also have "hands on" classes in the spring to teach you the pruning skills you will need. There is an almost endless list of books available to steer you in the right direction. A great book to help you get started is authored by Stella Otto and is titled, "The Backyard Orchardist." It's chuck full of "must know" information.

So, if you're ready to make a commitment to become a home orchardist, we will help you get started. When you're ready, we're ready.

*Paul Wilkey, USU Master Gardener
and Horticulture Assistant*

Congratulations Hannah!

We want to share some exciting news with all our readers. Hannah Petersen, who has worked for two years in our office as a Master/Gardener/Horticultural Assistant, has accepted a new position as Plant and Floral Manager at Brigham Young University.

Her job will include being in charge of growing all the flowers to plant on campus, all the indoor plants on campus, and flower arranging.

Because of her vast knowledge, natural talents and dedication to her work, we are certain that the University has acquired a great resource.

Even though we will miss her greatly, we wish her the best than can be offered. – *Way to go Hannah!*

Fall Planting

Fall is a great time to plant trees and shrubs. In the fall, photosynthesis slows down and less moisture is released into the air. The roots will continue to absorb nutrients and moisture until the ground temperature is around 40°. Because of this, there is less dehydration and transplant shock.

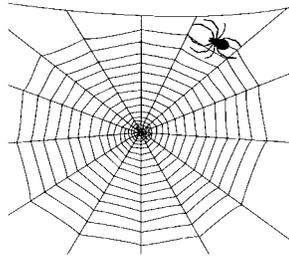


Figure 8. Dogwoods can be quite rapid after removal pruning.

Prepare the planting hole just as you would for spring planting and apply a root starter. Cover with a mulch. Keep the soil moist, not soggy until the ground freezes hard or until it snows.

Don't Invite Spiders In

In August many spiders start wandering in search of mates and look for protected places to overwinter. Check the weather stripping around your doors and the caulking around your windows to make sure they cannot get in. Make sure the little holes that are drilled for your cable, internet or phone lines are filled with expanding foam insulation.



For those spiders that do get inside, spider traps such as the "Hobo Spider Eliminator Kit" are very effective. Put sticky tape or sticky traps on basement window sills, under dressers, night stands, sink cabinets and other places where spiders like to hide. These products contain pheromones that attracts spiders.

Find out what bugs are in your lawn

For those of you who are concerned that you might have billbugs, sod web worms, grubs, army worms or others, here's a simple test you can do to find out if you have bugs in your lawn. It's called the Soap Soak and here's what you do:

Mix two tablespoons lemon-scented liquid dish soap in two gallons of water. Roll it, don't shake it—you don't want any suds.

Pour this mixture over one square yard of your lawn. It's best to do this late in the afternoon or evening. In a short amount of time, any bugs that are in your lawn will start surfacing.

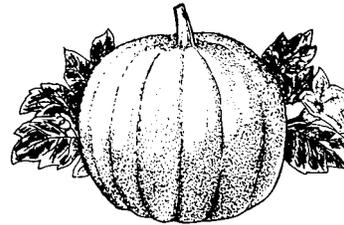
Saturate the area afterward with water to wash the soap solution off the grass to minimize the risk of sun scald or phytotoxicity. This is effective for cutworms, sod webworm, billbugs, armyworms, chafer grubs and others.

Hinton Around The Yard and Garden

Picking and Storing Pumpkins & Squash



With proper care, hard-rind varieties of winter pumpkins and squashes will keep for several months.



Harvest them before frost, and leave the stem on them when you cut them from the plants.

Store only well-matured fruits that are free of insect and mechanical injuries.

Pumpkins and squashes for long-term storage keep better if they are cured for 10 days at 80° F. If these temperatures are impractical, put the pumpkins and squashes near your furnace to cure them. Curing hardens the rinds and heals surface cuts. Bruised areas and insect injuries, however, cannot be healed.

After curing the pumpkins and squashes, store them in a dry place at 55° to 60° F. If stored at 50° or below, pumpkins and squashes are damaged by chilling. At temperatures above 60° they gradually lose moisture and become stringy.

Acorn squashes will keep well in a dry place at 45° to 50° F for 35 to 40 days. Do not cure acorn squashes before storing them. They turn orange, lose moisture, and become stringy if cured for 10 days at 80° to 85° or if stored at 55° or above for more than 6 to 8 weeks.

Don't store pumpkins and squashes in outdoor cellars or pits.

Share With Us!

Do you have an interesting garden story or garden tip you would like to share with our readers? If so, send them in a typewritten form, double-spaced with up to 200 words to: Paul Wilkey, USU Extension, Utah 51 South University, Room 206, Provo, UT 84601 or email: trishc@ext.usu.edu.





Improving Family,
Resources & Health

CLOSE TO HOME

by Judy Harris, USU Extension Agent in Utah County

Study of credit counseling finds abuses by new breed of “non-profit” agencies

An estimated nine million Americans have some contact with a consumer credit counseling agency each year. Sadly, the first-ever study of credit counseling finds high fees, bad advice, and other abuses by a new breed of so-called “non-profit” agencies.

The National Consumer Law Center (a non-profit organization specializing in consumer issues on behalf of low-income and elderly consumers) and the Consumer Federation of America (a non-profit association of almost 300 pro-consumer groups) released the report, *Credit Counseling in Crisis*, that detailed severe threats to consumers from a new generation of credit-counseling agencies.

Aggressive firms masquerading as “non-profit organizations” are gouging consumers. Deceptive practices and outright scams are on the rise. [The worst I have seen so far was the tiny type that revealed that the first \$500 sent to the company would be considered the consumer’s “voluntary contribution”! To make it worse, since the money did not go to the creditors as the consumer expected, she found herself hit with crippling late fees and increased interest rates!] More consumers are getting bad advice and less access to real counseling.

Of course, not all of the new credit counseling agencies are a threat to consumers. Some are above-board and have pioneered consumer-friendly practices, such as flexible hours, electronic payment, and easy access by phone and by Internet. However, as the new generation of credit counseling agencies has gained market share, consumer complaints have risen sharply. The Better Business Bureau in 2002 reported almost six times as many complaints about credit counseling agencies nationwide compared to 1998.

CCCS now in Utah County!

The Consumer Credit Counseling Service of Utah is now available in Orem. CCCS has been in Utah for 40 years, but until recently the closest office was in West Jordan.

CCCS is an accredited, non-profit agency and their counselors are accredited by the National Foundation for Credit Counseling. Strong education component and very low fees. English or Spanish. Call 1-800-784-0064.

Advise for Consumers

The report advised consumers to evaluate all of their options *before* entering credit counseling, including making a better spending and savings plan, negotiating individually with their creditors, and—in very serious situations—declaring bankruptcy.

Seven “red flags”

- ① High fees. In general, if the set-up fee for a debt management plan (also known as debt consolidation) is more than \$50 and monthly fees are more than \$25, look for a better deal. If the agency is vague or reluctant to talk about specific fees, go elsewhere.
- ② “Voluntary” fees that aren’t so voluntary. Ask all the agencies you contact if their fees are voluntary. If the full fee is too much, do not pay the agency more than you can afford.
- ③ Hard sell. If the person is aggressively pushing debt “savings” or a future “consolidation” loan, hang up.
- ④ Employees that are paid by commission.
- ⑤ They suggest a “solution” too quickly. It takes time to look at your finances—generally 30 to 90 minutes.
- ⑥ One size fits all. Does the agency only offer one option rather than determining what is best for you? If the agency doesn’t offer any educational options, such as classes or budget counseling, consider one that does.
- ⑦ Aggressive ads. Many agencies that advertise treat consumers fairly. However, some are being investigated or sued for deceptive practices. Many others charge unreasonable fees or offer no real counseling. Don’t just respond to television and Internet advertising, or telemarketing calls. Get referrals from friends or family, find out which agencies have been subject to complaints and talk to a number of agencies before making a decision.

A copy of the report can be found at:

http://www.consumerfed.org/credit_counseling_report.pdf
Source: Institute of Consumer Financial Education (ICFE)

Crisper pickle pointers

Pickling can be a satisfying experience for both experienced and novice canners. Here are some suggestions from a number of canning guides to improve the crispness of your pickles.

Choosing the right cucumbers

- Use varieties grown especially for pickling. Salad cukes can safely be pickled, but they usually result in pickles that are less crisp.
- Select less mature, green cucumbers.¹
- Select tender cucumbers without blemishes or mold.
- Avoid commercially waxed cucumbers because the pickling liquid cannot penetrate the wax easily.
- Use cucumbers within 24 hours of picking.

Hard water

- Hard water can cause softer pickles.
- To create crispness, use soft water. If not available, make water less hard by boiling water hard for 15 minutes and letting water stand covered and undisturbed for 24 hours. Remove any scum and slowly pour water into another container, leaving behind the sediment with its hardness minerals.²

Remove Enzymes

- Remove 1/16-inch from blossom end of cucumber before pickling and discard. These blossom ends contain enzymes that cause softening in pickles.³
- Grape leaves: Some old recipes call for adding one grape leaf to each jar of pickles. Grape leaves do contain a substance that inhibits the enzymes from softening the pickles. However, removing blossom ends and discarding them before pickling will make the addition of grape leaves unnecessary.⁴

Alum not effective

Alum is only effective when firming *fermented* cucumbers (cukes are held in container for 3-4 weeks under controlled conditions that encourage the development of lactic acid.) For quick pickles (where cukes are bottled in a vinegar solution) alum does not improve the firmness.⁵

Canning jars for sale

A consumer has hundreds of quart canning jars she wants to clear out for 25¢ each. Call her at 377-6736.

Canning guidelines for tomatoes have changed!

Actually, the guidelines changed back in 1988, but some have not heard the news!

USDA has four ways of packing the tomatoes into the bottles. Two methods take a “mere” 55 minutes to process in the boiling water canner at Utah County altitude. Two methods take 95 minutes. USDA specifies adding acid to each bottle of tomatoes. For quarts this would be either ½ teaspoon citric acid, or 2 tablespoons bottled lemon juice, or ¼ cup vinegar that is 5% acetic acid.

To get a copy of the current tomato canning guidelines, give us your FAX number, your email address for a Word or WordPerfect attachment, send us a self-addressed stamped envelope, or visit our office in room 206 of the Historic County Courthouse at 51 So. University Avenue.

To get you started here is *one of the four* methods to pack tomatoes into the jars: Wash and trim tomatoes. Cut tomatoes into quarters until you have 5-6 cups of quarters. Quickly add to pot on stove, crushing them (with wooden spoon, etc.) to press out juice. Continue heating to boiling, stirring to prevent burning. Gradually add remaining quartered tomatoes, stirring constantly (but do not have to crush). Boil gently 5 minutes after adding all tomatoes. Fill jars immediately with hot tomatoes, leaving 1/2 inch headspace. Add acid (see above). Salt is optional. Process quarts in a boiling water canner for 55 minutes (for this fill method) at Utah County altitude. (Source: USDA)

¹Pickle Pointers, The Kerr Kitchen Pantry, 1992

²Pickle Pointers, The Kerr Kitchen Pantry, 1992

³Kerr Home Canning and Freezing Book, 1996, p.70

⁴Pickling Vegetables, A Pacific Northwest Extension Publication, 1999.

⁵USDA, Complete Guide to Home Canning, 1989.

Bean Cuisine

Super nutrition at low cost

Do you know beans? Are you looking for food that has: complex carbohydrates? dietary fiber? protein? iron? low cost? low fat? Beans and other legumes are all these things and more!

So dust off the buckets of beans in the basement or the back of the closet and start adding more of these valuable foods to your diet.



Get ideas from our upcoming class! You will sample main dishes, snacks, and even desserts! We'll cover ways of cooking beans and safely canning beans. All this plus handouts for only \$3.

DATE: Friday, September 19, 2003

TIME: 10-11:30 a.m..

PLACE: Room 306 (ballroom) of the Historic County Courthouse at 51 South University Avenue in Provo

COST: \$3 (\$4 at the door, if there if room)

Strong Families Strong Communities

For a limited time, the governor's Commission on Marriage is offering *free* workshops for couples who would like to improve their relationships.

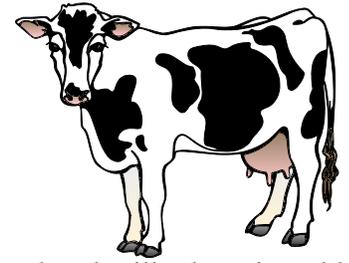
Who should attend these free workshops?

Engaged, newlyweds, and experienced couples can all benefit. Any two people who are committed to a stable relationship can benefit. For example, a single mother might attend with a person who is a strong support to her—perhaps her own mother. Or a parent with a teen.

Those in a relationship that is anticipating change could benefit from having more positive communication to help them transition into a “new and improved” relationship. Some transitions might be marriage, children coming into or out of the family, adding or leaving job, etc.

The class is FREE and will run from 9 a.m. to 4 p.m. with time to enjoy lunch at one of Provo's many restaurants. We will run a class each month we have at least eight people signed up. Call Judy at 370-8468.

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!

Presenter will be Darlene Carlisle (a student of Virginia Nelson who authored the book, *There's a Cow in the Kitchen: A Guide to Cooking with Powdered Milk*).

EVENING: Wednesday, Oct 8, from 6:30 to 9:30 p.m. or **DAYTIME:** Thursday, Oct 9 from 9:00 a.m. to noon

PLACE: ballroom of Historic County Courthouse.

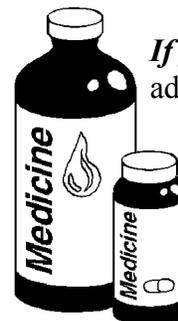
COST: \$5 includes handouts and samples.

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.

Hormone replacement therapy with a cancer twist

This *free* satellite broadcast is *open to the public* and will feature Dr. John Ward, Medical Director of the Huntsman Cancer Center. The public is invited to attend from 11 a.m. to noon on Tuesday, October 7, in room 206 of the Historic County Courthouse at 51 South University Avenue in Provo.



If you have a question you want Dr. Ward to address, please email judyh@ext.usu.edu or phone 370-8468 the day before the broadcast—preferably by noon of Monday October 6. I will forward your email and phone questions.

Upcoming Programs to Attend:

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

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Dangers During Power Outage

The recent power outage in the Northeast prompted this safety reminder, but it is applicable to all of us. The U.S. Consumer Product Safety Commission urges consumers to exercise caution when using generators and candles during a power outage. It offers the following important safety tips: ❖ Shut off all unnecessary electrical appliances and equipment. ❖ If you have a portable generator, *only run it outdoors with adequate ventilation. Never use a generator indoors or in attached garages.* Exhaust fumes contain carbon monoxide, which can be deadly if inhaled. ❖ Plug individual appliances into the generator using heavy duty, outdoor rated cords with a wire gauge adequate for the appliance load. ❖ Make sure that the battery in your smoke detector is fresh. Test the smoke detector to make sure it's working. ❖ Avoid the use of candles if at all possible. Instead use flashlights or glowsticks. If you must use candles do not put them on or near anything that will burn. And never leave burning candles unattended. (Source; CPSC press release #03-170 from 15 Aug 2003)



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



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