



Hinton Around the Yard & Garden

HORTICULTURE NEWSLETTER
by Adrian C. Hinton,

USU - Utah County Horticulture



GREETINGS FROM THE COUNTY AGENT



Happy New Year to all. We here at the USU Extension office truly do mean this. We hope you will let us know your educational needs so we can work together to make 2004 the most successful, exciting and happy new year.

We have many different kinds of educational materials and delivery systems. Each week we are putting more information on our website for consumers who have access.

A big thanks to our office staff and Master Gardeners

who have given a prodigious hand in getting this program out to you. We appreciate you all so much.

The USU Utah County offices will be moving soon to a new location (March/April). We will let you know more about this in our next letter.

Hope to see you all at the Utah Green Conference in St. George, January 13-15. Registration information can be picked up at the Extension office.

Adrian C. Hinton

TIMELY TIPS FOR JANUARY - FEBRUARY

1. Get roses and other ornamentals pruned.
2. Watch for rodent damage around the trunks of new and older fruit trees. With the heavier snowfall they could be hiding in the grass under the snow and chewing on the cambium layer of these tender trees.
3. Start pruning all fruit trees:
Apples, pears, cherries, apricots - first
Save the tender peaches, nectarines and plums for last.
4. Now is a great time to complete your "Master Plan" of your growing areas. Look at your last year's notes and get the seed and plants ordered for early planting.
5. Remember bare root trees and roses and other plants generally do the best.
6. Watch for the pruning classes in the paper and on the radio.
7. Get ready for the Delayed Dormant Oil Spray on all fruit trees. Stop by the Extension office and pick up our handy Home Orchard Fruit Tree Spray Guide (cost \$2.75).
8. Get your lawn mower tuned and blades sharpened for an early spring (if it comes!).
9. As the snow melts be sure all leaves and other debris are removed from the lawn to help prevent snow mold and other lawn problems.
10. Have a great New Year and stop by the office and see our great selection of reference materials.



Feast Your Eyes: Salads and Greens with Color and Texture

Maggie Wolf, USU Extension Agent

Hinton Around
The Yard & Garden



Americans probably have the best opportunity for a varied diet than any other culture in the world. Restaurants and fast food establishments are catering to the new demand for healthier foods, especially salads. And even the salads look more interesting than a few years ago, when iceberg lettuce was THE lettuce and the only color you saw was some red cabbage or shredded carrot. Nowadays, 'gourmet' lettuces and greens are gaining acceptance and share grocery store shelf space with the iceberg and green leaf lettuces. Here's a description of several different salad greens commonly found in modern salads, along with the number of days required to grow before harvest. (Note: if lettuce leaves are harvested as 'baby' lettuce, days to harvest will be up to 2 weeks sooner).

There are four basic categories of lettuces: crisphead, butterhead, cos, and leaf.



Crisphead types. Typically large head lettuces that grow into tight leaf bundles. Crisphead types require a long, cool growing season, and the coastal valleys of California are important production areas. Examples include: Iceberg, Santa Fe, Sun Devil.



Butterhead types. Butterhead lettuces also form 'heads,' but the leaf texture is usually much more tender than the crisphead types. These are also known as Bibb lettuces. The smaller heads are more loosely packed than iceberg, but it still requires a cool growing season. Butterhead will not tolerate heat. Examples include: Butterburg and Sweet Red.

Romaine or cos types. These lettuces produce an elongated head or stiff, upright leaves with dense 'heart' of packed blanched leaves. This is the lettuce that is popularly used in Caesar salad. Examples include: Winter Red, Little Gem.

Leaf type. Leaf lettuce is a good choice

for indoor lettuce gardens because it is ready to harvest in 45 days or less. Harvest can be progressive by plucking the older leaves from the bottom end of the plant, allowing the tip to continue to grow. Examples include: Black-seeded Simpson, Green Ice, Oak Leaf, Mighty Red Oak, Deer Tongue, Red Sails.

Non-Lettuce salad greens:

Spinach - dark green, smooth to puckery or 'savoy' leaves depending on cultivar. Spinach is high in Vitamin A and other vitamins, as well as antioxidants. Varieties include: Tyee, Bloomsdale Long Standing, Razzle Dazzle.

Mesclun - a variety of greens ranging from mild to robust flavor, light green to deep red color. Increasingly popular in salad mixes. Commonly includes: cress, chicory, endive, arugula, purslane, orach, mizuna, and mache. Portulaca, Orach, Mizuna, Corn Salad (Mache).



Mizuna



Corn Salad



Arugula

Utah Green Conference & Trade Show
Dixie Center, 1835 Convention Center Dr.
St. George, UT (800) 538-2663 or (435) 797-0423
www.utahgreen.org



**Hinton Around
the Yard and Garden**

Apples, Apples and More Apples

Wade Bitner, USU Extension Horticulturist

Johnny Appleseed is the most common association with this delicious fruit. Apples really did not come just from this dedicated man. It is believed that the first true apples grew in the Caucasus. Speculation that they were a cross between Asiatic and European crab apples is scientists best guess. It stands to reason that they took their favorite fruit with them wherever they went. Farmed by Greeks and Romans hundreds of years BC, the apple has survived through the ages.

Johnny Appleseed was a real person who was born John Chapman in 1774 in Massachusetts. He spent forty nine years of his life in the American wilderness planting apple trees. Two hundred years later, many of these were still producing apples. A gentle and kindly man, he slept outdoors and walked barefoot around the country. He was a friend to everyone. His clothes were made from sacks and his hat was a tin pot which double as a cooking pot for dinner.

His legacy has been passed around the United States of America. The early settlers in America did not trust the water. They preferred to drink wine and their grapes did not grow in eastern America, so they learned to drink apples...juice that is. The housewife liked the cider barrel because there was usually a head of foam on it which contained yeast sufficient to make excellent bread. This combination of benefits meant an apple tree was one of the first planted at each farmstead.

Selection of different varieties of apples came with the ability to produce exact clones vegetatively instead of depending on trees grown from seed. They were selected according to desirable characteristics



determined by the housewife. This resulted in an explosion of varieties or 'cultivars.' That means *cultivated varieties*. A poll from 1989 selected 10 out of 48 cultivars most popular and does not include some of the newest.

1. Jonagold - a chance selection in 1943.
2. Gala - a 1960 selection from New Zealand
3. Golden delicious - a 90 year old chance seedling of West Virginia
4. Cox Orange Pippin - a 1825 seedling from England
5. Fuji - a 1945 selection from a Japan breeding program
6. Elstar - a 1955 Dutch selection from a breeding program
7. Empire - a 1966 selection from New York breeding program
8. Red Delicious - America's favorite. A 1876 chance seedling.
9. Braeburn - a 1952 New Zealand chance seedling.
10. Granny Smith - a 1879 chance seedling from Australia.

New varieties are: Cameo, Honeycrisp, Mt. Nebo (Elliot), Pink lady. There may be others that you like as well among the 1,000 species of apples available to try. Most of them are 'sports' or selections from the best cultivars such as Ultima Gala, Lochbuie Braeburn and other names reflecting who or where they were discovered.

New Links on USU Integrated Pest Management Extension Website

There are few new links on the USU Extension IPM website that may be of interest.

PowerPoint slideshows presented at recent USU Extension events:

<http://extension.usu.edu/ipm/SlideShowIndex.htm>

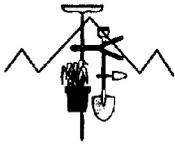
Pesticide registration updates (for tree fruit):

<http://extension.usu.edu/ipm/PesticideRegUpdates.htm>

Links to National Pest Alerts and Emerging Pest

Issues: <http://extension.usu.edu/ipm/> (then scroll down a bit)

You can also reach these and other horticulture links on our own website: www.usu.edu



The Master Gardeners Corner

'Tis the Season to renew your Master Gardening membership—please send in your \$10 today. A quick recap of 2003 shows rewarding experiences at the Summer & Winter Socials, tours (Young Living Farm/Plant World), lectures & great acquaintances. Advanced & basic classes are filling up fast—call today—(801)-851-8460.

This Year's Social Was Another Great Experience

Special thanks for the generosity of:

Paul Wilkey
Adrian Hinton
IFA (AF)
IFA (Pr)
IFA (SF)
CAL Ranch (AF)
CAL Ranch (SF)
Steve Reagan
SunRoc, (Spv)
Rainbow Gardens-
Vern & Lisa Stratton
Sun River Nursery
Cook's Nursery
Carpenter Seed
Ted Taylor
Mike Caron (UVSC)
Tina West

The Master Gardener's Winter Social was a success with opportunities to mingle with other gardeners (great company) and a time to celebrate 2003. We need to give special thanks and appreciation to the hard work of those who have supported our organization this year: Paul Wilkey, Adrian Hinton, Larry Sagers, the USU Extension staff and the Master Gardener Board. Thank you!

Planting Tips for this Winter:

Now is a good time to start planning your garden—how to rotate your plants, do you want to plant anything different next year? How about starting your own unique, hard-to-find plants from seed—like heirloom tomatoes, a unique vine or flower? One packet of seeds often costs less than one grown plant from the nursery. One of the first steps in growing your own plants is a good potting soil.

A Good Simple Soil-Less Potting Mix:

One part sphagnum peat moss, one part vermiculite, ½ part sand (avoid anything that's unpackaged and outside), ½ part perlite, two parts sifted compost (small portions of rock dust or seaweed can be added to this mix to increase the nutrient content.)

Source: www.hgtv.com.

The Cocoa Bean

Winter's already roaring it's frosty breath, and the cocoa bean has always been a traditional favorite of this season. Here are some additional ways to enjoy this little treasure.

Chocolate Caliente

serves 2
4 sq. Baker's chocolate, small pieces
2 cups skim milk
2 - 3 drops of vanilla extract
pinch of cinnamon
pinch of ground cloves

Combine the ingredients in a pan & heat stirring—do not boil. Whisk & pour into mugs. Sprinkle with cinnamon & sugar.

Chocolate Mixers

Chocolate dipped candy canes or spoons, spoons with broken candy cane pieces or spices added. These variations will add pizzaz to your cocoa experience.

Enjoy!

Creamy Hot Chocolate

serves 2
1/3 cup well-chilled heavy cream
1 tablespoon sugar
4 ounces fine-quality bittersweet chocolate
2 cups whole milk



Beat cream with sugar until it just holds stiff peaks. Chop chocolate reserving 2 teaspoons. Over medium heat in a small saucepan, heat milk & remaining chocolate. Stir until it starts to simmer. Pour hot chocolate into mugs & top with whipped cream & remaining chocolate.



Improving Family,
Resources & Health

CLOSE TO HOME

by Judy Harris, USU Extension Agent in Utah County

New Year's Financial Resolutions for Couples

1. Be nice to your partner.
2. Don't muck about in old issues—move on! You can't fix the past.
3. Learn to stretch your money and your thinking. Learn to balance between “you and me” and between “today and retirement.”
4. Learn to save—let the money stay there!
5. Eliminate debt. Put away those credit cards!

(Source: *Sound Money*, 15 Jan 2000. Sound Money is heard on KBYU-FM radio on Saturdays from 8-9 a.m.)

Good **SPENDING** decisions needed if consumers are to save & avoid debt

It may seem obvious, but one of the main reasons people get into trouble with debt is that they have never developed good spending habits.

It can be a challenge in a society that thrives on consumerism: spending by consumers accounts for two-thirds of the U.S. economy. Yet bad buying decisions and overspending can leave a family with too little in savings for college tuition and retirement and with too much debt.

Our lives are conditioned to spend. All day the ads on radio, TV, newspapers, etc. are telling you to spend. Resisting temptation can be difficult. It is all too easy to get into trouble without realizing it until you are in deep.

The key is thinking hard about every dollar you spend.

First put some money in short-term savings. This might be needed in a few weeks or months for tires or car maintenance or inspection, medical expenses, a repair at home, a trip, an unexpected opportunity, etc.

If possible, also put some money aside for long-range goals such as a car and retirement.

To be aware of where the money is going and how much money is left, some folks divide cash into envelopes labeled gas, food, clothing, entertainment, etc. This also helps parents show young children why mom or dad isn't able to buy whatever item the child is wanting.

Before going to the check out stand, look through the items in the cart to see if you could return some of them to the shelves. Could you live without 10% of the items?

Make a spending plan. Comparison shop. Separate shopping trips from spending trips. Wait for sales. Use coupons and take advantage of mail-in rebates. Consider stores that sell “seconds,” rebuilt or used products. Do things yourself that you previously paid others to do. Find fun alternatives to “shopping as recreation.”

Spending is fun; it gives you immediate satisfaction. But remember that most people don't have trouble keeping up with the Joneses. They have trouble keeping up with the *payments*. (Source: ICFE email, 7 July 2003)

Lunch out 3 times a week

Water for beverage

No desserts, extras

Lunch out 2 times

Once a week

Step Down Your Spending—Look for Ways to Trim Your Expenses!

Making “Eat” a Part of Wheat

Learn how to *purchase* bulk wheat and then *use* that wheat in a variety of appetizing ways. We will be making bread, pancakes, cereal, cakes, sweet breads, and white sauce—all using 100% whole wheat. We will be grinding our own wheat and discussing what to look for when purchasing a home grinder. Besides enjoying taste testing, you will also learn the nutritional benefits of including whole wheat in your daily diet.

Class is on Tuesday, February 10, from 10 a.m. to noon. We will meet in room L700 on the lower level of the County Administration Building.

The \$5 fee includes an excellent recipe booklet. No refunds after February 6, the Friday before the class.

Yes, I Can!

Learn ways to safely can meat, poultry, beans, chili, and soups. Take advantage of sales this time of year to pressure can time-saving meal makers.

This program will be held Thursday, February 19 at 10 a.m. and again at 7 p.m. The \$3 fee includes a bulletin with USDA’s guidelines for canning protein foods.

❖ Canned foods are a valuable part of emergency preparedness because they are *ready to eat*—important if the power is out or if you simply need a quick meal!

❖ These low-acid canned foods retain high quality for about *four years* if stored in a cool place.

❖ Economical but tough cuts of meat become *tender* during pressure canning.

Registration

- Making *eat* a part of wheat, Tue., Feb 10, 10 a.m. Pressure Canning Protein, Thur., Feb 19, 10-11 a.m. \$5 per person (includes booklet)
- Pressure Canning Protein, Thur., Feb 19, 7-8 p.m. \$3 per person (includes USDA guidelines)

Name(s): _____

Daytime phone & 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
Or reserve a place in a class over the phone (801-851-8460) by using your Visa, Discover, or MasterCard.



FREE computer analysis shows how to: *reduce the dollar cost of interest and get out of debt sooner*

One of the best financial moves you can make is to reduce your debt load. You can save hundreds or thousands of dollars in reduced interest costs. And when the debts are paid, that money can go back into the family budget.

It costs you nothing to look at the possibilities. You just need to summarize the information Judy will put in the computer. First, list each creditor: bank or store credit cards, installment loans such as car or appliances, overdraft on a checking account, payments to a doctor, etc. For each creditor write down the current balance

owed, the monthly payment, and the annual percentage rate (APR). Please note (1) *if* the interest rate changes when the balance owed reaches a certain level or (2) *if* the interest rate changes on a certain date.

Indicate if you could add five or more dollars each month to debt reduction. Or are you able to add a certain dollar amount once a year or quarterly or other interval? The computer will generate the numbers to help you decide what scenario is best for you. Call Judy at 851-8468 if you have questions, or FAX info to 343-8069 (FAX goes onto Judy’s computer for privacy), or email judyh@ext.usu.edu



Celebrate Year of the Monkey

This year the Chinese New Year falls on January 22, a Thursday. (The Chinese New Year is the second New Moon after the winter solstice.) This gives us another opportunity to have fun and enjoy good food.

Here are five ways to celebrate:

- ❖ **Light fire crackers.** They'll help ward off bad luck during the day and chase away evil spirits.
- ❖ **Wrap with red.** Wrap money in red paper or a red envelope and give to loved ones. Bright colors—especially red—are symbols of happiness, and money is a symbol of prosperity.
- ❖ **Write kind words.** The first words of the new year should be good wishes to friends and family. Put them on red paper for even more good luck.
- ❖ **Clean house.** Cleaning will rid the house of all bad luck and evil spirits, according to Chinese tradition.
- ❖ A helping of red-cooked pork is supposed to bring good luck. Here is a recipe to try (or use sauces and seasonings you have on hand for another taste).

CHINATOWN RED-COOKED PORK TREASURES

- 2 pounds boneless pork loin, cut into $\frac{3}{4}$ -inch cubes
- 2 tablespoons brown sugar
- 2 tablespoons hoisin sauce
- 2 tablespoons soy sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon toasted sesame oil
- 1 shallot, chopped
- 2 teaspoons five-spice powder
- 2 teaspoons grated ginger root
- 2 cloves garlic, minced

In a 1-gallon self-sealing plastic bag, combine all ingredients and mix well. Seal bag and marinate in the refrigerator 8-12 hours. Heat oven to 350°F. Remove pork cubes from marinade. Discard marinade. Pat pork dry with paper towel; place cubes in a single layer (not touching) in a shallow baking pan and bake at 350° for 25-30 minutes, until pork is just tender and lightly browned. Remove to serving platter or chaffing dish and serve hot as an appetizer.

Baking is a great activity during these cold winter months. These almond cakes are very good after a spicy Asian dish.

Chinese almond cakes

Countless Chinese meals were brought to a close with traditional almond cakes like these. They can be prepared in 45 minutes or less. Youngsters can help press the almond into the raw cakes.

- 2½ cups all-purpose flour
- $\frac{3}{4}$ teaspoon double-acting baking powder
- 1 cup shortening (can use half lard for traditional flavor)
- 1½ cups sugar
- $\frac{1}{4}$ teaspoon almond extract
- 2 tablespoons beaten egg
- 30 blanched whole almonds for garnish

Sift together the flour and baking powder. Blend in the fat and sugar until mixture resembles coarse meal. Stir in the almond extract, egg, and 1 tablespoon water, or enough to form the mixture into a soft dough. Knead the dough several times and let it stand in a cool place for 5 minutes. Form the dough into $\frac{1}{2}$ -inch balls and press them down with the palm of the hand to form cakes about $\frac{1}{2}$ -inch thick. Press an almond into the center of each cake and bake the cakes on floured baking sheets in a pre-heated 375° oven for 5 minutes. Reduce the temperature to 300°F. and bake the cakes for 8 to 10 minutes more, or until they are *light* golden brown. Makes 30 cakes. (Source: food4epicurious.com)

This version of fried rice was created by a young son of a friend. It is a flexible, colorful, and tasty way to utilize whatever is in the refrigerator or cupboard.

Fried Rice

- 1 cup rice
- 2 cups water or chicken broth
- $\frac{1}{2}$ teaspoon salt (omit if using broth)
- Cook rice until tender.

Meanwhile, saute the follow in a large skillet with butter:

1 each, chopped: small onion, carrot, stalk of celery

Add: $\frac{1}{2}$ cup frozen peas

1 cup chopped cooked chicken, pork, or ham

Scout the veggies and meat to one side and scramble:

2 eggs

Add cooked rice. Stir to mix, then add soy sauce to taste.

Upcoming Programs to Attend:

Making EAT a part of Wheat page 6
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Prepare in case of illness

A little preparation now could make a tremendous difference if someone (or several!) in your family gets sick. Talk to your doctor and/or pharmacist for suggested over-the-counter supplies you could have on hand. You might want drinks designed to replace electrolytes, and something to lessen throwing up and queezy-ness. *If you already have theses items on hand, check the "use by date" and replace if necessary.* OK food? Don't feed your family grape juice or red cranberry juice; that makes any mess harder to clean up.

Doses for kids are based on a child's weight until he's 80-90 pounds, when he can take adult doses. Date your calculations, tape them in the medicine cabinet, and update often.

Check that you don't take two medicines that have an ingredient in common, which could result in an overdose. *Look at the active ingredients in every medicine you take.* For example, don't take acetaminophen tablets to relieve pain while also taking



It's time to renew if your expiration date is 1/2004 or 2/2004



ough medicine containing acetaminophen. (Source: FDA)
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 851-8460. 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

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