



Hinton Around the Yard & Garden



**GREETINGS FROM
THE COUNTY AGENT**

**HORTICULTURE NEWSLETTER
by Adrian C. Hinton,**

USU - Utah County Horticulture



Here we are on the front page of the Utah County Extension Home Front newsletter. I am very happy to share this front page with Judy Harris every other issue of our newsletter.

We will be moving the Utah State University Cooperative Extension office to a new location very soon. Our new address is:

**100 East Center, Room L600
Provo, UT 84601
(801) 851-8460**

As you can also see, we have many contributors that add variety and spice to the "Hinton Around" section.

Paul Wilkey and Pat Fugal are doing a super job with the heavy phone traffic and walk-in customers. Please be aware that we assist you with your plant disease problems, Monday - Thursday from 8:00 - 5:00 pm. Please no samples on Friday.

Check out the Timely Tips for May/June and have a great growing season.



TIMELY TIPS FOR MAY/JUNE

By Paul Wilkey, USU Extension Horticulture Assistant

1. Don't forget Mother's Day is May 9th.
2. May 10th should be safe to start planting flower beds and vegetable gardens with nursery-started plants. However, still be ready to cover them in the event of a late frost.
3. Depending on the amount of rain we get, you may have to start watering your lawns in early May. Now would be a good time to call us and schedule a free water audit: 801-851-8467.
4. Watch your lawns for signs of insect problems.
5. Set your mower to cut at the 3-inch level. Make sure your blades are sharpened.
6. If you have fruit trees you should already be on a spraying schedule. If not, call us and we can help you get caught up and set you up on a spraying time line.
7. About May 20th is the best time to treat for bronze birch borer.
8. Remember mid-June spray for peach tree twig borers.
9. Remember to "Grow a Row" for the Timpanogos Regional Food Bank (for details, see page 4).

WHAT BUGS ARE IN YOUR LAWN?

Here's a simple test to find out if you have bugs in your lawn. It's called the Soap Soak and here's what you do:



MIX 2 TABLESPOONS LEMON-SCENTED LIQUID DISH SOAP IN 2 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.

If you are not sure what the insect is and would like it identified, bring it in a sealed container to the Extension office. For a \$1 fee, we will let you know what it and how to control it.

EPA to Study Chemicals in Sewage Sludge

On Dec. 31, 2003, EPA denied a petition from the Center for Food Safety for a moratorium on the land application of treated sewage sludge. However, on the same day, the agency announced in the Federal Register that it plans to study the risk of 15 chemicals found in the sludge to see if they need to be regulated. In doing so, the agency is following the recommendations of 2002 National Research Council report. The report says there is no evidence that EPA's current regulations are not sufficiently protective, but it recommends more research on the health and environmental effects of the land application of sludge. The chemicals to be studied include acetone, anthracene, barium, diazinon, fluoranthene, manganese, and silver. EPA may add more chemicals to the list. Last October, the agency said it would not regulate dioxins in sludge because they pose a minuscule risk of cancer.

Profume (Sulfuryl Floride) Now Registered



This Dow Agro Sciences new fumigant formulation has been registered for post-harvest control of insects and rodents in cereal grains and dried fruit and nuts in processing plants, storage facilities, mills and transportation vehicles. EPA established residue tolerances for this post-harvest fumigant on barley, corn, oats, sorghum, wheat, dates, figs, plums, prunes, raisins, almonds, pecans, pistachios, walnuts, beechnut, butternut, cashews, chestnuts, chinquapin, filberts, Brazil nuts, hickory nuts, macadamia nuts, millet, rice and wild rice.

Free Water Check

Now is the time to sign up for a FREE water check for your home or business. What is a water check?

- We will check the roots of your grass to see how long they are.
- We will check your soil to determine your soil type.
- We will set out catch cups to see how evenly and uniformly your sprinkler system is distributing your water.
- We will let you know if part of the sprinkling system isn't working.
- We will check the pressure in your lines to make sure it's not too high or low.
- We will give you a personalized water schedule for your yard based on your soil type.
- You will receive a folder with water conservation tips.

Also, we will be doing large water checks for churches, schools, parks, large business areas, and others. Call this toll free number today: 1-877-728-3420. This is a program sponsored by the Central Utah Water District and administered by USU Extension here in Utah County.

Looking for information on the West Nile Virus?

Find out what impact West Nile Virus will have in Utah in 2004. Visit www.health.utah.gov/wnv to view a presentation from Utah's 4th Annual West Nile Virus Conference.





Hinton Around
the Yard and Garden

Hear Ye Hear Ye

The **Utah**

County Fair will be held July 26 - 31 at the Thanksgiving Point location. Bring in all your best fruit, vegetables and flowers to be judged at the fair.



The Open Class entries for Master Gardener's and other adults will be received on Monday, July 26 from 3:00 - 6:00 p.m. at the Thanksgiving Point Show Barn. There are no entry fees this year. Come in and pick up a catalog after June 15.

HUMATES

If you looked at potting soils in the stores this spring, you may have noticed that some contain humates. What are humates and are they the same as fertilizer?

Our Salt Lake City Extension agent, Maggie Wolf, explains "humates are salts of humic acids, and generally they do release a fair amount of nitrogen slowly over time. Humates also provide some of the micronutrients. But if there is no other fertilizer incorporated into the mix, I would recommend using a soluble fertilizer to water with once the seedlings have their true leaves."

Nature Assures Survival

Seeds of native plants often have "dormancy," which means that the seeds will not germinate readily. Seeds that ripen in fall may need "stratification," or a simulation of winter conditions—wet and cold—for several weeks or months before they germinate.

Prairie plants often have seeds with hard coats that must be "scarified" or broken before they will germinate. In nature, scarification occurs during wildfires, bird digestion, or erosion.



NINETEEN BUG BOMB FOGGERS BLAST APART HOME

by *Howard Deer, Editor*
Extension Pesticide Specialist



It seemed like a good idea at the time. On December 13, 2003 a family living in a San Diego, CA house infested with cockroaches and rats, set off 19 "bug bomb" foggers in their home causing an explosion that virtually blew the building apart and sent Christmas decorations into the street, police said.

The family had just left the rental when the house blew up about 8:45 a.m. No one was injured, although a pregnant woman who lives next door was taken to the hospital as a precaution.

Shards of glass and nails from torn walls were strewn about. The back door of the house was blown off its hinges. Gaping holes were left in the ceiling. Insulation was spread throughout like confetti.



Authorities said they believe the residence may have to be rebuilt. Damage was estimated in excess of \$150,000.

Investigators believe the bug bombs were ignited by a pilot light on a wall heater. "We had so many cockroaches and rats inside. That's why we did it," said Aurelia Oliveras. Oliveras said the family members were walking to their car, parked to the rear of the house, when they heard and felt the blast.

The incident prompted officials to warn residents to take proper precautions when using the bombs. All appliances should be shut off, including the pilot light on gas heaters.

One can is more than enough for a 600-square-foot home. Similar warnings are printed on the canisters. This was not the first time an abundance of bug bombs caused an explosion in this area. In April 2001, 18 bug bombs and a pilot light in a heater combined to blow up an apartment. No one was injured, and several cockroaches survived the blast.



The Master Gardeners Corner

Renew your Master Gardener membership—please send in your \$10 today.



GROW A ROW

& SHARE with the
Timpanogos Regional
Food Bank.

They will distribute
your fresh produce this
summer.

Hours: M-F, 9:00 am -
5:00 pm

Where: 815 S 200 W
Provo, UT

Questions: William
Johnson

Phone: 801-377-0066
Ext. 216

We wanted to introduce you to some of our hard working Utah County Master Gardener Association Board members.



Sue Campbell, Board Secretary, has been gardening since she was five years old. She went to the National 4-H Congress in gardening. She has gardened in Idaho, Oklahoma, Louisiana, Hawaii and now in Utah. She first took the Master Gardener class from Adrian in 2000. Every year she likes to try something new in her garden. This year it's celery.

Tina West, Board Treasurer, has been gardening since she was seven years old, and it's always been in Utah. She took the Master Gardener class in 1999 in Davis County. Last year she tried peanuts and they did well. Her garden is already in for this year—but she doesn't do corn!

Sheila Haggen, Board Historian, was born in Springville but now lives in Pleasant Grove. She has 12 children, 27 grandchildren, and 7 great grandchildren. Her favorite flower is Lily of the Valley. She loves canning, especially making jam and putting up tomatoes. Sheila loves to pull weeds. She considers a weed anything that is growing in the wrong place. She enjoys traveling and has visited Europe, Israel, Hawaii and Italy.

Put It On Your Calendar (June is packed!)

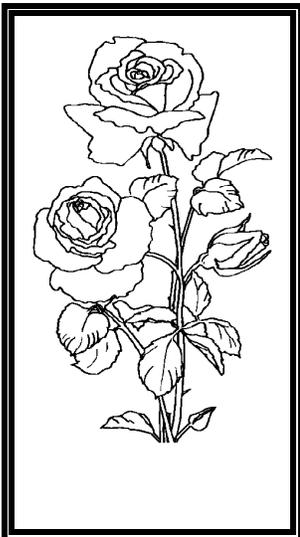
1. May 3 Thanksgiving Point Garden Walk - 10 am
2. May 27 Thanksgiving Point Water-wise Landscape - 2 pm or 6 pm
3. June 9th South Fork Park the Summer Social - 6 pm (Bring starts of plants you would like to share for our Second Annual Plant Swap!)
4. June 18-19 Salt Lake Mini-college more information at <http://umg-mc.computerlizards.com>

Classes are on Tufa Troughs, Native Plants & Propagation, Accessorizing the Garden, Small Space, Photography, Espalier, First Aid, Tomatoes, Bonsai, Flower Arranging, Tools, Beneficial Insects, Attracting Birds, Water-wise Landscaping, Drip Irrigation, Edible Fungus & Creating the Ideal Soil.

5. June 24 BYU Tree Walk - 6 pm
6. July 9 Thanksgiving Point Garden Walk - 7 pm
7. July 22 Temple Square Walk - 6 pm

Trip to Rose Parade

We are trying to arrange a trip to the Rose Parade in California this coming January. We will do our best to make sure this happens if we have enough interest. If you would like to attend this event call or email & put your name on the list (Trish @ 851-8479 or trishc@ext.usu.edu).





Improving Family,
Resources & Health

CLOSE TO HOME

by Judy Harris, USU Extension Agent in Utah County

Money ideas for new graduates and newlyweds

Spring brings another generation of young graduates and newlyweds into society. Hopefully for most it will be a time of great opportunity and growth.

For some this will be a time they take steps that start them on the path to financial freedom. Unfortunately, others will make money choices that complicate their financial lives—choices from which they may never fully recover. Generally, the habits we form when we are young will be those we exhibit throughout our life (be they good or bad).



Young adults often overlook a powerful ally that can help them become financially secure. This ally is TIME.

A little money and a little interest and a lot of time can provide rich rewards. If an eighteen-year-old started saving \$50 a month and continued for 47 years, s/he would have \$113,686 (\$85,486 from interest) from the total deposits of \$28,200, (This assumes a rate of 5%.)

If the consumer starts saving the \$50 a month at age 20 (2 years later) and saved \$50 a month for 45 years, s/he would have \$101,744 (\$74,744 from interest) from the total deposits of \$27,000.

Having \$50 each month to save would mean saving \$12.50 a week or \$2 each of 25 shopping days.

The key is thinking hard about every dollar you earn.

In addition to long-term saving, 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 you decide to keep this money in your checking account, put a note on the check register that \$\$\$ is earmarked for specific needs and not for day to day spending.

- ¢ Save early and consistently, letting compound interest work for you.
- ¢ Be sure there is more money coming in than going out.
- ¢ Be flexible and be prepared for unexpected changes and emergencies.
- ¢ Distinguish between wants and needs.
- ¢ Educate yourself on financial matters.
- ¢ Your financial success will depend more on how you manage your money than on the amount you earn.

Constantly monitor that you are spending less than you earn. Don't laugh, this is a concept that most Americans still refuse to practice. Remember that credit cards are *not* a convenient source of cash—they are an all too easy form of debt. If you use a credit card for convenience, pay the bill in full each month.

Have a spending plan that reflects your priorities and goals. Think you can't "budget" because no two months are the same? But if you *know* no two months are the same you can put into your short-term savings some money each month so when Christmas comes, or the car needs repairs, or you want to take a trip the money will be there. Be patient, flexible, and prepared for unexpected changes and emergencies. Don't try to get everything at once that took your parents a whole lifetime to accumulate. Don't try to keep up with a neighbor that seems to be always getting new stuff.

If you decide for both spouses to work, you may want to live off of just one income. Use the other paycheck to pay off debt, build savings, or spend it on needs that will give you pleasure for years.

Distinguish between your wants and needs. If you must use credit, do it only for things that you *need* and that will outlast the payments and interest. Decide if you are going to control credit, or if you are going to allow debt to control your life! Too many people think the only way to be happy is to earn more money. But it is not the amount of money you *make* that determines financial success. It is how you *manage* the money you earn that will make the difference. Many people with fairly modest incomes have mastered the money game and are very happy. Remember that the precious thing you give up for money is time, and time does not come in unlimited quantities.

Stretching food dollars

The Family Nutrition Program (FNP) helps 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. Our assistant can serve both Spanish- and English-speaking families. Call us at 370-8460 and press 0 (zero) when you hear the voice recording.



FNP and lessons information are free. Topics include:

- ¢ Making food dollars last all month
- ¢ Learn 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 learn.
- Family has more energy, feels better.
- Individuals improve chances of good health now and in the future.

Understanding lactose intolerance

Public awareness and misunderstanding about lactose intolerance is prevalent. People are convinced by friends or media that they will develop gastrointestinal symptoms after consuming small amounts of dairy products. This has resulted in self elimination or restriction of dairy products from the diet.

This is detrimental to bone health and overall health because dairy foods provide 73% of the available calcium in the U.S. food supply. Consuming adequate calcium without dairy foods is extremely difficult or impossible. Strategies to deal with lactose intolerance can improve health and prevent osteoporosis.

Approximately 25% of the U.S. population are reported to be lactose maldigesters.

Strategies to Avoid Lactose Intolerance

- ☺ The amount of lactose that causes notable symptoms differs among people. Most lactose maldigesters can tolerate the amount of lactose in 8 ounces of milk (12 grams lactose). Double blind studies have shown that most lactose maldigesters could tolerate 4 ounces of milk twice a day, or 8 ounces of milk twice a day if consumed with a meal.
- ☺ Consuming lactose with a meal or a solid food slows gastric emptying (or delivery of lactose to the colon), which allows more time for the enzyme lactase to work on the lactose.
- ☺ Whole milk is generally better tolerated than lower fat milk. Chocolate milk is better tolerated than unflavored low fat milk, although the mechanism by which cocoa reduces lactose intolerance is unknown.
- ☺ Cheeses generally contain less lactose than milk. In cheese processing, the whey (which is the main source of lactose) is removed from the curd, which reduces the lactose content greatly. The ripening process also decreases the lactose, so within 3-4 weeks, ripened cheeses have little or no lactose.
- ☺ Yogurt is tolerated well by lactose maldigesters because of the semisolid consistency and the release of the lactase enzyme from the bacterial cultures. *It is important that lactose maldigesters consume yogurts with live, active cultures.*
- ☺ Frozen yogurt and ice cream may be tolerated by lactose maldigesters, but they are not tolerated as well as non-frozen yogurt.
- ☺ Milk with bacterial starters (sweet acidophilus milk or yogurt milk) can improve tolerance, but it depends on the strain of bifidobacteria that is used). Personal trial of products is required.
- ☺ Gradually increasing intake of dairy foods improves tolerance to lactose. Continued exposure to lactose may enhance the efficiency of colonic bacteria that metabolize lactose. Elimination of lactose from the diet probably worsens intolerance to lactose with primary lactase deficiency.

(Source: Nedra K. Christensen, USU Nutrition Specialist)

June is National Dairy Month! Celebrate by trying one of these family-tested recipes used by some of our talented 4-H kids in last year's county cooking contests

BREAKFAST CASSEROLE

by **Christie Bunnell**

8 slices of bread
 ¼ cup butter, melted
 1 cup cubed ham
 2 cups grated sharp cheddar cheese
 4 eggs, beaten
 1 ½ cups milk
 ¼ teaspoon salt
 ¾ teaspoon dried mustard

Preheat oven to 300°. Remove crust from bread. Brush on melted butter. Cut up into cubes and spread into 9x13" baking dish. Sprinkle with cubed ham and grated cheese. Mix eggs, milk, salt and mustard and pour over casserole. Bake 1 ½ hours. Makes 8 servings.
 (2003 4-H Dairy Food Contest, Utah County)

CHOCOLATE MOUSSE PIE

by **Hanna Bonner & Aja Tolman**

1 chocolate bar (8 oz.)
 1 ½ cups miniature marshmallows (or 16 large)
 ½ cup milk
 2 cups whipping cream, whipped
 1 pie shell, baked

Place candy bar, marshmallows and milk in heavy saucepan; cook over low, stirring constantly, until chocolate is melted and smooth. Cool. Fold in whipped cream; pour into crust. Refrigerate at least 3 hours. Serve garnished with chocolate curls and fresh raspberries.
 (2003 4-H Dairy Food Contest, Utah County)

CHEESEBALL

by **Stephanie Bernstein**

1 8 oz. cream cheese
 1 package sliced beef, chopped
 ⅓ cup sour cream
 ⅓ cup Parmesan cheese
 ¼ cup Miracle Whip or similar salad dressing
 ¼ cup chopped green onion



Combine all ingredients. Cook on high heat for 3 minutes. Stir well. Chill and roll in ½ cup nuts.
 (2003 4-H Dairy Food Contest, Utah County)

CREAMY CHEESECAKE PIE

by **Elizabeth Kirkham**

Cheesecake filling:

1 9" graham cracker crust
 2 packages (8 oz. each) cream cheese, softened
 2 eggs
 ¾ cup sugar
 2 teaspoons vanilla
 ½ teaspoon grated lemon peel

Cheesecake topping:

1 cup dairy sour cream
 2 tablespoons sugar
 2 teaspoons vanilla
 Mix these ingredients together.

Heat oven to 350°. Prepare crust. Beat cream cheese slightly. Add eggs, sugar, vanilla and lemon peel; beat until light and fluffy. Pour into crust. Bake until firm, about 25 minutes. Spread Cheesecake Topping carefully over pie cool. Refrigerate at least 8 hours. Serve with sweetened fruit if desired.
 (2003 4-H Dairy Food Contest, Utah County)

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**It's time to renew if your
expiration date is
05/2004 or 06/2004**



Share this information

❖ The Utah County Health Department will be hosting its annual **Women's Health Fair** May 13-14 from 9 a.m.-noon at the new Health and Justice Building at 151 S. University Ave., in Provo. The fair will include a variety of health services and clinics (free or low cost) such as skin cancer screening, fasting cholesterol check, vision check, diabetes information, and much more. It will also host clinical breast exam and mammogram for women 40-64 who meet income qualification. This is a wonderful opportunity for women with little or no insurance or other access to health care to come and have many important screening tests done. For more information or to schedule a fasting cholesterol check, clinical breast exam, or mammogram call 851-7031.

❖ Take steps to protect yourself and your family from **West Nile Virus**. Remove standing water from your property. Change water frequently in outdoor pet water bowls or bird bath. Use repellants that contain DEET. Wear long sleeved shirts and long pants when outdoors. Avoid mosquito-infested areas, especially at dawn and dusk. Put screens on open windows or repair existing screens if

necessary.

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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