



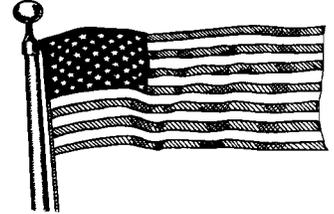
Hinton Around the Yard & Garden



**GREETINGS FROM
THE COUNTY AGENT**

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

USU - Utah County Horticulture



Flag Day is June 14;
Armed Forces Day is
June 21

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.

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 am - 5:00 pm. Please no samples on Friday.

Just a reminder to let you know that we have moved. Our new address and phone is:

**100 East Center, Room L600
Provo, UT 84606
(801) 851-8460**

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

Adrian C. Hinton

TIMELY TIPS FOR MAY/JUNE

By Julie Clifford, Master Gardener, & Owner of The Glass House



1. Prune forsythia, lilacs, and wisteria after they bloom.
2. Plant outside flowers.
3. Water lawns 1.5" per week. Get a free water audit by calling us at 801-851-8467.
4. Mow lawns 2 1/2" to 3" long.
5. In mid-May plant tomatoes, peppers and eggplant.
6. Don't remove tulip leaves until they turn yellow.
7. Spray pear trees for fireblight while trees are blooming.
8. Mom would love a new rosebush for Mother's Day.
9. Spray cherry trees in May for aphids and in June for worms.
10. Spray dandelions before they bloom.
11. Spray apples for worms (codling moths). Begin 10 days after petal fall.
12. Thin fruit for better harvest.
13. Dad would love a bird bath for Father's Day.

PUMPKIN PRODUCTION GUIDE

Dan Drost, USU Extension Vegetable Specialist



Whether you already experience the fruits of growing pumpkins or are considering entering the pumpkin-growing business, the new Pumpkin Production Guide is a must-have. Covering the basics of pumpkin production and the most cutting-edge research available, this guide will familiarize growers with all aspects of pumpkin production. It starts by documenting the history and botanical basis of pumpkin production. It goes on to provide practical information to help growers prepare the field, manage crop nutrients, and evaluate varietal selections. A chapter on cultural practices gives growers “food for thought” on the different ways to produce pumpkins. The fruit set and pollination chapter is truly groundbreaking with insight into how growers can influence these processes to attain the highest yields.

Several chapters on pest control emphasize the importance of accurate identification as the first step in using integrated pest management (IPM) to economically control weeds, insects, diseases, and wildlife pests. Finally, a beautiful pumpkin crop is worth little if it is not harvested and stored properly and marketed at a price that returns a profit to the grower. The last three chapters cover these critical considerations by presenting the six most important concepts for maintaining postharvest quality, sample budgets, marketing tips, and more.

Prior to 1990, little research was done on pumpkin production. Since then, a dedicated team of crop consultants, extension educators, and researchers – committed to soliciting input from growers and meeting growers’ needs – has worked to fill the research void by developing new pumpkin varieties, defining new cultural practices, examining ways to maximize fruitset, and exploring new pest-control methods. The results of this important research and useful grower observations are laid out in the Pumpkin Production Guide – a highly practical, easy-to-read book published in June 2003. The Pumpkin Production Guide, NRAES-123, is available for \$39.00 per copy (plus \$6.00 for shipping and handling) from NRAES, Cooperative Extension, PO Box 4557, Ithaca, NY 14852-4557. (Cornell University Press Release)



Mulch Tips

by *Andrea Berman*

- Mulch acts like a louver, opening to let water in, then closing to keep it in. It keeps the sun from causing evaporation.
- Mulch helps control weeds and helps keep the ground from compacting due to pounding rain.
- Mulch keeps the ground as much as 10 degrees cooler.
- Mulch around a plant helps protect it from lawn mower and weed whip damage.
- Mulch should be kept 4-6 inches away from the crown of the plant. It will keep moisture up against the bark, which could cause rot.
- Mulch should be no more than 3 inches deep. Roots of plants need air. If too deep, mulch can smother them.



- Don't make “Mulch Volcanoes” around trees. Deep mulch creates a cozy home for vole and mice, which could damage the bark and cause the tree to die.
- Colored mulch is not bark. Most of it comes from wood pallets. It is fresh, dyed wood; not composted wood. Composted wood would not accept dye. When uncomposted wood is used, microbes in soil that break it down pull nitrogen from the soil. Colored mulch could also have chemicals in it. If it has come from old houses that have been torn down, it could even contain asbestos.
- Mulch knits together as it decomposes and creates a tight mat of fibers. Air cannot get to the roots and water cannot penetrate to the root zone. Mulch should be aerated whenever this is observed. Mulch that has been single-shredded instead of double-shredded is less likely to form a mat. Nuggets will not form a mat, but tend to float in heavy rain and blow in wind.



Hinton Around the Yard and Garden

**There are a 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: <http://www.usu.edu>

SPIDER VENOM YIELDS NOVEL COMPOUNDS



Novel Sulfated Nucleosides that are likely to have potent biological activity have been identified in spider venom through the use of a new analytical approach based on nuclear magnetic resonance spectroscopy. The approach, developed at Cornell University, relies on the acquisition of a set of NMR spectra from the entire crude venom without prior purification. Cornell used the approach to identify at least seven ribonucleoside mono- and disulfates derived from guanosine and xanthosine in venom secreted by the hobo spider, *Tegenaria agrestis*.

Spider venoms are comprised of complicated mixtures of proteins, polypeptides, free amino acids, polyamines, nucleosides, and other compounds. With more than 40,000 known – and probably many more unknown – species of spiders, of which only a small percentage have been investigated chemically, the potential for interesting, new discoveries seems vast.

DISPOSAL OF UNUSED MEDICINES AND ENVIRONMENTAL IMPACTS

It used to be thought that the best way to dispose of old or leftover medicine was to flush it down the toilet. That way children and animals wouldn't inadvertently become poisoned. But environmental scientists are now warning people to not flush. Antibodies, hormones, painkillers, antidepressants, and an array of other medications are finding their way into the nation's waterways, raising disturbing questions about potential health and environmental effects. Besides individuals who flush prescriptions, nursing homes dispose of anywhere between \$73 million and \$378 million worth of drugs each year. Some of these drugs are incinerated, but many are flushed.

U.S. EPA is studying whether to develop formal recommendations for what to do with old or leftover drugs. Studies have linked hormone exposure to reproductive side effects in fish. Scientists also worry about environmental exposure to antibiotics because they fear microbes may become drug resistant. The Food and Drug Administration (FDA) is re-evaluating its policy about labeling drugs with instructions for disposal. In addition, some states are working to allow nursing homes to donate medications to indigent patients, as long as the drugs aren't opened or tampered with in any way. Until labeling is in place, though, environmental experts offer consumers this advice:



- Take all of a prescribed medication unless there's a good reason not to, such as a bad side effect.
- Trash is better than the toilet. Proper precautions against accidental ingestion of medications by children or pets include breaking up capsules and crushing tablets and then putting the remains back in the original container. Tape the container and double-bag it before tossing.
- Check to see if a local household hazardous waste collection site will take old prescription drugs.
- FDA suggests asking pharmacies to take old medications back.



The Master Gardeners Corner

'Tis the season to renew your Master Gardeners membership – please send your \$13 today. This will cover membership dues in the Utah County Master Gardener Association and a subscription to the “On the Home Front” newsletter. A quick recap of 2004 shows rewarding experiences at the summer and winter socials, tours, lectures and great acquaintances. Advanced and basic classes are filling up fast. Call today to enroll. For the advanced class contact Gretchen at 768-7443 and for the basic class contact Trish or Betty at 851-8460.

This Year's Social Was Another Great Experience

Special thanks for the generosity of:

Mike Caron
Cook's Farm & Greenhouse
Shauna Ewing & Laura Thalín
Jason Girot
The Glass House
Harward
Irrigation/Sprinkler World
Adrian Hinton
IFA - Provo
Itex in Utah
Lyle Jenkins
Bev Larson
Boyd & Loni Peterson
Steve Peterson
Larry & Diane Sagers
Steve Regan - Spanish Fork
Julia Clifford
Sunroc - Springville
Thanksgiving Point
Thanksgiving Point-Museum of Ancient History
Paul Wilkey
Spanish Fork City

Master Gardener Volunteers Needed

Call now to reserve time to volunteer in our office to fulfill your 40-hour requirement. We will work around your schedule. Call 851-8460.

The Master Gardeners Winter Social was a success with opportunities to mingle with other gardeners (great company) and a time to celebrate 2004. 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!

2005 Master Gardener Association Board

| | |
|----------------------------------|--------------------------------------------|
| President - Phyllis Grant | Past President - Brian Beaumont |
| Vice President - Vania Wilkinson | Historian - To Be Announced |
| Vice President - Lyle Jenkins | County Fair Representative - Boyd Peterson |
| Treasurer - Tina West | Advisor - Paul Wilkey |
| Secretary - Sue Campbell | Utah County Horticulturist - Adrian Hinton |

Note from the President:

As President, I would like to thank the Association members for their confidence and support. Vania will now be in charge of the Summer Family Party (tentatively schedule for June 15 at 6:00 p.m. at the Provo South Fork Park). We are so excited to have Lyle Jenkins as a new Board member. His extensive knowledge and expertise will be a great asset to us. We are happy that Sue and Tina have decided to stay another term in their positions and that Brian and Boyd will continue to be there to provide us with their knowledge and experience. Tom Hill has served us well the Past President and we will miss him.

We have also very much appreciated Sheila Haggen as our Historian for the past two years. She has done an excellent job. She has also been in charge of the children's activities at the Summer Family Party (with her daughter, Sara) and has done an outstanding job. We want to thank Sheila's husband, Art Haggen, who has been so dedicated and done so much work in scheduling lectures and talks for many organizations requesting them. We will miss them both. And, of course, we couldn't survive without Paul and Adrian.

Thanks to Larry and Diane Sagers who presented an overview for our upcoming tour, “Garden Delights of the Northwest and Canada,” scheduled for July 28 thru August 1, 2005. UCMGA members will be given first priority for this tour. Further information is available at LarrySagers.com or by calling (888) 353-4769.

Thanks also to Mike Caron, USU Extension Horticulturist Lecturer, who outlined the educational possibilities available through USU and distributed informational brochures.

A special thanks to Boyd and Loni Peterson, who provided the beautiful centerpieces for our Fall Social.



Improving Family,
Resources & Health

CLOSE TO HOME

by Judy Harris, USU Extension Agent in Utah County

Check Your Credit Report FREE!

Congress recently passed a law that allows consumers to get a free copy of their credit report annually from each of the three nationwide credit reporting companies.

These free reports are so far only available to residents of the Western states, so we Utahns need to take advantage of this offer. There are two good reasons to get your report.

- 1) to check them for accuracy
- 2) to guard against identity theft

Go to www.annualcreditreport.com. Do not go to each individual credit reporting company as the reports are only offered free through this site. You can order reports from all three agencies and then compare them to see if they have the same information, or you can order the three different reports separately throughout the year so you can check new information as it appears.

You may also call 1-877-322-8228 or write Annual Credit Report Request Service, PO Box 105281, Atlanta, GA, 30348-5281.



Also, don't be duped by anyone calling you saying they are from the agency and will send you your report. They are after your personal information. Only use the web site, phone number, or address above.

So get your reports and report any inaccurate information. These credit reports affect the interest rates you are paying on your loans, and insurance companies and some potential employers may check your credit report.

Take the Next Step: Correct Any Errors

The launching of the free credit report service will be watched carefully by consumer advocates. Several studies have shown that credit bureau data is riddled with errors. A study published in October by the National Association of State Public Interest Research Groups indicated four in five credit reports contain some error.

Mistakes can be as simple as a mistyped address, or as complicated as a list of defaulted loans, taken out by an identity thief and in the victim's name and never found.

Privacy advocate Rob Douglas urged consumers to quickly take advantage of the website, and be prepared for some unhappy surprises. "I think there will be a more than substantial number of people who will discover there are errors on their credit report," he said. "Whenever I'm asked what it is someone can do to protect themselves from identity theft, the first thing on the list is to regularly check their credit report. You don't want to discover the problem while you are in the process of a major purchase."

Consumers can dispute errors by following the instructions listed on the credit reports they receive. Procedures may differ slightly among companies.

Consumer attorney David Szwak, who regularly sues credit bureaus on behalf of consumers, said free credit reports are a good idea—but that's only a first step. The process of fixing errors can be painstaking, he said.

"Just because you get a copy of the credit report doesn't mean you can get the errors corrected," Szwak said. "What I would tell customers is as soon as you are able to, get a copy of the report. Then, be sure you dispute everything that's wrong on there and follow up. And if you don't get satisfaction, find an attorney. Your credit is your most valuable property right."

If some of your goals for the new year include reducing debt or increasing savings for long term goals, the PowerPay and PowerSave computer programs can help you see the possibilities. Call 851-8468 for free printouts to help you plan.

Say “I Love You” with Delicious Valentine Recipes



Show your special Valentine that you really care by preparing delicious and easy to make goodies.

Tasty Raspberry Spinach Salad

- 2 tablespoons raspberry jam
- 2 tablespoons raspberry vinegar
- 1/3 cup Vegetable oil
- 8 cups spinach, rinsed, stemmed and torn into pieces.
- 3/4 cup coarsely chopped, toasted almond slices
- 1 cup fresh raspberries, sliced
- 3 kiwis, peeled and sliced

Dressing: Combine jam and vinegar in a blender or small bowl. Add oil in a thin stream, blending well.

Toss spinach with 1/2 of the nuts, 1/2 of the raspberries and 1/2 of the kiwis. Add the dressing. Top with the remaining ingredients (nuts, raspberries and kiwis). Serve immediately.

Valentine Rice Crispy Treats

Ingredients



- 1/2 cup butter
- 10 cups crispy rice cereal
- 9 cups miniature marshmallows
- 1 1/2 cups candy hearts (the tiny red spice ones)
- Candy hearts (the ones with messages)
- 1 cup miniature chocolate chips
- Red food coloring

Melt butter and marshmallows and stir until smooth. In a large bowl, mix rice cereal, spiced candy red hearts and the miniature chips together. Add 2-6 drops of red food coloring until you reach a shade you prefer. Add the cereal mixture to the marshmallow mixture. Stir quickly to combine. Spread on a large buttered pan. Press with buttered hands. While mixture is still warm, press a candy heart with a message, spacing each 1 1/2 to 2 inches apart. Refrigerate until cool. Cut into squares.

Want another reason to party? Celebrate Mardi Gras!

Mardi Gras was first celebrated as a French holiday on the banks of the Mississippi River near New Orleans by early explorers.



Through the years Mardi Gras has evolved into an exciting holiday for both children and adults.

Mardi Gras actually means “Fat Tuesday” and is always celebrated on that day of the week. It can fall on any Tuesday between February 3 and March 9.

So how can you know which Tuesday it will be? It is the day before Ash Wednesday. That date coincides with the first Sunday after the full moon following a Spring Equinox.

Upcoming Mardi Gras dates:

- 8 Feb 2005
- 28 Feb 2006
- 20 Feb 2007
- 5 Feb 2008
- 24 Feb 2009
- 16 Feb 2010



Official Colors:

The official colors for Mardi Gras are green, purple and gold. They were chosen in 1872 by the King of Carnival, Rex. Green stands for faith, purple represents justice and gold stands for power.

Secrets to Making Whole Wheat Bread

You will love this! Come learn solutions to the unique challenges of making whole wheat bread, which ingredients are essential and which are optional, and get answers to your bread making questions.

The presenter is Diana Ballard, whose passion for quality whole wheat bread led her to research the “why’s” behind excellent results. You will learn about techniques and ingredients that will improve your results with whole wheat bread.

❖ The evening class will be Thursday, February 3, from 7-9 p.m. (In the evening you must enter the County Administration Building by the ramp or stairs on the west side of the building.) ❖ The daytime class is on Tuesday, February 8, from 10 a.m. to noon. ❖ Both classes will meet in room L700 on the lower level of the County Administration Building.

The \$3 fee includes an excellent recipe booklet.

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. 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.

The class is Wednesday, January 19, at 10-11 a.m. and again at 7-8 p.m. in room L700 of the County Administration Building, 100 East Center in Provo. *Note for evening class: Evening access is down the stairs or ramp on the west side of the County Administration Building*

Seal your home against the cold—but safely!

When we better seal our homes against the colder temperatures of winter, indoor air pollutants can build up and create health concerns for our families. One of these pollutants that can be especially dangerous is carbon monoxide gas. It is an odorless, colorless gas that is emitted from combusting materials. Fireplaces, gas stoves, wood stoves and furnaces that don’t work properly are prime winter sources of the gas. Low doses can cause flu-like symptoms: headache, fatigue, nausea, shortness of breath, weakness, muscle ache, and dizziness. Higher or sustained doses can cause impaired judgment, paralysis, coma and even death. Young children, because of their small body size, will usually experience symptoms first.



To protect your family you should:

- Install a carbon monoxide (CM) detector in your home
- Make sure furnaces, fireplaces, space heaters, woodburning stoves and gas appliances are properly vented and inspected annually..

Being aware of and taking steps to prevent this potential health issue will help keep your home and family safe during the winter months. (*Sources: Federal Department of Housing and Urban Development; USDA, EPA, “Healthy Indoor Air for America’s Homes”*)

Upcoming Classes

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Ways to Can Meat, PoultryPage 7

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**It's time to renew if your
 expiration date is 1/2005.**

Easy Cashew Truffles for Your Valentine



- 1 cup whipping cream
- 2 Tbsp. whipping cream
- 1/4 cup butter
- 12 oz. semisweet chocolate, chopped
- 5 oz. milk chocolate, cut into chunks
- 1 tsp. vanilla
- 2 cups finely chopped cashews (or substitute any nut you want)

How to prepare:

Bring cream and butter to a boil in a medium saucepan. Remove from heat. Add the vanilla and chocolate and stir until mixture is smooth and creamy.

Drop by teaspoonfuls onto waxed paper. Refrigerate about 2 hours until candy is firm enough to handle easily.



This newsletter is an educational effort of the Utah County office of Utah State University Extension, 100 East Center, Room L600, Provo, UT 84606.

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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