



Hinton Around the Yard & Garden

HORTICULTURE NEWSLETTER
by Adrian C. Hinton,

USU - Utah County

HAPPY★NEW★YEAR

GREETINGS FROM
THE COUNTY AGENT



Dear Fellow Gardeners,

Welcome to the 2008 growing season. The snow and rain have been greatly appreciated, but we still need more moisture to have a very successful '08 growing season.

Be sure and check the Timely Tips below and look for our pruning classes coming to a neighbor near you in February. Let's all have great preparation for this new growing season.

Timely Tips for January & February

by Julia Tuck, Horticulture Assistant

1. When winter is bleak, it's nice to add a little life to your landscape. To attract birds, hang up a thistle feeder and put out a feeder with black oil sunflower seeds. Also offer them water in a shallow container. Place the feeders near shrubs or trees that will offer them cover and keep them safe.
2. Houseplants tend to dry out more quickly in a heated home. Be sure to check them. If any leaves are shiny, wipe with a damp cloth so they will be able to breathe.
3. Prune apple and pear trees and grapes in late February or early March after the worst of the winter cold and before the new leaves emerge. Prune stone fruit trees last (apricot, cherry, nectarine, peach and plum).
4. Apply a delayed dormant oil in early spring to fruit trees to protect them from a host of small pests such as aphids, adelgids, scales and mites which overwinter in the leaf axils. Apply when the temperature is above freezing.
5. Prune summer flowering ornamental shrubs, such as roses, while they are still dormant.
6. Attend one of our pruning demonstrations. Call in late January to see when and where they are scheduled. Demonstrations are held throughout the county.
7. Sharpen your lawn mower blades and check all of your gardening tools. Clean and repair them before they are needed next spring.
8. Don't start your vegetable plants indoors too early. Six weeks ahead of the expected planting is early enough for the fast-growth species such as cabbage. Eight weeks allows enough time for slower growing types such as peppers. Mid to late February plant broccoli, brussel sprouts, cabbage, cauliflower, leeks, onions and spinach.
9. Branches of plants such as forsythia, pussy willow, quince, spirea and dogwood can be forced for indoor bloom. Cut the stems at a 45° angle and place the stems in a vase of water. Change the water often. They should bloom in about three weeks.
10. You may notice unwanted guests. Spiders frequently come in during winter. If you are worried about which spider has entered your home, you can bring it down to our Diagnostic Lab and we can identify it for you. The cost is only \$1.00. You can bring in any insect, diseased plant (part of the plant if it's big) or spider and we can help you.
11. You can start flower seeds now for such varieties as ageratum, companula, candytuft, carnation, chrysanthemum, coleus, coreopsis, geranium, impatiens, pansy, petunia, salvia and snapdragon.

The Master Gardener Corner

Congratulations to our new Master Gardener officers here in Utah County. Our new president is Julie Clifford. First vice-president is Richie Hayes. Second vice-president is Roger Dixon. We have a new treasurer, Jackie Coleman. Sue Campbell has stayed on as secretary, and Carol Williams is still the historian. We appreciate it greatly that they are so willing to serve.

We are looking forward to a great new year with our new officers and new members.

Thirty-six people received their certificates on Tuesday, December 4 at the Winter Social. Also, Betty Moore received her thirty-three year award and special retirement recognition, which was a new coat with the new Master Gardener logo. We all congratulate her on all the great years serving Master Gardeners in Utah County. All of the 135 people who attended enjoyed the Winter Social and many received door prizes and awards.

If you have any suggestions for the Master Gardeners, please contact us at 851-8479.

Insect Venom for Cancer Defense

Camouflage is not the only trick Madagascar walking-sticks use to thwart their enemies. These insects also spray a defensive fluid, and Arthur S. Edison of the University of Florida and coworkers hope the fluid's key component, parectadial, will ward off a human enemy: cancer. The researchers detail the discovery and characterization of parectadial along with their development of a synthetic route to the monoterpene. Parectadial is structurally similar to perillyl alcohol, a plant-derived compound that has been investigated for anti-cancer activity. That structural similarity prompted Edison and coworkers to test parectadial's effect on tumor cells. Preliminary unpublished results indicate that the compound also has anti-cancer activity, leading researchers to file a patent on parectadial.

Should You Use Beneficial Insects?



When you are monitoring your crop, nursery stock or garden for pests and you find a pest that is attacking your plants, is it more effective to spray a pesticide or introduce a natural predator?

It depends on the circumstances. Sometimes, the pest population is so large that a pesticide is needed. But often if a spray is not applied, natural predators, or introduced predators, can solve the problem.

Explore your options

Homeowners have plants that are susceptible to certain pests like aphids on roses. You can spray an insecticide on the roses when the aphids are present, but an option is to apply a beneficial insect such as ladybugs, lacewings, or aphidoletes to control the aphids.



Monitor plants

Monitor your plants to avoid pest infestations. Another key is to apply a beneficial insect when the pest threshold is low. With a lower pest population, the natural predators you introduce have a better probability of controlling the pest.

An old practice

Applying beneficial insects to crops is an old practice. Commercial applications of applying beneficial insects started 100 years ago in California to control a pest on oranges. This was the beginning of the business of producing beneficial insects in the U.S.

Don't need to be organic

You don't need to be a 100% organic grower to use beneficial insects. Many beneficial insects can be used in conjunction with a spray program. Many growers have found that they are able to reduce the amount of sprays on a crop by using beneficial insects. Quite a few nurseries also use beneficial insects to control pests in greenhouses.



HINTON AROUND THE YARD AND GARDEN

Weed of the Month

by Julia B. Tuck

Field Bindweed - *Convolvulus arvensis*

Field bindweed, also called morning glory or creeping jenny, is on the Noxious Weed list in Utah. It was introduced from Europe. Morning glory is a perennial that is very hardy and competitive. The stems grow to four feet long. The leaves are arrowhead shaped. It blooms from June until frost. The flowers are pink, white or purplish.

The bad news. Morning glory produces up to 300 seeds about two weeks after pollination. Seeds germinate in fall and spring and are viable for 50 years. It also reproduces vegetatively from lateral roots. The large roots survive below-zero temperatures.

Control. Pulling, cutting and hoeing are effective for new seedlings, but the mature plants need to be sprayed with 2,4-D. 2,4-D is a growth regulator, so spray as much of the foliage as you can. Mature plants can have a deep taproot that is ten feet long.

Bindweed mite. There is a bindweed mite, *Acera malherbae*, which feeds on field bindweed. It does not damage other plant families. These mites can aid in suppression or control in areas which are arid.

Helpful hints: The best time to spray is when bindweed is in bloom or in the fall. Don't spray if the temperature is above 85°. If the bindweed is among other plants, cut the bottom out of a milk carton and stuff the bindweed in it. Take the lid off and spray in 2,4-D and Roundup. Recap the milk carton.

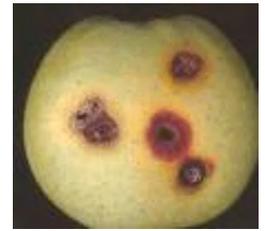
SPECIAL NEEDS.

For any special arrangements including dietary, physical accesses, or other accommodation requests, contact Utah State University Extension at 801-851-8460.

Fifteen working days are needed to facilitate special needs requested.

Thug of the Month

by Julia B. Tuck



Coddling moth damage

Coddling moth is a serious insect pest of apples and pears (pome fruits). They can also infest the fruit of apricot, cherry, crabapple, hawthorn, quince and English walnut trees. These caterpillars gave rise to the "worm in the apple" phrase.

In Utah County there are normally two full generations and a partial third generation each year. The first generation emerges about bloom time. The second emerges in late June or early July, and the third generation emerges about mid-August.



Adult coddling moth and eggs

Coddling Moth adults are gray-brown moths about ½" long. The pupa are ½" long. The pinkish-beige larva (caterpillar) is ½" to ¾" long when fully grown and has a dark head. This species is originally from Europe.

Control. The best control for these moths is to use an insecticide, such as carbaryl (Sevin), pyrethrum, Malathion, or Spinosad, starting ten days after petal fall through the first week of September.

Alternative controls. *Bacillus thuringiensis* (Bt) may be used as an alternative to traditional insecticides (it is a naturally fatal disease for all caterpillars). It needs to be applied every 5 days.

Less effective alternatives are also available, such as using corrugated cardboard around the trunk of the tree. Each week crush the moths inside of the cardboard and replace with new cardboard.

The Home Office Pest Management Guide, available at our office or online, can give you more information about ways to control the coddling moth.

UTAH GREEN

CONFERENCE AND TRADE SHOW

South Towne Expo Center, 9575 S. State St., Sandy

January 28-30

www.utahgreen.org

Cabin Fever Got You Down? Try Indoor Gardening

The bright side of winter is that it diverts our attention from the outside garden to the interior garden. Indoor gardening is a fascinating and popular hobby. Soothing, decorative and fun aspects of indoor gardening help diminish the dreariness outdoors.



Houseplants grow and flourish because they have the right growing conditions, and they decline and die if they don't have certain basic needs provided.

Lighting for plants is always a mystery for some. All plants that have chlorophyll and manufacture their own food require a certain amount of light. Dull winter days when the sun rises late and sets early cut the amount of light tremendously. As humans, our eyes adjust for changing light levels, so we don't notice the difference as a plant does. If there's insufficient light, plants simply do not grow.

The water needs of a plant vary greatly, but under periods of low light intensity, water needs are diminished. The best moisture meter you have is the end of your finger. Stick your finger an inch or two into the soil. If the soil feels moist, leave the water can in the closet. If it's dry, add enough water to soak the soil and allow a slight amount to run out of the bottom. Any more keeps moisture from getting to the roots and causes decay of the small feeder roots that are vital for absorbing water and nutrients.

Use fertilizer sparingly, if at all, during the winter season on most plants. As plants start to grow and develop new leaves in the spring, add fertilizers then because the plant will then be able to use the nutrients. Fertilizers added when they are not needed contribute to salt build up in the soil and can cause the demise of the plant.

Environmental problems with light, temperature, water or nutrient extremes are the major causes of failure of plants. Insects and mites attack many species of plants. Give smaller plants a shower every few weeks to wash away unwanted pests. Turn the plants upside down and run tepid (90 degrees) water on the underside of the leaf.

Give your plants light, adequate water and fertilizers and control pests and they will thrive.



Monetary Compensation for Landowners - Enroll in Walk-in Access Program

Almost anyone who owns, leases or manages at least 80 contiguous acres of suitable wildlife habitat, wetland or riparian habitat can qualify for the Utah Division of Wildlife Resources (UDWR) Walk-in Access Program (WIA). As a participant you will receive monetary compensation based on the amount of suitable habitat and wildlife, deeded land or water and length of time enrolled in the WIA program.

What is a Walk-in Access Program? It is a tract of private land that UDWR leases to provide additional hunting, fishing and/or trapping opportunities for the public's enjoyment. Public access to a Walk-in Access area is limited to foot traffic only, unless otherwise designated. Once enrolled, the property is posted to demarcate the boundaries.

Maps and requirements for each Walk-in Access area is posted on UDWR's website:
www.wildlife.utah.gov/walkinaccess



Laser Light Scares Away Birds



Tony Buhler, a lawyer and inventor, has developed a laser technology, the P-3 anti-avian system, to frighten off birds from feeding on fruit, berries or other produce. His infrared laser casts a beam of light over fields for about three city blocks. The beam is invisible to humans, but birds see it, and they don't like it. The low-powered laser lights don't blind or burn.

The system is also noiseless. Two lasers constantly sweep over an area and temporarily disrupts a bird's navigational system and causes them to fly away unharmed. How effective is the P-3? The U.S. Department of Agriculture and Wildlife Service conducted studies and concluded that lasers are a safe and effective means of frightening hungry birds from your crops. The effectiveness is better against birds that flock and less effective against solitary birds like robins. Most importantly, sensitive birds seem unable to get used to it as they do to distress sounds and other noises. The P-3 uses 30 milliwatts; one unit covers 7 - 10 acres. Learn more about it:
<http://carpediemtechnologies.com/details.htm>



Improving Family,
Resources & Health

CLOSE TO HOME

Judy Harris, USU Extension Agent in Utah County

Carbon Monoxide

Carbon monoxide is a colorless, odorless gas that's often called "the silent killer." It is a poison that kills hundreds of people each year. Children are at greater risk of carbon monoxide poisoning than adults because the gas builds up in their bodies faster. The most common sources of carbon monoxide are furnaces, water heaters, ovens, stoves, gas dryers, clogged chimneys, unvented heaters and vehicles.

Symptoms of carbon monoxide poisoning include: headache, nausea, vomiting and tiredness. Often entire families become sick and pass the symptoms off as the flu, but don't make that mistake. It's nearly impossible for every member of a family to get sick at the same time. If you think you or your children are victims of carbon monoxide poisoning, get out of the house immediately and call emergency services.

The good news is carbon monoxide poisoning is preventable:

- ✓ Install a carbon monoxide detector in every bedroom of your home.
- ✓ If the alarm goes off, leave your home as soon as possible and call the fire department or your local utility company.
- ✓ Have all of your gas appliances checked yearly for possible leaks.
- ✓ Never leave your car running in the garage.
- ✓ Never use your oven or a charcoal or gas barbecue to heat your home.
- ✓ Never use a charcoal or gas barbecue for cooking inside your home.
- ✓ Never run a generator in an enclosed space.

Take these extra precautions to keep yourself and your family safe.

ASK A SPECIALIST: I SET NEW YEAR'S RESOLUTIONS BUT I'M ALREADY LAGGING. CAN YOU GIVE ME SUGGESTIONS?

Research shows that 51 percent of those who make resolutions will abandon their resolve within six months. If you've already jumped the track, consider these tips to get your resolutions rolling again.

MAKE A COMMITMENT. Pledge to put forth whatever effort it takes to succeed. If your resolution is to save money, set up a savings account and commit to a monthly deposit, or set up an automatic payroll deduction at work. If your resolve is to spend more time with your spouse, commit to a weekly date night. Do more than dream about success—make a commitment.

SET REASONABLE GOALS. If you're like countless others, your number one resolution is to lose weight, but be realistic. Don't expect to lose 30 or 40 pounds in one month. You're likely to give up when you can't achieve that goal. Instead, establish an objective to lose one or two pounds a week. With 52 weeks in a year, your goal becomes more achievable and each week can be a victory that will fuel your resolve.

EXPECT SETBACKS. Progress is never steady, even when you've done it right by making commitments and setting reasonable goals. So what if you have a week without weight loss, or can't save anything when the budget gets tight? You may have detoured from your destination, but it's not the end of the road, so don't give up on yourself. Napoleon Hill, author of "Think and Grow Rich," said, "What the mind of man can conceive and believe, it can achieve." Keep believing in yourself and don't stop trying.

DISCOVER WHAT MOTIVATES YOUR SUCCESS. Sometimes it's help to share your goals with someone else. Some people are more successful when they track their progress in a journal or diary. And we all like rewards, so celebrate small milestones along the way. Watch a television show with your family, buy a new book, take a weekend drive, enjoy a sunset or do something for someone else. Just don't give up.

Resolutions can improve health, strengthen relationships, reduce debt, relieve stress, help you acquire new skills and benefit others. And since 49 percent of people polled reported success with their New Year's resolutions, you can too.

*by Lou Mueller, Family and Consumer Science Agent,
USU Extension, San Juan County*

Get a New Year's Financial Check Up

There are several things you can do to check your financial fitness as you start the New Year. If you will take time to address these issues, you will be off to a great start for the year. You also will be more in control of your financial affairs.



Calculate your net worth. Record all your assets including bank accounts, savings, investments, property, etc., and total them. Next, record and total all your debts. Subtract the total debt from your assets and you will know your net worth. Do this yearly.

Check your credit. Have you received your free annual credit report from the three credit reporting agencies? Make sure all the information on the report is accurate and has only your information and credit history on it. Take immediate steps to get any incorrect information removed. This is also a way to make sure that your identity has not been compromised. For information on how to dispute a claim or understand your credit report, go to ftc.gov and click on **customer information**. To order a free report, go to annualcreditreport.com or call: 1-877-322-8228.

Opt out of pre-screen credit or insurance offers. There is a simple procedure to reduce the offers in your mail. Go to OptOutPrescreen.com. You can opt out for five years, permanently, or opt-in to receive firm offers once again.

Sign up for the "Do Not Call Registry." To get your phone number on the Do Not Call Registry for five years, go to www.donotcall.gov. This helps eliminate unwanted solicitations via your telephone. To register by phone, call 1-888-382-1222. Call from the phone number you wish to register.

Contact your credit card company to see if you can reduce your interest rate. You can often reduce the interest rate on your credit card by calling the number on the back of your credit card and then ask to talk to the supervisor. If you have been a responsible user, you can often get them to reduce the rate.

Check on all financial accounts. Make a point of reviewing all checking, savings, money market

accounts, certificates of deposits and other investment accounts. Are you getting the best interest rate on your checking and savings accounts that you can?

Should you move your money or keep less in the lower-interest bearing accounts? Are you aware of your investment accounts and how they are doing? Do you need to make arrangements for automatic deposits into savings to increase your emergency fund?

Review all utility and telephone bills. Check all utility and phone bills to see if you can cut down on the monthly costs. Review telephone services to see if you can reduce some of the expenses especially if you have a cell phone to handle long distance calling.

Review television coverage plans. If you have cable or satellite TV, review the costs and evaluate your viewing habits. Perhaps you can find a way to cut back on the costs if you really don't use all the services you are paying for.

Review insurance coverage and needs. Review life, homeowners, auto and medical insurance to make sure you have adequate coverage for yourself and your household. If you have adequate savings, increase your homeowners or auto insurance deductibles to lower premiums. If you save and pay your premiums one time for the year instead of month to month, you can save even more.

Reduce your risk of identify theft. Be cautious with your identity. Do you sign your credit card? Write "See ID" on it. Do you supply personal information over the internet? Do you leave mail in your mailbox for the postal carrier to pick up? Do you shred unwanted mail containing personal information? Do you leave your computer on 24-hours a day? Make sure you turn your computer off when you are finished using it. It will save you energy and lessen the chance of identity theft. Take outgoing mail to the post office to mail. Be cautious when giving out personal information. Unless it's absolutely vital, don't give out your Social Security number. One gentleman who had his identity stolen had this tip: when an agency like a library requests your Social Security number, simply give them the wrong one!

by Marilyn Albertson, USU Extension, Salt Lake County

Easy Potato Soup

2 stalks celery - dice fine
 1 small onion, chopped
 4-5 large potatoes, peeled and chopped



1. Put ingredients in a pot and cover with water.
2. Cook till tender
3. Mash, leaving a few lumps.

Add:

1 can 2% evaporated milk
 1 T butter
 Salt and pepper to taste

- Warm slightly. DO NOT boil.
- Serve with grated cheese and/or bacon bits.

What to do until the lights come back on



Keep on hand:

- ▶ Batteries, flashlights, portable radios, one gallon of water per person per day and a supply of non-refrigerated food that can be eaten without cooking.
- ▶ Standard, non-cordless telephone or cell phone.
- ▶ Cash and a full tank of gas - cash machines won't be working and neither will gas station pumps.

Also:

- ▶ Never use candles for lighting; they can cause a fire.
- ▶ Turn off stoves, ovens and other appliances to prevent heavy start up loads that could cause secondary blackouts when power is restored.
- ▶ Leave one light or radio on so you'll know when the blackout is over.
- ▶ Keep water and food on hand for your pets.
- ▶ Keep refrigerator and freezer doors closed to prevent food from spoiling.

Should I use directions for canning butter at home that I see on the Internet?

Indeed, there are some directions for 'canning' butter in circulation on the Internet. Most of what we have seen are not really canning, as they do not have Boiling Water or Pressure Canning processes applied to the filled jar. Jars are preheated, the butter is melted down and poured into the jars, and the lids are put on the jars. Some directions say to put the jars in the refrigerator as they re-harden, but to keep shaking them at regular intervals to keep the separating butter better mixed as it hardens. This is merely storing butter in canning jars, not 'canning'. True home canning is when the food is heated enough to destroy or sufficiently acidify enough to prevent growth of all spores of *Clostridium botulinum* (that causes botulism) and other pathogens during room temperature storage on the shelf.

Physical safety and food quality: In the provided directions, the jars are preheated in an oven (dry-heat), which is not recommended for canning jars. Manufacturers of canning jars do not recommend baking or oven canning in the jars. It is very risky and may cause jar breakage.

The butter is not really being 'canned'; it is simply being melted and put in canning jars, and covered with lids. Due to some heat present from the hot melted butters and preheated jars, some degree of vacuum is pulled on the lids to develop a seal. It rarely is as strong a vacuum as you obtain in jars sealed through heat processing. The practice in these 'canned' butter directions is referred to as 'open-kettle' canning in our terminology, which is really no canning at all, since the jar (with product in it) is not being heat processed before storage.

Although mostly fat, butter is a low-acid food.

Meat, vegetables, butter, and cream are low-acid products that will support the outgrowth of *C. botulinum* and toxin formation in a sealed jar at room temperature. Low-acid products have to be pressure-canned by tested processes to be kept in a sealed jar at room temperature. It is not clear what the botulism risk is from such a high-fat product, but to store a low-acid moist food in a sealed jar at room temperature requires processing to destroy spores. (con't., pg. 8)

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100 East Center, Rm. L600
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**It's time to renew if your
expiration date is
January or February 2008**

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Mention or display of a trademark, proprietary product, or firm in text or figures does not constitute an endorsement and does not imply approval to the exclusion of other suitable products or firms.

Should I Use Directions for Canning Butter? (con't.)

A normal salted butter has about 16-17% water, and some salt, protein, vitamins and minerals. We have no kind of database in the home canning/food processing arena to know what the microbiological concerns would be in a butter stored at room temperature in a sealed jar. In the absence of that, given that it is low-acid and that fats can protect spores from heat if they are in the product during a canning process, we cannot recommend storing butter produced by these methods under vacuum sealed conditions at room temperature.

Some other directions call for 'canning' the filled jars of butter in a dry oven. This also is **not** 'canning'. There is not sufficient, research-based documentation to support that 'canning' any food in a dry oven is sufficient heating to destroy bacteria of concern, let alone enough to produce a proper seal with today's home canning lids.

In conclusion, we would NOT recommend or endorse them as a safe home-canning process, let alone for storing butter at room temperature for an extended period.



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

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



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