



Improving Family,  
Resources & Health

**CLOSE TO HOME**

by Judy Harris, USU Extension Agent in Utah County

## *Reduce costs of cooling & heating home*

With soaring costs of cooling and heating our homes, more consumers are finding ways to keep comfortable by improving the material makeup of their homes. The Weatherization Program can help.

The Weatherization Program has the goal of reducing energy waste and minimizing energy bills. It takes a whole house approach to improve conditions of homes so they hold heat better in the winter and stay cool longer in the summer.

Some of the services Weatherization can provide include:

- ¢ Energy audits
- ¢ Performance of windows and doors
- ¢ Home energy ratings
- ¢ Insulation
- ¢ Furnace testing, repair, and replacement
- ¢ Refrigerator replacement
- ¢ Duct sealing and testing
- ¢ Blower door testing
- ¢ Indoor air quality testing

Assistance from Weatherization is available to homeowners, renters, and mobile home owners. Qualified clients do not necessarily receive all available services of Weatherization. Priority is granted to individuals with disabilities, the elderly, those with young children, and those with high energy bills. To qualify, applicants must meet income guidelines based on Federal poverty guidelines and ratio of number in household to gross monthly income.

*For those who do not qualify for the program, some of the services are available with a small fee.*

Call 801-344-5184 ext. 300 to request that an application be mailed to you or for more information. (Source: Connections: An interagency newsletter from United Way of Utah County, May 2006.)

## **Prescription Assistance Programs!**

*The Partnership for Prescription Assistance Program*

Applicants may qualify for one of more than 475 programs, many of which offer free or nearly-free prescription drugs. For more information call 1-888-4PPA-NOW or go to [www.pparx.org](http://www.pparx.org).

*Rx Connect*

Designed to connect the uninsured with resources for prescription assistance. For more information call the main office in Salt Lake City at 1-866-221-0265.

*Community Health Connect*

Can help individuals and families locate prescription assistance through government programs such as Medicaid. For more information call 429-2029.

## *Set money aside*

Have you put money aside for the non-monthly expenses coming soon? These may include buying clothes, supplies, and fees to go back to school; a trip to relatives for Thanksgiving; gifts and activities in December, etc. Estimate how much money you need to set aside each month or each pay check. Then start your set aside plan for 2007!

## IT'S TIME TO CAN, FREEZE & JUST PLAIN EAT FRESH PRODUCE!

Be sure to visit these Utah County farmers markets if you don't have enough of your own produce. Come into the Extension office or check our webpage for a list of farmer's markets throughout the state.

### FRANKLIN FARMERS MARKET

Across the street from Pioneer Park  
500 West 100 South, Provo  
Saturdays, 8:00 a.m. - 1:00 p.m.  
Susan Bradford or Tom Parker:  
801-377-5700 or 801-377-1859

SEASONAL



### LINDON FARMERS MARKET

60 North State Street, Lindon  
Saturdays in October, 8:00 - 10:00 a.m.  
Grant Lund 801-785-7981

### PAYSON'S HOT AUGUST NIGHTS STREET MARKET

Historic Main Street, Payson  
Thursdays, August 3 - August 31  
6:00 - 9:00 p.m.  
465-2634

### PROVO FARMERS MARKET

100 South 500 West, Provo  
Saturdays, June 3 - October 28  
9:00 a.m. - 2:00 p.m.  
Susan Bradford: 801-377-2700

### SPANISH FORK FARMERS MARKET

Center & Main Street, Spanish Fork  
Saturdays, August 5 - October 28  
7:00 a.m. - 2:00 p.m.  
Mary Maslyn 801-798-5000  
[www.spanishfork.org](http://www.spanishfork.org)

SEASONAL

### THANKSGIVING POINT FARMERS MARKET

3003 North Thanksgiving Way, Lehi  
By the Water Tower at Thanksgiving Point, Lehi  
Fridays, August 4 - October 6  
4:00 - 8:00 p.m.  
Jon Clegg 801-768-7453  
Emile Cox 801-768-7446  
[awatkins@thanksgivingpoint.com](mailto:awatkins@thanksgivingpoint.com)

SEASONAL

The Extension Office has many publications available on food preservation, including the Ball Blue Book (cost \$5.00) which covers canning, freezing, and dehydrating.

### COMING SOON!

## HISPANIC DIETARY GUIDE

A booklet offering nutritional advice and product suggestions for Latino consumers will be available in supermarkets by October of this year. The guides will also be distributed through churches and health centers.

The booklet is based on the dietary pyramid for Latinos which was set up in 1996 by LNC, based on the U.S. Department of Agriculture's dietary pyramid.

Oldways has also created food pyramids for Mediterranean, Asian and vegetarian diets.

The Harvard School of Health collaborated in the development of the guidelines.

The guide will provide easy-to understand, visual guidelines. Latinos are twice as likely to develop diabetes, so the pyramid will help them adapt their diet to counter this.

The Latino guide recommends more fruits and vegetables, including tomatoes, chili peppers and onions, corn, potatoes and beans.

Latino buying power is forecast by the year 2010 to reach \$1 trillion.

(Source: *Hispanic Dietary Guide Set to Enter Grocery Stores* by Lorraine Heller, [foodnavigator-usa.com](http://foodnavigator-usa.com))

## SUMMER PASTA

This is a fresh, uncooked sauce

- 4 cups chopped tomatoes
- ½ cup chopped fresh basil
- 1 clove garlic, pressed
- 2 Tablespoons olive oil
- 2 Tablespoons balsamic vinegar
- 1 can black olives (sliced into thirds)
- salt and pepper to taste
- angel hair pasta



Cook angel hair pasta for 4 - 4 ½ minutes. (To keep from sticking together, rinse with HOT running water.) Put room-temperature sauce over hot pasta. (If you have leftover angel hair pasta reheat by putting in briskly boiling water for 1 minute.)

## Sumptuous smoothies and shakes

Cool, quick, and refreshing! Smoothies and shakes are great for a healthy snack, light meal, or split one for a dessert. Here are some tips for super sippers.

Cut fruit into pieces (size of ice cube or smaller). Freeze in a single layer, then transfer to freezer bags. If the fruit pieces are separate you can pour out just what you want for a single glass or for several. Using frozen fruit gives a satisfying “milk shake” consistency.

Here are some recipes to get you started, but have fun creating your own combinations.

### BREAKFAST SMOOTHIE

1 cup (8 ounces) nonfat plain yogurt  
 1 cup lowfat milk  
 1¾ cup whole fresh or frozen strawberries, hulled  
 1 fresh peach, sliced or ¾ cup frozen peach slices  
 2 teaspoons vanilla extract  
 2 tablespoons chopped walnuts on top (optional)  
 whole strawberries for garnish (optional)

### PEACH-RASPBERRY SMOOTHIE

1 cup unsweetened frozen raspberries  
 ¾ cup orange juice  
 ½ cup fruit-flavored yogurt (try peach)  
 Blend well.  
 Find your favorite. Keep on hand 6 oz. (¾ cup) cans of various fruit juices. Pineapple juice is popular.

### PEANUT BUTTER BANANA BREAKFAST SHAKE

1 cup low fat milk  
 ½ cup frozen banana slices  
 1 tablespoon peanut butter  
 ¼ teaspoon ground cinnamon ½ teaspoon vanilla extract  
 Sweet cocoa powder (optional garnish)

### FRESH MANGO SHAKE

1 small mango (8 oz.) quartered, pitted, and peeled  
 ¾ cup low-fat plain yogurt  
 ⅓ cup orange juice  
 2 ice cubes

Blend until thick and smooth.

(Source: COOK it Quick newsletter, Lancaster County, Nebraska)

## Flavorful Grilling

Charcoal does not flavor your meal, but is only a heat source. The delightful backyard taste that comes with barbeque cooking is caused by meat drippings falling on the heat source where they are vaporized to rise up and add flavor to the food.

A gas grill is designed to cook with the lid closed, except for quick searing. Cooking with the lid closed helps food retain natural juices, moisture, enhances flavor and keeps flare-ups to a minimum. (Source: ConAgra Foods)

### *Sizzle safely this summer: Tips for grilling*

Outside grilling is a convenient and easy way to make great tasting, low-fat meals. But should concerns about cancer-causing substances in grilled foods send you back into the kitchen to simply boil or bake? Relax. There's no need to pitch the briquettes or ditch the gas grill just yet. Use the following tips for grilling safely and you'll be on your way to safer summer cooking.

- ◆ Partially cook meat, fish, or poultry in microwave oven, then immediately grill to finish cooking. Microwaving food just prior to placing on the grill reduces the amount of time food is exposed to high heat and smoke.
- ◆ Trim away excess fat to avoid flare-ups.
- ◆ Use smaller pieces so foods cook more quickly.
- ◆ Flip foods frequently.
- ◆ Use medium and low temperatures.
- ◆ Cut away charred and burned pieces before serving.
- ◆ Grill marinated vegetables in foil.

(Source: Adapted from: Environmental Nutrition, June 2001, Volume 24, Number 6.)

### Go ahead, make more marinade

Sauces and marinades used on raw meat or poultry should never be reused on cooked foods. Reused marinade could potentially harbor bacteria that can make people sick. Recycling marinade is a bad idea if it has not been boiled first. Always allow meat and poultry to marinate in the refrigerator. At room temperature bacteria on raw meat and poultry can double in number every 20 minutes. Likewise, thaw meat and poultry in the refrigerator, never on the counter.

## Read labels right

The nutrition labels on food packaging can help us decide among the many products available. But we have to read the labels *right* to make an informed choice.

The label below is for a sugar cookie with frosting. The cookie is sold individually in a bag.

### NUTRITION FACTS

SERVING SIZE ¼ COOKIE (28.35g)

SERVINGS PER CONTAINER 4

Amount Per Serving		
Calories 113	Calories from Fat 50	% Daily Value*
TOTAL FAT 6g		9%
Saturated Fat 2 g		6%
Trans Fat 1.4g		
CHOLESTEROL 4 g		2%
SODIUM 65 mg		2%
TOTAL CARBOHYDRATE 15 G		5%
Dietary Fiber 0 g		0%
Sugars 9 g		
PROTEIN 2 g		

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The casual consumer might assume the cookie has 113 calories and 6 grams of fat. However, the careful consumer reads that the one cookie is considered four servings. So the one cookie has 452 calories and 24 grams of fat. The cookie weighs 4 ounces (¼ pound).

The NUTRITION FACTS label can help us make better informed decisions.

## Balance your food intake and your activity

- One small chocolate chip cookie (50 calories) is equivalent to walking briskly for 10 minutes.
- The difference between a large gourmet chocolate chip cookie and a small chocolate chip cookie could be about 40 minutes of raking leaves (200 calories).
- One hour of walking at a moderate pace (20 minutes/mile) uses about the same amount of energy that is in one jelly filled doughnut (300 calories).
- A fast food meal of a double patty cheeseburger, extra-large fries and a 24 ounce soft drink is equal to running 2½ hours at a 10 min/mile pace (1500 calories).

## Nutrition.gov

This is a terrific site for many, many nutrition resources of several agencies. Some of their time-saving links are: what's in food; smart nutrition 101; weight management; shopping, cooking, and meal planning; nutrition and health issues; dietary supplements; and food assistance programs.

At the same site are links to the MyPyramid Food Guidance System, 2005 dietary guidelines, nutrients and calories for hundreds of foods, and food safety.

You can select “Nutrition Info About . . .” infants, adolescents, pregnant & breastfeeding women, women, men, athletes, vegetarians, or elderly.

Also at nutrition.gov are “in the news” links to new issues and research findings.

## Being physically active can help you attain or maintain a healthy weight

### Overweight and obesity

- ◆ 61% of adults in the USA were overweight or obese in 1999.
- ◆ Approximately 300,000 deaths each year in the USA may be attributable to obesity.
- ◆ In addition to weight control, physical activity helps prevent heart disease, helps control cholesterol levels and diabetes, slows bone loss associated with advancing age, lowers the risk of certain cancers, and helps reduce anxiety and depression.

**Physical activity contributes to weight loss, especially when it is combined with calorie reduction.**

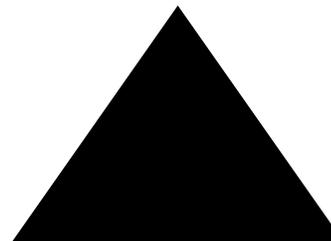
### You can activate yourself

You don't need special skills or training to be physically active. Walking is a great way to be active.

**INTAKE**  
Calories from Foods

**OUTPUT**  
Calories Used During  
Physical Activity

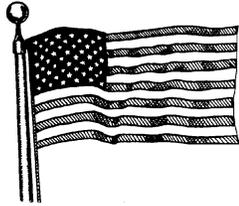
## THE ENERGY BALANCE





## Hinton Around the Yard & Garden

HORTICULTURE NEWSLETTER  
by Adrian C. Hinton,



### GREETINGS FROM THE COUNTY AGENT

**W**ow! It's finally here - the warm summer temperatures that make our gardens look great. Also we want to let you all know that we appreciate your participation in our Summer Social. It was a great time. We look forward to seeing you all soon. Be sure to look for our new email editions, especially in the fruit growers and IPM areas.

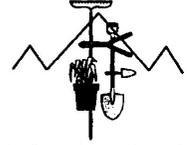
Our 2006 Master Gardeners class starts in October. If you know of anyone who wants to sign up, have them call the office SOON! Please note the "Timely Tips" prepared by Pat Fugal. They may help make yours a more successful gardening season.

### TIMELY TIPS for July/August 2006 by Pat Fugal, Horticulture Assistant

1. Deadhead spent flowers for continued blooms.
2. Don't let weeds go to seed. Get them out when they are young, before they multiply.
3. Cut off the brown leaves of spring-blooming bulbs like tulips and daffodils. Don't overwater the areas where they are planted because the bulbs will rot. You can dig and store bulbs for fall planting if watering is a problem.
4. Mow the grass to be at least 3" long. It's the evenness of the cut that makes it look good, not the height. Long grass shades the soil, decreasing weed seed germination. It also uses less water.
5. Provide an even supply of water to tomatoes to lessen blossom-end rot (those black, sunken spots on the bottom of the fruit).
6. If using insecticides, spray late in the evening when the bees have gone home. This gives the spray overnight to dry and will not harm the bees that visit the next day.
7. Don't forget to spray the trunk (not the leaves or fruit) of your peaches, nectarines, plums and apricots with a borer spray the first week of July and again the first week of August. Let the spray puddle around the base of the tree to get those moths that lay their eggs an inch below the soil line.
8. If earwigs have been a problem in your peaches, band the tree near the base with sticky tanglefoot before the peaches get ripe.
9. Spray walnut trees for the walnut husk fly around August 1 and August 15. You can call our office the last part of July to see if they have been trapped and to get a more accurate spray date.
10. **Some ideas on KEEPING YOUR CAT OUT OF YOUR FLOWER BEDS:** Provide a sandbox with catnip planted nearby. Cats prefer sand to hard clay. You can also spread a prickly surface between your flowers, such as pine cones, holly leaves, rock mulch, or insert pokey things like plastic forks (tines up), skewers, etc. These things make it difficult for the cats to dig or squat. Cat-Scat Mats, sold at garden centers, have flexible spikes and can be cut to the size you need. Also, pepper (sprinkled liberally over the ground) irritates their nose when they start to dig.



# The Master Gardener's Corner



## FARMER'S MARKET BOOTH

The Utah Master Gardeners have been offered a free booth space Saturdays, 9:00 a.m. - 2:00 p.m., at the Farmers Market in Provo. This is a 10' x 10' space - we need to provide our own shelter, chairs, tables, etc.

Please call the office if you would be interested in participating.

### UTAH COUNTY

### MASTER GARDENERS ASSOCIATION

## PRESIDENT'S MESSAGE

PAUL WILKEY

### GREETINGS!

The most important part of my message for this issue is a HUGE "Thank You" to Julie Clifford and Julia Tuck for their outstanding chairmanship of our Summer Social which was held on June 15 at South Fork Park. It was a wonderful party with a ton of great food, games and prizes, and plenty of fun for all. A slight chill hit the air as the sun went down, bringing to a close another successful social.

As usual, the retail merchants were very generous with their donations of doorprizes. Remember to shop at their businesses to say thanks for supporting our events. Without these people our socials would be far less exciting.

Again thanks to Julia and Julie, those who cooked, brought pot luck dishes, donated prizes, and to Provo City for the use of the pavilion - and anyone else I may have forgotten - for another successful party.

### OTHER BUSINESS TO REMEMBER:

- Temple Square Tour (and possible tour of Red Butte Gardens) on Thursday, July 20
  - Thursday, August 17 - Pest Control Class
- These 2 events are mandatory for the 2005 Master Gardener class graduates. Check with the Extension Office at 851-8460 for times and other details.

The Utah County Fair will be held on July 26-29 at Thanksgiving Point in Lehi. If you would like to judge at a fair or learn to be a fair judge, call Trish, Betty or

Adrian at 851-8460 extension 0 for details. Once you get started with this program you will be hooked and you'll want to do this year after year.

For those of you who need volunteer hours, the Extension office could use some extra help in the diagnostic lab and answering phone questions. This is probably the greatest offer for a learning experience you'll ever get. And - it's fun! Call Trish at 851-8460 and she can help you find a good time to come in and work.

There is always something going on with the Master Gardeners Association. Your Board of Directors works very hard to make these things happen. Participate and volunteer as often as possible to show the that you appreciate their hard work.

Happy trails! Paul

### OUTSTANDING MG RECIPE of the MONTH

*Recipe provided by Sue Ann and Gary Cochran*

### CINNAMON PUMPKIN CAKE

- 1 package (18 ¼ oz.) yellow cake mix
- 1 can (15 oz.) solid-pack pumpkin
- ⅔ cup sugar
- 4 eggs
- ½ cup egg substitute (Egg Beaters)
- ⅓ cup water
- ¼ cup unsweetened applesauce
- 2 ½ teaspoons cinnamon, divided
- ¼ teaspoon nutmeg
- 1 ½ cups powdered sugar
- ½ teaspoon vanilla extract
- 1-2 Tablespoons fat-free milk

In a large mixing bowl, combine the cake mix, pumpkin, sugar, eggs, egg substitute, water, applesauce, 1 teaspoon cinnamon, and nutmeg. Pour into a 10" bundt pan and coat with nonstick cooking spray.

Bake at 350° F. for 65-75 minutes or until toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

In a small bowl combine the powdered sugar, vanilla, remaining cinnamon, and enough milk to achieve desired drizzling consistency. Drizzle or spread over cake.



## HINTON AROUND THE YARD AND GARDEN

### NEWS FROM THE ASPCA

## *Keep Your Backyard Safe (and Non-Toxic) for Your Pet*

Dana Farbman, CVT from APCC (Animal Poison Control Center) says, "If you think that your animal has ingested a poisonous plant, you should contact your veterinarian immediately. If the exact species is not known, it's advised to bring part of the plant to a nursery for identification. Symptoms of poisonings can include almost any clinical sign – and may first appear anywhere from several hours to several days after ingestion! (Special note: If you know or suspect that your pet has eaten a mushroom, the APCC suggests that you ALWAYS assume it is highly toxic until positively identified by a mycologist.)

It's not always what's *in* your yard that can cause a problem, but what's *on* it. "If you treat your yard with fertilizers, herbicides or insecticides, make sure your pets do not go on your lawn or garden until the time listed on the label by the manufacturer."

APCC experts offer additional tips to keep your pets safe from fertilizers and pesticides:

 Always store fertilizers, pesticides and herbicides in areas that are inaccessible to pets. Read the label carefully for proper usage and storage.

If you are uncertain about the usage of a product,  contact the manufacturer for clarification before using it.

The most dangerous forms of pesticides include snail bait containing metaldehyde, fly bait containing methomyl, systemic insecticides containing disyston and disulfoton, and most forms of rat poisons. 

For more tips on poison prevention, including a list of common garden plants that are toxic to pets, please visit ASPCA.org.

**EASIER ACCESS to**

### 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 is needed to facilitate special needs requested.

## HEALTH & ENVIRONMENTAL DATA on INDUSTRIAL CHEMICALS



by Howard Deer, Editor  
*Utah Pesticide and Toxic News*  
Extension Pesticide Specialist

A new database will provide the public with available information on the potential hazards associated with the most widely used industrial chemicals. The High Production Volume Information System (HPVIS) will provide comprehensive and easy access to basic health and environmental effects on the 2200 High Production Volume (HPV) chemicals that are sponsored under the HPV Challenge Program.

This program challenges U.S. companies to voluntarily make publicly available basic health and safety data for chemicals manufactured or imported in volumes of one million pounds or more per year. HPVIS offers several options for accessing the data including:

- ✓ Standard reports
- ✓ Customized requests
- ✓ The ability to review data for either individual chemicals or categories of chemicals

#### CONTACT:

Enesta Jones  
(202) 564-4355  
jones.enesta@epa.gov

Information on the HPVIS:

<http://www.epa.gov/hpvis>.

Additional information on the HPV Challenge Program:

<http://www.epa.gov/hpv> (EPA, 4/14/06)

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 your expiration date  
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**MASTER GARDENERS:**

**LEARN WHILE YOU GET HOURS -  
 HELP AT SALT LAKE WEEKLY DIAGNOSTIC CLINICS**

June is the beginning of our weekly diagnostic clinics at the Salt Lake Extension Office. These clinics will run through August and are a great service to the community. Folks bring in their plants or questions for some helpful advice from our Master Gardeners. Maggie Shao invites all Master Gardeners who are interested in volunteering and learning at the same time to come on Mondays between 1:00 and 4:00 p.m. There isn't a formal sign-up schedule; just drop in at 2001 South State Street, Room S1200. It will usually be held in the classroom. Use your expertise, plus learn from our Extension Agent.

**A HINT FOR PULLING TOUGH WEEDS**

*by Andrea Berman*

Have you ever tried pulling a woody stemmed "weed" from your garden (i.e. gambel oak seedlings), only to break it off one season and have a multi-stemmed "weed" the next? Buy an inexpensive pair of pliers and keep them with your other gardening tools. If pulled before it has grown an extensive root system, this idea works very well. It is great for those of us with weak hands.



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



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