Utah State UNIVERSITY EXTENSION
USU Extension—Utah County Office
100 East Center, Room L600
Provo, UT 84606 • Ph. 801-851-8460

ON THE Home Front

"Extending USU to You" www.utahcountyonline.org/Dept/Exten/index.asp July/August 2007

Improving Family, Resources & Health

CLOSE TO HOME

by Judy Harris, USU Extension Agent in Utah County

YOU CAN BUILD WEALTH

Utah SAVES

Dial 2 - 1 -1 **OR**
Call the Utah Saves Moneyline at 1-800-350-9899 **OR**
email info@utahsaves.org

All over Utah, members of Utah Saves are paying off debts and saving to reach their financial goals. Utah Saves provides tips and tools to help you set goals, develop strategies to reach those goals and start saving. Learn about proven savings strategies and get simple tips on the best ways to:

$ SAVE ON AUTO PURCHASES
$ SAVE FOR EMERGENCIES
$ INCREASE SAVINGS AND INVESTMENTS
$ SAVE FOR A HOME
$ SAVE AT WORK
$ GET OUT OF DEBT

DID YOU KNOW?

If you borrow books instead of purchasing them, you can save hundreds of dollars a year.

Check the Utah Saves website for money saving tips and the PowerPay program to help you eliminate debt.

KEEP COSTS DOWN WHILE STAYING COOL THIS SUMMER

The Rocky Mountain Power website (www.rockymtnpower.net) offers energy efficient tips for heating, cooling, lighting, water heating, kitchen appliances, laundry, home office, tv/entertainment, pumps and other energy uses and ways to save while you're on vacation or away from home. Here are some great tips on saving money while staying cool:

- Set your thermostat at 78° F. or higher if you're still comfortable.
- *Clean your air conditioner filters once a month during the season. Also, clean the exposed grill and spines on the outside of the unit if it can be done safely.*
- Don't block window air conditioners.
- *Use a programmable thermostat. Set timers to come on no more than 30 minutes before you're scheduled to come home.*
- Reduce use of heat-producing appliances (ovens, dishwashers, washing machines) during the day.
- *Don't place lamps or televisions near your air conditioning thermostat.*
- Plant deciduous trees to shade your walls, windows and roof.
- *Run exhaust fans when you shower or cook.*

WALKING OFF THE MIDWAY MUNCHIES

by Alice Henneman, MS, RD
Lancaster County Extension - University of Nebraska

Big portions with lots of sugar and fat calories characterize many of the foods we traditionally associate with fairs.

How much exercise does it take to walk off our favorite fair foods? We know on average we have to walk about one mile to burn 100 calories. This is about 12 city blocks. Here are the approximate distances you need to walk to burn off the calories of some popular midway foods:

Caramel apple - 3 miles
Large corn dog - 4.5 miles
Cotton candy - 1.5 miles
Fried candy bar on a stick - 4.5 miles
Funnel cake (6" diameter) - 3 miles
32 oz. soft drink - 2.5 miles
Sno-cone - 2.5 miles
Soft pretzel - 3 miles

Here are some ideas to help you cut the calories:

★ Get a small soft drink instead of a larger one, or buy bottled water.
★ Split foods among several people.
★ Plan times when you'll sit down and eat rather than graze your way all around the fair.
★ Limit yourself to one treat. Choose reasonable serving sizes and choose foods lower in sugar and fat for the rest of your foods.
★ Wear comfortable shoes to help you walk off the calories. Wear a pedometer and see how many steps you can take. One mile equals about 2,000 steps.
★ Check out all the food booths before making your selections. Imagine you have a "calorie salary." Enjoy the foods you like the most.
★ Finally, if you do eat too much, remember to return to a more balanced way of eating the next day. Eating 100 extra calories daily can result in a 10 pound weight gain yearly.

See you at the UTAH COUNTY FAIR, July 19-21, at Thanksgiving Point!

WHAT'S OUT THERE??

FREE ON-LINE MARRIAGE CLASSES

While you're inside staying cool, check out http://utahmarriage.org. There are 12 hot topics from which to choose (or go through all of them).

FOOD PUBLICATIONS

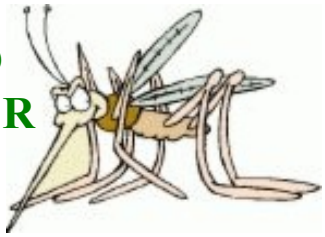
The Utah State University Extension website has bulletins and fact sheets available on:

- Food Safety
- Storage
- Canning
- Foods & Preparation

Check out: http://foodsafety.usu.edu. Some of the unique topics are Safe Egg Nog, Drug Residues and Food Safety, Food Safety and the Microwave, Major Canning Sins, Reduced Sugar and Sugar-Free Food Preservation.

HAVE A SAFE AND HEALTHY SUMMER

West Nile Virus prevention starts in your own back yard!



CONTROL MOSQUITOES - GET RID OF ALL STANDING WATER. Think of all the places water collects – containers in your yard, potted plant trays, toys, bird baths, wading pools, flat roofs, clogged rain gutters, leaky faucets and sprinklers. Use mosquito-eating fish or mosquito dunks.

AVOID MOSQUITO BITES. Use repellants with DEET from dusk to dawn (35% for adults and up to 10% for children 2 months to 12 years old). Cover up, wear long sleeves and pants.

Visit www.heatlh.utah.gov/wnv for more information.

HERE ARE SOME GREAT SUMMER BULLETINS AVAILABLE IN OUR OFFICE:

- Dutch Oven Cooking - 60¢
- Campfire Cookery - 75¢
- Grill Crazy with Pork - Free (limited supply)
- Grilled Beef - 30¢
- Salads, Sandwichmaking, Hor D'oeuvres, Garnishes for Any Occasion - $1.20
- Summer Salad Recipes - $1.00

Ask a Specialist

PERFECT PICKLING

Dr. Brian Nummer,
Utah State University Extension Food Safety Specialist

Crispness is the hallmark of a good pickled vegetable. Crispness comes from the vegetable's natural pectin. Consider these tips for pickling crisp vegetables:

USE ONLY JUST-PICKED VEGETABLES FOR PICKLING. Vegetables become soft as the pectin structure changes. Once a vegetable is soft, it cannot be made firm again.

USE ONLY TOP QUALITY VEGETABLES FOR PICKLING. Use cucumbers that are no more than 2 inches in diameter. Remove the blossom end.

USE ONLY SAFE, RESEARCH-BASED RECIPES TO PICKLE FOODS. It is important to have the proper acidity level to produce a safe product. Research-based recipes can be found in the USDA Complete Guide to Canning, at the National Center for Home Food Preservation website at www.homefoodsafety.com or through Utah State University Extension.

USE LOW-TEMPERATURE PASTEURIZATION. Cucumber pickles may be processed for 30 minutes at 180-185° F. Use a thermometer to be certain the water temperature remains above 180° F.

RECONSIDER REFRIGERATOR PICKLES. The recipes that call for keeping pickles at refrigerated temperatures instead of heat treating are not recommended. Recent evidence shows that Listeria monocytogenes can survive in these foods.

Consider these methods to firm pickles meant for canning. If high quality ingredients are used and up-to-date methods are followed, firming agents are not needed for crisp pickles.

■ ***ALUM*** – May be used to firm fermented canned pickles (use up to 1/4 teaspoon per pint) but has little crispness effect on quick-process canned pickles.
■ ***CALCIUM*** – Food-grade lime can be used to soak fresh cucumbers 12-24 hours before pickling them. Remove by rinsing and soaking in fresh water for one hour, then drain and rinse again.
■ ***BALL CALCIUM CHLORIDE PICKLE CRISP*** – This product provides the calcium to help firm pectin, but does not have the hydroxide component that can lower the acidity of pickled foods. Follow the manufacturer's directions.
■ ***ICE*** – Soak cucumbers or other vegetables in ice water for 4-5 hours before pickling.
■ ***GRAPE LEAVES*** – The tannins in grape leaves inhibit the pectinase enzyme (a chemical that breaks down and softens the pectin structure). However, this enzyme is located at the blossom end of the cucumber and if it is removed, this process is redundant.

Canned pickled vegetables will retain their quality for one year and will begin to lose quality and nutrition over the second year. After the second year – if the seal is intact – the food is safe but will be of low quality and low nutritional value. It cannot be emphasized enough that research-tested recipes and processes should be followed when pickling low acid foods. Incorrect acidification can result in botulism food poisoning.

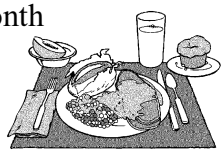
We have some **BOOKS ON PICKLING** available in the Utah County Extension Office:

Making Pickles & Relishes at Home - $1.00
Crisper Pickle Pointers - 10¢
Favorite Pickles & Relishes - $2.95

NUTRITION EDUCATION PROGRAM

This program provides nutrition and food preparation information to all families and individuals of any age who qualify for food stamps or for people who are low income. Classes are taught to individuals or relatives in their homes or in groups. Nutrition education assistants who are employed by Utah State University teach the classes. Classes are available in English and Spanish.

SOME TOPICS THAT ARE TAUGHT INCLUDE:



- ✓ Make your food budget last all month
- ✓ Rapid preparation of food
- ✓ Management of food (storage)
- ✓ Preparing tempting foods at low cost
- ✓ Nutrition information on food labels
- ✓ Nutritious drinks for babies and children

Information and classes are free. Call 851-8460, ext. 0.

LOW-GUILT PESTO SAUCE

This reduced-fat version of pesto tastes terrific, and you only need a touch on a plate of steaming hot pasta. Round it out with a green salad and some crusty French bread. Pesto is great cold, too. Save extra in a tight-lidded jar with a film of oil on the top for up to 2 weeks, and drain the oil off before eating.

1 cup chopped herbs or vegetables
1/4 cup grated hard cheese
3 Tablespoons vegetable oil
3 Tablespoons reduced-sodium chicken broth
1 clove garlic
1/4 cup nuts

Combine the herbs or vegetables, cheese, oil, chicken broth, and garlic in a food processor or a blender and blend until smooth. Add the nuts and blend until smooth again. Serve over ½ pound of any type of pasta, prepared according to package directions and drained.

You can make your own version by changing the type of herbs or vegetables, cheese and nuts:
CLASSIC: Use basil, Parmesan cheese and pine nuts
BROCCOLI: Use broccoli, Parmesan cheese and walnuts
SPINACH: Use spinach, Romano cheese and pecans
HAZELNUT: Use basil, Parmesan cheese and hazelnuts
OREGANO: Use half oregano, half spinach, Parmesan cheese and pine nuts
DILL: Use half dill weed, half spinach, Feta cheese and walnuts
CREAMY BASIL: Add 1/4 cup warm evaporated skim milk to the classic version

Source: Positively Pasta - Summer 1992

SOME ADVICE FOR THE SANDWICH GENERATION (those in middle adulthood who are simultaneously helping children adjust to adulthood and elderly parents deal with issues of later life):

★ TAKE CARE OF YOURSELF. Find time for things you enjoy. Don't neglect the quality of your own life.
★ TAKE CARE OF YOUR MARRIAGE.
★ UTILIZE SUPPORT SYSTEMS IN YOUR COMMUNITY to aid in the care of elderly parents and/or adult children.
★ SEEK EMOTIONAL SUPPORT from friends, family or other organizations (family services or employee assistance programs).

FSIS REMINDS CONSUMERS TO PROPERLY HANDLE & COOK GROUND BEEF PRODUCTS

The U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) is issuing a public health alert to remind consumers that meat products must be fully cooked and properly handled.

Consumers should follow the four **Fight BAC!™ Guidelines** to keep food safe:

■ **CLEAN: Wash hands and surfaces often**
Wash your hands with warm, soapy water for 20 seconds before and after handling food. Wash your cutting boards, dishes, etc. with hot soapy water after preparing each food item. Wash fruits and vegetables with cold water before using. There is no need to wash or rinse meat or poultry.

■ **SEPARATE: Don't cross-contaminate**
Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing. Never place cooked food on a plate which previously held raw meat, poultry, or seafood.

■ **COOK: Cook food to proper temperatures**
To be sure bacteria and pathogens are destroyed, cook ground beef products to 160° F. Use a food thermometer to be sure!

■ **CHILL: Refrigerate Promptly**
Refrigerate or freeze perishables, prepared foods, and leftovers within 2 hours or sooner.

Consumers with food safety questions can phone the toll-free USDA Meat and Poultry Hotline at 1-888-MPHOTLINE. The hotline is available in English and Spanish and can be reached from 8:00 a.m. to 2:00 p.m. (Mountain Standard Time), Monday through Friday.

Recorded food safety messages are available 24 hours a day.

Utah State University Extension

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ON THE Home Front

"Extending the University to You"

July/August 2007

Hinton Around the Yard & Garden

HORTICULTURE NEWSLETTER
by Adrian C. Hinton,
USU Extension Horticulturist

GREETINGS FROM THE COUNTY AGENT

We have really gotten a great start on our growing season this year. Two highs and three lows in the weather have really frustrated many tomato and pepper growers. But in most cases the plants have survived with just a little setback.

Hopefully your cherries are sprayed and picked and you're now getting ready for the Summer Master Gardener Social on July 10. We do appreciate all of the help on the Japanese beetle situation and hope that we can get them eradicated in the very near future. Have a great growing season!

Adrian C. Hinton

TIMELY TIPS for July/August 2007

by Pat Fugal & Julie Clifford, Master Gardeners/Horticulture Assistants

1. Deadhead spent flowers.
2. Mulch flower beds to keep the soil moist and cool. It also helps control weeds.
3. Mow the lawn long, especially during hot summer months.
4. Fertilize bulbs and most perennial flowers now. Bulbs are forming next year's flowers inside and perennials are actively growing and producing flowers.
5. Use groundcover on evaporative surfaces around trees, corners, curb areas, steep slopes, etc.
6. Use of soaker hoses, trickle or drip systems allows water penetration to the root zone with minimum surface wetting and water waste. This can save 60% or more in water use.
7. Eliminate weed growth in the garden. Weeds use water that should be used for plants.
8. Place mulch between rows to reduce evaporation. Mulch can be made of compost, straw, shredded paper or grass clippings.
9. Say "no" to pesticides whenever possible and use as a last resort. Physical controls or more natural alternatives are better options.
10. Established trees need little watering. Water every 10-14 days during dry periods, and make it a good deep watering (3 feet down) around the dripline.
11. Harvest tomatoes, zucchini, beans and other fruiting crops frequently to encourage production. You don't want the plants to produce mature seeds. That's a signal that it's time to slow down production.
12. Sit back and enjoy the sunset with a glass of lemonade.

The Master Gardener's Corner

Having a well-maintained garden is true "weeded" bliss and a "mulch" made in heaven.

You can brag about your family tree if it produces some good timber and not many nuts.

2007 MASTER GARDENER SUMMER SOCIAL

ATTENTION
MASTER GARDENER ASSOCIATION MEMBERS -
Circle your calendar!

DATE: July 10, 2007
PLACE: South Fork Park (large pavilion)
TIME: 6:30 p.m.

No cost, just bring a dish to feed 12 people.
If your last name starts with:
- A-L, bring a salad
- M-R, bring a side dish (casserole, hot vegetables, beans, etc.)
- S-Z, bring a dessert

The association will furnish drinks, chips, buns, hamburgers and hot dogs. There will be activities for adults and children after the dinner.

You know from past years that everyone has a great time, so plan to be there!

PLEASE RSVP by July 6 by calling 851-8463.

2006 MASTER GARDENER CLASS FOLLOW-UP LABS

August 23: 6:00 p.m. - Temple Square Tour
September 20: 6:00 p.m. - Diagnostic Workshop

Call the Extension Office at 851-8463 if you need more details.

GREETINGS

FROM PAUL WILKEY, past Utah County Master Gardener Association President. He sends warm wishes for a happy and successful growing season!

A HUGE "THANK YOU"!

WE WOULD LIKE TO THANK EVERYONE WHO HELPED US WITH THE 2007 STATE MASTER GARDENER CONFERENCE.

It was a lot of work. Over 150 Master Gardeners from around the state attended the various tours, classes and hands-on workshops. The evaluations were quite favorable. Your help was appreciated and we thank you so much for making this a great experience!

2007 MASTER GARDENER BASIC COURSE

The dates have been set:
September 27 - November 20.

The afternoon class meets in Provo from 2:00 - 4:00 p.m.

The evening class is from 6:00 - 8:00 p.m. at Thanksgiving Point.

The cost is yet to be determined (depending on printing costs). Last year it was $130/person.

If you or someone you know is interested, have them call 851-8463 to be put on the list. Registrations and final information will be mailed out around the end of August.

HINTON AROUND THE YARD AND GARDEN

Statement by Commissioner Leonard Blackham of the Utah Department of Food and Agriculture regarding the discovery of one Japanese beetle located outside the Orem Japanese beetle infestation and treatment area.

During the past several weeks, several Utah County residents have brought specimens of what appeared to be Japanese beetles to the attention of the Utah Department of Agriculture and Food (UDAF). In all but one case, the insects have not been the Japanese beetle.

A single adult beetle was brought to the UDAF's attention by a resident in American Fork on April 16, 2007. State Entomologist Ed Bianco confirmed that the insect was a Japanese beetle.

The UDAF will at the appropriate time begin a trapping program in the discovery area, approximately 700 North and 900 East, to determine the extent of this potential second Japanese beetle infestation in Utah County.

Later this summer, our survey entomologists will place more than 100 Japanese beetle traps in a grid pattern in the discovery area. The traps are equipped with chemical attractants to lure adult beetles. A decision on whether to expand the state's Japanese beetle eradication program will be made after the trapping is completed later this fall.

WHAT IS THE THREAT?

Japanese beetles are a highly destructive insect that eat plants, shrubs, tree leaves and roots of lawn grass. It is a statewide threat. It impacts our ability to grow gardens, enjoy our private property and our quality of life. It threatens Utah's $125 million fruit, vegetable and greenhouse nursery industry.

THUG OF THE MONTH

JAPANESE BEETLE

The estimated consumer cost to control Japanese Beetle is $500,000/year (Orem treatment area). This is an insect that will eventually affect every Utahn if it is not stopped now.

Our number one priority is public safety.
Our second priority is eradication.

The infestation area is small enough now, the UDAF highly believes the population can be eradicated provided all residents volunteer for the free program.

THE BEETLE MUST BE ERADICATED, NOT CONTROLLED. ***Eradicated*** means total elimination. ***Control*** means we learn to live with the pest.

Trained and licensed lawn care professionals spread a common insecticide on lawns and soil from early to mid June. This helped kill the beetle while it was underground. In late June and early July, two applications of another common insecticide will be sprayed on all trees, shrubs and other above ground vegetation. Our plan is patterned after three successful eradication efforts in Oregon, California and Nevada. There were no reported health problems with animals or humans.

The control materials identified for use (Merit and Tempo) are NOT considered harmful to humans or animals when applied according to label instructions. The products are considered safe and effective, and are commonly used by lawn care professionals and individual homeowners.

These products are successfully used in other states to eradicate the Japanese beetle with no reported health problems to humans.

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It's time to renew if your expiration date is 7/2007 or 8/2007

Frequently Asked Questions

DO YOU HAVE INFORMATION ON SOIL TESTING?

A soil test analyzes essential components that may cause problems in the soil and indicates how to correct the problems.

TEXTURE: This is the percentage of sand, silt and clay. Texture helps determine watering needs and helps you decide which plants will grow well in an area.

LIME: This is the percentage of carbonates and is usually not a problem in northern Utah. It is not necessary to add lime to our soils.

pH: pH is a measurement of the acidity of the soil. pH is a scale from 1 to 14 – 1 is extremely acidic and 14 is very alkaline or basic. Most of our soils range from 7.5 to 8.5, which is an acceptable range for most plants. This information can help you choose a more acidic fertilizer or other options when amending the soil.

SALT: Some soils are high in salt which can cause plants to be stunted, thin and susceptible to problems. High salt levels do not allow the plants' roots to absorb water properly.

PHOSPHORUS: Most soils in Utah have sufficient phosphorus. There are often more soils with excess phosphorus than not enough.

POTASSIUM: This is another element that is normally abundant in our soils. It can become deficient, especially if the topsoil is removed when a new home is built.

Pick up a soil test kit at your local Extension office. A routine analysis is $14.

ON THE Home Front

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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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