



Hinton Around the Yard & Garden

HORTICULTURE NEWSLETTER
by Adrian C. Hinton,
USU - Utah County Horticulture
Agent



GREETINGS FROM THE COUNTY AGENT



Greetings to all you green thumbs and garden gurus!

We hope that you are getting ready for an outstanding growing season. We have included timely tips and topics to assist you with your horticultural educational needs for this early spring season. Just a reminder that we hope that you are thinking about planting enough to share with our newly revised Horticulture Section at the County Fair which will be held at the Thanksgiving Point Garden Center. We are looking forward to an expanded horticulture exhibit for this 2002 season.

Also be reminded that we are going into the season with a below normal water reserve. Hopefully we'll have enough for our growing needs. Be sure to call 370-8464 for a free water check to be sure that your lawn is properly irrigated.

Stop by the Extension office and browse through all of our horticultural publications. I will look forward to seeing you at the numerous activities this summer.

TIMELY TIPS FOR MAY - JUNE

1. Sign up for a FREE water audit of your sprinklers. Call 370-8464.
2. Sharpen mower blades and set to cut at 3 to 3 1/2" high.
3. Start watching for insects – Lilac and bronze birch borers, strawberry root weevil, codling moth, sod webworm, etc. Have proper insecticide on hand for immediate use.
4. **MAY 12 IS MOTHER'S DAY!** Don't forget to buy her a new plant!
5. After May 10th it should be okay to set out nursery starts, but remember – this *is* Utah!
6. The third week of May - treat raspberries for cane borer.
7. By the end of May all of your flower and vegetable gardens should be planted.
8. June 1st is a good time to start a regular vegetable garden fertilizer schedule. Side dress them every 4 weeks. 16-16-8 is a good fertilizer for vegetables and bedding plants.
9. About the 7th of June is a good time to thin fruit for a better yield.
10. Watch closely for cherries to turn from green to a salmon color. That's the time to spray with diazinon for the cherry fruit fly (cherry maggots).
11. The second week of June - spray for peach twig borer.
12. The second and third week of June - treat lawns for billbug, grubs and other lawn insects.
13. Deadhead roses to keep them blooming.
14. Remember to keep a journal every year. They are a great reference for future years. And of course pull a few weeds every day so it doesn't become a big job if neglected.





**PLAN NOW TO PLANT
YOUR BEST PRODUCE
TO DISPLAY AT THE
COUNTY FAIR!**



Plan and plant now so you can display your best at the Utah County Fair.

The Fair is August 7-10 at Thanksgiving Point.

Hinton Around The Yard & Garden



YELLOW TREES

by Chair R. Reid
Iron County Extension Educator

PLAN NOW FOR COUNTY & STATE FAIRS

Paul A. Wilkey
Master Gardener/Horticulture Assistant

May is the big month for getting those vegetable and flower gardens planted with all the fun stuff that gives pleasures to the taste buds, fragrant pleasures to the nose and wonderful experiences for the eyes to behold.

It's also the time we plant our favorite flowers and veggies to enter in the County and State Fairs. With this year's County Fair being held at Thanksgiving Point, it should return all the fun and excitement of fairs with that old-fashioned flavor.

Our Extension office and the Utah County Master Gardeners Association are willing to help you get going with information about nurturing the plants of your choice for fair entries. We will also have FREE vouchers for the youth up to age 16 for plants of their choice to enter. This will be a great family project. Whether you win a ribbon or not, the experience will prove to be a priceless experience.

In years past there have been many people who have expressed their disappointment about forgetting to get their entries planned for in advance. Don't let this happen to you.

Come by our office and get the information you need as soon as possible. Don't put it off so long that you miss this excellent experience.

We're here to help you!

Why do the leaves on my tree turn yellow? This is the most frequent horticulture question I receive from Iron County residents. The "yellow tree syndrome" is common in Utah. In fact iron chlorosis, the technical name for these symptoms, is the most common micro-nutrient problem of ornamentals, shrubs, vines, small fruits and tree in Utah. In Iron County, aspen, willow and maple are the trees most severely affected, although it can occur in all tree species including evergreens.

Iron chlorosis is usually characterized by plants in which the leaves are yellow, light green, or white, with distinct green veins. If iron chlorosis is persistent for several years, individual limbs or the entire plant may die. Iron chlorosis is the result of the plant not being able to extract sufficient iron from the soil. Most soils in Iron County have high levels of iron, but this iron is generally unavailable due to the alkaline pH (7.8-8.3) of our soils. Iron chlorosis is exaggerated by low or high temperatures, high soil moisture and excessive applications of phosphorus. Plants also vary in their ability to obtain and utilize iron. Adjacent plants may show marked differences in chlorosis.

Iron chlorosis is a tough problem to correct. However, here are a couple of tips that may help the problem. Water management is important. Most trees I look at in Iron County are over-watered. In excessively wet soils, iron becomes unavailable. Allowing the soil to dry out often reverses water-induced iron chlorosis. At the first sign of yellowing many people mistakenly think the plant is not receiving sufficient moisture. Consequently, they increase the amount of water, making the problem worse.

Many compounds claim to correct iron chlorosis. However, most do not work in our highly buffered, alkaline soils. Of the several different products being sold, only two work consistently in Iron County. These two products are sold under the trade names Sprint 138 and Millers Ferriplus. These iron compounds need to be applied to the soil according to the label. **THEY NEED TO BE APPLIED IN THE SPRING, BEFORE THE LEAVES COME OUT.** Once leaves have yellowed, treatment usually will not help



Hinton Around the Yard and Garden

LAWN CARE

by Wendy Taylor,
Master Gardener



Since a healthy lawn is the best preventative measure against weeds, disease, and insects, here are some basic lawn care guidelines.

- < **FERTILIZE** with a nitrogen fertilizer every 4-6 weeks from early April to October. If you have sandy soil fertilize more often; clay soil – less often. Use the application rate on the label – usually 1 pound of actual nitrogen per 1000 square feet.
- < **AERATE** your lawn every spring. Irrigate first to maximize penetration. Rinse tines with a 10% bleach solution to prevent transmission of disease from another lawn. ***Power raking is not recommended for most Utah lawns.***
- < **START WATERING** your lawn about May 7 this year. Soil in spring generally has enough water in it to sustain your lawn but the roots are forced to go deeper to get it. Deeper roots mean a stronger, healthier and more drought tolerant lawn. Irrigating deeply and less frequently during the summer continues to encourage deep root penetration. A great way to check how deep the water has gone is to push a screwdriver into the lawn till it meets resistance. Wet soil is more easily penetrated with the screwdriver than dry soil. If your soil is sandy or gravelly, it will hold less water and you will need to water more often but for a shorter time. Also call 370-8464 for a free water audit.
- < **MOW** with a sharp blade, setting the cutting height to 3 inches. Mow frequently and let the clippings stay on the lawn to add nitrogen and organic matter, both greatly needed by Utah lawns.

Although following these guidelines will decrease the likelihood of problems, sometimes weeds, insects or disease will still dare to infect your lawn. In all three cases identification of the exact pest is essential for proper treatment.

Weeds are best controlled when small and can simply be pulled. Selective broadleaf herbicides can be used when needed in the spring and in the fall. Follow the instructions on the label. Grassy weeds can be controlled by carefully painting the weed grass blade with a glyphosate solution such as Roundup. Use of a pre-emergent herbicide in the first part of April will help control annual grasses.

Most insect damage to lawns in Utah is done by the grubs of the June beetle, the billbug and the sod webworm. Usually damaged sections of turf can be pulled up to expose the feeding white grubs or larvae. Sod webworms feed above ground and can usually be identified by their 1/2-inch brown caterpillar bodies and green droppings. Sod webworms are controlled by Diazinon, Sevin, or Bacillus thuringiensis. Billbugs are best controlled as adults (1/2-inch black beetles) in early June with the application of Diazinon or Oftanol. June beetles are also controlled by application of Diazinon or Oftanol. Always follow the application instructions that are found on the pesticide label.

Here in Utah we generally have enough hot temperatures and low humidity that we have very few problems with lawn disease. By letting the soil dry out between each irrigation and by watering early in the morning, the grass dries out and we discourage the build-up of most lawn disease. For those who like to overwater there are numerous fungicides that will help manage the lawn disease problems.

CD AVAILABLE AT OUR OFFICE

Cost: \$10



Includes many of our pamphlets and fact sheets.

DON'T FORGET THE HERBS

by Judy J. Arnold, Master Gardener

With gardens being planted and fresh vegetables being anticipated, why not plant a little something more to “spice up” your anticipations? Culinary herbs are easy to grow, fun to use, and delicious to taste.

Good drainage, proper watering (nothing likes too much) and abundant sunshine are really all that is needed to enjoy a little more flavor in your recipes. Keep in mind that the oil is the part of the herb that gives flavor and aroma. When the leaves are rubbed, crushed or chopped that oil is released. Just rubbing up against a plant of lemon-thyme will give off a very refreshing fragrance on a hot summer afternoon. But be careful when you harvest or pick the herb. Once the herb has gone to flower, the flavor of the leaves has changed significantly.



If you have a little space between vegetable planting, plant herbs that go with that vegetable. For example, plant basil or cilantro with tomatoes; thyme or mint with carrots; rosemary, parsley or chives with potatoes. No room in the vegetable garden? Plant herbs between flowers in flowerbeds. Or plant the herbs together in a pot next to the kitchen door so they are easy to get to when making dinner (or lunch or breakfast). Herbs do very well in pots; in fact, mints should be planted in their own separate pots because they are so intrusive. I like to plant my favorite mints (chocolate and orange) in 5 gallon buckets left over from my tree-planting activity and then plant that bucket into my flower bed. I get the foliage, flowers and fragrance of the mints with my flowers, without them taking over the whole bed.

Some herbs, like thyme, make great ground covers. But do a little homework before you plant. Some herbs are annuals that need to be planted each year two weeks after the last frost while others are perennials that come back every year.



Use any fresh herb instead of dried herbs in any recipe and notice a mouthful of intense flavor. The ratio for the substitution is three parts fresh herb to one part dried (i.e. 1 teaspoon dried basil would be 3 Tablespoons fresh, chopped basil).

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Listed below are 10 herbs I think no garden should be without and just a few of the many uses for each herb. Experiment and have fun with the different types:

BASIL (annual): salads, tomato dishes, Italian dishes and pasta, poultry, and chicken salad



DILL (annual): dips, butters, cheese balls, eggs, coleslaw, shrimp dishes, fish, carrots and potatoes

CHIVES (perennial): butters, cheese balls, dips, potatoes, salads, and garnish

CILANTRO (annual): salsa, salads, eggs, butters, and cheese balls

ROSEMARY (arp variety is perennial; all others are annuals in Utah): poultry dishes, red meats, tomato juice, chicken soup, bread, and zucchini

THYME (perennial): poultry dishes, cookies, soup, bread, carrots, tomato dishes, and green beans



SAGE (perennial): mushrooms, poultry, salmon, peas and tomatoes

PARSLEY (biennial): butters, cheese balls, dips, eggs, potatoes, soups, chicken, and garnish

MINTS (perennial): teas, baked goods, hot chocolate, coffee, salad, and garnish

OREGANO (perennial): cheese balls, Italian dishes, salads, tomatoes, broccoli, and poultry dishes

For more information about growing, harvesting, and cooking with herbs, contact the USU Extension Office.





Improving Family,
Resources & Health
CLOSE TO HOME

How to Grow a Money Tree

by Judy Harris, USU Extension Agent in Utah County

Trim expenses

Reward yourself—economically— when you resist buying an item. (*Beware:* Research shows that consumers buy about 30% more when paying with a credit card.)

If you use a credit card, make sure you can pay the bill *in full* each month. Try subtracting the amount of each charge from the check register to insure that there will be money to cover the credit card statement when it comes.

Find ways to make moderate cuts in several expense categories. Use community resources such as the library instead of buying books or videos.

One of the most important areas to look at is the proportion of expenses that are “fixed.” Fixed expenses are those we cannot cut back if our circumstances change. These include mortgage payments, car loans, payments to the appliance and furniture stores, student loans, minimum payments on credit cards, etc. You might also send money to a family member or a charitable organization that you personally consider a fixed expense.

Fixed expenses cannot readily be adjusted if our financial situation takes a turn for the worse or an opportunity presents itself. So one of the best ways to *prepare* for changing times is to reduce the proportion of our income committed to fixed expenses. The fewer *fixed* expenses we have, the greater ability we have to adjust our spending if the need arises.

Prune debt

Find money to add to debt payments. Trim some flexible expenses—be creative!— and add that money to your highest interest debt. Sell something and add the money from the sale to the debt payment.



When one debt is paid, add that payment amount to another debt. Call Judy to get computer printouts showing the power of rolling over payments on debts. Printouts can be specific to your situation or generic for teaching purposes.



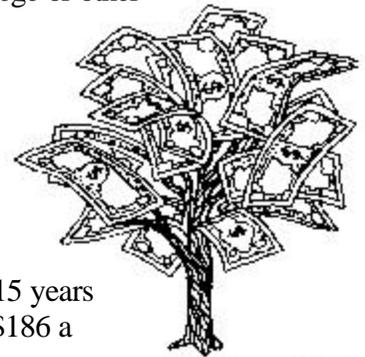
Nourish savings

Build up your set aside fund to reduce stress and unwanted use of credit. This is a *revolving* savings fund for expenses that are not monthly. Some might be anniversaries, auto maintenance & repair, birthdays, business travel, contributions, dental, dues, education, fees, gardening, gifts, hobbies, holidays, home repair and maintenance, insurance premiums & deductibles, lawn care, lessons, magazines, medical, professional, recreation, registration, seasonal, sports, taxes, travel, vacation, etc. Add your estimated expenses and decide how much you need to set aside each month to replenish the fund.



Work toward having an emergency fund that would cover 3-4 months of living expenses.

Start saving as early as possible to fund long-term goals. For example, a family wants \$50,000 to help their children with expenses for college or other training. If they started saving five years before the kids completed high school they would have to save \$732 a month (at 5%) to reach their goal. If they started ten years out, they would need to save \$321 a month. If they started 15 years out, they would need to save \$186 a month.



Saving early gives interest time to grow. Compare the three scenarios for saving \$50,000 (5% interest assumed for all three). For the five and ten year scenarios most of the \$50,000 came from the *deposits*. For the fifteen year scenario most of the \$50,000 came from *interest earned*.

YEARS	MONTHLY DEPOSIT	TOTAL DEPOSITS	INTEREST EARNED
5	\$732	\$43,931	\$ 6,069
10	\$321	\$38,479	\$11,521
15	\$186	\$16,468	\$33,532

(Calculations using PowerSave 5.0, USU Extension)

Make your own flavored vinegars— Free Bottles!

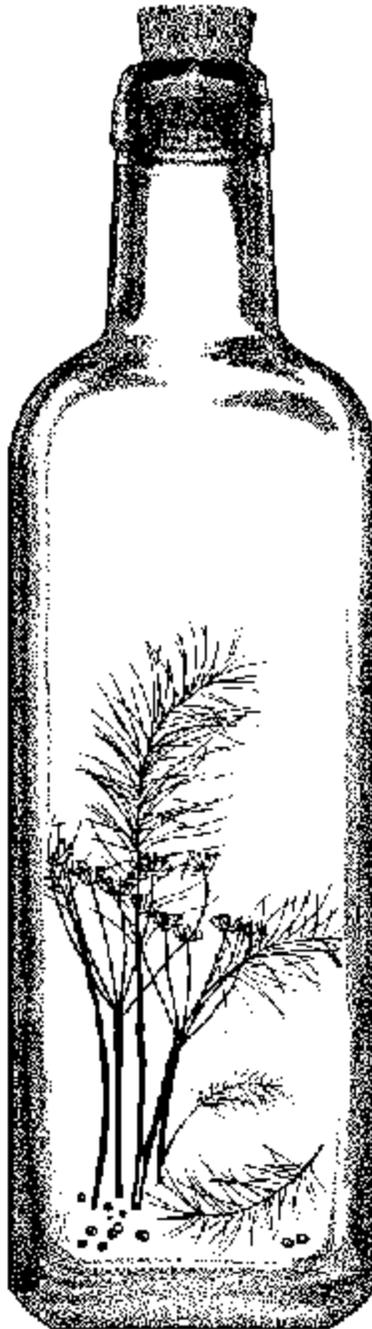
Making flavored vinegars is both easy and fun. Fruits, herbs, or spices can be used to create a variety of vinegars to use with salads, vegetables, meat, or poultry.

To make it even easier (and economical) we have LOTS of simple tapered bottles that would work for the vinegars. They are clear glass and hold about 10 ounces. You would need to get a cork or other cap to seal them. You are welcome to pick up a few or the whole lot. First come first serve.

To ensure that you have great results, pick up at our office a copy of a 25¢ bulletin on preparing flavored vinegars. It walks you through all the steps to have a safe and tasty experience.

Here's some more encouragement from a newsletter by Ball: "There is no easier way to preserve a little of the summer than with herbal vinegars. Basil, bay leaf, chervil, dill leaves, marjoram, mint, rosemary, tarragon, and thyme are ideal as flavor bases. Or, you can combine herbs with citrus fruits or berries for another versatile gourmet accent."

"Leaving a sprig of the herb, a thin curl of fruit peel or a few berries in the vinegar not only identifies the flavor, but adds a homemade touch to your creation."



Asparagus Tips

Selection Tips

Look for firm, fresh spears with closed, compact tips and *uniform diameter*, so that all spears will cook in the same amount of time. Larger diameter spears are more tender.



Storage Tips

Keep fresh asparagus clean, cold, and covered. Trim the stem end about 1/4-inch and wash in warm water several times. Pat dry and place in moisture-proof wrapping. Refrigerate and use within 2 or 3 days for best quality. To maintain freshness, wrap a moist paper towel around the stem ends, or stand upright in two inches of cold water.

Cooking Tips

Asparagus does not have to be peeled but some people prefer it that way. Use a potato or vegetable peeler to peel the skin from the stalk, especially towards the base.

How long to boil asparagus? Trim stem ends slightly and cook fresh asparagus for 5-8 minutes in boiling water for a crisp and tender result.

How to steam upright? To steam asparagus in an upright position, fasten the stalks into a bundle using a band of foil or string. Stand the stalks upright in the double boiler or percolator with the tips extending an inch or more above the boiling, salted water. (A glass cooking vessel works best, according to the Michigan Asparagus Advisory Board.) Cover and cook until tender, 5 to 8 minutes.

How long should asparagus be stir-fried? Cut spears diagonally in 1/2 inch pieces, leaving tips whole. Stir-fry pieces in butter or hot oil, in a skillet or wok at medium high heat. Stir constantly until tender-crisp, 3-5 minutes.

How long should asparagus be microwaved? Microwave fresh asparagus by placing one pound in a microwavable baking dish or serving bowl. If cooking whole spears, arrange with tips in center. Add about 1/4 cup water and cover tightly. Microwave at 100% power for 4-7 minutes for spears, 3-5 minutes for cuts and tips. Stir or turn halfway through cooking time. (See asparagus.com)

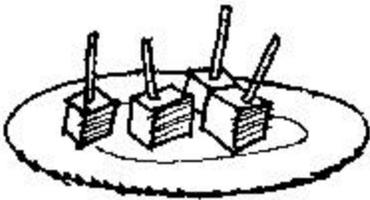
A Calcium-Rich Diet May Help Women Fight the Battle of the Bulge

Research suggests maintaining a high calcium intake while dieting may help you lose or control weight.

Reviewing the data from five previously conducted clinical studies of women in their 20's, 40's and 70's, researchers found a low calcium intake meant a significant increase in body weight for all age groups. Specifically, one of the studies showed that women who included 1,000 mg of calcium per day in their diet lost nearly 18 pounds more than women who did not.

The researchers note the tendency of dieters to cut milk from their diet, often reducing their calcium intake, may be a contributing factor for their frequent failures at losing weight. Source: Davies, K.M., et al: "Calcium intake and body weight." *Journal of Clinical Endocrinology and Metabolism*, December 2000; 85 (12): 4635-4638, as reported in *News Alerts*, Vol. 5 No. 1 (January/February 2001)

Editor's note: The National Academy of Sciences recommends at least 1,000 mg of calcium a day, which can be met by at least 3 servings of dairy foods each day. Lowfat and fat free milk contain the same amount of calcium as whole milk, but without the fat.



Make Yogurt Popsicles

2 (8 oz. each) cartons plain yogurt
1 (6 oz.) can frozen juice concentrate[†]
½ teaspoon vanilla, optional

Combine ingredients. Pour into small paper cups or an ice cube tray. Insert plastic spoons or popsicle sticks for handles when mixture is partially frozen. Freeze until solid.

[†]Variation: Substitute 3 tablespoons honey and 1½ cups fresh mashed fruit (strawberries, peaches, etc.) for the juice concentrate.

Food Storage for the Overwhelmed!

Attend three practical and rejuvenating classes—on *using* food storage. The presenter will be Leslie Probert, who has spent years finding food storage recipes that taste great. Plus she has food storage recipes that she uses on her busiest days!



Making Food Storage Do-Able: Removing Roadblocks, Wednesday, May 15, 7-9 p.m.*

Simple, inexpensive ideas for solving concerns that have kept you from enjoying your food storage. Plan your basic food storage in 15-20 minutes. Learn up-to-date information on safe water storage.

Fast Fantastic Food Storage Fixings

Wednesday, May 22, 7-8:30 p.m.**

Learn fast and delicious ways to use the food you already have stored.

Friendly Fuels or Cold Soup

Wednesday, June 5, 7-8:30 p.m.*

Fuel safety (indoors and outdoors), soup in a "hay" box, cookies in an apple box reflector oven, etc.

*May 15 and June 5 classes will be in the Ballroom (Room 306) of the Historic County Courthouse, 51 South University Avenue in Provo.

**May 22 class is in room L700 on the lower level of the Utah County Administration Building at 100 East Center in Provo. Enter through west door.

The two buildings are next to each other, so off-street parking for both is accessible by turning east off University Avenue onto 100 South.

These classes have been very popular, so register as soon as possible.

There will be samples and handouts at each class. Since class size is limited, *please* contact us at 370-8460 x2 if you need to cancel your registration so someone on the waiting list could attend. Make check payable to Utah State University and mail to: USU Extension, 51 South University Avenue, Room 206, Provo, UT 84601.
Cost is \$2 for one class or \$4 for two classes or \$5 for three classes. ADD \$1 IF PAYING AT THE DOOR.

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**HOW CAN I HELP MY CHILD AVOID
 SUMMER BOREDOM?**

Summer offers a great time for children to play and explore at their own pace. But it can also turn into too much TV or the all-too-familiar, "I'm bored." Though each child's needs are different, here are a few ideas for summer planning.

Routine. As much as children want to be free of bedtimes and the deadlines of school, they need to have a routine. Having even just one scheduled event in the day gives them a reference point to work around. It is also a good idea to involve children in deciding the summer rules for chores, mealtimes, and bedtimes.

Reading. Children who read several books over the summer return to school ready to pick up where they left off. Set some goals, read together, visit the library, or buy a few paperback editions of age-appropriate children's books.

Lessons. Structured lessons, teams, or camps can work for some children; for others, being involved in community recreation, scouts or 4-H can be a good way to help them explore their interests. But make sure children have plenty of unstructured time to lie on the grass and look at the clouds.

Family activities. Those few days can create lasting memories and strengthen family ties. Involve children in the planning and preparations and scrap-book making. Make a vacation an investment in your family.

(Tom Lee, Ph.D., Ask a Specialist, May 1997)



This newsletter is an educational effort of the Utah County office of Utah State University Extension, 51 So. University Ave., Room 206, Provo, UT 84601. Website: <http://www.co.utah.ut.us/usuext>

The phone for USU Extension is 370-8460. 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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