



Hinton Around the Yard & Garden

HORTICULTURE NEWSLETTER
by Adrian C. Hinton,

USU - Utah County Horticulture

GREETINGS FROM THE COUNTY AGENT

Wow! It's nice to have some cool night-time temperatures finally! This has been a usual summer for the most part here along the Wasatch Front and the rest of Utah. But it is always nice to see fall and the harvest season start. It was great to see many of you out to all of the summertime classes and activities.

I hope you all have a great harvest and a happy fall!



Be sure to tell your friends about the basic Master Gardener course that starts in September.



TIMELY TIPS for September/October 2006 by Pat Fugal



1. Plant some fun, different spring bulbs.
2. Cure your winter squash (except acorn) and pumpkins before storing them. Curing eliminates some of the moisture, hardens the skins and increases storage life. To cure, cut the stem of the squash/pumpkin, leaving a couple of inches of stem. Leave squash in a warm (80-85° F), dry place for 7-10 days. Contact our office at 851-8460 extension 5 for temperature and moisture recommendations for storing your produce.
3. Don't apply high-nitrogen fertilizers to your lawn when the cool fall weather sets in.
4. Visit the State Fair September 7-17. BETTER STILL - enter something in the State Fair!
5. Cut your lawn 1 ½ inches long going into winter (just before the snow flies).
6. Start a compost pile, using all of your healthy leaves and garden refuse.
7. Keep mulch and weeds away from the base of trees to decrease mice chewing into the tree during winter.
8. Prune back long rose canes that may break with heavy snow, but save severe pruning until early spring. Clean out leaves that may have accumulated in the center of the rose bush.
9. Wrap tall arborvitae, junipers and other evergreens with burlap or twine to prevent snow damage, or wrap it with bird netting if you have deer problems.
10. To prevent southwest winter injury on trees with dark bark, paint them with white latex paint.

Insect Thug of the Decade

A NEW “BAD GUY” FOR UTAH COUNTY GARDENERS

by Meredith Seaver, Extension Horticulture Assistant

As gardeners, we're pretty lucky to live where we do. Because of our dry climate and cold winters we don't have to deal with some of the pests and diseases that plague landscapes in other parts of the United States. Monitoring and quarantine programs by the Utah Department of Agriculture and Food have prevented the establishment of pests like the Gypsy moth and Fire ant. For the most part, we have avoided the “bad guys” that feed indiscriminately on a wide variety plants. The majority of our pests prefer to feed on just a few favorite plants. But early in July of this year a Japanese beetle was identified in Utah County and reported to the Utah Department of Agriculture. After several weeks of trapping, a small population of the Japanese beetle was confirmed in the city of Orem.

Japanese beetles are serious agricultural and horticultural pests that feed on hundreds of species of herbaceous and woody plants. Adult beetles are defoliators and generally feed in groups from the top of a plant down. Skeletonized leaves are a typical sign of their feeding. They favor roses, grapes, fruit and shade trees as well as shrubs. They also consume flowers and fruit. The grubs of the Japanese beetle feed primarily on the roots of turf grass but are also found on the roots of some vegetable crops and strawberries.

The adult Japanese beetle is about 3/8” long and 1/4” wide. It has a bright metallic green body with metallic copper to bronze-colored wing covers. There are other beetles that resemble the Japanese beetle but five linear tufts of white hair along the sides of its abdomen and two tufts of white hair at the tip of the abdomen can distinguish the Japanese beetle from other beetles. The larvae are 1 1/8” long C-shaped white grubs with dark posteriors.

The Japanese beetle spends most of its life as a grub in the soil where it causes dry or dead areas in turf. Adults emerge in early to mid-summer to feed and mate. Females lay 40-60 eggs in turf over the course of a few weeks.

The best opportunity for control of the Japanese beetle is during the early grub stage of mid summer when lawn insecticides are most effective. Control is more difficult at other stages.

How can you help eradicate this pest in Utah County and prevent its spread? Watch for signs of insect damage in lawns and landscapes in general. Report any suspected Japanese beetles or grubs to the Utah County Extension Office. If you live in an area where Japanese beetles have been confirmed, do not move plant materials, including potted plants and rooted starts of landscape and garden plants, to areas where the beetle has not been confirmed.



The larvae live below ground

The adults eat plants!

You can see these pictures in color on our website:

<http://www.utahcountyonline.org>

Go to Departments, USU Extension Services/4-H, and find Newsletters

SCOUTING FOR INSECTS in the LANDSCAPE

Have you ever found a serious pest problem or disease in your garden? Has a tree or shrub in your yard suddenly died? Most landscape problems can be avoided or easily corrected before they become serious. We just need to be looking, or scouting, for problems while they are small. Scouting for insects can be easy

if you just remember the five Ws of scouting: who, why, when, what and where?

WHO should scout for insects? You should! You probably know your yard and garden better than anyone else and you are there more often. You know what your plants should look like and which of them tend to have recurring problems every year. Once you have done it a few times you will find that it only takes a few minutes. (Continued on Page 4)



Hinton Around the Yard and Garden

Ask a Specialist

I WOULD LIKE TO PLANT BUSHES THAT DO WELL IN THE SHADE

What do you suggest?

Answer by Jerry Goodspeed,

Utah State University Extension Horticulturist

When we think of shade-loving plants, we often focus on perennials and groundcovers, assuming that trees and shrubs should be able to withstand any kind of sun exposure. **This is not true.** Many shrubs and small trees actually prefer part or filtered shade.

When “part shade” is indicated on a plant tag, it generally means they need protection from hot afternoon sun. Plants that prefer “filtered shade” usually are happiest growing in the light-dappled shade of a larger deciduous tree. If you are in the market for small, shade-loving trees and shrubs, consider this list.

- **JAPANESE MAPLE:** These trees can survive in full sun, but can struggle near the end of May when the tips of their leaves burn and they start suffering from iron chlorosis. To keep them looking their best, give them a northern exposure, shade them in the afternoon and apply chelated iron in the spring before they leaf out.
- **FLOWERING DOGWOOD:** These trees are spectacular when they bloom in the spring, and their attractive foliage also has nice fall color. This small tree prefers well-drained soil with plenty of organic matter. It can be planted in the shade of a larger tree, yet has the confidence not to be intimidated by it.
- **KERRIA:** This tall shrub grows to around 7 feet tall, is covered with yellow flowers in the spring, then dabbles in producing flowers the rest of the summer. Its rather free-flowing habit works well in the background, where it brings harmony to the rest of the landscape.
- **HEAVENLY BAMBOO:** Most people do not even attempt to grow this beautiful small shrub in their landscape. However, with adequate drainage, a bit of organic matter and a little protection, this plant

Special Needs:

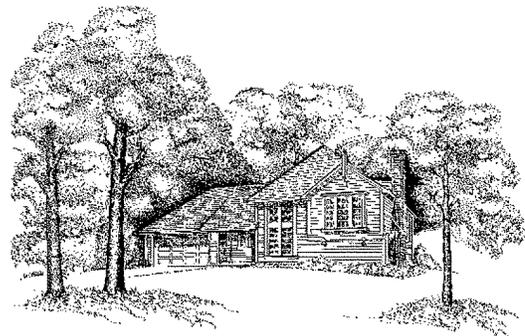
For any special arrangements including dietary, physical accesses, or other accommodation requests, contact Utah State University Extension at 801-851-8460.

Fifteen working days are needed to facilitate special needs requested.

does very well. Its semi-evergreen leaves have wonderful fall and winter color and it remains red throughout the winter, which is especially showy after a snow storm.

- **OREGON GRAPE HOLLY:** This native plant is found in foothills, where it usually grows in the shade of trees and larger shrubs. It has yellow flowers, purple fruit and attractive fall color. Unfortunately, it is often planted in full sun where it struggles. Either groundcover or upright Mahonia varieties work well in the right location.
- **HOLLY:** Holly has one characteristic in common with Mahonia. They both have sharp leaves that discourage picnickers from standing too close. Holly is a little fussier than Oregon grape when it comes to growing conditions. It needs well-drained soil and organic matter. Holly is noted for its colorful berries and broadleaf evergreen leaves, which are attractive throughout the winter.
- **YEWS:** Probably the most noted shade-loving evergreen, yews can survive and even thrive in full sun. They prosper and do well in the shade as long as the soil dries out between each watering, but many die from root rot and other problems associated with over-watering.

Dennis Hinkamp, Extension Communications, Utah State University



The Master Gardeners Corner



Sign Up for Utah County's Master Gardener Classes

The Master Gardener (MG) program originated in Washington state in the 1970's and is now found in every state and in most parts of Canada. If you love gardening, you will love these classes.

During approximately 40 classroom hours you will learn about soil, plants and pests including annuals, perennials, shrubs, trees, vegetables, fruit, plant diseases, pesticides and turfgrass. The twice-weekly class schedule requires dedication and commitment on the part of the Master Gardener students. The goal of the class is to give participants a good background in horticulture so they can help serve the community through the USU Extension office.



MG volunteers donate at least 40 hours to receive a MG Certification. Projects include community talks, assisting in workshops and demonstration gardens, Plant Diagnostic Clinics and the Master Gardener help-desk/diagnostic lab at the USU Extension office.

The next Master Gardener class in Utah County will begin September 28 and end December 5. Classes are every Tuesday and Thursday from either 2:00 - 4:00 p.m. in Provo, or 6:00 - 8:00 p.m. at Thanksgiving Point.

Classes fill quickly. If you think you have what it takes to be one of the few, the proud, the prepared Master Gardeners, call 801-851-8460, ext. 0. Cost is \$130 per person.

Who ran the first canning factory?

Noah - He had a boatful of preserved pairs.



SCOUTING for INSECTS in the LANDSCAPE (Continued from Page 2)

WHY should you scout in your yard and garden? Serious pest problems begin as minor problems. Many difficult to control insects have a vulnerable stage; we just have to take action at the right time. How can we catch a minor problem at the right time? By scouting for insects in our landscapes on a regular basis.

WHEN should you scout in your landscape? Scout for insects and other pests once or twice a week. Record brief notes about anything you find and keep them with your current calendar. At the end of the year use your notes when planning next year's calendar to remind yourself to begin scouting for problems a few weeks earlier than you found them the previous year. In addition to scouting at least once a week, stop and take a minute to thoroughly inspect any plant that doesn't look right (poor color, size, leaf shape, etc.) when you are mowing, weeding or doing other work in the landscape. This is how the Japanese beetle was found in Orem.

WHAT should you look for when you scout for pest problems? Of course, you will be looking for obvious signs like the insect themselves. You can sometimes find them actively feeding on the leaves, flowers, fruits and buds of the plants in your yard and garden. More often, pests are hidden and you need to look for the signs and symptoms of problems. Sticky or shiny leaf and stem surfaces; curled, rolled or distorted leaves; poor color or a "not quite right" look to the plant in general; holes or skeletonized leaves; missing plant parts; sudden wilting; holes with or without sawdust in the bark of trees and shrubs; oozing or weeping from the trunk or branches of woody plants.

WHERE should you look when you scout? Each week, select a few trees, shrubs or areas of bedding plants to inspect. Check all the parts of the plants. Many insects begin feeding or only feed on a specific part of a plant. Check the foliage, stems, flower buds and base of the plant. Look at the upper and lower surfaces of the leaves and at the base of the leaves where they attach to the plant.



Improving Family,
Resources & Health

CLOSE TO HOME

by Judy Harris, USU Extension Agent in Utah County

Interesting Facts About **YOUTH & MONEY**

- ◆ Teens spend 98% of their money, and one in five have their own credit card or access to their parents' card.
- ◆ High school seniors' basic finance literacy is declining. Average scores on a basic test of financial literacy declined from 57% correct in 1998 to 50% in 2002. Schools are now introducing financial literacy classes.
- ◆ 30% of youth report their parents rarely or never discuss saving and investing with them. 47% say their parents rarely or never discuss household budgeting with them
- ◆ Undergraduates carry an average of three credit cards and have an average credit card debt of \$2,327.
- ◆ As little as 10 hours of personal finance education positively affects students' spending and savings habits.

YOU CAN HELP REVERSE THESE STARTLING STATISTICS

The life-long benefits of teaching children good money habits make it well worth the effort. Children who are not taught these lessons pay the consequences for a life-time. Some parents don't teach children about money because they think they shouldn't talk about money with children, don't have time, or think they don't have enough money. Parents should take the time to teach children about money regardless of income and should start when children are young.

Source: University of Minnesota Extension Service

TEACHING CHILDREN ABOUT MONEY

Parents should keep these guidelines in mind as they begin the financial socialization of their children:

- ¢ Guide and advise rather than direct and dictate.
- ¢ Encourage and praise rather than criticize or rebuke.
- ¢ Allow children to learn by mistakes and by successes.
- ¢ Be consistent while taking children's differences into account.
- ¢ Include all family members in money management discussions, decision making, and activities as appropriate for their age.
- ¢ Explain to children what they can and cannot do and the consequences of violating the limits.
- ¢ As children get older increasingly include them in discussions of limits and consequences.
- ¢ Expect all family members to perform unpaid, routine household chores based on their abilities.
- ¢ Express your desire to have things you can't afford. Children need to know that parents say "no" to themselves, too.

USE A CONSISTENT APPROACH

Most people have strong feelings and opinions about money, based on childhood experiences and the values and beliefs of their families. Most often, these experiences, values and beliefs are different for each parent. It is vital for the healthy development of children that parents talk about these feelings and opinions and establish a consistent approach to teaching children about money. These questions can help you focus your discussion.

- \$ How will we create an open environment in which our family can discuss money issues?
- \$ How should our children receive money? Will we give them allowances or use another method?
- \$ What are our family values and attitudes about money that our children may be observing?
- \$ What do we communicate about money?
- \$ How will we structure learning experiences about money?
- \$ How will we deal with our children's differences in handling money? By stage of development, special needs, or personality differences?
- \$ How will we respond to the effects of advertising and peer pressure on our children's buying requests?

Healthy Halloween Treats



Treats don't have to be sticky, gooey candy.

TREATS TO GIVE

When gathering the treats you will offer this year, think about some possible low-calorie, low-fat options. Here are some ideas to get you started thinking:

- Cheese and cracker packages
- Sugar-free gum Cheese sticks
- Juice box packages
- Small packages of nuts or raisins
- Package of instant cocoa mix
- Peanuts in the shell

You could also consider giving some non-food treats such as stickers, balloons, crayons, pencils, colored chalk, erasers, whistles, baseball cards, rubber spiders or worms. A friend of mine used to give nickels. In today's economy that may need to be dimes.

TRICK OR TREATING

Make sure children eat a meal or snack before going trick-or-treating so they won't be tempted to dig into their bag of goodies before they get home.

When children get home, check the treats and keep only treats which are unopened. Be sure to inspect fruits and homemade goods for anything suspicious. It's better to eat trick-or-treat candy over several days as a substitute for dessert or a few pieces along with a healthy snack.

HALLOWEEN PARTY

Having a party for your children and a few friends can reduce safety concerns. Some nutritious treats for your party could include popcorn, apples, grapes, bananas, unshelled peanuts, and not-too-sweet cookies.

Kids could help with making the treats like "Pizza Faces." Let kids arrange sliced olives, green peppers, mushrooms, pepperoni, and other things on English muffins brushed with tomato sauce. Top with grated cheese for "hair" and heat in the microwave or oven until the cheese melts.

QUICK PUMPKIN CUPCAKES

- 1 box regular yellow or vanilla cake mix, 2 layer size
- 2 eggs 1 Tablespoon oil
- 2/3 cup canned pumpkin
- 1 ½ teaspoons pumpkin pie spice
- 1 cup water or apple juice

DECORATIONS:

- Canned low-fat vanilla frosting
- Candy corn Black licorice
- Black or orange jelly beans

Preheat oven to 350° F. Spray each muffin cup with nonstick cooking spray or use paper cupcake liners. Blend the cake mix with the eggs, oil, pumpkin, pumpkin pie spice, and the water or juice with mixer at low speed until moistened. Beat at medium speed for 2 minutes. Spoon into the prepared muffin pan. Bake 18 minutes or until done. Cool in pan completely before frosting. Kids will love to decorate these cupcakes.

Makes about 18 cupcakes

HALLOWEEN CEREAL BALLS

- 1/4 cup margarine or butter
- 1 package (10 oz.) Marshmallows
- 2 Tablespoons orange-flavored gelatin
- 6 cups crisp rice cereal ½ cup candy corn

Combine margarine and marshmallows in 2-quart glass bowl. Microwave (high), uncovered, 2 ½ - 3 minutes or until marshmallows are puffed. Add orange gelatin; mix until combined. Stir in cereal until well coated. Mix in candy corn. Cool enough to handle.

With buttered hands, form mixture into 24 balls. Place on waxed paper until cool. Wrap tightly in plastic wrap for storage.

TIPS: Pieces of cut black licorice can be substituted for candy corn.

Mixture can be pressed into greased 13" x 9" baking pan and cut into squares for serving.

- Per serving: 85 calories 1 g protein
- 2 g fat 119 mg sodium
- 0 mg cholesterol

Source: University of Illinois Extension

10 REASONS TO PREPARE FAMILY MEALS



Food preparation practices have changed dramatically in the past 50 years. We live in a fast-paced society, and therefore family meal preparation is often compromised or neglected. Time pressures, conflicting work schedules and even a disinterest in cooking are some reasons families are eating apart from one another outside the home. This is a reminder of the many benefits of home meal preparation.



REASON 1: FAMILY CONNECTIONS

Families that eat together have opportunities to bond, talk, connect and learn from one another. Improved social skills, such as proper table manners and conventional etiquette, are more likely to be taught at home amidst relaxed surroundings. Finally, home meals foster warmth and security.

REASON 2: FINANCIAL CONSIDERATIONS

The long-term trend of eating away from home is well established. Nevertheless, whenever you hire someone to perform a service, it will cost more money compared with performing the same services yourself. At the present time, individuals and families eat out several times each week. Such meals cost two to four times as much as similar meals produced in the home.

REASON 3: IMPROVED HEALTH STATUS

Eating at home could minimize exposure to common food temptations, such as high calorie desserts, delicious breads, baskets of tortilla chips and other food choices. When families eat at home, they have the opportunity to control food portions and ingredient and food choices, as well as decrease the obligation to finish meals. In contrast, restaurants are in the profit and pleasure business. Therefore, they want to provide food that is delicious and generous in quantity. Researchers speculate that the way in which some restaurant food is chosen and presented contributes to the problem of obesity and its related complications in the United States.

REASON 4: NUTRITIOUS FOOD CHOICE

Eating locations affect food choices. The U.S. Department of Agriculture Dietary Guidelines for Americans are more likely to be implemented if families eat meals in the home compared with meals consumed elsewhere. Meals consumed at home tend to minimize fried food, soda consumption and salty side dishes. Thus, eating at home tends to remove barriers to proper food selection.

REASON 5: NUTRIENT INTAKE

Nutrient intake increases when meals are prepared in the home. Specifically, home-prepared meals are higher in fiber, calcium, folate and vitamins B6, B12, C and E. Home-prepared meals are lower in saturated fat, sugar, sodium, trans fatty acids, cholesterol and total calories compared with restaurant meals.

REASON 6: FAMILY DINNERS ENHANCE ACADEMIC MOTIVATION

Teenagers who eat dinner with their families five or more times per week have a higher academic performance compared with teenagers who eat with their families two or fewer times per week. Younger children benefit from the exposure to adult conversations at family dinners. Children and teenagers benefit from the structure demonstrated

when parents are organized enough to prepare meals.

REASON 7: ENHANCED MENTAL HEALTH

The presence of parents during children's mealtimes is crucial to the children's mental health for several reasons. Eating together as a family fosters emotional well being and higher levels of family satisfaction. Likewise, teenagers report less depression, fewer mental health problems and less boredom if they eat five or more dinners with their family each week.

REASON 8: FAMILY DINNERS DECREASE TEEN SUBSTANCE ABUSE

Frequent family dinners (five or more meals per week) are associated with lower rates of smoking, drinking and illegal drug usage compared with families that eat together two or fewer times per week.

REASON 9: SELF-SUFFICIENCY IN FOOD PREPARATION

Adults in the United States are choosing to spend less time participating in food production. As we choose to eat out more frequently, our cooking ability decreases. Thus, we are more self-sufficient in terms of food production abilities when we have family meals at home.

REASON 10: PRESERVATION OF FOOD HERITAGE

Each generation cooks less than the previous one. If this trend continues, the family tradition of transferring specific food heritages, family recipes and ethnic foods is at risk of being lost. Food traditions are a part of our cultural identity and are therefore worth preserving.

RECOMMENDED STRATEGIES TO ENCOURAGE FAMILY MEALS

- ✦ Plan menus, shop for groceries and build up a useful food inventory.
- ✦ Make meal time a family priority. Protect family mealtime by including it in the family schedule.
- ✦ Change personal attitudes about food preparation. Think of meal production as an opportunity to connect with your family rather than viewing it as an unpleasant, tiring household obligation.
- ✦ Use laborsaving devices, such as slow cookers, broilers and grills.
- ✦ Encourage involvement from children in the kitchen. By involving younger family members, the meals will be appreciated and food traditions will be maintained.
- ✦ Build pleasure into the routine. Enjoyable tasks are more likely to be maintained.

Source: *Kajuandra Harris-Huntley, Al. Coop Extension*

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Green Chile Chicken

Celeste Kennard

- 4 - 8 chicken breasts
- 1/3 cup lime juice (fresh is best)
- 4 oz. can green chilies (or 2 roasted chilies)
- 2 cloves garlic, minced
- 1/3 cup vegetable oil
- 1 Tablespoon honey
- Salt and pepper to taste
- 4 - 8 slices Cheddar or Monterey Jack cheese
- 1/3 cup water optional

Marinade: Mix the lime juice, chilies, garlic, water (optional) and oil. Place chicken in large zipper bag and pour in marinade. Marinade at least one hour or leave in fridge overnight.

Grill chicken and place cheese on breast to melt and serve.



Any leftover chicken makes excellent quesadillas or enchiladas.



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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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