



## Hinton Around the Yard & Garden

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

### GREETINGS FROM THE COUNTY AGENT

Dear Gardeners:

We finally made it through a very long and snow-productive winter. It all started last summer by having the hottest growing season ever on record. Now we've had an unusually large accumulation of snow in the mountains and valleys.

Be sure to attend the Master Gardener Summer Social on June 25 at South Fork Park and the Master Gardener Conference June 6-7 in Ogden.

We wish you all a great growing season!



### TIMELY TIPS for May/June 2008 by Pat Fugal



1. Prune lilacs, forsythia and other spring bloomers just after the blooms fade. You can do renewal pruning by cutting back a of the oldest canes clear to the ground.
2. Cut off dead tulip and daffodil flowers, but let the foliage remain until it turns yellow.
3. Sign up for a free check of your sprinkler system by calling 851-8467. Over time, sediment in the lines change the output and distribution. With this free service, someone will come to your home, test the soil type, sprinkler distribution and output and make recommendations.
4. Mowing your lawn higher during the summer shades weed seeds and cuts down on their germination as well as decreases the amount of water needed. Remember, it's the evenness of the cut that makes a lawn look good, not necessarily the height.
5. Keep a close eye on your roses and other susceptible shrubs and flowers for white powdery patches on leaves or flower buds. At the first sign, pick off the affected leaves and spray the entire plant with a fungicide for powdery mildew. The fungicide doesn't make white patches go away, it just helps keep them from spreading.
6. Put bark mulch around the base of trees to prevent the trunks from getting hit by lawnmowers or weed wackers.
7. The best time to harvest most herbs is just before they flower.
8. Walk through your garden every day and scout for insects, diseases or problems. Sometimes you just have to pick off the eggs or young insects or hose off a few aphids before they take over.
9. plant tomatoes and peppers after the threat of frost, which is usually around Mother's Day.
10. Plant summer blooming bulbs now.



## Hinton Around the Yard & Garden

### Play it Safe, Prevent Poisonings - Lock Up Pesticides

Every 13 seconds, a U.S. poison control center receives a call about an unintentional poisoning. The American Association of Poison Control Centers reports that more than 50 percent of the two million poisoning incidents each year involve children younger than six years old. In 2006, poison centers reported more than 77,000 calls made to poison centers with concerns about potential exposure to common household pesticides (potential exposure do not necessarily represent a poisoning).

The EPA observes National Poison Prevention Week each year to increase awareness of the danger to children of unintentional poisonings from pesticides and household products, and to encourage parents and caregivers to lock up products that could potentially harm children.

The EPA has launched a poison-prevention segment on Green Scene, EPA's new series of environmental videos. Link to Green Scene Podcast at: <http://www.epa.gov>.

The EPA's Poison Prevention website: <http://www.epa.gov/pesticides/health/poisonprevention.htm>  
The National Poison Center hotline is 1-800-222-1222. It provides everyone in the U.S. with free access—24 hours a day, 7 days a week—to your regional poison control center.

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### Strawberry Root Weevil

Those notched leaves on your lilacs, roses and other plants are caused by the bill bug's cousin, another beetle with a little snout nose. The damage to the leaves is mainly cosmetic, but in the larvae stage, this beetle will chew on the roots of your plants and can damage them. Control of this pest must include treating the roots as well as the foliage. On non-edible plants, you can use a systemic insecticide such as imidacloprid or non-systemic sprays of pyrethroid insecticides. Vital Sackwell-West

Never use a systemic on edibles such as strawberries and always make sure your plant is listed on the label.

### Controlling Coddling Moth



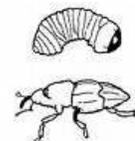
Coddling moths spend the winter in cocoons under loose bark or debris. When apples bloom they emerge as moths, then mate and lay eggs on newly developing fruit.

The tiny caterpillars chew through the side or bottom of the fruit into the apple or pear and eat till they are ready to come out, crawl down the tree and pupate, thus repeating the cycle, often one to three generations a year.

Spraying for wormy apples must begin shortly after the apples form (about ten days after the blossoms drop) and continue through the first week of September. You can also wrap the tree trunk with corrugated cardboard and when the caterpillars stop there to pupate, you can remove the wrap and burn it.

You can be put on a Fruit Tree Advisory list and learn when and what to spray by emailing Marion Murray at [marion.murray@usu.edu](mailto:marion.murray@usu.edu).

### Bill Bugs in Your Lawn



These little black beetles with long snouts feed on grass blades as adults and on stems near the surface of the soil as larvae. The signs of bill bug problems is similar to those problems with the sod web worm and lawn grubs. You will see dead spots in your lawn that don't recover from watering and grass that pulls up easily from the roots when tugged on.

Chemical control for these lawn insects includes Grub-X, Kill-A-Grub, Bayer Advanced Grub Control, etc.

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*The most noteworthy thing about gardeners is that they are always optimistic, always enterprising, and never satisfied. They always look forward to doing something better than they have ever done before.*

Vital Sackwell-West



## Hinton Around the Yard and Garden

### New Preparedness Videos for Seniors, People with Disabilities and Pet Owners

The U.S. Department of Homeland Security's Ready Campaign has released three demonstration videos designed to highlight the specific steps that older Americans, individuals with disabilities and special needs, and pet owners should take to prepare themselves and keep their families safe in the event of an emergency situation or natural disaster. The videos recommend that seniors include the necessary items in their emergency supply kits, such as water, food, first aid and any prescription medications.

It encourages Americans with disabilities or special needs to create a personal support network that they can rely on during an emergency. Pet owners are advised to learn which emergency shelters in their area and along their evacuation route will allow pets.



The Department of Homeland Security worked closely with AARP, the National Organization on Disability, and the Humane Society of the United States to develop these new emergency preparedness resources. Individuals interested in more information about emergency preparedness or the new videos can visit the Ready America Campaign at [www.ready.gov](http://www.ready.gov) or call 1-800-BE-READY to receive free materials.

*Howard Deer, USU Extension Pesticide Specialist*

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### Facilities & Grounds Management Expo

Don't miss this year's Expo to learn new techniques, network with other facility and grounds professionals, and learn how you can take your work "from invisible to unforgettable!"

#### Professional training in:

- Grounds & facility management
- Personal & professional development
- Lawn & irrigation management
- Carpet & floor care
- Custodial systems
- Environmentally conscious cleaning

**Keynote Speaker:** Don Aslett, bestselling author, speaker and entertainer.

**When:** June 27, 2008 **For more info call:** 801-863-7333

**Or visit:** [cw.uvsc.edu/facilgrounds](http://cw.uvsc.edu/facilgrounds)

## Provo Farmer's Market



The Provo Farmer's Market would like to invite you to consider turning your gardening addiction into cash by having a booth at the Provo Farmer's market! With food/fuel prices sky rocketing, the Farmer's Market is fast becoming the best alternative for affordable healthy, fresh produce and goods.

Plus, it's fun! So recruit your family to pick those extra zucchini, apricots and grapes or grow a special market garden and join us at the Farmer's Market. The market runs every Saturday, June - October from 8 a.m. - 2 p.m. You can choose when and how often you'd like to participate. A 10' x 10' space costs \$12 for a one-time charge, or \$130 for the whole season.

Raquel has offered to host a free workshop for any gardeners who want to learn how to have a successful booth at the farmer's market. She will discuss pricing, ideas for attractive displays, etc. Please call Raquel at 801-377-5700 for more information about the workshop or the Farmer's Market.

## Japanese Beetle Update

The beautiful metallic green and bronze Japanese beetle immigrated to New Jersey in 1916 in some iris tubers. They have now immigrated to Orem. The adults feed on several hundred species of vines, shrubs, vegetables and trees (including the fruits and leaves). The grubs (larvae) feed on the roots of plants and grasses.



So far, the beetles have been contained in one Orem area, and with the spraying success, gardeners may go ahead and plant their gardens this year. They will be spraying this year in a smaller, more concentrated area. Where there are edible crops they will be using chemicals safe for food products.

If you live outside the Orem spray area and see any Japanese beetles in your yard, catch them and bring them to the Extension office or call 801-851-8462.

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*My green thumb came only as a result of the mistakes I made while learning to see things from the plant's point view. ~H. Fred Ale*

# The Master Gardeners Corner



Greetings Master Gardeners:

## Don't Miss the Summer Social!

Our Summer Social will be held on Wednesday, June 25 in the large pavilion at South Fork Park (up Provo Canyon).

### We will have:

- ★ A plant exchange - bring as many plants as you want to exchange
- ★ Activities for younger children
- ★ Door prizes
- ★ And we will enjoy dinner together



Be sure to put this on your calendar now. It's a fun event for your whole family to enjoy. Please make your favorite recipe and bring something to share.

If you're interested in helping on the committee, (especially if you still need hours), contact the Extension office at 851-8479.

## Last Frost Date

Remember, the LAST FROST DATE is about May 15<sup>th</sup> - then you can plant your tender vegetables.

## Plant Exchange

Thank you to everyone who brought seeds and plants to the Plant Exchange that was held in March. It was the first of our Annual Plant Exchanges and we plan on continuing this tradition yearly.

## Slow-the-Flow

It's not too late to sign up for Slow-the-Flow. This service is paid for by Utah State University and the Central Utah Water Conservancy District. Sign up now to make sure you are on the schedule for this year.

To sign up, call Julia at 851-8467 and leave your name, address and phone number or contact her at [julia.tuck@usu.edu](mailto:julia.tuck@usu.edu).

## USU 2008 Utah Master Gardener Conference

June 6 - 7, 2008

**Green: Our Philosophy Our Practice**

Weber and Box Elder Counties will be hosting this year's State Master Gardener Conference June 6 and 7 in Weber and Box Elder Counties.

### Tours: Friday June 6, 1:00 pm

- ▶ Tree Tour of Weber County
- ▶ Gardens and Greenhouses
- ▶ Commercial Growers and Beautiful Nursery
- ▶ High Altitude Gardening
- ▶ Firescapes and Landscapes

5:30 - 7:30 Dinner in the Ogden Botanical Gardens

### Classes Saturday June 7

8:00 am Registration/Continental Breakfast

12:00 - 1:00 Lunch Break

1:00 - 1:50 Classes

Track 1 - Edibles

Track 2 - Landscape

Track 3 - Plant Material

Track 4 - Horticultural Specialties

A **Silent Auction** will be held during the Saturday session. Provisions for credit card use will not be available. All auction proceeds will go to the Ogden botanical Gardens.

### Registration Fees:

Friday tours and dinner - \$20.00

Saturday Education Conference - \$25.00

Both: \$40.00

For more information and to register online, go to:

<http://extension.usu.edu/boxelder/hm/horticulture/classes>

If you have questions, call Robert L. Saunders at 801-726-2715.



Improving Family,  
Resources & Health

## CLOSE TO HOME

### HOW DOES YOUR CASH FLOW?

It's difficult to manage your finances if you don't know how much money you have or where it is being spent. That is why budgeting is an important key to successful money management. The object is to keep expenses at or below your income. Sounds easy, but as most have experienced, it can get a little tricky at times. Consider these budgeting tips.

\* **Track the small expenses.** This can be done by carrying a small notebook in your pocket or purse for a month or so. List those items you purchase for yourself or others that you often forget to budget for, such as a treat for the kids or a donation to a co-worker's retirement gift. These "budget-busters" can make or break a budget if you haven't planned for them.

\* **List expenses.** Look through your checkbook for the past few months and write down all expenses. These expenses can then be categorized into the following areas: **housing** (this includes mortgage payment or rent, a second mortgage and property taxes); **utilities** (electricity, water, sewer, garbage, natural gas, basic phone and long distance, cell phone/pager, cable TV and internet connection); **necessities** (food, household supplies, clothing, school lunch, child care, diapers, formula and child support payments); **transportation** (car payment, insurance, fuel, repair allowance and license/registration); monthly debts (student loans, other loans and debt including credit card payments); **other expenses** (dry cleaning, health, hair and personal care, pet care and dues/memberships); **education** (tuition, books, paper supplies, uniforms, lessons and sports); **entertainment** (eating out, crafts, computer expenses, sports, hunting, bars, cigarettes, debt payment for such things as a boat or RV); **insurance** not deducted from your paycheck (medical, dental, life, disability, home, renters, co-pays); and **gifts** (children's allowances, contributions to church/charity, holidays, birthdays, weddings, 1/12 of total holiday expenses).

\* **Tally expenses.** Figure all expenses as a monthly amount. For example, items that are due once a year, such as property taxes, can be divided by 12 to get a monthly

figure. Holiday budgeting can be done the same way.

\* **Keep a record.** Write down the date(s) you are paid each month. Divide your expenses as evenly as possible among paychecks, taking into consideration due dates. If your largest bills are due at one time, pay several bills early rather than trying to fit them all into the same pay period.

\* Determine if you need to cut back. Compare your actual expenses to the plan you made. If you overspend in one area, adjust your plan the next month. No spending plan is perfect the first time. If overall expenses are greater than income, it will be necessary to cut expenses somewhere — or increase income. Usually it is easier to cut expenses. Start by determining how much you need to trim. To do this, subtract income from expenses. The figure may seem daunting at first, but if you look hard enough, you can usually find a few items that are easy to cut. Give yourself leeway on one or two things you enjoy. Otherwise you may end up feeling deprived and toss the entire budget.

\* **Consider the envelope system of cash management.** Each payday, write a check to yourself to cover food and other out-of-pocket expenses for that pay period. Cash the check and put the cash in an envelope marked for each expense. As you need to buy food, for example, take money from that envelope. This does several things. It provides you with instantaneous cash management in that you will rarely spend more than allotted. The only way to spend more is to get the money from somewhere else. If you feel it has been a hard week and you deserve to eat out on Friday night, simply pull out the food envelope to see if you can afford it. If you can't, don't eat out. You don't need a complicated bookkeeping system to track your budget. When you spend cash, it hurts a little, so you will end up spending less. It is much easier to sign a check or credit card receipt than it is to lay down cold, hard cash to pay for something.

\* **If possible, set aside a personal allowance each month.** For a single person, a personal allowance allows small indulgences within self-imposed limits. Married couples often find a personal allowance tends to cut conflicts. Two people seldom agree completely on how to spend money. Personal allowances allow each partner to exercise complete discretion over an agreed-upon amount of money without having to answer questions about how it was spent.

*By Adrie Roberts, Utah State University Extension  
Family/Consumer Science Agent, with information from "Financial  
Peace, Restoring*

# Spring Asparagus Recipes

## ASK A SPECIALIST: WHAT ARE THE HEALTH BENEFITS OF ASPARAGUS?

by Nedra Christensen, Utah State University Extension Nutrition Specialist

Asparagus is a nutrient-dense food that contains 60 percent of the daily requirements of folacin (folic acid). Folacin is essential for red blood cell formation (anemia prevention) and is required during pregnancy to prevent neural tube deficiencies such as spina bifida and cleft palate in infants. A 4-ounce portion contains only 27 calories and is a good source of potassium, fiber, vitamin C, vitamin B6, iron and protein.

Asparagus contains no fat or cholesterol and is low in sodium.

Asparagus is least expensive from April to June. When purchasing it, look for tight, dry tips that are purplish or green. For best storage conditions, stand stems up in a container with about 1 inch of water and cover loosely with a plastic bag.

Asparagus adds a nice texture and flavor to many recipes. Consider the following.

## Oven Roasted Red Potatoes and Asparagus

### Ingredients:

One and one-half pounds red potatoes, cut into chunks



2 tablespoons extra virgin olive oil

8 cloves garlic, thinly sliced

4 teaspoons dried rosemary

4 teaspoons dried thyme

2 teaspoons kosher salt

1 bunch fresh asparagus, trimmed and cut into 1-inch pieces

Ground black pepper to taste

1. Preheat oven to 425 F.

2. In a large baking dish, toss red potatoes with half the

olive and half the salt and the garlic, rosemary and thyme. Cover with aluminum foil.

3. Bake 20 minutes. Mix in the asparagus, remaining olive oil and remaining salt. Cover and continue cooking 15 minutes or until potatoes are tender. Increase oven temperature to 450 F. Remove foil and continue cooking 5 to 10 minutes, until potatoes are lightly browned. Season with pepper to serve.

## Cheesy Ham and Asparagus Bake

### Ingredients:

One and one-half cups chopped cooked ham



One-half cup chopped onion

One-fourth cup chopped red bell peppers

1 (10 ounce) package frozen cut asparagus, thawed

8 eggs

2 cups milk

1 cup all-purpose flour

One-fourth cup grated parmesan cheese

Three-fourths teaspoon dried tarragon

Three-fourths teaspoon salt

One-half teaspoon black pepper

1 cup shredded cheddar cheese

1. Preheat oven to 425 F. Lightly grease a 9x13 baking dish.

2. Mix the ham, onion, red bell peppers and asparagus in prepared baking dish. In a large bowl, beat together eggs, milk, flour, parmesan, tarragon, salt and pepper. Pour over ham mixture.

3. Bake 20 minutes, or until a knife inserted in the center comes out clean. Sprinkle with cheddar cheese. Continue baking 3 to 5 minutes, or until cheese is melted. Let stand 5 to 10 minutes before serving.

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*You know, when you get your first asparagus, or your first acorn squash, or your first really good tomato of the season, those are the moments that define the cook's year. I get more excited by that than anything else. Mario Batali*

## Top Ten Ways to Make Your Family More Resilient

If hard times come, will your family get through them? It's possible to develop the traits necessary for families to thrive even in challenging, changing times. Laurie Kramer, University of Illinois professor of applied family studies, gives her top ten tips for building resiliency into your family.

1. **Talk to each other.** It's a busy world, and it's easy to get sidetracked. That said, relationships won't grow stronger unless you talk to each other regularly. Many parents report having good discussions in the car when kids are literally a captive audience. And dinnertime's another good talking time. Food relaxes people and encourages them to open up.

2. **Listen more.** If parents are quiet long enough, kids will often open up, and that's really what you want. Talk less and really listen to what your kids are dealing with during the day, what they're thinking about, what they're excited about, and what they're confused about.

3. **And do it with regularity.** Research shows the importance of routine in family relationships. Plan to spend time with each other—whether it's a bedtime ritual for little kids, or a once-a-week pizza night with teenagers. Also spend time with each child individually every so often. Make it happen without seeming to make it happen. If it feels forced, kids won't open up.

4. **View your problems as being solveable and approach them that way.** There's nothing you're facing now that other families haven't faced and gotten through—together. Try to remember how you solved a problem in the past and see if there are strategies you can apply to this situation. Sometimes, families lack confidence or they may need help figuring out how to cope with situations. It's not a sign of failure to seek help from a counselor.

5. **Maintain a strong relationship with your spouse or partner.** This relationship is the backbone of your family, and it can be kept strong by applying rules 1-4 to the important adult in your life. That said, resilient families come in all shapes and sizes, including single-parent families. If there is no other adult to lean on in your family, rule number 6 is even more important.

6. **Build a strong support system of friends and family.** This can include neighbors and other families

who have similar interests or kids the same ages. Many families find support in a spiritual community, but not all strong families have spirituality as their guiding force. Grandparents, uncles, and aunts can help fill this important role.

7. **Develop a network of professional support for family life.** Sometimes you just need an expert's opinion. Don't wait until a problem arises before you find a good pediatrician, get to know your children's teachers, and say more to your child-care provider than “hi” and “goodbye” at the end of the day. Attend parenting programs that look interesting to you. Consult a family life educator or counselor before you reach a crisis point. Read books and web pages that support family life.

8. **Conflict is inevitable--fight fair.** Accept that people in your family are going to behave in frustrating ways sometimes and learn ways to calm yourself before dealing with those situations. Don't confuse the person with the behavior. Work at developing patience and tolerance and learn to look at situations from the other person's perspective.

9. **Don't allow anger over something that happened outside the family to explode inside the family.** Sometimes anger at a supervisor, mother-in-law, or a divorced spouse can be displaced onto family members who had nothing to do with getting you upset. If you're angry, try to figure out why you're angry and deal with it at the appropriate time--with the appropriate person.

10. **Cultivate optimism.** Hopeful people see the bright side of challenges, not just their problematic aspects. Try not to jump to negative conclusions about what other people are doing or intending. Ask for explanations instead. Then you have a starting point for working through the problem together. Optimism may be the true source of happiness and resilience.

*By Phyllis Picklesimer, University of Illinois*

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## *For the Love of Food*

Do you know that greens are an essential component to your diet? Or that popcorn is a healthy grain? Come learn the difference between whole, refined and enriched grains.

**Free Library Lecture Series**  
**Tuesday, May 20, 2008**  
**7:00 p.m.**  
**Provo City Library, Rm. 309**

**Upcoming Classes:**

For the Love of Food, May 20 . . . . . Page 7  
Got Wheat - Use it or Lose It, May 14 & 21 . . Page 8

**INSIDE THIS ISSUE:**

Greetings from the County Agent . . . . . Page 1  
Timely Tips for May/June . . . . . Page 1  
Prevent Poisonings - Lock Up Pesticides . . . . . Page 2  
Controlling Coddling Moths . . . . . Page 2  
Bill Bugs in Your Lawn . . . . . Page 2  
New Preparedness Videos . . . . . Page 3  
Facilities & Grounds Mgt. Expo . . . . . Page 3  
Provo's Farmer's Market . . . . . Page 3  
Japanese Beetle Update . . . . . Page 3  
Spring Asparagus Recipes . . . . . Page 6  
Top Ten Ways to Make Your Family Resilient . . . Page 7  
What to Do Until the Lights Come Back On . . . . . Page 7  
Got Wheat! Use It or Lose It! Class . . . . . Page 8

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**It's time to renew if your  
expiration date is  
May or June 2008**

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**Got Wheat! Use It or Lose it! Class  
So, What's in Your Storage?**

Wheat is an excellent food storage item. As with other food storage items, we should store what we eat and eat what we store. Using whole wheat in our diets adds nutrients, fiber, trace minerals and phytochemicals. Also, food costs can be reduced by using whole wheat which adds flavor and variety to our diets.

Rosemary Markham will share her expertise in using the wheat in your food storage. This class will be held in two sections:

**May 14 & May 21 from 6:00 - 7:30 p.m.**  
**Room L700** (100 East Center, just down the hall from the USU Extension office)  
**Cost for both sections is \$5.00** and includes the cost of the booklet, "Make 'Eat' a Part of Wheat.

**THIS NEWSLETTER CAN BE EMAILED TO YOU.**  
SEND YOUR EMAIL ADDRESS TO [trish.cutler@usu.edu](mailto:trish.cutler@usu.edu)



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. 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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