



Horton Around the Yard & Garden

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

Remember
Mother's Day



**GREETINGS FROM
THE COUNTY AGENT**



Remember
Father's Day

The growing season is upon us. What a neat spring we have had, and the prospect of a great growing season lies ahead.

A special thanks to all of those who have helped with our Japanese Beetle Eradication Program and for those who will help for the rest of the season. If we can lick

this now, our kids and grandchildren will be very happy!

I wish you all a very successful growing season!

TIMELY TIPS for May/June 2007

by Pat Fugal, Horticulture Assistant & Mark Evans, Master Gardener

1. Prune lilacs and other spring bloomers within 10 days after blooms fade for best flower show next year.
2. Cut your lawns higher during the summer. 3 1/2 inches is best.
3. Adjust your lawn watering times. It needs less water during the early summer than in August. Contact Slow the Flow (851-8467) for a free water audit to determine water needs for your sprinkler system, pressure output, and soil type.
4. The *average* last frost is about May 1. You can plant your nursery starts of warm season vegetables at that time, but remember with our wacky weather, you need to be on the watch for cold snaps and be prepared to cover your plants.
5. Mulch around your plants to help conserve moisture and control weeds.
6. If the weather is still cool and you haven't aerated your lawn, you can still do so. Don't aerate during the heat of summer.
7. Leave the foliage on tulips, daffodils and other spring bulbs until they start to yellow. Cutting off the green foliage will result in decreased bulb size and smaller or fewer flowers. If you have fewer flowers from your bulbs and the flowers look too crowded, thin them out, saving the largest to keep.
8. If you're interested in becoming a Master Gardener, call 851-8460, extension 0, and ask to be put on the mailing list. Later in the year, we will mail you an application. Classes start in September.
9. Spray discriminately. Observe fruit trees and ornamentals for insects and disease and spray what you need to control your specific problem. This will save you time and money by not wasting spray materials. Spray at dusk so you minimize damage to beneficial insects.
10. Fertilize tulips as foliage appears and make another application after flowering. Fertilize all other spring-flowering bulbs after flowering. Apply 1/2 lb. of 16-16-8 per 100 square feet. Daffodils and tulips should be fertilized again in early to mid-August.
11. If you would like to get emails telling you when to spray your fruit trees, send your email address to Marion Murray at marionm@ext.usu.edu and ask to be put on the Fruit Advisory Information List.
12. The Master Gardener State Conference will be on June 8 and 9 (Utah County is hosting).
13. **HELP SAVE OUR YARDS & GARDENS FROM THE JAPANESE BEETLE.**
Help is desperately needed for help with the Japanese Beetle Eradication Program. We need people to put a pretreatment notice on doors advising individuals and families of the approximate day, date and time that an applicator will treat their yard for the Japanese Beetle. Call 851-8460 extension 0 to volunteer.



Hinton Around the Yard & Garden

NEWS FLASHES



For information on **TRANSITIONING TO ORGANIC PRODUCTION**, go to <http://www.sare.org/publications/organic/organic.pdf>

For specifics on **FARMERS MARKETS** from St. George to Logan, check out: <http://www.utahsown.utah.gov/FarmersMarkets.htm>

Use this Montana publication to help **KEY OUT PLANT NUTRIENT DEFICIENCIES OR EXCESSES**: <http://www.montana.edu/wwwpb/pubs/mt44499.pdf>



TIPS FOR TRANSITIONING TO ORGANIC PRODUCTION

Dan Drost
Extension Vegetable Specialist

There is a three-year transition phase as you move from conventional to organic production. During the transition, the farm is changing physically, chemically and biologically. Often we see a reduction in productivity as the farm comes into balance.

- ◆ Select land with high nutrient status, good structure and low pest, weed, insect and disease pressure. You can transition fields to organic at different times.
- ◆ Include legumes in the crop rotation to help build up nitrogen and suppress weeds. Not all legumes are the same when it comes to nitrogen values. For those growing legumes as a cash crop (snap beans or peas), incorporate the plant residue shortly after harvest to ensure nitrogen is not lost.
- ◆ Grow low nitrogen requiring crops early in the transition cycle. This strategy gives you more time to build up nitrogen levels from the addition of green manures, composts, and animal manure.

- ◆ Use green manures and composts to increase soil organic matter content. These tools are key components of helping to build up soil nutrient levels in an organic system. They also help improve water infiltration, weed control, and help minimize erosion.
- ◆ Alternate cool season crops with warm season crops to help manage weeds better. Since weeds are often the biggest problem facing organic growers, you need to devise a strategy to help combat them. Remember, you may not always be able to alternate crops.
- ◆ Use timely mechanical approaches to control weeds. Never let weeds go to seed.
- ◆ Experiment on a small scale before adopting a pest management strategy. This helps reduce the risk in case the control method fails.
- ◆ A pre-transition period may be a useful way of dealing with fields experiencing high pest pressure. Use this period to employ both conventional and organic pest management tactics. Once the problem is under control, you can start the transition to a fully organic system.



Some Excerpts

“MAKING THE TRANSITION TO ORGANIC PRODUCTION”
Sustainable Agriculture Publications
October 2003

Before transition to organic farming, consider:

- ✓ Do you enjoy walking your fields on a regular basis?
- ✓ Can you distinguish pests from beneficial insects?
- ✓ Are you curious about why things happen on your farm?
- ✓ Can you tolerate a field that is not weed free?
- ✓ Do you have the patience to trade short-term economic returns for longer-term “ecological” credits while building soil health?
- ✓ How will social stigma and negative peer pressure from other farmers impact you?

To get more information on organic certification, refer to: www.ams.usda.gov/nop



Hinton Around the Yard and Garden

JAPANESE BEETLES, PET FOOD

Are you worried about the Japanese beetle?
How about the pet food recall, water quality, etc.?

We recommend that you visit the State of Utah Department of Agriculture and Food website at: <http://ag.utah.gov>.

Also Orem City has a lot of information about the Japanese beetle at <http://www.orem.org>.

FARMERS MARKETS

The UTAH BOTANICAL CENTER FARMERS MARKET educates consumers about the importance of local farming and seasonal eating, and fosters community activities that bring people together. The farmers market is in the Open Air Pavilion of the Utah Botanical Center located at 925 South 50 West in Kaysville. It will be open Thursday evenings, July 19th - September 13, from 5:00 - 8:00 p.m.

Vendors can contact Lori Matsukawa at 801-544-3089 or email lorim@ext.usu.edu. The registration fee for vendors is \$45 and covers all market dates.

There are many local farmer's markets in Utah County. Most begin operating in late June. The main ones are in Provo, Spanish Fork, and at Thanksgiving Point.

For Vendors

WHAT WORKS AT A FARMER'S MARKET?

Here are ten things that are key to help make your farmers marketing experience a success.

Suggestions are courtesy of Dan Drost, Extension Vegetable Specialist.

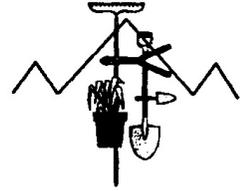


- ❑ VARIETY OF PRODUCTS. Displays that have a limited number of items or all the same item are not attractive to customers. Color is an attractive draw. Have a stand with four to six items (different crops) as a minimum.
- ❑ ORGANICALLY GROWN CROPS are more popular than ever. This can be a drawing point for customers.
- ❑ People like to see that you OFFER A LOT OF EACH CROP. If you only have one bunch of asparagus on display, it may appear that your vegetables are "picked over." Generally, the higher the heap, the better it sells.
- ❑ MAKE DISPLAYS THAT LOOK LIKE THEY CAME FROM THE FARM. Wooden crates or boxes work well. Slant the boxes toward the customer and have the items at least waist high.
- ❑ PROMINENTLY DISPLAY YOUR PRICES so customers don't have to ask. Shy customers will walk by rather than ask for a price.
- ❑ PRICING is the key to success so don't charge too little for your products. Check the prices at the local supermarkets before establishing your going rate and remember that your products are "farm fresh" and worth a good price.
- ❑ Be sure to HAVE ADEQUATE CHANGE ON HAND, especially quarters, one and five dollar bills. You'll be surprised how many twenty dollar bills are offered for a fifty cent sale.
- ❑ CUSTOMERS DON'T LIKE TO WAIT so acknowledge those who step up to the stand even if you are waiting on someone else. Say "I'll be right with you" – this tells them that you are interested in their business.
- ❑ SUPPLY THIN FILM BAG for your customers' use. The cost is minimal but the service is priceless.
- ❑ If you use a scale or sell by the pound, THE SCALE MUST BE CERTIFIED.

Remember - the produce must be fresh! Produce is best when picked the day of the sale. High quality is essential in keeping the market attractive and the customers coming back week after week.

SPECIAL NEEDS: For any special arrangements including dietary, physical access, or other accommodation requests, contact Utah State University Extension at 801-851-8460. Fifteen working days is needed to facilitate special needs requested.

The Master Gardeners Corner



UTAH COUNTY IS HOSTING THE MASTER GARDENER STATE CONFERENCE

June 8 & 9, 2007

A FEW DETAILS



Friday, June 8, is Tour Day

There will be a pre-conference tour to Stewart Falls near Sundance in the morning.

Afternoon tours will go to the Tahitian Noni gardens, local nurseries, local specialty gardens, BYU, and other exciting locations. Tours will depart from Thanksgiving Point.

At 5:00 p.m. there is a dinner at a park in Lehi and a special tour of Thanksgiving Point Gardens.

Saturday, June 9

Exciting classes will be held at the County complex buildings in Provo.

Here are some of the topics: Growing Flowers for Drying, Tropicals for Utah Landscapes, Cottage Gardening, Herbs, Topiaries, Rock Gardens, Native Plants, Fruits & Nuts, Roses, Wise Use of Water Resources. A couple of hands-on classes will be held on making twig trellises and creating a dried flower window.

WATCH YOUR MAIL FOR YOUR
REGISTRATION PACKET!

SLOW THE FLOW!



The Slow the Flow program is gearing up for another season.

This free service provides money-saving advice to homeowners about their

sprinkler systems. A Water Checker is sent to check the soil, sprinkler patterns and efficiency, and gives advice on how often and how much to water lawns for

different months of the year. The service is free to anyone. Just call 851-8467 to get on the list. Then someone will call and set up an appointment.

GOOD NEWS!



FURADAN 4F

**Special Local Need Label for
Cucumber Beetle Control**

Utah was recently granted a special needs label for the restricted use pesticide Furadan 4F for use in cucurbits. This label is for all cucurbits (melons, cucumber squash and pumpkin) to help with striped and spotted cucumber beetle control. The directions for use are as follows: apply Furadan 4F at a rate of 2.4 fluid oz. per 1,000 linear feet of row (1 quart per acre on 40 inch rows). Apply at planting, either directly into the seed furrow or as a 7-inch band over the row. Furadan 4F may be mixed with water or liquid fertilizer. The restrictions are:

- ❖ Do not harvest the crop less than 53 days after application.
- ❖ Use a minimum of 40 inch row spacing between rows.
- ❖ Do not use this product through any type of irrigation system.

The Chemtura miticide product, **Acramite**, has now received a federal label for use on tart and sweet cherries and apricots. Utah had a Section 18 for use of this product on tart cherries last year. Now it has a full federal label on bearing cherries and apricots. (Diane Alston, USU Extension Specialist - Entomology and Biology)

MASTER GARDENER SUMMER SOCIAL

The social will be held on July 10 at South Fork Park. Bring plants to exchange and a BIG appetite!



Improving Family,
Resources & Health

CLOSE TO HOME

by Judy Harris, USU Extension Agent in Utah County

We want the best for our children, and an important part of their preparation for life is learning how to manage money. You can help them learn needed skills by having a regular family finance night. The idea is for families to get together on a regular basis to talk about how money is earned, saved and spent. The current topic is up to you, but the goal is always the same: to give your children the invaluable gift of a financial education.



KID-FRIENDLY TIPS: Choose a night when everyone is usually home and there's no conflict with a favorite TV program or other activity. You may tie family finance night into something your kids will look forward to, such as pizza night. Come prepared with props, such as a flip chart and markers for writing down ideas. Keep it relatively short – you can cover a lot of ground in a short time. Tie the agenda to what's important to your family.

If you give your children an allowance, make family finance night their payday. Give your children plenty of opportunities to direct the discussion. If you meet with resistance, entice teens with a message they want to hear. For example, say, "You will be grown and on your own soon, and learning about money will help you become independent that much quicker."



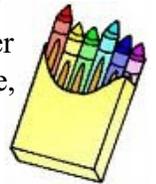
BE A ROLE MODEL: Show how you think through a spending decision, pay bills, and decide where to save or invest your money. Try to think of yourself as a *coach*, not a financial expert. Talk with your kids about what money-management skills you think you do well, and where you think you could do better. Let them learn from both your successes and your missteps.

Pass It On!

FAMILY FINANCE NIGHT INSTILLS SMART FINANCIAL HABITS IN KIDS

ACTIVITIES TO TRY: To keep family finance night lively, vary what you do within your established agenda. The ages of your children and their interests will dictate what you choose to try.

SET A SAVINGS GOAL TO BUY SOMETHING: The attention span of pre-school children is short, so choose an item that is inexpensive and can be attained quickly, such as a box of crayons. You may want to tape a picture of the crayons or other item on a jar to make the goal more tangible, and give your child a few coins to deposit each day. With older children, choose a more expensive item, such as a DVD player, and help them brainstorm ways to earn enough money for the purchase. Some parents encourage their kids' saving habits by making a matching contribution. For each dollar the child saves, the parent adds 50 cents (or some other amount). In either case, discuss your children's progress at family finance nights.



SEPARATE WANTS AND NEEDS: Help your children distinguish between spending money on the things they need and the things they want. Bring a bulletin board and some old magazines to your family finance night. Together, cut out pictures of items and put them under the "want" label (such as an iPod) or a "need" (such as a winter coat).

SUPPORT A CHARITY: Use family finance night to talk about charitable giving and brainstorm different kinds of donations, both monetary and in-kind. Together decide on an organization that the family will give to by allowing children to express their support for particular causes, and have them accompany you as you mail or drop off the donation.

(Continued on page 6)

ACTIVITIES TO TRY: (continued from page 5)**PLAN A GARAGE SALE.**

TAKE A WALK THROUGH THE NEIGHBORHOOD: Challenge your kids to name all the things they see that cost money. Challenge your kids to talk about the precious things that money cannot buy (sunshine, laughter, people enjoying each other's company, etc.).



BEFORE YOUR TEENS START TO USE CREDIT, have sessions on the benefits and potential costs of credit. Collect samples of credit offers that come in the mail. (Cut out sensitive information.) Have teens find examples of the big print sounding great and the small print that has the zingers that can cost them a lot of money.

Go to www.PowerPay.org and run some numbers. If they pay the minimum credit card payment (usually 4% of the amount owed), how much will they pay in interest to retire that debt and when will the debt be completely paid?

What impact would there be if they added \$10 to the minimum?

What would happen if they added \$20 to the minimum payment each time?

IF YOUR TEENS ARE EAGER TO GET A CAR, help them research the total costs of owning a car including:



Insurance



Licensing



Maintenance & Repairs

Have them research the total they would pay for the car without a down payment and what the total cost would be if they had a down payment.

Taking the time now to give your children a financial education will help them as they come to make their own financial decisions.

(Source: *The Standard*, Association of Financial Counseling and Education, July 2005)

FREEZER MEALS

by Darlene Christensen, Utah State University
Extension Agent, Tooele County

Preparing several meals at a time and storing them in the freezer is an excellent way to save both time and money. It also provides an answer to the daily question, "What's for dinner?"

Consider these tips to prepare freezer meals.

- Work with family members or friends when preparing the meals to move things along quickly.
- Select recipes and create a shopping list for all entrees and side dishes. Organize your list by store sections. Take advantage of store sales and coupons.
- The night before assembling the meals, stir up mixes, cook large food items such as whole chickens and organize your work space. Place recipes in sheet protectors. Create combined work areas for dishes using similar ingredients. Gather cooking dishes, storage items, marking pens and other needed items.
- When cooking, prepare ingredients that are the same for several recipes, then divide the food. For example, chop onions for all the dishes or cook all the ground beef and separate it for individual dishes. Create assembly lines. Remember to follow good food safety practices.
- Once assembled, label all food items, including name of the food, date and preparation instructions.
- Freeze food items. If making sloppy joes, tape hamburger buns to the meat mix package and freeze together.
- Take food items out of the freezer the night before you plan to eat them and thaw in the refrigerator.
- Incorporate healthy side dishes into your meals using fruits, vegetables, whole-grain breads and milk.
- Try "quick mix": 9 cups flour, 1 cup + 2 Tablespoons nonfat dry milk, 4 teaspoons salt, 1 3/4 cups shortening and 1/3 cup baking powder. Stir baking powder, dry milk and salt into the flour. Stir all dry ingredients together until mixed well. Cut fat into flour mixture until all particles are thoroughly coated. Store in a tightly covered container for up to 6 weeks at room temperature.

For recipes that use quick mix, go to
<http://extension.usu.edu/files/fnp/easy/quickbre.pdf>

QUESTIONS & ANSWERS

ASK A SPECIALIST



Q. HOW DO YOU READ THE CODE ON CANNED GOODS TO DETERMINE THE EXPIRATION DATE?

A. Each manufacturer has a different coding system. You can contact the manufacturer and they will help you determine what the product code means. As a rule of thumb canned goods have optimal quality if eaten within 1 to 2 years. The food will be safe longer than 2 years, but quality will start to diminish. After 2 years canned products may become dark, have changes in texture, and changes in flavor. If the can is bulging, leaking, or rusting throw it away. If you open the product and it has a milky or slimy appearance or texture, rancid odor, corrosion on the inside of the can, or is moldy, discard the product.

(Pauline Williams, Utah State University Extension Family/Consumer Sciences/4-H Agent - Salt Lake County)

Q. WHAT IS IRRADIATION AND WHY IS FOOD IRRADIATED?

A. Irradiation is a form of low level radiation that reduces or eliminates microorganisms without cooking the food or causing the food to become radioactive. Food is irradiated to provide the same benefits as when it is processed by heat, refrigeration, freezing or treated with chemicals—to destroy insects, fungi or bacteria that cause food to spoil or cause human disease and to make it possible to keep food longer and in better condition in warehouses and homes.

Q. ARE IRRADIATED FOODS STILL NUTRITIOUS?

A. Yes. Irradiated foods are wholesome and nutritious. All known methods of food processing—and even storing food at room temperature for a few hours after harvesting—can lower the content of some nutrients, such as vitamins. At low doses of radiation, nutrient losses are either not measurable or, if they can be measured, are not significant. At the higher doses used to extend shelflife or control harmful bacteria, nutritional losses are less than or about the same as cooking and freezing.

Q. DOES IRRADIATION MAKE FOOD RADIOACTIVE?

A. No. Radioactivity in foods can occur by two routes: contamination of foods with radioactive substances or by penetration of energy into the nuclei of the atoms that make up the food. The irradiation process involves passing food through an irradiation field; however, the food itself never contacts a radioactive substance. Also, the ionizing radiation used by irradiators is not strong enough to disintegrate the nucleus of even one atom of a food molecule.

Q. DOES EATING IRRADIATED FOOD PRESENT LONG-TERM HEALTH RISKS?

A. No. Federal government and other scientists reviewed several hundred studies on the effects of food irradiation before reaching conclusions about the general safety of the treatment. In order to make recommendations specifically about poultry irradiation, U.S. Food and Drug Administration scientists reviewed findings from additional relevant studies. Independent scientific committees in Denmark, Sweden, United Kingdom and Canada also have reaffirmed the safety of food irradiation. In addition, food irradiation has received official international endorsement from the World Health Organizations and the International Atomic Energy Agency.

Q. ARE IRRADIATED FOODS ON THE MARKET NOW, AND HOW CAN THEY BE IDENTIFIED?

A. Final regulations took effect in February 2000 for labeling irradiated raw beef and procedures for using the process to reduce or eliminate foodborne pathogens on red meat. Consumers may soon see the international symbol for irradiation, a petal-like icon, on packages of beef in grocery stores. Until recently, only irradiated dried spices and enzymes were marketed in the United States. In January 1992, irradiated Florida strawberries were sold at a North Miami supermarket. Sales of irradiated products are ongoing in several grocery stores. Poultry irradiation began commercially in 1993. Irradiation of food has been approved in 37 countries for more than 40 products. The largest marketers of irradiated food are Belgium, France and the Netherlands.

(Dr. Charlotte Brennand, USU Extension Food Safety Specialist)

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It's time to renew if
 your expiration date
 is 5/2007 or 6/2007

Mention or display of a trademark, proprietary product, or firm in text or figures does not constitute an endorsement and does not imply approval to the exclusion of other suitable products or firms.

CHECK OUT THESE PUBLICATIONS

“RHUBARB RECIPES” - 60¢

MANY ways to use rhubarb: freezing, canning, sauce, desserts, pies, salads, relishes, punch and beverages, conserve, jams, jellies and dried!

“RHUBARB REVIVAL” - 60¢

Cobbler, coffee cake, cream pie, bread, syrup, slush, jam, sauce

“TO the BRIDE WITH LOVE” - \$1.00

Includes tips on:

- . List of Kitchen Utensils for the Bride
- . Planning the Reception Food
 - Beverages, Candy, Desserts, Fruit,
 - Sandwiches, Salads, Rolls, Dip,
 - Foods That You Can Make Ahead
- . Bridal Checklist
- . Selecting a Photographer & Stationery
- . Selecting a Place to Live



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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



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