



## Hinton Around the Yard & Garden

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



**GREETINGS FROM THE COUNTY AGENT**



# Happy New Year

It's always great to see the snowpack on the mountain. We've been fortunate this year to be back to a more "normal" winter season. Hopefully we can keep the "flakes" coming and will have an adequate water year.

We have many horticulture type meetings, classes, seminars, tours, etc. coming these next few weeks, so be sure to check the calendar and see all the announcements in this issue of Hinton Around.

Be sure to check out the Mexico Hort/Ag. Tour planned for February 13-22. This will be a super tour for all horticulture and agriculture types.

Also the Utah Green Conference will be held January 24-26. Hope to see you at all or some of the programs.

P.S. The 2001 Master Gardener class will be taught September-October. Be sure your name is on the list to receive information.

*Adrian C. Hinton*

### CALENDAR OF EVENTS - JANUARY/FEBRUARY 2001

**PRUNING CLASSES** - January through March

If you would like to host a pruning demonstration in your area, please call the Extension Office.

**UTAH COUNTY HORTICULTURE CONVENTION** - January 22-25; Historic Courthouse - Provo

**UTAH GREEN INDUSTRY CONFERENCE & TRADE SHOW** - January 24-26, Southtowne Expo. Center - Sandy

**WOMEN IN AGRICULTURE CONFERENCE** - January 31 - Feb. 2 - Marriott Hotel, Provo

**CHAINSAW WORKSHOP** - Feb. 7 (8:30 am - 4:30 pm) & Feb. 8 (8:30 - Noon) - Orem

Utah Valley State College Foundation Bldg., 1410 West University Parkway

Covers the basics of chain saw safety, maintenance, and operations For info. call Tony Dietz at 801-538-5505  
11 hours of CEU credits will be issued to ISA Certified Arborists

**TOUR OF MEXICAN AGRICULTURE** (Dr. Tony Hatch, retired USU Pomologist) - Feb. 13-22

RSVP by January 10 Approximate cost: \$1200/person (double occupancy)

**MASTER GARDENER MINI COLLEGE** - March 2001

**MASTER GARDENER CLASS** - September through October 2001

## ROOTS - THERE IS MORE TO A TREE THAN WHAT YOU SEE

Al Gaus, Extension Specialist - Fruit

Roots serve at least two primary functions in overall tree development. They anchor the tree so that it remains upright and well exposed to the sun. Secondly, roots are the main absorbing system in the tree that takes up both water and nutrients.

There are three main regions to a root:

- 1) the root cap
- 2) meristematic region
- 3) the region of maturity.

As you move back from the tip of the root, the first cells you will see are called the root cap. The root cap is a group of cells that protects the meristematic region (growing region) and assists the growing root in penetrating the soil. The meristematic region is next, and that is where division and differentiation produce new cells. This area is responsible for elongation or extension of the root and changing of the cells to phloem or xylem tissue. The next region is where the mature tissue is located. Cells have changed to become distinct tissues such as bark, inner wood and pith. The cortex and inner stele are in this region.

A quite small but quite significant section of a root is the roothair zone. Roothairs are thin-walled elongated cells specialized for absorbing. They arise from the epidermal (surface) cells as long tubular extensions in the area just behind the area of active cell division. Absorption of water and nutrients occurs largely through these roothairs, although absorption does occur through the epidermal cells while they are still young. Roothairs increase incredibly the surface area of absorption. As roots grow, they keep branching and rebranching, with new roothairs at the tips, to eventually fill the soil under the tree. Any cultural practice such as clean cultivation or a mechanical weeder that damages these roothairs will subject the tree to a brief moisture or nutrient stress until the roots can be renewed. If several of these stresses occur, plant and/or fruit growth will be restricted. To maintain a strong, active, absorbing region requires new roots and root tips be produced and renewed continuously. This occurs only when a grower supplies good root growing conditions all season.

The extent of root systems varies enormously with the kind of plant, with the soil type, and with soil environment (depth, water, temperature, aeration; seedling apple vs. dwarfing apple rootstocks). Root systems on fruit trees commonly extend outward 2 to 3 times the radius of the branches, although the region of maximum number of absorbing roots are scattered around the drip line of the branches (the reason most fertilizer recommendations are for applying around the tree to the drip line). However, in

deep soils, apple roots have been found down to 30 feet deep and had filled the area between tree rows spaced 33 feet apart. Studies of the roots of fruit trees grown in ideal conditions have shown that about 95% of a tree's roots will be in the upper 2 feet of the soil. Ultimately, a grower needs as extensive a root system as possible to better withstand drought and temperature extremes, and to exploit a larger nutrient supply area.

Roots have no inherent dormant period like the above ground parts of a tree. They grow when soil moisture, temperature, and aeration are right. However, there are two main flushes of root growth - one in the spring and one in the fall. Fruit trees cannot send their roots down into a saturated soil or free water. A high water table results in a shallow root system. Roots also grow very slowly through wet soils, or cold soils. As the water content drops below field capacity or the soils warm, elongation and growth speeds up considerably. Roots are unable to grow into dry soil to any distance. However, to a very limited extent, roots can apparently extend into dry soil if another part of the root system has access to adequate water. Root growth in fruit trees is markedly restricted below 45° F. Injury occurs when winter soil temperatures reach 7° F. to 10° F. Root growth also stops at high temperatures.

Soil aeration (oxygen) is extremely important in fruit trees. Oxygen is essential for root growth, absorption of plant nutrients, formation of root hairs, soil organisms, and decomposition of toxic substances. The amount of oxygen (air) present in a soil is indirectly proportional to the water content. A waterlogged soil has very low oxygen. The degree of soil aeration depends on: the water content of soil, changes in temperature, wind, and the soil type, texture, porosity, amount of compaction, and hard pans. One can easily see that the importance of good irrigation practices cannot be stressed too strongly. Successful irrigation demands the application of just enough water to wet the soil to the depth of the root system. Soil can only retain so much water; the balance passes through. Excess water: 1) passes through the soil to add to the water table when conditions are favorable for ponding of free-water; and 2) carries fertilizer and plant nutrients beyond the reach of plant zones.

***REMEMBER, the below ground portion of a tree is just as important as the top.***

## APPLE BITTER PIT

### Big Increase in Utah This Past Season

**Cause:** Nonparasitic. Bitter pit is a physiological disorder resulting from calcium deficiency in the fruit.

Low levels of calcium in the fruit are due to competition with shoots for calcium, which may be aggravated by weather conditions. Hot, dry weather in July or August tends to increase the incidence of bitter pit. Irregular irrigation may also increase bitter pit. The dormant-season pruning, overthinning, and excessive nitrogen fertilizer promote bitter pit. Injury to trunks, such as winter freezes, interferes with calcium movement. Bitter pit occurs most severely in years of light crops.

'Northern Spy', 'Gravenstein', 'Grimes Golden', and 'Baldwin' are very susceptible to bitter pit. 'Golden Delicious' is moderately susceptible. 'Delicious' and 'Winesap' are partially resistant.

**Symptoms:** Circular or slightly irregular depressed spots appear on fruit surface, beneath which are brownish or streaked necrotic areas. Pits are more numerous on blossom end of the fruit. These may appear on the tree or in storage after harvest.

#### Cultural control:

1. Prune lightly by thinning out branches rather than by heading.
2. Head new shoot growth in summer on an overly vigorous tree. This may be done up until a month before harvest.
3. Apply five summer sprays about 1 month apart of calcium chloride or calcium nitrate at not more than 5 lbs./100 gallons. Add a surfactant to all sprays to reduce the possibility of burning. Higher rates will burn foliage and sometimes fruit. Sometimes calcium nitrate interferes with fruit color formation. Do not apply in wet weather. Spray must cover the fruits.
4. Where possible, use overtree sprinklers to cool trees in unusually hot weather.
5. Avoid excess nitrogen.
6. Use chemical thinning to avoid alternate-year bearing.
7. Avoid damaging trunks.
8. Maintain a constant soil moisture supply.

You can find information about bitter pit at the following web site:

<http://plant-disease.orst.edu/disease.cfm?RecordID=38.00000>

## SIGNIFICANT REDUCTION IN AIR POLLUTANT LEVEL IN PAST DECADE

Recently, EPA announced that national levels of six major air pollutants dropped significantly from 1990 to 1999. Airborne lead concentrations dropped 60% during the decade, while carbon monoxide and sulfur dioxide levels dropped 36% each. During the same period, concentrations of particulate matter decreased 18%, nitrogen dioxide 10%, and ground-level ozone 4%. Even though the overall national trend is improvement in air quality, parts of the country - notably some national parks, saw their air get dirtier during the 1990s because of pollutants transported from sources many miles away. In addition, 62 million Americans lived in areas that had unhealthy levels of at least one of the six major air pollutants during 1999, EPA says. The air quality report is available on the Internet at <http://www.epa.gov/oar/aqtrnd999/brochure/brochure.pdf>.

## RE-REGISTRATION COSTS CONTINUE TO ELIMINATE PESTICIDE USES

**Diazinon - Novartis:** Due to the high cost of re-registration the company will not support indoor applications which will eliminate uses in greenhouses, residential settings, commercial buildings, hospitals, schools, museums, sports facilities, stores and warehouses.

**Lindane - Inquinsa:** Due to the high cost of re-registration the company has requested EPA to delete the usage on celery, collards, kale, kohlrabi, mustard greens and Swiss chard from their label.

**SBP-1382 (resmethrin) - Aventis:** Due to high cost of re-registration the company has requested EPA to delete the usage for mosquito from their label.

**Thimet (phorate) - American Cyanamid:** Due to the high cost of re-registration the company has requested to EPA to delete the usage on wheat from their label.

## ANTIBACTERIAL SOAPS

Studies comparing how effective various soaps are in removing bacteria from hands show that antibacterial soaps remove more pathogens than regular soaps do, according to Ralph Cordell, epidemiologist at the Centers for Disease Control. But the differences are small. Antibacterial soaps remove 97 percent of bacteria on hands, while regular soaps remove 95 percent.

Hand washing frequency and method are key factors. Regular soaps don't kill germs, but loosen them from the skin and increase water's ability to wash them down the drain.

## ORGANIC MATTER

by Rick Heflebower, USU Horticulture Agent

*Organic matter is essential in the formation of soil structure, reducing soil compaction and retaining essential plant nutrients. Generally, the higher the level of organic matter, the better the soil quality. In Utah, native soil organic matter levels are low, often less than 1 percent by weight.*

### GUIDELINES FOR ORGANIC MATTER CONTENT % BY WEIGHT:



IDEAL: greater than or equal to 2 percent  
ACCEPTABLE: greater than or equal to 0.5 percent  
UNACCEPTABLE: less than 0.5 percent

Soil organic matter can be increased by adding composts and other organic amendments. Selecting a soil outside of the ideal or acceptable range for organic matter should be done with the understanding that additional organic matter must be added before vegetation is planted.

If possible, have soil tested to ensure that it meets these chemical and physical guidelines before purchasing and spreading the material. The cost to test soil for all of the parameters described here is approximately \$25.00-\$30.00 per sample.

There may be situations where a soil test is not possible, or where it is desirable to make a final inspection of the soil before delivery to the landscape site. In these cases certain visual indicators may be used to assess soil quality. Realize that visual appearance alone is not a good indicator of soil quality. A material may look like quality topsoil while it is unacceptable due to high salinity, pH, or other factors. The following is the list of characteristics to look for when inspecting a soil:

**CHECK** for signs of salt crusting or crystals on the surface. Soils high in soluble salts have light-colored deposits on their surface. Don't select the material if there is evidence of salt unless the soil is tested for soluble salt level.

**TAKE** a sample of soil and attempt to crush a few dry aggregates. Ideally, dry aggregates crumble under pressure. Be suspicious of material that is extremely hard. Hard soils indicate low organic matter or high clay content. Remember that this soil will behave similarly in the landscape.

**WET** a few aggregates and break them down to individual sand, silt, and clay particles. Does the material feel gritty (indicating high sand), smooth (indicating high silt), or stick (indicating high clay)? Ideally, there should be a combination of some gritty, smooth and sticky particles. Recall that this material will behave in a similar way when wet in the landscape.

**CHECK** topsoil color. Generally, light-colored materials have lower organic matter contents than dark brown or black soils. Soils that are very light or white may contain excess salt and/or lime. Excess lime aggravates nutrient deficiencies, particularly iron chlorosis.

In some situations, purchasing topsoil is essential to create a **successful landscape**. In others, the purchased soil may be little or no better than soil already on site. Before making the decision to purchase new topsoil, determine whether the soil will be any better than material already on the site. If possible, have both soils tested. Compare the test results with these guidelines. Determine the cost of purchasing new topsoil and if the money is better spent improving the soil already on site.

Many times the existing soil would benefit greatly by the addition of organic matter. Soils which are comprised of mostly clay or sand can be improved by incorporating organic matter. Good sources of organic matter include compost, manure and peat moss. Where the material is to be tilled in three to four inches, you will want to apply approximately one inch. If adding to an existing lawn, then only half an inch or less may be used.





Improving Family,  
Resources & Health

**CLOSE TO HOME**

Best wishes for a prosperous New Year

by Judy Harris, USU Extension Agent in Utah County

## Money Resolutions for 2001

Everybody makes New Year's resolutions. Every January we say, "This is the year I'm going to eat health, exercise more, and SAVE MONEY!!" Here are some action steps you can take that will help you keep that resolution.

**This year I'll pay myself first.** To keep more money in your hands, treat savings as a regular bill—out of each paycheck, pay yourself first. To make this easier, you can ask your bank to transfer money automatically from your checking account to an interest-earning savings account each month. If you get an income tax refund, a raise, or pay off a loan, bank the money to add to your nest egg.

**This year I'll rethink my debts.** If someone *guaranteed* you 18 to 21 percent interest a year on a *risk-free* investment, you'd probably jump at it. That's what you can save right now if you pay extra on the balance of your credit card or charge accounts to more quickly pay them down. To get motivated, take advantage of a free computer analysis by our office that can show the impact in dollars saved and repayment time trimmed by paying a little more than the minimum payment. All you need to provide is the current balance, the APR (annual percentage rate), and the current monthly payment. Call or mail the information to Judy, or better yet come into the office. It can be very exciting!

**This year I'm going to organize my financial records.** For most of us that means storing at least three types of records. First, round up all valuable or difficult-to-replace papers and put them in a safe deposit box (or someplace as safe from fire, water, and loss as you can find). These include title and bill of sale for vehicles, deeds for property, bonds and stock certificates; birth, death, marriage, divorce, military, citizenship, adoption papers; passports; copy of will; household inventory with pictures; etc.

Some papers are best kept at home and should be located so they are as convenient to use as possible. A metal filing cabinet is ideal, but sturdy boxes that fit under a desk or the bed would also work. The active file might have information you accumulate over the year and will need at income tax time, unpaid bills and contracts, credit card information, family health records, records of repair and maintenance on car and house, appliance warranties and use and care manuals, inventory of safe deposit box, list of insurance policies and contacts, etc.

Some papers need to be stored for a longer time, such as proof of payment (mortgage, car, etc.) or income tax forms and documentation.

**This year I'll get a copy of my credit report.** Start by looking in the yellow pages under "credit reports." If you have been denied credit in the last 30 days you can get a free copy of your credit report. If you find errors in the report provide the proof to get them corrected. If the report has accurate, but unfavorable, information you can insert a short statement in your report explaining the circumstances. (For example, "Yes, I was four months late on some of my bills last year, but I had lost my job. Since then I've paid all my bills and am now current.") Corrections and explanations should be sent to all three major credit reporting agencies in case the information was shared. You can order a report by contacting: <http://www.experian.com> or phone 1-800-311-4769 <http://www.transunion.com> or phone 1-800-888-4213 <http://www.equifax.com> or phone 1-800-997-2493

**This year I'll make out a will.** Whether your assets are few or many, if you have a child you definitely should write a will naming a guardian for the child.

Contact our office for more info on any of these topics.

## Ready, Set, Simmer!

January is National Soup Month, so here are a couple of recipes to enjoy.

*One of my favorites!*

### Mexican Chicken and Corn Chowder

- ¼ chopped onion
- 1 clove garlic
- 3 Tablespoons butter or margarine
- 1½ pounds chicken breasts, cut into bite-size pieces
- 1 cup water
- 2 teaspoons granules or 2 cubes chicken bouillon
- 1 teaspoon ground cumin
- 2 cups half & half or milk
- 1 can cream style corn
- 1 small can chopped green (mild) chilies
- 1 cup shredded Monterey Jack cheese
- Optional garnish: tomatoes, green onions, cilantro

In a large saucepan cook onion and garlic in margarine until tender. Add chicken, bouillon, water, and cumin. Bring to boil. Reduce heat, cover, and simmer 15 minutes. (If using cooked chicken just bring to boil.) Add milk, corn, chilies, and cheese, simmer until cheese melts and soup is hot.

*A fun flavor combination that is low in calories, fat, and sodium*

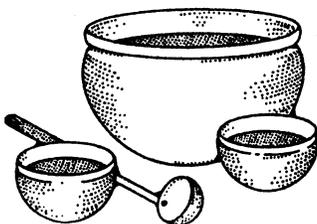
### Velvety Carrot and Pear Soup

- 2 Tablespoons butter
- 6 cups chopped carrots
- 2 cans (16 ounces each) pear halves or slices, *in juice*
- 1 can (14½ ounces) chicken broth
- ½ teaspoon each salt and pepper
- ¼ teaspoon ground allspice
- ½ cup non-fat sour cream

In medium saucepan, melt butter over medium heat. Cook and stir carrots 15 minutes, or until lightly browned. Add remaining ingredients, except sour cream. Bring mixture to a boil; simmer 15 minutes or until carrots are tender. Transfer mixture to a blender or food

processor; process mixture until smooth. Serve with dollop of sour cream.

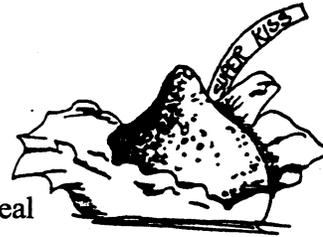
Makes 6 servings.



Enjoy these treats for Valentine's Day (or whenever you want to say you care)

### Super Kiss

- ¼ cup butter or margarine
- 10 oz. package marshmallows
- 5 cups crispy rice cereal  
or chocolate crispy rice cereal



Melt butter in a large saucepan over low heat. Add marshmallows and stir until completely melted. Stirring constantly, cook three minutes over low heat. Remove from heat. Add cereal and stir until well coated. Cool slightly but not completely.

Butter your fingers and 4 to 6 large, rounded funnels. Press warm mixture into large, buttered funnels. When cool, unmold from funnel and wrap in plastic. You can put in your own saying on a strip of paper. Cover Super Kiss with aluminum foil. Makes 4 to 6 kisses. (Source: PERC newsletter 1/97 adapted from "Fun at Home with Dian Thomas")

### Macaroons

*a low-fat Valentine treat*

- Nonstick spray coating
- 2 egg whites
- ½ teaspoon vanilla
- ⅛ teaspoon cream of tartar
- ⅔ cup sugar
- ¾ cup flaked coconut

Spray cookie sheet with nonstick coating; set aside. Place egg whites in a small mixing bowl; let stand at room temperature for 30 minutes. If desired, add pink or red food coloring to egg whites. Add the vanilla and cream of tartar to the egg whites. Beat with an electric mixer on medium till soft peaks form (tips curl). Gradually add the sugar, 1 tablespoon at a time, beating on high speed till stiff peaks form (tips stand straight), and sugar is almost dissolved (about 7 minutes). Gently fold in the coconut.

Drop by rounded teaspoons 2 inches apart onto the cookie sheet. Bake at 325°F. for 12 to 15 minutes or till lightly browned. Cool on wire rack. Makes about 30 cookies. (Source: Page Pointers, Washington County, 2/96)

## Using Medicines Safely

When we are taking more than one medicine, it is easy to lose track of which ones we have already taken today and which ones we still need to take. Some medications we take once a day, others twice or three times a day. A simple chart sketched on a note pad can keep us on track for maximum benefit from our medications. List each drug. Under each day of the week jot down the times each drug *should* be taken—then just check them off after each dose is *actually* taken.

Check-Off Chart							
NAME OF DRUG/ DIRECTIONS	SUN	MON	TUE	WED	THU	FRI	SAT
NAME OF DRUG/ DIRECTIONS	SUN	MON	TUE	WED	THU	FRI	SAT
DRUG A— 3 Times a day	8 12 ✓	8 12 ✓	8 12 ✓	8 12 5	8 12 5	8 12 5	8 12 5
DRUG B— once a day in A.M.	8 ✓	8 ✓	8 ✓	8	8	8	8
DRUG C— 3 Times a day	8 12 ✓	8 12 ✓	8 12 ✓	8 12 5	8 12 5	8 12 5	8 12 5

The most common types of medicine misuse are:

- taking incorrect doses
- taking doses at wrong times
- forgetting to take doses
- stopping medicine too soon



Misuse of medicine can lead to treatment failure. For example, in patients taking certain medicines for high blood pressure, missing doses or stopping the medicine suddenly can cause a rebound rise in blood pressure higher than it was before the medicine was begun.

Whether prescription or over-the-counter (OTC), no medicine is without risk. Besides benefits, medicines may cause side effects, allergic reactions, and interactions with other medicines, alcohol, tobacco, and even foods, including dietary supplements. Ask the doctor (and pharmacist where appropriate):

- ✓ medicine's name, & what it is supposed to do
- ✓ foods, drinks, other medicines, or activities to avoid while taking this
- ✓ will this work safely with other prescription and OTC medicines I am taking (Source: FDA Consumer 11/95)

## Hot water setting affects cleaning

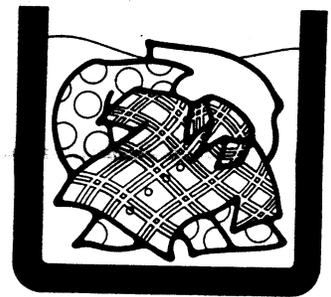
Safety first.—Most new hot water heaters are preset at 120°F. This lower temperature setting protects young children, the elderly, and other at-risk family members from the dangers of tap water scalding. This same concern for safety has prompted many owners of older hot water heaters to lower the temperature setting.

Unfortunately, while lower water temperatures are indeed safer, the best cleaning results occur when the water heater is set at 140°F. The Soap and Detergent Association offers some suggestions to maximize cleaning efficiency.

If clothes are becoming dingy or gray, it may be because of too cool water temperatures.

Oily stains may not be emulsified and may redeposit on the clothes. To combat this, avoid overloading the machine. Increase the amount of detergent and extend the wash time. If suitable, use bleach and other additives.

Do more presoaking and pretreating.



In the dishwasher, lower water temperatures affect the detergent's ability to dissolve and activate. In addition, greasy food soils are more difficult to remove. Because the cycle times are set and the detergent dispensers hold a predetermined amount, additional detergent and increased wash times are not viable options to compensate for the effects of lower water temperature. Instead, look for ways to keep the water temperature as high as possible. Let the faucet nearest the sink run until the water is hot before starting the dishwasher. Avoid using hot water for other activities, such as laundry or showers, while the dishwasher is operating. If the machine has water heating options, be sure to use them.

Because there is less residual heat in the dishwasher, a lower water temperature may affect drying results. Utilize the "Heat Dry" options. Don't overload the dishwasher, and stack dishes and utensils according to the appliance manufacturer's instructions.

(Source: Cleanliness Facts, SDA, Sep/Oct 94)

## What's Inside This Issue ...

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Indoor Mold Growth & Health Problems in Infants

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## Indoor Mold Growth May Cause Health Problems in Infants

The Centers for Disease Control and Prevention indicates there may be an association between mold contamination of the indoor environment with some cases of infant pulmonary hemorrhage (bleeding of the lungs). This disease is associated with the indoor mold called *Stachybotrys atra*, which is black or green-black and has a slimy appearance. It grows mainly on wood and wood-based products, paper, or other cellulose products. It is not found on bread, shower tiles, plastic, vinyl, concrete, or ceramics.

To help eliminate and clean up mold growth, fix all leaks and eliminate water sources associated with mold growth. Look for water condensation on cold walls. Hard surfaces where mold has been found should be cleaned with a fungicide. One and a half cups chlorine bleach per gallon of water is effective. Let the bleach solution sit for 15 minutes then dry the area thoroughly. Porous materials that are wet and cannot be thoroughly cleaned & dried should be thrown out as they can remain a source of mold growth.

Infants who are exposed to a combination of these mold toxins and tobacco smoke may run an increased chance of suffering from pulmonary hemorrhage. Pulmonary hemorrhage also has been linked to an allergy to cow's milk, pneumonia, problems with the heart, lung, spleen, or pancreas, as well as other infections, allergies and immunological diseases.

(Source: Trisha Gedon, Oklahoma State University)



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.

The phone number 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 area:

- 5) garden, yard, trees, insects
- 2) food, finances, clothing, housing
- 3) pastures, field crops, dairies
- 4) 4-H and youth

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