



Improving Family,
Resources & Health

CLOSE TO HOME

by Judy Harris
USU Extension Agent in Utah County

Four things children *really* want:

- ~ Relaxed and loving time with family
- ~ Realistic expectations about gifts
- ~ An evenly paced holiday season
- ~ Strong family traditions

Don't Get Deeper in Debt with Holiday Spending

Here are some money-saving ideas for those who want a meaningful holiday season without having to “finance” it on their credit cards. It can be difficult not to get caught up in the excitement of the holidays, but don't let this excitement lead to higher debt. There are many alternatives to expensive store-bought gifts that will be just as appreciated.

Service gift certificates are great for all ages. A certificate for a fishing trip can delight a six-year-old, as long as the trip is not too far off. Several hours of babysitting might be just the right gift for the family with preschool children.

Think carefully about the person receiving the gift and what he or she would enjoy, or would especially enjoy *not* having to do.

Keep in mind that *you* are the one who will be doing the task, whether it be washing windows, cleaning out a garage or whatever task the gift certificate is for, so don't give a certificate for something you might want to keep putting off.

Sometimes things you already own can make great gifts. Treasures that have been in the family for a number of years often will have special meaning to another family member.

For example, if your adult child has a child of his own, story books passed down from generation to generation could be a special gift. In this case, the most tattered book would be best – it's a sign that the book was well loved by its first user. Instead of giving the book directly to your grandchild, give it to your adult child to share with your grandchild. This will help encourage more family time.

A collage or shadow box of collectibles or pictures of a special event or a common ancestor also can make a gift that shows thought and love.

Food and other handcrafted items also show the recipient how much thought and care was put into gift selection. However, keep in mind that this type of gift takes time as well as material costs. It does not help if you become frazzled with many unfinished projects and then must purchase gifts.

Careful planning and starting early will help ensure the recipient is delighted with your special gift. Just keep in mind that you don't have to overextend an already-tight budget to give gifts your family will enjoy and treasure.

(Source: Dottie Goss, Oklahoma State University
Cooperative Extension family resource management
specialist, Nov 1997)



WWW.SAFESHOPPING.ORG

A recent survey demonstrates that the primary reason consumers are wary of shopping online is a fear that their personal information will not be kept secret. The American Bar Association established safeshopping.org to provide consumers with no-nonsense suggestions on how they can shop safely on the Internet.

How secure is your transaction? Many web sites use Secure Sockets Layer (SSL) technology to encrypt the credit card information that you send over the Internet. These sites usually inform you they are using this technology. Or, check if the web address on the page that asks for your credit card info begins with "https" instead of "http"; if so, this technology is in place.

A different security technology, which works on different principles, is Secure Electronic Transaction, or SET, technology. SET or SSL technology are designed to make your connection secure. Other ways to tell whether a web site uses security software:

- Your browser displays the icon of a locked padlock at the bottom of the screen (Netscape Navigator™ - versions 4.0 and higher)

- You see the icon of an unbroken key at the bottom of the screen (earlier versions of Netscape Navigator™)
- You see the icon of a lock on the status bar (Microsoft Internet Explorer®)

Would you rather give your credit card information over the phone? You should only give your password and credit card number in a secure connection on a website, not in ordinary e-mail. "Theft of identity," in which someone gets access to your bank account or gets cards or loans in your name, is a growing problem, and you should carefully guard personal information that might allow a thief to impersonate you.

How did you choose your password? The best passwords are not your address, birth date, phone number, or recognizable words. Choose a string of at least five letters, numbers and punctuation marks. One easy way to create a memorable password is to take the first letter of each word in an expression or song lyric, and add some numbers and punctuation marks. For example, "tmottobg!5" is derived in part from "Take Me Out To The Old Ball Game."

If You Have Diabetes, a Flu Shot Could Save Your Life

For people with diabetes, the flu can be more than aches and pains. It can mean longer illness, hospitalization, even death. Because diabetes can make the immune system more vulnerable to severe cases of the flu. In fact, people with diabetes are almost 3 times more likely to die with influenza ("the flu") or pneumonia.

Flu vaccines are available at little or no cost—in fact, they're covered by Medicare, Part B—at doctor's offices, clinics, pharmacies and grocery stores before flu season starts in the fall. But talk to your doctor first. Some people shouldn't get vaccinated.

DIABETES AND PNEUMONIA FACTS

Did you know that a pneumococcal (new-mo-KOC-kal) shot (or pneumonia shot) can be a lifesaver if you have diabetes? People with diabetes are about 3 times more likely to die with flu and pneumonia. Yet, only one third of them ever get a simple, safe pneumonia shot.

Pneumonia is a serious illness for anyone, but if you have diabetes, you are more likely to be sicker longer, go to the hospital, or even die. One pneumonia shot can help protect you against getting sick.

A pneumonia shot is recommended for anyone aged 2 or older who, because of chronic health problems (such as diabetes) or age, has a greater chance of getting and dying with pneumonia.

The pneumonia shot does not contain any live bacteria, which means there is no way to get pneumonia from the shot. You can get it anytime during the year. For most people one shot is enough protection for a *lifetime*. People under 65 who have a chronic illness or a weakened immune system should ask their doctor about getting another shot 5-10 years after their first one.

Health Resource Line
1-888-222-2542
www.utahdiabetes.org

“Why Are Pumpkin Pies Round?”

And Other Commonly Asked Questions About Pumpkin

Q. Why are pumpkin pies round?

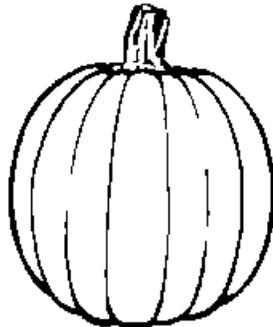
A. Pioneer cooks who had to conserve on food supplies used round pans to make the delectable ingredients last longer. Using shallow pans such as the round pie tin also helped to stretch the bounty.

Q. Why does the filling sometimes pull away from the crust?

A. Your oven rack may be too close to the top heating element in the oven. This can cause your pie filling to rack as it bakes and to settle slightly when cooling and pull away from the crust. Another possible reason is overbaking. Try reducing cooking time by 5 to 10 min.

Q. How can I tell when my pumpkin pie is done?

A. Insert a knife halfway between the center and edge of the pie. The blade should be clean when removed. If there is custard on the knife, bake the pie longer. But if there are tiny bubbles around the edge of the pie, this signals over-baking – remove it from the oven immediately.



PECAN PUMPKIN PIE (makes one 9-inch pie)

3 eggs, divided
 1 cup solid pack pumpkin
 1/3 cup sugar
 1 teaspoon pumpkin pie spice
 2./3 cup corn syrup
 1/2 cup sugar
 3 Tablespoon melted butter or margarine
 1/2 teaspoon vanilla
 1 cup pecan halves
 1 unbaked 9-inch pastry shell

Stir together 1 lightly beaten egg, pumpkin, 1/3 cup sugar, and pie spice. Spread over bottom of pie shell.

Combine 2 *remaining* beaten eggs, corn syrup, 1/2 cup sugar, butter and vanilla. Stir in nuts. Spoon over pumpkin mixture. Bake in preheated 350E oven for 50 minutes or until filling is set. (Source: Libby's)

Q. Why do my pies sometimes bake unevenly?

A. The oven temperature may not be even throughout, or the oven rack may not be level. For best results, bake the pie in the lower third of the oven where normally the temperature is most even. It's also best to bake one pie at a time.

Q. How do I keep the crust from getting soggy?

A. A glass pie pan *absorbs* the radiant heat in the oven and will give you a nicely cooked crust. If you are baking your pumpkin pie in a metal pie pan (which *reflects* the radiant heat of the oven), place the pie on a preheated heavy-duty cookie sheet for the entire baking time.

Q. Can I freeze my pumpkin pie?

A. Pumpkin pie is a custard-type pie and freezing this type of pie is not recommended.

Q. Can I store a pumpkin pie?

A. Pumpkin pie is at its very best when served the day it's baked. However, if you wish to store your pumpkin pie, cover it loosely with plastic wrap and refrigerate.

GOLDEN FRENCH TOAST (Makes 12 slices)

5 eggs
 1 cup pumpkin pie mix
 1/4 cup milk
 1 Tablespoon cornstarch
 3 Tablespoons butter or margarine, divided
 12 slices firm egg bread or French bread

In blender container, combine eggs, pumpkin pie mix, milk, and cornstarch. blend until smooth; pour into shallow dish. Set aside. In electric skillet set at 325E F., melt 1 Tablespoon butter. Dip 4 slices of bread in egg-pumpkin mixture. Fry 3 to 4 minutes per side, or until golden brown. Turn and continue cooking additional 2 to 3 minutes. Remove from pan; keep warm. Repeat process with remaining slices of bread, adding butter to skillet as needed. Serve warm with additional butter and warm syrup, if desired.

HINT: Excellent served with sautéed apples. (Source: Libby's)

Thawing in the Refrigerator

The following chart shows how long it takes to thaw turkeys of various sizes in the refrigerator. Simply place the turkey in its original wrap on a tray or in a pan to catch moisture that accumulates as it thaws.

WHOLE TURKEY	TIME
8 to 12 pounds	1 to 2 days
12 to 16 pounds	2 to 3 days
16 to 20 pounds	3 to 4 days
20 to 24 pounds	4 to 5 days
Pieces of Large Turkey	
Half	1 to 2 days
Quarter	1 to 2 days
Half Breast	1 to 2 days

Thawing in Cold Water

If you plan to serve your turkey tomorrow and you just remembered it is still sitting in the freezer, don't panic. Check the wrapping to make sure there are no tears, and simply place the bird in its unopen bag in the sink or in a large container and cover it with cold water. If the wrapping is torn, place the turkey in another plastic bag and close securely and then place in water. You will need to change the water frequently to assure safe but effective thawing. *The National Turkey Federation recommends changing the water every 30 minutes as a rule of thumb.*

Whole Turkey	Time
8 to 12 pounds	4 to 6 hours
12 to 16 pounds	6 to 9 hours
16 to 20 pounds	9 to 11 hours
20 to 24 pounds	11 to 12 hours

(Source: Tooele Tidings, October 2000)

Turkey ALT Route to the Table

Just as a detour causes a car to take an alternate (ALT) route, circumstances can alter the chosen cooking method for a turkey. An oven may fail at an inopportune time; more than one large food may need cooking; and personal preference may prevail.

The conventional oven—although the most-often appliance used to cook a whole turkey—is only one way to get the big bird done and beautiful.

An ELECTRIC ROASTER OVEN serves as an extra oven to cook a turkey or roast. Generally the cooking time and oven temperature setting are the same as for conventional cooking. Always check the roaster's use and care manual. *(Note: If the electric roaster oven interior is dark, food could cook faster than in a light-colored interior just as a dark pan cooks food faster than a light or shiny pan in a conventional oven).*

Preheat the oven to at least 325E F. Place the turkey on the roaster oven's rack or other meat rack so the juices will collect in the metal oven liner. Leave the lid on throughout cooking, removing it as little as possible to avoid slowing the cooking process and browning.

Cooking bags can be used in the roaster oven as long as the bag does not touch the sides, bottom, or lid. Follow directions given by the cooking bag manufacturer, and use a meat thermometer to be sure the internal temperature in the inner thigh reaches 180E F.

Do not use BROWN PAPER BAGS for cooking. They are not sanitary, may cause a fire, and can emit toxic fumes. Intense heat may cause a bag to ignite, causing a fire in the oven and possibly adulterating the turkey. The ink, glue, and recycled materials in paper bag can emit toxic fumes when they are exposed to heat. Instead, use purchased oven cooking bags.

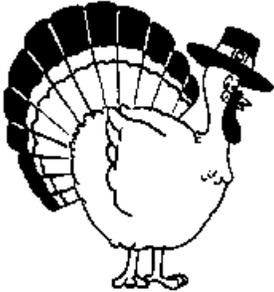




Hinton Around the Yard & Garden

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

GREETINGS FROM THE COUNTY AGENT



It is great to see the fall colors on the trees and shrubs and everything else that goes with this harvest and holiday season.

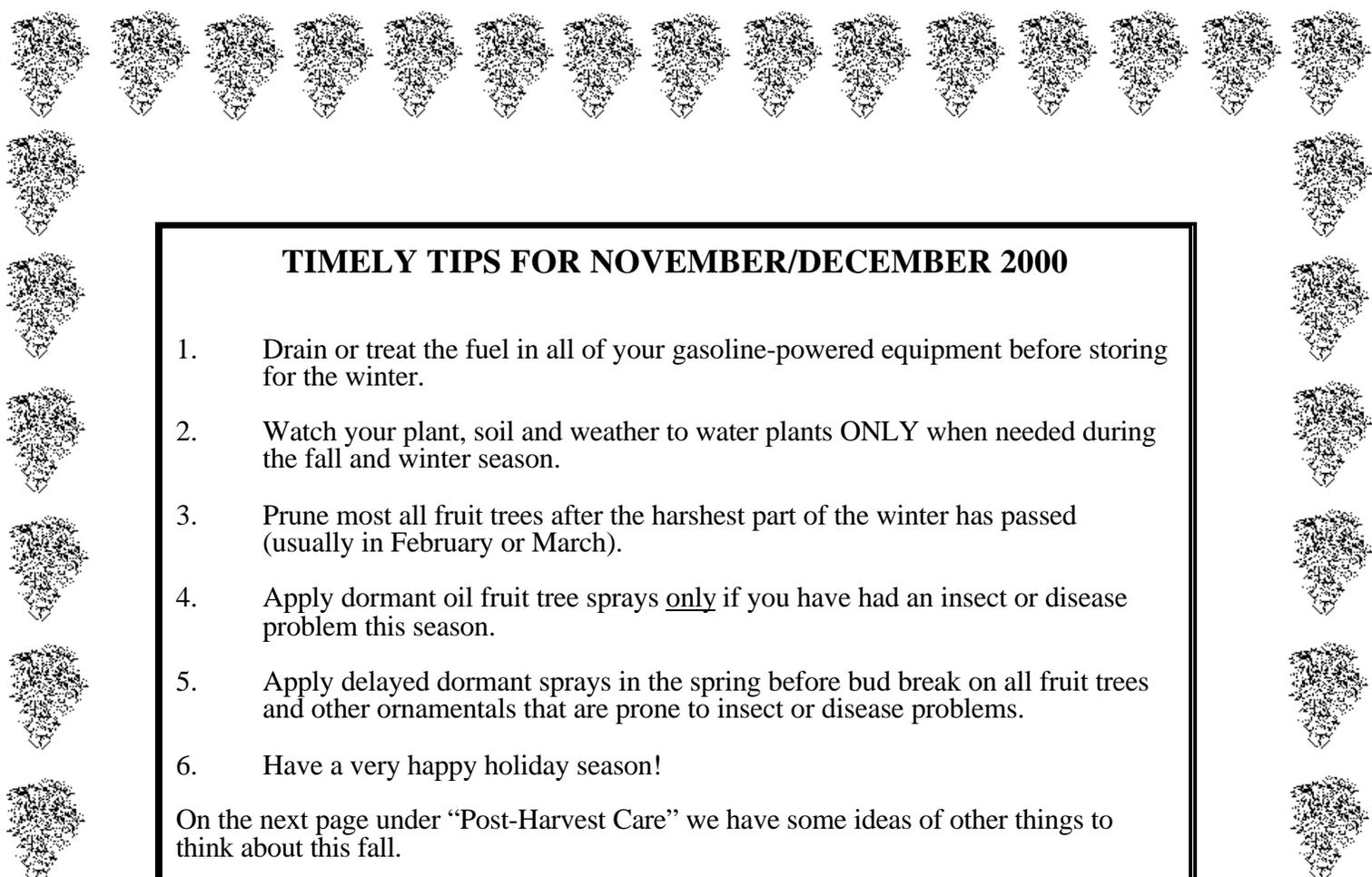
For the most part this has been one of the best overall gardening seasons in over 20 years. Even though it was the hottest in 27 years we still had sufficient water to grow excellent crops.

Our water supply is LOW for this time of year and we all need to conserve what we have and "ask" for more! We do appreciate all who participated in

our countywide "Slow the Flow" water check program this year. We had over 300 families that took advantage of the free water audit of their lawn sprinkler system this season. We will continue this program next year.



I hope you all have a Happy Thanksgiving, a Cool Yule, and a Fantastic First!



TIMELY TIPS FOR NOVEMBER/DECEMBER 2000

1. Drain or treat the fuel in all of your gasoline-powered equipment before storing for the winter.
2. Watch your plant, soil and weather to water plants ONLY when needed during the fall and winter season.
3. Prune most all fruit trees after the harshest part of the winter has passed (usually in February or March).
4. Apply dormant oil fruit tree sprays only if you have had an insect or disease problem this season.
5. Apply delayed dormant sprays in the spring before bud break on all fruit trees and other ornamentals that are prone to insect or disease problems.
6. Have a very happy holiday season!

On the next page under "Post-Harvest Care" we have some ideas of other things to think about this fall.



CHRISTMAS TREES

by Pat Fugal, Master Gardener
USU Extension Horticulture

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U Decide on where you will place the tree. Will it be seen from all sides or will some of it be up against a wall? Be sure to choose a spot away from heat sources, such as TVs, fireplaces, radiators and air ducts. Place the tree clear of doors.

U Choose a fresh tree. A fresh tree will have a healthy green appearance with few browning needles. Needles should be flexible and not fall off if you run a branch through your hand. Raise the tree a few inches off the ground and drop it on the butt end. Green needles should not drop off the tree. It is normal for a few inner brown needles to drop off.

U When you decide to bring the tree indoors, make another fresh 1" cut and place the tree in a sturdy stand that holds at least 1/2 gallon of water.

U Be sure to keep the water level about the base of the tree. If the base dries out resin will form over the cut end and the tree will not be able to absorb water and will dry out quickly.

U Add Tree Fresh to water: 1 quart hot water (melts the sap), 1 Tablespoon sugar (feeds the tree), and 2 drops bleach (keeps scum from growing).

U Check all Christmas tree lights for worn electrical cords. Use UL approved electrical decorations and cords. Unplug tree lights at night.

U Miniature lights produce less heat and reduce the drying effect on the tree.

U Spray with fire retardant (9 oz. borax, 4 oz. boric acid, 1/2 teaspoon low suds detergent in 1 gallon of water)

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Place a small plastic tarp
er the tree skirt to keep sap
water leakage off the
pet.

Reducing the room
perature increases the
evity of the tree.



POINSETTIAS



by Pat Fugal, Master Gardener
USU Extension Horticulture Assistant

f Remove the foil wrap that came on the pot at the store. This will prevent water buildup and root rot.

f Place plants in a well-lighted location. Do not let the plant touch the cold window pane.

f Avoid cold or hot air drafts. Keep away from air registers or radiators.

f Poinsettias prefer daytime temperatures between 60 and 70E F. and high humidity.

f If possible, move to a cooler room (50-60E F.) at night.

f Apply a 20-0-0 fertilizer at the rate of 1/4 teaspoon to one pint of water every 5-7 days.

f Water when the soil is dry to the touch. Water enough to soak the soil to the bottom of the pot and discard excess water.

f If leaves turn yellow and drop, it may be due to insufficient light, overwatering, drafts or lack of nitrogen.

f If the plant wilts, it may be due to dry soil, overly wet soil, drafts or freezing.



POST-HARVEST CARE

by Pat Fugal, Master Gardener
USU Extension Horticulture Assistant

— **Flower Bulbs & Tubers:** Store in a closed container layered in peatmoss or sawdust. Check them monthly. If they begin to shrivel, place a container of water on top of the peatmoss and reclose to increase the humidity. If they are too moist or mold is beginning to appear, open up the container to let out the moisture.

— **Roses:** Prune long rose canes back to 3-4' after leaves have frozen so the canes won't break from winter snow. (Wait till spring to do major pruning). Pile leaves, soil or soil pep 4-6" deep around each bush. Put a rose collar around each bush to keep wind from blowing the mulch away.



The Marvelous Herb

GARLIC

Garlic, an all-around flavoring and medicinal herb, was eaten in great quantities by the laborers of ancient Rome. Current medical research suggests that it may cure more than 60 diseases, as the

Romans believed.

Today Egypt, China, India, Thailand and Spain are the largest growers and consumers of garlic in the world.

Garlic is a hardy plant with long leaves and white flowers tinged with purple. The edible bulb (white, pink, or



mauve) consists of a number of cloves enclosed in an outer skin forming the bulb. Garlic contains essential, volatile oils that have antiseptic properties which will kill some viruses and bacteria.

A small quantity of parsley eaten after a garlic meal will help eliminate the bad breath.

HOW TO GROW GARLIC: Plant bulblets (clove) directly in the garden in fall or early spring. Cover with 2" of soil. Space 4" apart in rows spaced 1 foot apart. Plant with the pointed end up. Soil rich in organic matter will grow the biggest and best garlic bulbs. Straw or leaf mulch will help the fall-planted bulbs survive cold temperatures.

PEST AND DISEASE CONTROL: Garlic is a natural insect repellent.

HARVESTING AND USE: Bulbs are hardy. Plant in the fall for large bulbs by the following summer. Harvest bulbs when plant tops begin to die down. Bulbs can be dug and hung to dry in bunches; leave a length of stem attached to bulbs so stems can be braided.

STORING: Garlic stores best at temperatures between 65 and 70E F., if well cured and air circulation is good. Curing takes 2 to 3 weeks in hot, dry weather. Do not cut stems and roots at harvest - the resulting callous can seal in moisture. Check your harvest often and promptly. Use any bulbs that show signs of sprouting. Save largest bulbs to replant later in the fall.

RECOMMENDED VARIETIES: *Elephant Garlic* grows extra-large bulbs that weigh up to 1 pound each. it has a milder flavor than regular garlic. To grow the biggest bulbs, leave some in the garden to overwinter for a second season's growth. Check to see what is available in local nurseries, or purchase from catalogs. The *Silverskins* and *Porcelains* also do well here.

2000 PESTICIDE APPLICATOR TRAINING WORKSHOPS

COMMERCIAL/NON-COMMERCIAL

Tuesday, December 5: 9:00 a.m. - 4:00 p.m.
Utah County Admin. Building, 100 East Center,
Provo
West Entrance, Rooms L700-L900

PRIVATE

Friday, December 1: 9:00 a.m. - noon
Old County Courthouse, Provo - Room 306

Continuing Education Units (CEU's): 1 - applicable laws and regulations; 1 - pesticide safety; 1 - pesticide use.

2000 UNWANTED PESTICIDE COLLECTION

(Open to all commercial, non-commercial and private applicators) All type of pesticides are now eligible for disposal. WHEN: Nov 9, 2000 (9:00 a.m. till finish) QUESTIONS? Call 370-8494. WHERE: Santaquin DOT Road Shed.

FAMOUS QUOTES

ON PESTICIDES & FOOD SAFETY

"There is no scientific evidence supporting a link between the proper application of pesticides and any ill health effects in humans. Moreover, there is no evidence that the approved use of pesticides contributes in any way to human cancer."

Lawrence Garfinkel, Director of Cancer Prevention - American Cancer Society

"At the present time, I am unaware of evidence that suggests that regulated and approved pesticide residues in food contribute to the toll of human cancer in the U.S."

Dr. Richard H. Adamson, National Cancer Institute

"The levels of synthetic pesticide residues in food seem so low as to be of no consequence whatever."
The American Medical Association

"I do not know of a single instance where exposure to pesticides on food in the marketplace is a source of any danger to children or adults. It's a risk of zero."

C. Everett Koop, Former U.S. Surgeon General

"The risk of pesticide residues to consumers is effectively zero. This is what some fourteen scientific societies representing over 100,000 microbiologists, toxicologists and food scientists said at the time of the ridiculous Alar scare. But we were ignored."

Dr. Sanford Miller, Dean of the Graduate School of Biomedical Sciences - University of Texas at San Antonio

"After 30 years of widespread pesticide use, there is no evidence of increased cancer linked to pesticide residue on food."

Dr. Joseph Rosen, Rutgers University

"I don't know of any evidence that one person in the United States has ever been injured by consuming food treated with pesticide residues. Not a single person."

Dr. Robert Hollingsworth, Director - Michigan State University Pesticide Research Center

"There has never been a single documented death from the recommended use of DDT or any other pesticide."

F.J. Francis, Ph.D., Professor of Food Science - University of

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Quotes on Pesticide & Food Safety
Hexaflumuron



**IT'S TIME TO RENEW IF YOUR
EXPIRATION DATE IS 10/2000**

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.

TERMITES BEWARE!

HEXAFLUMURON GETS GREEN CHEMISTRY AWARD

The Presidential Green Chemistry Challenge Awards were established in 1995 to recognize and promote fundamental green chemistry technologies that promote pollution prevention and that have broad application in industry. The awards have been presented each year since 1996. Twenty organizations, corporations, and universities cosponsor the awards.

According to one estimate, U.S. consumers spend as much as \$1.5 billion annually on termite treatments and as many as 1.5 million homes require treatment each year. The standard method of treatment is the creation of a chemical barrier around the threatened structure. Indianapolis-based Dow AgroSciences has developed a system for eliminating termite colonies – known by the trade name Sentricon – that does not require the usual widespread application of chemical deterrents.

With Dow AgroScience's termite-elimination system, monitoring stations are set up around a structure. When termite activity is detected by a station, termite bait containing the compound hexaflumuron is loaded into the station. Hexaflumuron inhibits the synthesis of chitin, a component of the exoskeleton of insects. When the insects try to molt, they can't grow a new exoskeleton and they die.

Hexaflumuron is considered reduced risk because it is used only when termite activity has been detected, and even then it is used only inside the monitoring

stations. The bait has to be slow-acting enough for the termites to consume it. The termites will avoid the bait if it kills them too quickly. In addition, hexaflumuron was effective against multiple subterranean termite species.



ON THE Home Front

This newsletter is an educational effort of the Utah County office of Utah State University Extension, 51 South University Avenue, 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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