



Hinton Around the Yard & Garden

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



GREETINGS FROM THE COUNTY AGENT



Ole Jack Frost is normally just around the corner (September 15-25). The past few years we have gone into the first two weeks of October before the first real killing frost has occurred. Hopefully we can get back to normal and give our trees and shrubs a chance to have a long winter nap. They always do better with a nice long cool dormant period.

We have had many high temperature-related plant problems this past season. Leaf scorch and tip burn have been the most prevalent. More mites on fruit trees and more lawn "brown spots" generally from high temperatures and poor sprinkler coverage. Many tomatoes have had the usual blossom end rot

and this year we have had many that show signs of "sunburn" and "blotchy ripening" because of the extremely high temperatures.

Let's have a great horticultural showing at this year's Utah State Fair. You can call the Extension office for entry information.

Have a great time
harvesting and storing, and
Happy Halloween!

TIMELY TIPS FOR SEPTEMBER/OCTOBER 2000

1. Summer bulbs such as cannas and dahlias can be dug and stored after frost. Store bulbs in single layers in vermiculite, perlite, or sand.
2. Plant spring bulbs. This can be done until the middle of October.
3. Divide summer blooming perennials after frost.
4. Potted trees, shrubs, and perennials can be planted now and/or in very early spring.
5. Stop fertilizing your lawn in October. Later in the month, lower the blade of your mulching mower to 1 1/2 to 2 inches.
6. Spray perennial broadleaf and grassy weeds now to reduce weeds returning in the spring.
7. Reduce water to trees and shrubs. Water shrubs 2 feet deep every 10-14 days, and trees 3 feet deep.
8. Add manure or compost to your garden. The best way to improve the condition of your soil is to add 2 inches of organic matter each year.
9. Now is a good time to seed or sod a new lawn.
10. Plant overwintering vegetables, such as garlic and onion.
11. Plant on coming to our big SQUASH TASTING PROGRAM on October 24th from 3:00 - 4:00 p.m.. It will be held in the Historic Courthouse, 51 South University Avenue (Extension Office area) Rotunda on the second floor.



HARVESTING AND STORING YOUR BOUNTY

JULIA B. TUCK

Summer Squash



The fruits are best when small: 3 to 6" long; with soft rinds. Pattypan types should be 3-4" across. Picking the fruits when small will ensure a bountiful supply. When large squash develop and stay on the vine, they cause the plant to think the season is over and they stop bearing. Summer squash take about 45 to 55 days. Summer squash does not store well. Come into our office and

pick up the new Ball Blue Book for preserving ideas - canning, dehydrating and freezing (cost of the book is \$5.00). You can also get the Make-A-Mix book at the library - this has some freezer recipes. We also have a pamphlet "Zucchini Recipes" in our office (cost \$1.00).

Winter Squash- 75-120 days.

Winter squash must be allowed to fully mature before use. Maturity is determined by several things: the stems turn a light greenish yellow and the rind becomes hard and cannot be scratched by your fingernail. When removing the squash from the vine, leave 2-3" inches of stem on the squash. The squash will store better if the moisture content is reduced. Pick the squash, turn them over, and allow them to remain in the sun for about 2 weeks after maturity to reduce the water content. The dirt should then be dry and easily removed. Do not wash the squash before storing them. Be careful to not bruise the squash. You can wait until the vines die or just before the first fall frost to harvest them (take them in during the night if there is danger of frost). Do not expose them to frost because it will soften their skins and they will not keep. If you store them where it is cool, in an area with low humidity, the winter squash should store 4-6 months. Do not carry the squash by their stems - if the stem breaks off, use it first because it will not store well. If you do not have room to store them whole, refer to the Ball Blue Book for ideas on preserving your harvest. These suggestions apply to pumpkins, too, although the rind will not be as hard.



Potatoes

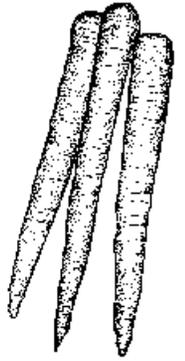
Potatoes continue to grow until the foliage dies down. Letting the vines die is preferred because it sets or hardens the skins and the potatoes store better. If you dig up potatoes and the skin rubs off easily, they need more time to mature. Store your potatoes where it is cool and dark and they can last 4-7 months. Light can cause the potatoes to turn green and be unsafe to eat. You may store them covered with soil to prevent greenness and bitterness.



Carrots

Carrots can last 3-4 months in a root cellar. You can store your carrots in cool, moist sand, peat moss or sawdust.

Make alternate layers of carrots and the media you are storing them in - you can even use a cardboard box for this. Cut the tops close; do not bruise them. Let them dry for an hour in the sun. Do not wash the carrots before storing. Carrots will also overwinter in your garden. Insulate the ground around the roots with mulch so that the ground will not freeze solid and make it impossible to dig the carrots. Once dug, the carrots should be used within a couple of days.



Onions

Harvest when most of the tops have fallen over. Let bulbs dry for several days, then brush dirt off. Store in mesh bags or braid the tops. Keep cool.

Garlic



Harvest when the tops turn yellow and start to dry. Dig up and let dry in the sun for several days. You may store in a cool place. Braid garlic or trim off the tops and roots.

Space does not allow for going through each of your crops. If you need information about harvesting your vegetable garden, you can come into the office and pick up a copy of "When To Harvest Your Vegetable Garden" for \$.50. It will tell you all about your asparagus, snap beans, lima beans, dry beans, beets, broccoli, Brussel sprouts, cabbage, Chinese cabbage, cantaloupe and other musk melons, carrots, cauliflower, celery, celeriac, chard, chicory, collards, corn, cucumbers - pickling and slicing, eggplant, endive, garlic, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, lettuce - leaf and head, mustard, okra, bulb onions, green onions, parsnips, peas, peppers - bell and chile, potatoes, pumpkin, radishes, rhubarb, rutabaga, salsify, soybeans, spinach, squash - summer and winter, tomatoes, turnips, watermelons. The booklet includes a calendar with the growing season of each



Note: If you make salsa, make sure you use a **tested recipe**

and shows when the peak season is for each vegetable.



PUTTING YOUR GARDEN AND LANDSCAPE TO SLEEP FOR THE WINTER

Julia B. Tuck



After the first frost (September 15th is the average first frost date), you can start to prepare your yard for the winter season.

Rake up all herbaceous debris (annuals, perennials, grass clippings, leaves and so forth). Leaving debris on the ground can make great places for insects and diseases to harbor over the winter. Now is a good time to consider composting for use next year.

You want to break down the plant materials as far as possible before next spring. You need to achieve temperatures high enough in your compost pile to kill diseases, insect eggs, and insects that may be hiding.

Composting is the natural process by which organic matter is decomposed into humus. The material is broken down by microorganisms and other soil inhabiting organisms. These creatures require carbon, nitrogen, water, oxygen and heat to complete the process. The most efficient ratio for composting is 15-30 parts carbon for every 1 part nitrogen.

There are many containers suitable for composting - including poles with chicken wire, wooden bins, or just a compost pile.



Proper materials include grass clippings, leaves and weeds, garden and canning waste, fruits and vegetables, etc. Not acceptable for the compost are meats, bones, large branches, dairy products, synthetic products, and plastics.

You will alternate layers of plant waste, soil, nitrogen fertilizer, etc. Sprinkle it with water between layers. Keep the center loose - do not compact it.

There is not enough space here to go into composting in depth. But, here is a list of excellent resources available at the office:

Composting - Horticulture Fact Sheet	\$.25
Composting and Mulches For Utah Gardens	\$.75
Master Composter Resource Manual	\$4.25

CHINESE APHID MENACES MIDWEST'S SOYBEAN CROP

8/17/00 by Scott Kilman, Staff Reporter of THE WALL STREET JOURNAL

CHICAGO - A tiny aphid from China is sending shudders through U.S. agriculture.

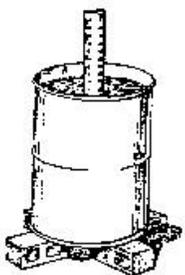
For the first time in a decade, a major foreign pest has invaded the Midwest farm belt, and it is one that has the potential to cause a lot of damage to soybeans, the nation's second-biggest crop.

Conclusively identified just a week ago by David Voegtlin, an entomologist for the state of Illinois, this particular aphid is notorious for swarming soybean fields in east Asia. The bug, which sucks sap, carries diseases between plants.

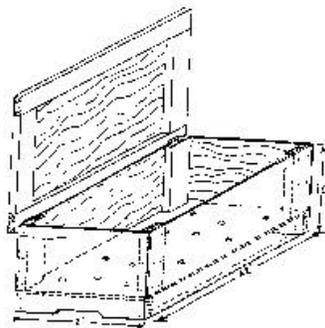
Scientists are worried that the aphid will make soybeans much more expensive to grow in the Midwest. Native insects cause relatively little damage to Midwest soybean fields, preferring instead to munch on corn and wheat. If the Chinese native becomes an established insect in the Midwest, which seems likely, the typical commercial soybean farmer may have to spend thousands of dollars a year on pesticides, or even switch to other crops.

"This has the potential to be a big new pest," said John Wedberg, a University of Wisconsin entomologist. "It's going to change the way soybeans are managed."

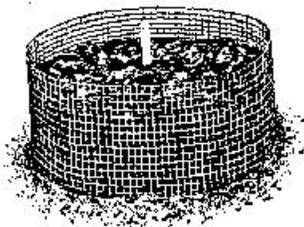
[The reason that I included this "Wall Street Journal" article is to remind us all to be careful in our travels to NOT bring in the bad bugs or weeds. - Adrian]



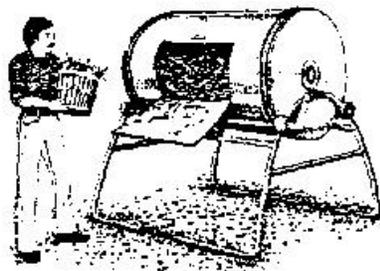
Compost Tea Barrel



Worm Bin



Movable Holding Unit



Rotating Barrel Composter



LANDSCAPING WITH VEGETABLES

by Bill Varga, USU Horticulture Specialist

The new trend in home gardening is to treat vegetables as decorative plants and mingle them in beds and borders with flowers.



With today's smaller yards and busier lifestyles, it works well to mix your produce with your ornamentals. Since 1980 the typical backyard food garden has shrunk from about 800 square feet to about 200 square feet. This has spurred the search for a new way to organize plants in the landscape to enjoy growing both food and beauty.

Gardening in containers has also become popular, so blending both types of plants in even more confined space such as windowsills and porches can produce food as well as flowers.

After all, in the beginning there were simply beautiful plants. Then, when it was discovered that some were good to eat, their fruit, foliage, roots or flowers providing the calories and nutrition required to assure mankind's survival, it made sense to grow them in special protected areas to guarantee an adequate, convenient supply. Ever since, food gardens have been distinct from the natural landscape.

There are several reasons why this gardening tradition is changing. First, home gardeners have redefined what is ornamental.

They have a new appreciation for foliage, fruit, seedpods, bark, etc. They recognize that many food plants have ornamental features.

We have rediscovered herbs, especially culinary ones. They are both beautiful and flavorful and are at home in the veggie patch and the ornamental bed.

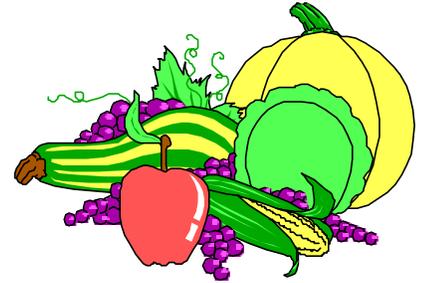
Consider using clumps of basil as a border for your flower garden. The marvelous blue flowers of borage or tall bronze fennel look beautiful in a traditional flower garden. Use anise hyssop in your butterfly garden.

'Bright Lights' Swiss Chard is so beautiful that it graces calendars and magazine covers. The tiny, colorful fruits and rich purple foliage of some pepper cultivars are the subject of fine art. Dwarf forms of food plants make it easier to grow them in containers with the traditional geraniums and petunias. I use

camomile and thyme with my geraniums and zinnias in a strawberry pot. The combinations are as limitless as your imagination.

HERE ARE SOME ORNAMENTAL EDIBLE TO CONSIDER FOR A DECORATIVE GARDEN:

Artichokes	Siam Queen and Sweet Dani
Purple Ruffles,	
Basil	
Scarlet Runner Beans	
Borage	
Ornamental Cabbage	Cucumber
Fernleaf Dill	Eggplant
Bronze Fennel	Hyacinth Bean
Ornamental Kale	
Purple or Green Kohlrabi	
Lavender	Lettuces
Okra	Greek Oregano
Parsley	Hot Peppers
Sweet Peppers	Rhubarb
Tri-Color or Pineapple Sage	Spinach
French Tarragon	
Creeping, lemon or Bi-Color Thyme	
Tomatoes	



There are undoubtedly more that you will be able to use in your ornamental gardening. Be creative and see what you can come up with.

These are new times and beg for new gardening rules.

THE ONLY RULE THAT MUST BE FOLLOWED IS THAT YOU DO NOT USE PESTICIDES REGISTERED FOR 'ORNAMENTALS ONLY' ON YOUR EDIBLES.

Have fun with your gardening... Enjoy!





by Judy Harris
 USU Extension Agent in Utah County

Update on Pressure Canners

Of interest to home canners is the current info from National Presto Industries regarding lubrication and maintenance of pressure canner gaskets and sealing rings.

National Presto updates past guidelines by saying we should NOT lubricate the gasket with vegetable oil as in the past, because the gasket has been found to absorb the oil and be *more prone to stick* to the lid while processing, making it impossible to open the canner lid!

Presto's current guideline suggests lubricating the pan edges with a small amount of cooking oil *only under the body lugs on the pan itself* where it notches in and out.

For proper maintenance the canner lid gaskets should be handled carefully and cleaned in warm sudsy water and placed back into the lid after every use. Replace any nicked, dried, or stretched gaskets as they will allow steam leaks during pressurization of the canner.

If your pressure canner lid should be stuck after processing, there are three ways of getting the lid to release:

" If the lid and gasket are newer models and have a "U" shaped gasket where 50% of the gasket is exposed on the outside of the pan underneath the lid, merely push the gasket to the inside of the pan with the handle of a kitchen teaspoon, open the lid, and retrieve the gasket.

" Ask someone to hold the pressure canner securely while another person presses down solidly on the lid while turning the lid (much like opening a "child safe" medicine bottle).

" On older model cast-metal pressure canners with no gasket on the outside, take your canner to a trusty auto mechanic friend who can place the canner down into the vice while turning the lid and it will unseal the lid from the pan. "This method has worked for years!" according to National Presto. (Source: telephone conversations with Presto, 18 August 2000)

Safe Salsa? It Depends!

During tomato time, people frequently call to ask how long to process salsa. The answer is, "It depends." Depending on where the salsa recipe came from, how old the recipe is, and how long it's been simmering, the salsa might be processed 20 minutes in a boiling water canner or up to 90 minutes in a pressure canner!

If the caller is following a canning guideline from USDA, Ball, or Kerr printed since 1988, the answer is easy. Just add 10 minutes to the processing time in the boiling water canner to adjust to Utah County altitude. This means no "improving" the recipe as we often do when cooking. But canning is not cooking—it is applied microbiology, so it is important to follow the "lab sheet."

For instance, one tested recipe says to simmer the salsa 10 minutes before putting in the bottles and processing 20 minutes in the boiling water canner. But if the consumer has simmered the salsa 4 hours so it is very thick, the 20 minute processing time that would guarantee a safe *fluid* salsa will NOT guarantee a safe *dense* salsa.

Some folks want to can salsa that was intended to be served fresh. Some are using canning recipes developed before 1988 that may not give adequate protection with all the current tomato varieties. And some are concocting mixtures "to taste." These "mystery mixtures" may not have enough acid to allow processing in the boiling water canner. Mystery mixtures may be frozen or pressure canned.

A fluid mystery mixture (similar to tomato sauce) would be pressure canned according to the ingredient with the longest processing time. In most salsas this is onion, which requires 40 minutes at 13 pounds pressure.

Thick or dense mystery mixtures must be canned as if they were mixed vegetables — 75 minutes for pints at 13 pounds pressure or 90 minutes for quarts at 13 pounds.

Folks who develop tested canning recipes — USDA, Ball, and Kerr — have to worry about safety and so they do extensive research. All we have to do to *avoid worry* when canning is follow the current tested guidelines available at our office. (Source: phone calls with Charlotte Brennand, Ph.D., food safety specialist at Utah State University Extension)



Making Jerky at Home—Safely

An article published in the *Journal of the American Medical Association (JAMA)* showed that traditional methods of making jerky in the home did not sufficiently kill *E. coli* 0157:H7 bacteria. (*E. coli* 0157:H7 causes bloody diarrhea and kidney failure and can be fatal, especially with young children and people with compromised immune systems.)

Several states are working collaboratively to identify and test processes that will produce an acceptable product that ensures destruction of *E. coli* 1057:H7.

For now, try this pre-heated method adapted from the Oregon State University Extension recommendations. The brief boiling provides enough heat to destroy the *E. coli* 1057:H7 bacteria.

1. To make it easier to slice the meat into jerky, freeze the meat until it is very firm but the tip of a knife easily penetrates the meat. (Or freeze the meat and then partially thaw just until the knife tip can easily pierce the meat.)

2. Cut meat into long slices that are no more than ¼ inch thick. For tender jerky, cut at right angles to long muscles (across the grain). Remove as much visible fat as possible to help prevent off-flavors.

3. Prepare 2 to 3 cups of marinade of your choice in a large saucepan.

4. Bring the marinade to a full rolling boil over medium heat. Add a few meat strips, making sure they are covered by marinade. Reheat to a full boil.

5. Remove pan from range. Using tongs, remove strips from hot marinade (work quickly to prevent overcooking) and place in single non-overlapping layers on drying racks. Repeat steps 4 and 5 until all the meat has been pre-cooked. Add more marinade if needed. (Be sure to avoid contaminating the pre-cooked meat; do not let any utensil or surface that touched the raw meat touch the pre-cooked meat.)

6. Dry at 140E to 150EF. in dehydrator, oven, or smoker. Test for doneness by letting a piece cool to room temperature. When cool, it should crack, but not break, when bent. There should not be any moist or underdone spots.

7. Refrigerate the jerky overnight in plastic freezer bags, then check again for doneness. If necessary, dry further.

Caution: Soaking the strips in marinade before pre-cooking is NOT advised as the marinade could become a source of bacteria. Putting unmarinated strips directly into the boiling marinade minimized a cooked flavor and maintains the safety of the marinade. (Sources: Keene, et.al., 1997, *JAMA* 227 (15) 1229-1231 and Carolyn Rabb, Oregon State Un. Extension Food Safety Specialist, as reported in *Safe Food News*, Colorado State Un. Extension, Vol. II, No. 1, Fall 1997.)



Jerky Marinade

1½ to 2 pounds lean meat
¼ cup soy sauce
1 Tablespoon Worcestershire sauce
½ teaspoon onion powder
¼ teaspoon pepper
¼ teaspoon garlic powder
1 teaspoon hickory smoke-flavored liquid

Teriyaki Marinade

2 pounds of lean meat
¼ cup soy sauce
1 tsp. freshly grated ginger root or ½ tsp. ground ginger
2 teaspoons sugar
1 teaspoon salt

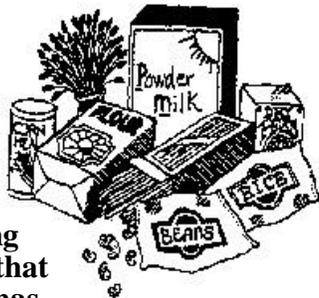
(Source of marinade recipes: *Home Drying of Food* by Charlotte Brennand, USU Extension Food Science Specialist, August 1994)

You might also like to try “Ground Meat Jerky” and “Deli Meat Jerky” from the same bulletin.

The Utah County office of USU Extension has low-cost *research based* resources for dehydrating, canning, and other food preservation methods. Visit our office in the Historic County Courthouse or you can prepay for the bulletins plus postage and have them mailed to you.

Don't miss these three!

Here are three practical and rejuvenating classes—on *using* food storage. The presenter will be Leslie Probert, who has spent years finding food storage recipes that taste great. Plus she has food storage recipes that she uses on her busiest days!



Class size is limited to 30 so the presenter can answer all your questions. There will be samples and handouts at each class. Since class size is limited, *please* contact us at 370-8460 x2 if you need to cancel your registration so someone on the waiting list could attend.

Food Storage for the Overwhelmed

Getting a do-able plan in hand and ideas for overcoming barriers to enjoying your food storage. Wednesday, September 13, from 1-2 p.m. in room 211 of the Historic Utah County Courthouse.

Fast Fantastic Food Storage Fixings

Learn fast and delicious ways to use the food you already have stored. Wednesday, September 20, from 1-2 p.m. in room 211 of the Historic Utah County Courthouse.

Friendly Fuels or Cold Soup

Fuel safety (indoors and outdoors), apple box reflector oven, etc. Wednesday, September 27, from 1-2 p.m. If weather permits, we will meet under the tree on the south side of the Historic Utah County Courthouse. In case of bad weather we will meet in room 211 of the Historic Utah County Courthouse.

Call Judy at 370-8460 x2 if you have questions.

Take Control of Your Money!

Perhaps you want to feel more confident handling your finances. Maybe money is a source of concern or conflict. Or you might be looking for ideas to share with your kids. Whatever your reason, join us for an enjoyable educational experience! (No products or companies will be promoted.)

This workshop series has information for financial well-being and peace of mind for all ages. Many different circumstances will be discussed— couples, singles, divorced, widowed.

We will meet once a week for seven weeks. *Evening* classes will be Tuesdays from 7-9 p.m. in the Pleasant Grove Senior Center, 30 East Center (enter south side of library). *Daytime* classes will be 9-11 a.m. in room 211 of the Historic County Courthouse, 51 S. University Avenue in Provo..

The entire series costs \$10 which includes an extensive workbook and handouts. Husband and wife can attend for the price of one.

Fee waivers are available by sending a brief letter explaining financial need to Judy Harris, USU Extension, 51 So. University Ave., Rm 206, Provo 84601. Include a phone number so you can be notified when waiver is approved.

College credit is an option for those completing the series plus a project—one credit from USU. A \$30 filing fee is required.

Credit toward *Adult High School* completion is available at no additional cost (1/4 to 1/2 credit).

GETTING ORGANIZED: goals, record keeping, financial statement. Sep 12 at 7-9 p.m. in PG or Sep 13 at 9-11 a.m. in Provo

HOW DOES YOUR CASH FLOW? spending leaks, reserve fund, spending plan. Sep 19 at 7-9 p.m. or Sep 20 at 9-11 a.m.

CREDIT & BANKING. Sep 26 at 7-9 p.m. or Sep 27 at 9-11 a.m.

MANAGING RISKS: evaluating current protection, shopping for insurance, community services. Oct 3 at 7-9 pm or Oct 4 at 9-11 a.m.

INVESTING: investment alternatives, assessing the risks, varying strategies through life cycle. Oct 10 at 7-9 p.m. or Oct 11 at 9-11 am.

“WHAT IF. . ? financial preparation for retirement, widowhood, or divorce. Oct 17 at 7-9 p.m. in PG or Oct 18 at 9-11 a.m. in Provo.

PROFESSIONAL HELP: getting legal help, transferring property. Oct 24 at 7-9 p.m. in PG or Oct 25 at 9-11 a.m. in Provo.

Call Judy at 370-8460x2 if you have questions.



Programs to Attend

Take Control of Your Money!

Sept. 12, 19, 26 & October 3, 10, 18, 25

Food Storage for the Overwhelmed - Sept. 13

Fast Fantastic Food Storage Fixings - Sept. 20

Friendly Fuels or Cold Soup - September 27

What's Inside This Issue ...

Tips for September/October

Harvesting and Storing Your Bounty

Putting Your Garden and Landscape to Sleep

Chinese Aphid Menaces Midwest Soybean Crop

Landscaping with Vegetables

Update on Pressure Canners

Safe Salsa? It Depends!

Making Jerky at Home - Safely

Warning on Burning Charcoal



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.

Warning on Burning Charcoal

Never use charcoal to cook or provide heat inside enclosed areas such as tents, campers, vans, cars, trucks, homes, garages, or mobile homes because the carbon monoxide can kill you.

Carbon monoxide has no odor, cannot be seen, but it can kill you. Consumers may not realize the burning charcoal produces carbon monoxide and that it will build up to a dangerous level. Opening a window or using a fan will NOT assure that carbon monoxide will be reduced to safe levels.

Each year, approximately 25 people die and hundreds more suffer from carbon monoxide poisoning when they burn charcoal in enclosed areas. Some are campers who burn charcoal inside a tent or camper to keep warm. Others are hunters who burn charcoal inside their trucks, cars, or vans. Those who do not die can suffer headaches, drowsiness, dizziness, weakness, nausea, vomiting, confusion, disorientation, or collapse. (Source: Consumer Product Safety Com. Document #5012)



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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