

Twin Falls County

University of Idaho, U.S. Department of Agriculture, and Idaho counties cooperating.

October 2012 Volume 3 Issue 3



Bur Trunk

Tree's in Distress

Tony McCammon, Extension Educator

It has not taken me long in Twin Falls County to know what the needed topic of discussion is. Take a drive down any street in Twin Falls and you are bound to see a dying or sick tree. Quite a few concerned residents have contacted me and even brought me large branches. The majority of species I see in distress are sycamore, elm, ash, willow, silver maple, birch, and black walnut. With ash and Black Walnut as the predominate species. These trees are easy to spot because they are missing leaves in the top third of the canopy.

It is always easier to blame a culprit like a bug or disease when our tree starts showing signs of death. However, more often than not, the blame is our own. Most insects are a secondary pest who, quite literally, feed off of the stress we inflict on the tree. There are circumstances where high populations of pests such as borers or bark beetles will be just too much for a healthy tree to ward off. In these cases more intervention with chemical sprays and baits are needed to prevent insects from entering the tissue under the bark. This tissue is the life blood of trees and if disturbed or restricted will limit nutrient disbursement in the roots and leaves. This restriction causes the death you see in many of the species listed. In other cases, such as in Black Walnut, a beetle carries a fungus called the '1000 cankers disease.' This canker is more easily understood as the worst kind of tree 'cancer'. It is very destructive and not repairable or stoppable, it is terminal. These insects and diseases that have entered your trees might have been prevented. As always, prevention is everything! (Continue on page 2)

WORKSHOP OFFERED . . .

Home Food Preservation Workshop

When: November 5, 7, 12, 14, 2012 and Lab on November 10, 2012

Time: 6-8 p.m.

Where: Twin Falls County Extension
246 Third Avenue East, Twin Falls, ID 83301

Cost: \$35.00 (includes notebooks, publications and lab supplies)

Pre-register by: October 30, 2012 by calling 208-734-9590

Tree's in Distress (continued from page 1)

In this article I will share what you can do to help your healthy trees stay healthy and build up the defenses they will need when the current borers and beetles start emerging from the infested trees in the area next spring.

The common thought as you look at your landscape plants this time of year is, "I am just happy they made it through the year." The end of the growing season denotes relaxation, enjoying the spoils of your garden, and the smells of fall. However, do not let the death of summer turn into the death of your trees. The cool weather usually lulls gardeners into a false sense of rest. Many believe the cool weather means the plants are done using water. This misconception comes from the thought that only during hot periods of the growing season is water needed for plant growth and survival. Even though the plants are beginning to go dormant above ground this time of year, root systems continue to grow and take up moisture until the ground freezes. Tree roots use phosphorus to create a huge storage of sugars and carbohydrates for next season. Even if the rains we receive in late September replenish the soil with moisture (highly unlikely) the plants are still dehydrated and nutrient deficient from the summer drought stresses.

Currently most soils have very low moisture amounts. This makes it difficult for large trees to keep all of the above and below ground parts alive. Early fall leaf color or early leaf drop is an indication that some trees are still under moisture stress and need more water. Watering well into the fall helps the roots get water to the branches and buds to keep them hydrated and healthy through the dry winter months. If the buds and stem tissues do not have adequate water starting the winter, then there is a good chance those areas will die, dry out and not be alive to green up in the spring. Or they will leaf out but quickly die.

In the spring roots are trying to push water and nutrients into the upper regions of the tree. This spring effort is a stressful time in the life of a tree. This is also just before wood boring insects start maturing. They begin looking for trees that have less to little flow of water and nutrients in the tissue. If a tree is healthy, the

water and nutrients flowing in the tissue will push the insects back out. This natural defense is your best control for wood boring insects.

Evergreens also need good moisture in the fall and early winter to keep the needles from drying out during windy, dry winter months. Watering well with a small sprinkler placed under a large tree and moved every two to three hours under the branch crown is a good way to soak up the soil profile. This should be done once or twice a month up until the ground freezes.

Here are some other important tree projects to do before the ground freezes. If your trees have been planted for more than two years you can use fertilizers around the drip line of the tree. Remember that the roots are storing energy for next spring's new growth. The fertilizer will boost the storage capacity. Next, get wood chips and mulch around the base of the trees. Mulch at least a 3 foot circle around the trees for best results and more if the landscape design can incorporate a "mulch island" with trees, shrubs and perennial plants. The "islands" of mulch in the grass lawn are the best thing you can do for long-lasting plants like trees and shrubs. It gives them their own location for root growth while keeping the grass sod competition away. This also keeps lawn herbicides and the lawnmower a safe distance from young, sensitive trees and shrubs. Grouping your plants in these islands also helps with the mowing and lawn care since numerous individual plants do not need to be worked around. Thoroughly watering and mulching with wood chips are the two best actions you can do to help your trees.

Take home messages:

Early fall:

- Rake fallen leaves; allow needles to remain beneath conifers.
- Water about 3 inch each month. (more water less often)
- Fertilize, if necessary, after the leaves drop.
- Transplant most trees and shrubs after summer heat passes (preferably when they are dormant).
- Remove or punch a hole in dikes around newly planted trees so water won't stand in them and freeze during winter.
- Apply tree wrap to trunks of newly planted trees, trees transplanted within 8 years and dark-barked trees such as crabapples and cherries. (Continue on page 3)

UNIVERSITY OF IDAHO EXTENSION UPDATE

Twin Falls County

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Tree's in Distress (continued from page 2)

Mid-fall:

- Do not fertilize or transplant after Columbus Day.
- Discontinue watering when the soil freezes.

Late fall:

- Discontinue watering if soil is frozen.
- Knock down weeds and grass around the base of your trees to keep rodents away from the tender bark.

If you have any question concerning your trees please give me a call at the Extension Office and I will set you up with the knowledge you need to care for them.
734-9590, Ext 19, University of Idaho Twin Falls County Extension.



Birch dieback

Traveling with Food for the Holidays

Cammie Jayo, Eat Smart Idaho Program Coordinator

It's that time of year again to make plans for holiday feasts that include everyone's favorite dishes, from cornbread stuffing to pumpkin pie. Friends and families are invited, and excitement is in the air. How do you decide who brings what or how to travel with food if you're asked to bring something?

Proper planning and organization are needed to pull off a healthy holiday meal with all the dishes that need to be kept at the proper temperature so bacteria won't have a chance to grow.

When assigning foods or deciding what to take, consider type of food and distance to travel. Remember the 2-hour rule: Avoid leaving perishable foods at room temperature longer than 2 hours (1 hour in warmer seasons when the temperature is over 90° F). The 2 hours includes preparation time for foods that are not cooked or foods that need more preparation steps after cooking.

People traveling a long distance might bring non-perishables such as rolls, breads and cookies. Those traveling about a half hour or less can more safely bring perishable foods such as meat, poultry, fish, eggs and dairy products or foods containing these items. Nearer relatives also are a better choice for providing salads, relishes and vegetables.

Keep hot foods hot (140° F or higher) when traveling by wrapping them in foil and then in heavy towels. Or, carry the foods in insulated wrappers or containers designed to keep food hot.

Place cold foods in a cooler with ice or freezer packs or an insulated container with a cold pack so they remain at 40° F or lower, especially if traveling over a half hour.

On arrival, place cold foods in the refrigerator. Do not rely on the natural outdoor temperature on the porch to keep foods at the proper temperature. Place hot foods in an oven hot enough to keep the food at an internal temperature of 140° F or above; use a food thermometer to assure the food stays at a safe internal temperature. Plan to serve foods shortly after guests have arrived. Another possibility is to carry all perishable food in an ice chest and come early. Then prepare the food after you arrive.



Traveling back home with leftovers you need to pack with care. Keep food in the cooler with plenty of ice or freezer packs in an insulated cooler preferably in the trunk if it's cold outside, rather than the heated car. Remember to reheat leftovers to 165° F before you serve them for a second round.

For more food safety tips, visit www.fsis.usda.gov/

Making Eggnog at Home

Rhea Lanting, Extension Educator

Eggnog is a rich, creamy beverage, traditionally popular during the holiday season which begins very soon. It is a staple at most holiday parties. There are many commercial types of eggnog on the market, however it is easy to make at home.

There are many home recipes often passed from generation to generation, and include a wide variety of ingredients, proportions, and preparation methods. Looking at some of the older recipes I found, most of them were not cooked. Also, many recipes are found on websites, again many of them are not cooked. Today we recognize the very real danger of salmonellosis when any egg-containing foods are consumed without the benefit of pasteurization. Even grade A eggs with clean, uncracked shells can be contaminated with *Salmonella Enteritidis* bacteria. That is why it is important to cook eggs thoroughly to kill any bacteria that may be present. This food poisoning is characterized by violent stomach cramps, vomiting, and diarrhea and may be life-threatening to those who are more susceptible such as children and those with a weakened immune system. To ensure safety, eggnog made at home should be cooked.

Ingredients: Recipe makes a little more than half gallon eggnog. It will keep well in the refrigerator for 10-14 days.

Whole milk, - ½ gallon

Eggs, 3 beaten

Sugar, ¾ cup

Instant Nonfat Dry Milk, 1/3 cup

Gelatin, 1 packet or 2 ¼ teaspoons

Cinnamon, ½ teaspoon

Nutmeg, ½ teaspoon

Vanilla Flavoring, ½ teaspoon

Rum Flavoring, ½ teaspoon

1. Stir together beaten eggs, the liquid flavorings, and 1 quart (4 cups) of the milk.
2. Blend Instant Nonfat Dry Milk, sugar, spices, and gelatin by stirring together thoroughly with a spoon in a small container.
3. Mix these dry ingredients into the milk mixture with a wire whisk.
4. Add the remaining milk.
5. Heat mixture to greater than 165 degrees F. in a microwave oven or double boiler and hold at that temperature for at least 30 seconds. Stir with a wire whisk a few times during and after heating.
6. Cool immediately in refrigerator.
7. Stir before serving.

This recipe is not as rich as commercial eggnog and contains 240 calories, 100mg cholesterol and 9 g of fat per cup. Commercial eggnog has about 50% more calories and twice as much fat. If you are trying to limit your calories, cholesterol and sugar, you might want to try the following tips.

Use 2% Fat or Skim Milk ½ gallon

Use a low-calorie sweetener approx. 16 (1 gram) packets

One egg or egg substitute that equals 1 egg may be used

Instant Nonfat Dry Milk 1/3 cup

Gelatin, 3 teaspoons

Same amount of cinnamon, nutmeg and flavorings

Follow the same directions for the above recipe.



ENJOY your holiday season. If you have questions about cooking your prime rib, turkey or ham, don't hesitate to give me a call, 208-734-9590, ext.21. I also have brochures and thermometers available if you need one for cooking to that perfect end temperature. You can also call the USDA Meat and Poultry Hotline for any concerns about food safety during the holiday season at (800) 535-4555.

Turkey Talk for the Holidays

Rhea Lanting, Extension Educator

I usually get calls around the holiday season regarding cooking turkeys or maybe you forgot to thaw your frozen turkey until the day of cooking. Here are a few quick tips for cooking or thawing.

- ⇒ Thaw in the refrigerator - allow 24 hours for every 4-5 pounds.
- ⇒ Cook at a temperature NO lower than 325 degrees.
- ⇒ Use a food thermometer to make sure the center of the stuffing (if you stuffed your bird) reaches 165 degrees. Stop by for a thermometer if you need one.
- ⇒ A whole turkey should be cooked to 165 degrees - in the thickest part of the inner thigh without touching the bone.
- ⇒ A turkey breast should be cooked to 165 degrees also.
- ⇒ Discard any turkey, stuffing and gravy left out at room temperature longer than 2 hours.
- ⇒ One hour in temperatures above 90 degrees.
- ⇒ Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers. Use refrigerated turkey and stuffing within 3-4 days. Use gravy within 1-2 days. If freezing leftovers, use within 2-6 months for best quality.

GOOD - LUCK!

eXtension Virtual Aquaculture Workshop 2012

November 12 – 15, 2:30 p.m. Central Standard Time

Freshwater Aquaculture Community of Practice is proud to present the Aquaculture Virtual Workshop. The workshop will include an introduction to aquaculture, an in depth look at pond culture and management, overviews on a variety of species, and a full hour covering aquaponics. This session is open to anyone interested in learning more about aquaculture in the US. If interested or have questions about attending this workshop please contact Vanessa Weldon vmax-well24@gmail.com To attend the event please use the following link at 2:30 PM central on the day of the event: <https://connect.extension.iastate.edu/freshwater> To make sure your computer will work during the session please test your computer at https://connect.extension.iastate.edu/common/help/en/support/meeting_test.htm

November 12 - Introduction to Aquaculture

2:30 – 3:00 PM *Aquaculture: What is it? Is it important? Why should I care?*

3:00 - 3:30 PM *Business planning and economics*

November 13 – Pond Culture 2:30 PM Central Time

2:30 – 2:50 PM *Pond Culture*

2:50 – 3:10 PM *Recreational Pond Management (Bass/Bream)*

3:10 – 3:25 PM *Aquatic Plant Management*

November 14 – Species Culture 2:30 PM Central Time

2:30 – 2:50 PM *Yellow Perch*

2:50 – 3:10 PM *Sunfish*

3:10 – 3:30 PM *Clam Culture*

3:30 – 3:50 PM *Oyster Culture*

November 15 – Aquaponics 2:30 PM Central Time

2:30 – 3:30 PM *Aquaponics*

Southern Idaho's Magic Valley

Tony McCammon, Extension Educator

Southern Idaho's Magic Valley produces many of our state's best crops and people, and University of Idaho Extension is committed to growing great people through our Horticulture Programs. Twin Falls County Extension experts and volunteers help assure beautiful, bountiful, and sustainable yards and gardens. We provide expertise in topics ranging from fruits, landscape, turf grass, ornamental and woody plants, and pest management.

With that in mind, Twin Falls County Extension has launched a new Horticulture website where you will be able to find information, resources, and tips on keeping your garden and landscape healthy. Whether you have questions about your sick and dying tree, want to explore the latest research, or simply want to know how to winterize your garden tools, our Magic Valley Horticulture website will guide you to the answers you need.

The website is also a great resource for information on scheduled classes, programs, and events in the Magic Valley. One of the programs that I am especially excited to introduce is the Junior Master Gardener (JMG) program. JMG is an international youth gardening program of the University Extension network. The program has been embraced by hundreds of people in Southwestern Idaho who work with children. The JMG curriculum aims to grow good kids by igniting a passion for learning, success and service through a unique gardening education. JMG curricula are also linked with state teaching standards (grades 3-5 and 6-8).

The Magic Valley Horticulture website can be found at <http://projweb.cals.uidaho.edu/hortmagic> and is also linked to Facebook and Twitter, so be sure to "like" us and "follow" us if you are connected to social media. Please feel free to contact me directly with any questions you may have. I can be reached via email at tonym@uidaho.edu, or via the Twin Falls County Extension Office at 734-9590, ext. 19.



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