



COLLEGE OF AGRICULTURE & LIFE SCIENCES

Cooperative  
Extension

Pinal County

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# QUARTERLY NEWSLETTER

VOLUME 4 ISSUE 2

With this latest edition of our Pinal County Newsletter, we wish to extend our warmest greetings and best wishes for a great year in 2017. Cooperative Extension in Pinal County continues to reach out to all who live within the boundaries of our wonderful county, and we hope that you will find our articles here of interest. Cooperative Extension strives to provide locally tested information that will help people make good life and business decisions because we know that quality of life is an important component of peace of mind, a desirable outcome in today's busy world. As we focus on agriculture and natural resources, 4-H and youth, healthy families and good home management skills, and other areas of focus, we hope that you find us a valuable resource and a "go-to" opportunity for answers to key questions. If you ever have questions, please give us a call.

Sincerely,

Rick Gibson

County Extension Director

# Growing Citrus in the Home Garden

Among the most popular of all garden and landscape plants in southern Arizona are the many varieties of citrus.

With bright green, evergreen leaves, fragrant spring flowers and stunningly colorful fruit, citrus can add great beauty to any landscape. The trees are also very productive, capable of giving basketfuls of fruit each year. Some trees have been known to produce fruit for 100 years or more. In our area, there are many trees that are still going strong at 50 and 60 years! Given good care, citrus trees should live a long time.



Oranges, grapefruit and lemons are the most commonly planted citrus in our area, but be aware that there is a wide variety of other types of citrus from which to choose. The diversity of different forms gives the gardener the opportunity to personalize the landscape and share exciting, mostly unknown fruit with neighbors. Tangerines, blood oranges, pummelos, kumquats, mandarins, and an array of hybrids all do well in this climate and might just be the answer for that one, special spot.

If there is enough space for several trees, it is possible to harvest citrus just about year round. The earliest varieties of mandarins start ripening around mid-October with each species and variety of citrus following in their normal seasons until the last Valencia oranges fall from the trees the following September. For most, there simply will not be enough room to plant a large orchard. However, it is still possible to mix and match a few varieties to space out a citrus harvest off and on throughout the year.

Selection of varieties should also include a consideration of available space. Often trees are planted too close to buildings or fences cutting yield and creating problems with building maintenance and neighbors. These kinds of problems can be avoided by selecting smaller growing varieties or by selecting dwarf plants for those tight areas.

A good example of a smaller sized tree is the Marrs orange. The Marrs has a tree diameter of about 12 feet at maturity as compared with 20 to 24 foot diameters for full-sized trees. At maturity, the Marrs reaches only 6 to 7 feet tall, making it easy to pick fruit from the top of the tree. The quality of the sweet fruit is excellent, some preferring it over other orange varieties.

For container gardening or in cramped areas, consider planting dwarf citrus. Since there are very few true dwarf citrus varieties, most of the dwarf citrus being sold are small by reason of being grafted onto the Flying Dragon rootstock. This rootstock severely limits the growth of any variety budded to it. The down side of dwarf citrus is that they are generally slower growing than full-sized trees and they never really become strong fruit producers, but the ability to produce tasty fruit in a cramped area often makes up in satisfaction what is lost in volume.

Citrus need moderate watering, especially during the hot summer months when the trees are using water as fast as they can pick it up. Flood irrigated citrus, such as with a hose, need to be watered every 7 to 10 days during June, the hottest and driest month. If the monsoons are late and the high temperatures persist, it may be necessary to drop the irrigation frequency down to once every 5 days. During winter, it may not be necessary to irrigate more than one time per month.

Citrus also require nitrogen fertilizer at regular intervals during the year. About 5 pounds of 21-0-0, ammonium sulfate, or 6 pounds of 16-20-0, ammonium phosphate, are required by each full-sized, mature tree each year. The total amount should be spread out over the entire year in at least 3 to 4 applications.

A good fertilization schedule would be to apply one third of the total in February just before flowering, one third in May as the fruit begins to grow and one third in August as the fruit finishes out. It is this last application which is the most important because during that period the fruit buds for the next year's crop begin to form.

Over application of fertilizer, or failing to cut back the recommendation on smaller trees, can burn the tender roots that pick up water and nutrients from the soil, possibly leading to serious plant injury.

When irrigating trees, either by flood irrigation or by drip irrigation, it is important to make sure that salts in the soil and in the water never exceed concentrations that would damage plant tissue. Burning or drying of leaf tips and margins is a typical symptom of salt burn and can seriously injure the tree. Make sure that the entire area underneath the tree from the trunk out to the last twigs is carefully watered and apply extra water to the surface of the soil occasionally to leach salts out of the root zone of the plant. This will reduce the salinity hazard to the tree.

Fortunately, there are very few serious insect pests and disease ailments that bother citrus in our area. The orange dog caterpillar, the larval stage of a beautiful monarch butterfly, feeds on the leaves but they rarely do enough damage to warrant control measures. On small trees, where multiple insects might destroy many leaves, the larvae can simply be picked off by hand and destroyed at will. The larvae are brown and white splotched caterpillars which look very similar to bird droppings on the leaf. Most people just leave them alone so that they can enjoy the butterflies later on.

Citrus thrips, a small, tan, cigar-shaped insect, does scar the outside of leaves and fruit, sometimes with dramatic effects, but they do not harm the interior of fruit nor cause long term harm to the tree. Since no effective controls exist for thrips in the home garden, these insects can be ignored.

Frost injury during the coldest of winter nights may be necessary to protect young plants. Certainly that was the case last winter and it is a good bet that we need to be prepared for frost protection in the future. Frost protection can be as simple as throwing a blanket or quilt over the tree in the evening when night time lows threaten to go below freezing.

With proper care, the many varieties of citrus available to the home gardener in southern Arizona will add diversity, color, and a different texture to the landscape for many years. The secret to successful citrus production really lies in how well each tree is provided the right care at the right time. An understanding of what the trees need at a given period of time coupled with good attention to detail should keep both trees and owners happy for years to come.

# New IRS Debt Collection Scams

The IRS will begin contacting some taxpayers whose overdue federal tax accounts are being transferred to private collection agencies. But watch out for scammers who might claim to be associated with the program to try to steal your money. Keep in mind, the IRS will always send you a letter first before assigning your account to a private collection agency (PCA).

Learn more about this [new private debt collection program](#), including how to avoid tax scams and protect your taxpayer rights.

Find answers to a wide range of tax questions—filing your federal taxes, getting refunds, and more—at [USA.gov](#).







# SUMMER

## Lunch Buddies



### Helping kids eat healthy

Spend time with friends and enjoy meals at no cost while school is out.

Open to ages 18 and younger. No application is needed.

Visit [azsummerfood.gov](http://azsummerfood.gov) or text **FOOD** to 877-877 for locations and times.

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP through the Arizona Nutrition Network. This institution is an equal opportunity provider.





# It's Breakfast Time!

A smart way to make use of leftover salad that's too wilted to eat on its own. Toss those marinated greens and some avocado in a warm tortilla and you're golden! Make breakfast the most important meal of the day!

Apart from providing us with energy, breakfast foods are good sources of important nutrients such as calcium, iron and B vitamins as well as protein and fiber. The body needs these essential nutrients and research shows that if these are missed at breakfast, they are less likely to be compensated for later in the day. Fruit and vegetables are good sources of vitamins and minerals so try to include a portion of your daily five at breakfast, whether that be a banana or glass of fruit juice.

Breakfast can be good for waistline too, research shows those who eat breakfast are less likely to be overweight and more likely to be within their ideal weight range compared with breakfast skippers. If you skip breakfast, you're more likely to reach for high sugar and fatty snacks mid-morning.

## Cognitive function

Breakfast also restores glucose levels, an essential carbohydrate that is needed for the brain to function. Many studies have shown how eating breakfast can improve memory and concentration levels and it can also make us happier as it can improve mood and lower stress levels. In studies amongst children, breakfast can improve attainment, behavior and has been linked to improved grades. Just like any other organ in the body, the brain needs energy to work at its best!

## Energy needs

People's energy needs vary depending on activity levels and life stage but typically men require more energy than women. Growing children require a lot of energy, as an example boys aged 7-10yrs should consume approx. 1970 kcals per day, and girls aged 7-10yrs should consume approx. 1740 kcals. For adults, men require approx. 2500 kcals and women approx. 2000 kcals per day.



*Nutritionists advise:*

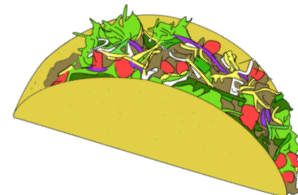
*breakfast should be eaten **within two hours of waking***

*a healthy breakfast should provide calories in the range of 20-35% of your guideline daily allowance (GDA).*



## What to do with Leftovers?

Make a Breakfast Taco!



### INGREDIENTS

- 1 corn tortilla
- melting cheese
- 1 1/2 inch slice Hass avocado
- sea salt
- ground cumin
- ground coriander
- wedge of lime

*EATING BREAKFAST HAS LONG TERM HEALTH BENEFITS. IT CAN REDUCE OBESITY, HIGH BLOOD PRESSURE, HEART DISEASE AND DIABETES.*

**NATIONAL HEALTH SERVICE**

### PREPARATION

Toast the corn tortilla just to get it brown and sprinkle the cheese on top. Put the taco on a tray and put under the broiler or in the toaster oven until the cheese melts.

Add a spoonful of salad and a slice of avocado and sprinkle with sea salt, a pinch of cumin and coriander, and a squeeze of lime, and eat immediately.

## Sun Safety in Child Care Settings

With more than 300 sunny days annually, sun safety is especially important in Arizona. Practicing good sun safety is important at any age, but it is critically important for children since much of a person's lifetime exposure to the sun occurs before age 18. Be sure to use practice skin protection while you are outdoors especially when the UV rates are the highest in the middle of the day.

### Use Sunscreen Every Day!

Even on cloudy days, the sun's rays can damage your skin. Wear sunscreen with an SPF of 15 or higher. Apply 20 minutes before going outside and reapply every 2 hours or sooner if perspiring or engaging in water activities. Wearing sunscreen every day is as important as brushing your teeth!

### Wear a Hat and Lip Balm!

A hat with a wide brim offers better protection for your scalp, ears, face and the back of your neck than a baseball cap or visor. Remember to protect lips with SPF 15+ lip balm.

### Wear Sunglasses!

Sunglasses reduce sun exposure that can damage your eyes and lead to cataracts. Check the label and choose sunglasses that block at least 90% of UVA and UVB rays.

### Cover Up!

Wear long sleeves and pants if possible to protect your skin when playing or working outdoors. Darker colors and fabric with a tight weave provide the most protection.

### Limit Time in the Midday Sun!

Limit your outdoor activities when the UV rays are strongest and most damaging (10 a.m. to 4 p.m.). Remember: Look for your shadow—if no shadow, seek cover!

### Take Cover!

Find something fun that doesn't involve exposure to direct sun. Take cover under a tree or ramada, or find an indoor activity inside a gym, library or classroom when UV rays are strongest.

### Check the daily UV Index!

Did you know you can check the intensity of the sun's rays every day? The ultraviolet or UV index is a way of measuring the sun's intensity. The scale is from 1 to 11+. The higher the UV, the more careful you should be. A day with a UV rating of 11 requires more protection than a day with a rating of 1.

### Avoid Sun Lamps and Tanning Booths!

These artificial sources of UV light can cause as much damage as the sun's UV rays. Remember, there is no such thing as a safe tan. To get a tan, skin damage has to occur!

For more information on sun safety and other health and safety issues related to childcare, please contact your local Child Care Health Consultant at 520-836-5221



# Nationwide Voluntary Recall of EpiPen and EpiPen Jr.



The U.S. Food and Drug Administration (FDA) has announced a recall on 13 lot numbers of Mylan's EpiPen and EpiPen Jr. This recall is due to the potential that they may contain a defective part that could result in the failure of these devices to activate.

Check the side end of your package for the lot number. The recalled products were manufactured by Meridian Medical Technologies and distributed by Mylan Specialty, and were distributed between Dec. 17, 2015, and July 1, 2016.

Consumers who have EpiPens from lot numbers that are not included in this recall do not need to replace their EpiPen prior to its expiration date.

[See the complete list of recall lot numbers for EpiPen and EpiPen Jr.](#)



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\*Note: You must qualify for in-state tuition. Scholarship does not apply to distance-learning or online programs.

For More Information, Please Contact:  
Cristina@EarntoLearn.org | 520.850.8857

#### The Earn to Learn Application Process:



Visit Our Website To Start Your Pre-Application: [www.EarntoLearn.org](http://www.EarntoLearn.org)



Complete Online Workshop: Workshop registration email is sent after completing your Pre-Application



Attend Interview Appointment: Our staff will contact you via email to schedule an interview and determine eligibility



We Are Accepting  
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To Apply Visit:

[www.EarntoLearn.org](http://www.EarntoLearn.org)

# Ingredient Substitutions

## For Healthier Recipes



Healthy eating doesn't mean you have to give up all of your favorite recipes or foods that you love. Making simple ingredient substitutions with healthier foods found in your pantry or fridge is easier than you think. Here are some ways to reduce the amount of saturated fat, sodium and added sugar in recipes without sacrificing flavor!

To reduce the amount of fat and cholesterol in a recipe . . .	
If your recipe calls for:	Try substituting:
Bacon	Canadian bacon, turkey bacon
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Creamed soups	Fat-free milk-based soups, mashed potato flakes, or pureed carrots
Eggs	Two egg whites or ¼ cup egg substitute for each whole egg
Evaporated milk	Evaporated skim milk
Full-fat cream cheese	Fat-free or low-fat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth
Full-fat sour cream	Low-fat plain Greek yogurt, or low-fat sour cream
Ground beef	Extra-lean or lean ground beef, chicken or turkey
Mayonnaise	Reduced-calorie or reduced-fat mayonnaise
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Salad dressing	Reduced-calorie dressing or flavored vinegars
Whole milk	Low-fat 1% or Fat-free milk



### To reduce the amount of sodium in a recipe . . .

If your recipe calls for:	Try substituting:
Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped fresh garlic, celery or onions
Soy sauce	Sweet-and-sour or hot mustard sauce, low-sodium soy sauce
Table salt	Herbs, spices, or salt-free seasoning mixes or herb blends

## Sugar

### To reduce the amount of sugar in a recipe . . .

If your recipe calls for:	Try substituting:
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices or chunks
Maple syrup	Pureed fruit, such as applesauce, or low-calorie syrup

## Other Nutrients

### To increase the amount of nutrients, including vitamins, minerals and fiber in a recipe . . .

If your recipe calls for:	Try substituting:
All-purpose flour	Whole-wheat flour for half of the called-for all-purpose flour
Dry bread crumbs	Rolled oats or crushed bran cereal
Enriched pasta	Whole-wheat pasta
Iceberg lettuce	Arugula, chicory, collard greens, kale, mustard greens, romaine spinach or watercress
Meat as the main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews
White bread	Whole-wheat bread
White rice	Brown rice, wild rice, bulgur, or pearl barley



# Tasty Taco Rice Salad



## Ingredients: Original Recipe

- 1 pound lean ground beef
- 1 ½ cups instant white rice, cooked
- 2 cups water
- 1 tablespoon chili powder
- 3 cups tomatoes, chopped
- 1 seeded jalapeno, finely chopped
- 2 cups iceberg lettuce
- 1 ½ cup cheddar cheese shredded

## Recipe Modifications

- 1 pound **lean ground turkey**
- 1 ½ cups instant **brown rice**, cooked
- 2 cups water
- 1 tablespoon chili powder
- 3 cups tomatoes, chopped
- 1 seeded jalapeno, finely chopped
- 2 cups **spinach or romaine lettuce**
- 1 cup **low-fat sharp cheddar cheese, shredded**

## Directions:

- Wash hands with soap and warm water.
- Wash onion, tomatoes, jalapeno, and lettuce before preparing.
- Cook ground turkey in a large skillet until brown. Drain off fat. Rinse turkey with warm water to remove the grease. *Do not pour grease down the drain. Let grease harden, then put it in the trash.*
- Add brown rice, water, onion, and chili powder to meat in skillet.
- Cover. Simmer over low heat about 15 minutes to cook rice.
- Add tomatoes and jalapeno. Heat for 2 – 3 minutes.
- Place layers of spinach or romaine lettuce, rice mixture, and low-fat cheese on plate.
- Serve immediately. *Servings: 8 servings, approximately 1 ½ cups each*

### Original Recipe

Nutrition Facts			
Serv. Size 1 1/2 cup			
Amount Per Serving			
<b>Calories</b> 300		<b>Fat Cal.</b> 150	
			% DV*
<b>Total Fat</b> 17g			25%
<b>Sat. Fat</b> 8g			39%
<b>Cholest.</b> 75mg			24%
<b>Sodium</b> 240mg			10%
<b>Total Carb.</b> 16g			5%
<b>Fiber</b> 2g			9%
<b>Sugars</b> 4g			
<b>Protein</b> 22g not a significant source of protein			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Saturated Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g
<b>Protein</b>		50g	65g

### Modified Recipe

Nutrition Facts			
Serv. Size 1 1/2 cups			
Amount Per Serving			
<b>Calories</b> 230		<b>Fat Cal.</b> 15	
			% DV*
<b>Total Fat</b> 1.5g			3%
<b>Sat. Fat</b> 0g			0%
<b>Cholest.</b> 25mg			8%
<b>Sodium</b> 190mg			8%
<b>Total Carb.</b> 31g			10%
<b>Fiber</b> 2g			9%
<b>Sugars</b> 3g			
<b>Protein</b> 22g not a significant source of protein			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Saturated Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g
<b>Protein</b>		50g	65g

## Snack Provided by the U of A Cooperative Extension, Pinal County

The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.

## UANN Pinal Hosts “Get Out & Play Day”

The University of Arizona’s Pinal County Cooperative Extension SNAP Education program- in conjunction with the Casa Grande Parks and Recreation Department, hosted a **Get Out & Play Day** at Len Colla Recreation Center in Casa Grande on Saturday, March 4<sup>th</sup> from 11:00 A.M.-1:00 P.M. This was a day dedicated to events and activities that are not only appealing to all ages but are also activities and events that would inspire families to put down the electronics, get up and get outside together.



The Department of Health and Human Services (HHS) developed the “Physical Activity Guidelines for Americans” to convey the importance of physical activity on one’s health and to provide guidance on how to stay physically active. One of the key guidelines from the report is that youth ages 6 to 17 should engage in at least 60 minutes of daily moderate to vigorous exercise. Based on parents’ responses, their children are exercising daily in their afterschool programs, and a fair amount of the exercise is moderate to vigorous. Overall, however, the amount of time spent being physically active, and the intensity of that activity within afterschool programs does not meet HHS’s recommended daily guidelines (Arizona Nutrition Network, 2016). The UANN program utilized the CATCH Kids Club Curriculum, Coordinated Approach to Child Health. CATCH is a program that aims to impact the messaging a child receives in physical education, the lunchroom, the classroom, and the home, to form an effective resource that impacts a child’s choices not only in school but life-long.

## Don't Miss Out on Attending the 2017 Pinal County 4-H Camp June 25 – 28, 2017!

### Camp will be held:

Sunday, June 25 – Wednesday, June 28, 2017

Cost:

\$125/camper early registration – Now until June 05, 2017

\$150/camper late registration – after June 06, 2017

Scholarships are valued at \$50/camper and must be turned into the 4-H office by June 05, 2017, by 5 pm.



Located near Williams, Arizona, 4-H Camp is a residential camp facility in an outdoor educational environment. It is located in the cool pines surrounded by a wooded setting, in the Kaibab National Forest, approximately 224 miles away from the Pinal County 4-H office in Casa Grande, Arizona. Quality adult and teen leadership is included during five fun-filled days of outdoor discovery activities, water adventures, camp fires, songs, recreation, arts & crafts, hiking, exploring, archery, and hunter education.

Pinal County 4-H encourages all 4-H members to attend our summer residential summer camp. We enroll youth as 4-H members all year long ... just ask our office how to enroll as a 4-H member so you can go to camp! Usually, there are approximately 50 – 75 youth in attendance during the week-long camp for 9 – 13 year old members. Counselors range between 14 to 18 years of age. The adult staff usually includes 8 to 12 certified volunteers who give of their time, expertise and resources to help this camp be a memorable and exciting 4-H program for its participants

### 4-H WORKS

According to the ten-year study: *The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development* (link is external), 4-Hers are about:

- **Four times** more likely to make **contributions to their communities** (Grades 7-12);
- **Two times** more likely to be **civically active** (Grades 8-12);
- **Two times** more likely to make **healthier choices** (Grade 7);
- **Two times** more likely to participate in **Science, Engineering and Computer Technology programs** during out-of-school time (Grades 10 – 12)

4-H is the place for you! If you can dream it, you can do it in 4-H.

## What is color blindness (color vision deficiency)?

The main symptom of color blindness is a difficulty in distinguishing colors or making mistakes when identifying colors. Some people have a color vision deficiency, which means their perception of colors is different from what most of us see.

Color blindness is almost always an inherited trait, which means you get it from your parents.

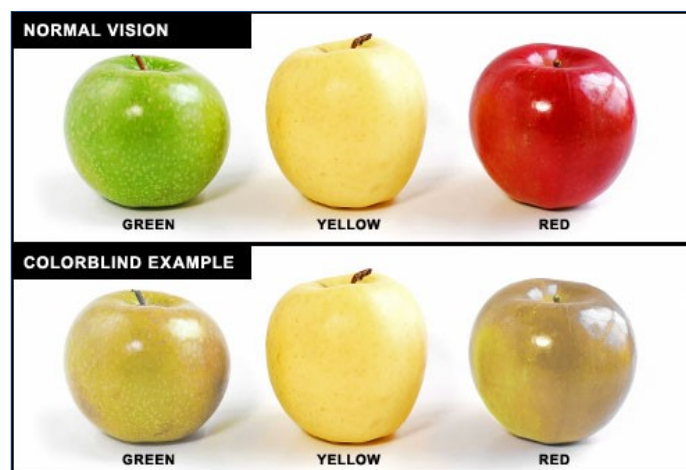
Most of the people with color blindness are male – about 1 boy out of 10 will be color blind, while only about 1 girl in 200 will be color blind.

To understand what causes color blindness, you need to know about the cones in your eyes. These cones are cells on your retina, an area the size of a postage stamp that's at the back of your eye. You have "red," "blue," and "green" cones, which are sensitive to those colors and combinations of them. You need all three types to see colors properly. When your cones don't work properly, or you don't have the right combination, your brain doesn't get the right message about which colors you're seeing.

This can be particularly troubling for children who aren't yet diagnosed with color blindness, since early educational classrooms and materials are often color-coded. Children with red-green color blindness may also have difficulty with art, which require selecting appropriate colors of supplies like paper, paint or crayons. Color blindness can go undetected for some time, since children often do not realize they see differently than others. They may also feel that others are being mean and are afraid of being teased since they might call the red ball, orange. Many schools offer vision screening tests that include color blindness testing. Once a child is diagnosed, accommodations can be made to help with tasks that require color recognition. Early detection is the key to helping children receive the assistance they need and avoid feelings of frustration in the future. The University of Arizona Cooperative Extension-Sensory Screening Program can help with early detection screenings.

### 5 Facts about Color Blindness

- There is no treatment or cure for color blindness.
- 99% of all colorblind people are suffering from red-green color blindness.
- If a woman is red-green colorblind, all her sons will also be colorblind.
- Many colorblind people have problems with matching clothes and buying ripe bananas.
- "What color is this?" is the most annoying question you can ask your colorblind friend.





## You're one in a melon!

As temperatures rise, so does our cravings for ice cold watermelon on a sunny summer day. Watermelon is the iconic fruit for summer, when most think about summer picnics, watermelon is always on the menu. Watermelon contains 92% water and is a great thirst quencher. It has high levels of B1 vitamins to increase brain power, vitamin A to help eye sight and potassium to protect us from heart disease. It also helps clean the kidneys of toxins.

Most just cut a slice and dig right in but what about doing something more creative and fun for the whole family? The following recipes are great for entertaining the kids while they are on summer break or to bring to a family barbeque.

### Watermelon Cake Directions:

- Wash hands with warm water and soap.
- Wash fresh fruits before preparing
- Select a watermelon about 9 inches diameter. Cut a three to four inch thick section from the middle of the watermelon. Cut between the white rind portion and the red flesh to remove the rind. Pat watermelon cake dry with a paper towel and place on a flat serving plate.
- Fold together the whipped topping and the yogurt. Frost the top and sides of the watermelon with the whipped topping mixture. Decorate as desired with fresh fruit.
- Refrigerate until ready to serve.. Can be stored several hours or overnight.

Have fun making Watermelon Cake; allow children and adults to be creative with their "cake designs". The cool refreshing taste of the watermelon complemented with the sweet "frosting" will make this your go to summer dessert recipe.

Looking to add some spice to the summer? Try making the Arizona Grown Watermelon Fire and Ice Salsa. Including traditional salsa ingredients but replacing the tomatoes with cubed watermelon gives your taste buds a shock with this crazy salsa combination.

Whether you like it sweet or spicy, each of these healthy watermelon recipes will be the talk of the party.



(Watermelon cake made by the youth at the Ak-Chin Library during the Healthy Snack Program provided by Pinal County Cooperative Extension Instructional Specialist- Amber Hubbell)

### Ingredients

- **1 seedless watermelon**
- **8 ounces frozen light whipped topping thawed**
- **8 ounces low-fat lemon yogurt**
- **Fresh fruit to decorate**

# Community Events

**June 10th from 9am to 3pm - Learn the Signs; Act Early Autism training  
- Casa Grande**

**June 17th, 9am to 11am - Family Style Meals - Casa Grande**

**Sunday, June 25 – Wednesday, June 28, 2017 - Pinal County 4-H Camp**

Find Us on Social Media:

Facebook:

\* [Pinal County Garden and Landscape Program](#)

\* [Maricopa Master Gardeners](#)

\* [Pinal County 4-H](#)

\* [Child Care Health Consultation for Pinal County, AZ](#)

Twitter: [@RickGibson4](#)

Blog: [ricksgardenspot.blogspot.com](http://ricksgardenspot.blogspot.com)

## University of Arizona Pinal County Cooperative Extension

**4-H** provides educational opportunities for youth to become capable and contributing members of a global community. Children, ages 5-19, learn about healthy lifestyles, animals, plant sciences, and leadership. 4-H Contact: Kimberly Gressley at (520) 836-5221, x.213 or [gressley@cals.arizona.edu](mailto:gressley@cals.arizona.edu)

**Agronomic Field Crops** uses research and education efforts to work to improve field crop productivity and global food and fiber supply, farm economic viability, and protecting the environment. Contact: Rick Gibson at (520) 836-5221, x.227 or [gibsonrd@cals.arizona.edu](mailto:gibsonrd@cals.arizona.edu)

**ASPIRE** : UACE will provide the Self-Determination portion of the ASPIRE Project statewide. The Self-Determination curriculum that will be used is being developed by a team of individuals from Pinal, Santa Cruz, Pima, and Cochise Counties. Some of the components of the Self-Determination curriculum include: Choice-making skills, problem solving skills, goal-setting and attainment skills, and self-knowledge and awareness skills. The curriculum will be delivered in group settings over the course of the year. Contact: Sally Peoples at (520) 836-5221, x.224 or [speoples@cals.arizona.edu](mailto:speoples@cals.arizona.edu)

**Brain Builders** is a 16-hour training for child care providers and parents focusing on early brain and child development for children, ages 0-3. Brain Builders Contact: Sally Peoples at (520) 836-5221, x.224 or [speoples@cals.arizona.edu](mailto:speoples@cals.arizona.edu)

**Child Care Health Consultations (CCHC)** develops relationships with childcare facilities to provide training to staff that will improve their knowledge and practice in the childcare setting. CCHC Contact: Janet Jepsen at (520) 836-4651 or [janetj@cals.arizona.edu](mailto:janetj@cals.arizona.edu)

**Choose Health Action Teen (CHAT)** is designed to recruit teens to teach younger children the benefits of healthy eating and active living. Teens also participate in community service events. CHAT Contact: Esmeralda Castillo at (520) 836-5221 or [ecastill@cals.arizona.edu](mailto:ecastill@cals.arizona.edu)

**Developmental Program** reaches out to families with children, ages 0-5, to screen for early developmental milestones such as gross and fine motor skills, communication, personal-social skills, and problem-solving capacities. Developmental Contact: Esther Turner at (520) 836-5221, x.211 or [eturner@cals.arizona.edu](mailto:eturner@cals.arizona.edu)

**Expanded Food and Nutrition Education Program (EFNEP)** is a nutrition education class designed to assist limited resource families in eating smart and being active and in acquiring the knowledge, skills, and behavioral changes necessary to contribute to their personal development and the improvement of the total family diet, nutritional and physical well-being. EFNEP Contact: Esmeralda Castillo at (520) 836-5221 or [ecastill@cals.arizona.edu](mailto:ecastill@cals.arizona.edu)

**First Smiles** is an oral health program that provides preventative oral health education, oral screening, referral to dentists for children birth to age five and pregnant women; and fluoride varnishing for children with emergent teeth up to age five. Contact Greeta Mills at (520) 836-4651 or [gmills@email.arizona.edu](mailto:gmills@email.arizona.edu).

**Master Gardener Program** trains volunteers to provide up-to-date, locally tested practical information to those desiring to improve the quality and effectiveness of desert gardens and landscapes. Master Gardener Contact: Rick Gibson at (520) 836-5221, x.227 or [gibsonrd@cals.arizona.edu](mailto:gibsonrd@cals.arizona.edu)

**Project WET (Water Education for Teachers)** is a program designed to teach educators how to better integrate water education, water conservation, and best management practices for water use into their curriculums. Project WET Contact: Chuck Dugan at (520) 836-5221, x.210 or [clld1@email.arizona.edu](mailto:clld1@email.arizona.edu)

**Sensory Program** provides free screenings of children, ages 0-5, for vision and hearing impairments that could affect their developmental growth. Sensory Contact: Esther Turner at (520) 836-5221, x.211 or [eturner@cals.arizona.edu](mailto:eturner@cals.arizona.edu)

**Soil Fertility Research and Education** is a program that focuses on the development of research and education on soil testing, nutrient management, and fertilizer and animal waste best management practices. Contact: Rick Gibson at (520) 836-5221, x.227 or [gibsonrd@cals.arizona.edu](mailto:gibsonrd@cals.arizona.edu)

**Strengthening Families Program** is a parenting and family strengthening program for families with children ages 3-5, that focuses on strengthening parental bonds with their children and learning more effective parenting skills. SFP Contact: Esther Turner at (520) 836-5221, x.211 or [eturner@cals.arizona.edu](mailto:eturner@cals.arizona.edu)

**University of Arizona Nutrition Network (UANN)** is a program designed to influence healthy eating and active living in a positive way that promotes health and reduces disease among all people living in Arizona. UANN Contact: Jennifer Staples at (520) 836-5221, x.207 or [jstaples@cals.arizona.edu](mailto:jstaples@cals.arizona.edu)

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Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting (Cooperative Extension, Pinal County, 820 East Cottonwood Lane, #C, Casa Grande, AZ 85122, 520.836.5221). Requests should be made as early as possible to allow time to arrange the accommodation.

### Main Office

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