



April 2013

Community Connection

University of Nevada

Clark County Cooperative Extension

Healthy eating does not have to be expensive



There are a lot of myths regarding food and one of them is that eating healthy is too expensive! The **Healthy Eating on a Budget** program shows that making healthy food choices does not have to be expensive. Providing nutritious choices for your family at mealtime is important for growth, energy and preventing health conditions such as high blood pressure, diabetes and heart disease.

Here are some tips to help you make the most of your food dollars:

- ◆ Prepare meals from scratch. Shred your own cheese, cut up your own vegetables, this will give you more money to spend on nutritionally rich foods. It also gives you more control of your sugar, sodium and fat intake since

Put together simple nutritious snacks that are easy to "grab and go" instead of purchasing pre-made snacks.

you are preparing the food and can decide what ingredients will be included.

- ◆ Plan meals and prepare a list. You can take advantage of items on sale and coupons. Fruits and vegetables in season are less expensive and plentiful. Creating a list will also help you get the items you really need and will cut down on impulse purchases that often have little nutritional value. Choose store brands over name brands....doing this can save up to 60 percent according to Consumer Reports.
- ◆ Use leftovers to create meals. For example, prepare a roast one day and use the leftovers to create

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Clark County Fair & Rodeo ~ April 11-14

4-H youth and the Master Gardeners will be participating in the Clark County Fair and Rodeo in Logandale.

4-H competitions include showmanship (goat/lamb/chicken/rabbit),

recycled container garden, and more.

The Master Gardeners will have several horticulture displays and be available to answer questions. They will, once again, host the Plant a Seed



Project, a hands-on activity for children.

Visit www.ccfair.com.

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We're on the Web

www.unce.unr.edu

www.unce.unr.edu/blogs/southernarea

www.YouTube.com/UNRextension

South Valley Rose Society Meeting

Cooperative Extension and the South Valley Rose Society are collaborating and offering educational meetings. Free and open to the public, the meeting topic and date for April is:



April 25 Propagating Roses from Cuttings, Judith Kafantaris, Consulting Rosarian & Master Gardener

Want to add a rose from another garden to your rose garden? What varieties are easier to propagate from cuttings? What tools are needed and what procedures works best. How to take a cutting from a public place/garden or from someone's garden? How to bring them home on the airplane or in a car.

All meetings are held at 7 p.m. at the Lifelong Learning Center located at 8050

Paradise Road, Las Vegas (I-215 and Windmill Lane). For more information, email the [Master Gardener Help Desk](#) or call 702-257-5555.

*Future Rose Society Meeting:
May 23 ~ Summer Rose Care*

April 25
Propagating Roses from Cuttings ~ Judith Kafantaris, Consulting Rosarian and Master Gardener

Healthy Eating

(Continued from page 1)

shredded BBQ sandwiches for another meal. Be sure and freeze leftovers and any fresh fruits or vegetables you will not be using right away for later use and to cut down on waste.

- ◆ Put together simple nutritious snacks that are easy to “grab and go” instead of purchasing pre-made snacks. Cut up fruits and vegetables and put them in a baggie; create your own trail mix with nuts and dried fruits; whole grain crackers/tortilla and hummus; a hardboiled egg, string cheese or dry roasted Edamame.



Try this quick, dinner recipe as a side or add a protein for main dish. It is loaded with vitamins and minerals, low in fat and only 75 cents per serving!

Summer Italian Vegetables *

Makes: 6 (½ cup) servings

Oven Temperature: 350°F

Preparation Time: 10 minutes

Cooking Time: 20-30 minutes

Ingredients:

- 1 onion, chopped
- 1 squash, diced (yellow or zucchini)
- 1 tomato, diced
- 1 green pepper, chopped
- ½ teaspoon oregano
- 1 (8 oz.) can tomato sauce
- ½ cup shredded mozzarella cheese

Directions:

1. Preheat oven to 350°F.
2. Combine onion, squash, tomato and green pepper in a baking dish.
3. Sprinkle with oregano.
4. Pour on the tomato sauce.
5. Bake uncovered at 350°F for 20-30 minutes.

6. Top with cheese and bake another 4 to 5 minutes until cheese is melted.
7. Refrigerate leftovers.

*recipe from the EFNEP program Eating Smart, Being Active curriculum

Nutrition Facts	
Serving Size 1/2 Cup (131g)	
Servings Per Container 6	
Amount Per Serving	
Calories 60	Calories from Fat 20
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 250mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 4g	

~*Rebecca Barnard, Healthy Eating on a Budget Program Coordinator*

Gardening in Small Places: What Went Wrong and more



Join Clark County Cooperative Extension on Saturday, April 13, for a one-day workshop on *Gardening in Small Places: What Went Wrong and Getting Ready for Summer*.

The class runs from 8 a.m. to Noon and explains how to look at your garden and recognize what's happening. What's healthy? What's not? And if something has gone wrong, how to correct it organically.

Making sure your garden is ready for the Mojave Desert summer can mean the difference between success and failure. Learn how to properly prepare your garden for the summer heat so it will provide you with the best possible vegetables, fruits and flowers.

The workshop is taught by Dr. Angela O'Callaghan, social horticulture specialist for Cooperative Extension. Homeowners

and other interested parties are welcome to attend.

Class space is limited and pre-registration is required. There is a \$25 fee per class which covers class materials.

To register for the workshop held at the Lifelong Learning Center (8050 Paradise Road, LV 89123, I-215 & Windmill Lane), email [Elaine Fagin](mailto:Elaine.Fagin@ccce.org) or call 702-257-5573.



More Gardening Classes listed on back!

Senior memoir-writing class offered in April



Life Stories Nevada, a memoir-writing class, has published its spring schedule. Four, month-long classes will be offered in April and May at locations throughout the Las Vegas valley. The April classes will be held each Friday beginning April 8 at Temple Beth Shalom (10700 Havenwood Lane, LV 89135) from 10 -11:30 a.m.

Life Stories Nevada helps older adults record their life stories for themselves

and future generations.

Research has illustrated the importance of personal narratives to improve memory and promote self-esteem, which can lead to extended independence and more successful aging.

Details of the upcoming classes are available on the project's website, www.lifestoriesnevada.org, by clicking on the "Find a Class" link.

For more information, email [Jean Norman](mailto:Jean.Norman@lifestoriesnevada.org) or call 702-940-5423.



Join 4-H Overnight Camp at Lake Tahoe



Southern area 4-H Overnight Camp at Lake Tahoe, Nev., is underway.

What is 4-H? 4-H is a program that focuses on teaching life skills to youth ages 5-19.

4-H uses The Experiential Learning Model that allows youth to learn while actively participating in fun and challenging activities.

This year, 4-H overnight camp is July 28-August 2 and is open to all youth ages 9-15 from any area of Nevada.

4-H membership is not required.

Registration fee includes lodging, transportation, meals and activities:

\$375 includes \$75 non-refundable deposit before April 28.

\$400 includes \$75 non-refundable deposit before June 28.

For more information, email [Mary Regan](mailto:Mary.Regan@4h.org) or call 702-257-5524.

Master Gardeners around the community



April 6 ~ 9 a.m., Choosing Plants, Acacia Park, 50 Casa del Fuego, Henderson

April 13 ~ 8 a.m., Gardening in Small Places: What Went Wrong and Getting Ready for Summer, Lifelong Learning Center, 8050 Paradise Road, LV

April 13 ~ 9 a.m., Safe and Sound Insect Control, Acacia Park

April 13 ~ 10 a.m., Paint Your Garden with Color, Lifelong Learning Center

April 23 ~ 10 a.m., Planting Vine Crops, Family Resource Center at UMC, 1120 Shadow Lane

For more information, contact the [Master Gardener Help Desk, 702-257-5555](tel:702-257-5555)

Cambridge Community Center programs



Clark County Cooperative Extension programming is offered throughout the valley at various community centers. Programs offered at the Cambridge Community Center include: Family Storyteller, Fun to Play, Little Books and Little Cooks and Cocinando Delicioso y Saludable.

The community center has numerous resources and services, among them a wide array of Cooperative Extension educational programs. Many families take advantage of “one-stop-shopping” at community centers. For more information about Cooperative Extension’s programs offered at Cambridge Community Center, please call 702-257-5516.

Cooperative Extension’s mission:

Discover: by assessing community needs; understanding emerging issues; *Develop:* science-based programs to help resolve the needs of community residents; *Disseminate:* through evidence-based educational programs; classes and publications; *Preserve:* by publishing findings via curriculum and fact sheets and demonstrate knowledge to strengthen the social, economic and environmental well-being of people.

Southern Area Cooperative Extension has offices and offers programming in Clark and Lincoln counties. Office locations and phone numbers are:

Caliente 775-726-3109

360 Lincoln Street

P. O. Box 728, 89008

Las Vegas 702-222-3130

8050 Paradise Road, 89123

Logandale 702-397-2604

1897 N. Moapa Valley Blvd.

P. O. Box 126, 89021

Laughlin 702-299-1333/1334

55 Civic Way, 89029

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