Cooperative Extension Southern Area’s 4-H camp is being held at the Nevada State 4-H Camp at beautiful Lake Tahoe from July 26 - 31, 2015. Registration is open to campers between the ages of 9-15 until the camp is full.

This year’s camp utilizes the 4-H Science, Technology, Engineering & Math (S.T.E.M.) program. During the six days, campers will participate in activities centering on nature, healthy lifestyles, robotics, Global Positioning Systems (GPS), rocketry, dramatic arts, leadership, creative arts, and much more.

Cost of the camp is $380 and includes transportation, meals, T-shirt, and activities. If you would like your child to attend camp, please email or call Karen Best at 702-257-5538. Discounts are available for early registration before May 30.

4-H is an organization that primarily focuses on positive youth development and is open to all youth ages 5 to 19. 4-H is a community of young people across America learning leadership, citizenship, life skills and technical skills through active participation in events, projects and community service. 4-H is the largest out-of-school youth organization in the United States with over 7 million members. There are over 49,000 young people engaged in 4-H programs across the state of Nevada. 4-H is delivered in many different settings including community and project clubs, military and 4-H afterschool programs; special interest groups; school enrichment; faith-based; camping and more.

4-H is also offering two summer day camp sessions. The first day camp, open to youth ages 7-11, is scheduled from June 9-11; the second day camp, open to youth ages 10-14, is scheduled from July 7-9. Both camps will start at 9 a.m. and conclude at 4 p.m. and include activities in plant & animal sciences, health & nutrition, computer science, aerospace, and more! The camps will be held at Cooperative Extension’s Lifelong Learning Center is located at 8050 Paradise Road, Las Vegas, Nev. Cost of the day camp is $75 per person per session and includes snacks and activities. Sibling registration is $50 per person per session. Please note that previous 4-H experience is not required. Email or call Karen Best at 702-257-5538.
Master Gardener’s work awarded

Master Gardener training and expertise paid off for the Cinnamon Ridge Homeowners Association with the “Premiere Community Award” presented by the City of Henderson. University of Nevada Cooperative Extension Master Gardener Debra Jacobson brought her desert gardening knowledge and designed the desert-friendly landscaping. Acting as the Landscape Advisor for the Association, Jacobson assisted with this process.

“When I began this project a few years ago,” stated Jacobson, “there were holes from old landscape plants that were taken out and 15 year old trees and shrubs that were in bad shape.”

Jacobson used native desert plants*, contrasting rock and boulders and designed “pods” to serve as focal points throughout the one-quarter mile area along Burkholder Road. Inappropriate plants and shrubs were replaced with desert-hardy Agave, Yuccas, Ocotillo and Brittlebush, creating an award-winning landscape.

“The area just needed the right plant for the right place,” added Jacobson. One important irrigation issue was addressed—friction loss in irrigation lines. This was corrected by placing plants that need more water at the beginning of the irrigation line with the lower-water use plants towards the end. This not only made sense, it saved money.

Cinnamon Ridge Homeowners Association is located near Burkholder Road and Cloudcrest Drive in Henderson, Nev. Debra March, Councilwoman for the City of Henderson, presented the award to Debra and Andrew Jacobson at the Neighborhood Leadership Forum meeting in December. Mr. Jacobson is the president of the Cinnamon Ridge Homeowners Association.

*Other desert-adapted plants incorporated in the landscape included: Red yucca - Hesperaloe parviflora; brittlebush - Encelia farinosa; Agave americana, A. palmeri, A. truncata, and A. Victoria; Desert spoon - Dasylirion wheeleri; Red and yellow bird of paradise - Caesalpinia pulcherrima & C. gilliesii; Ocotillo - Fouquieria splendens; Spanish bayonette - Yucca aloifolio; Spanish daggar - Yucca glorioso; Banana yucca - Yucca bacata; Giant sword - Hesperaloe funifera; Bottlebush ‘little john’ - Callistemon ‘little john’; and Juniper, buffalo - Juniperus sabina ‘Buffalo’.

Connecting Kids to Coverage

Cooperative Extension is a trusted source of information for families on a variety of topics – including the care and well-being of children. Today, nearly 73,000 children and teens are eligible for free or low-cost health coverage through Medicaid and Nevada Check-up but are not enrolled. Enrollment in these programs is open year round, so it’s never too late to apply!

Everyone can be part of a nationwide effort to spread the word about year-round enrollment in Medicaid and the Children’s Health Insurance Program (“CHIP” or Nevada Check-up). Join the Connecting Kids to Coverage Campaign to help more families enroll in quality, affordable health insurance. Enrollment keeps kids healthy – and gives parents one less thing to worry about. Here are a few ways you can help spread the word:

- Talk to parents about free or low-cost health insurance options for their family. Refer them to www.positivelykids.org or 1-888-540-5437 to learn more and get help applying.
- Download and share Campaign materials.
- Sign up for the Connecting Kids to Coverage National Campaign Notes eNewsletter for outreach tips and Campaign updates.
Irrigation workshop

Join Cooperative Extension on Saturday, April 4, for a one-day workshop on *Gardening in Small Places: irrigation*. The class runs from 8 a.m. to Noon. The workshop, taught by M.L. Robinson, Cooperative Extension’s environmental horticulturist, will cover different types of irrigation and how they are best used, so you can figure out what would work best in your landscape. Homeowners and other interested parties are welcome to attend.

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

To register for this class, held at the Lifelong Learning Center (8050 Paradise Road, Las Vegas, Nev.), email Elaine Fagin at or call 702-257-5573. To register online, visit Eventbrite.com.

Upcoming Gardening in Small Places workshop dates are May 9, what’s bugging your garden; and June 13, organic gardening.

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Flowers and pollinators

We distinguish between flower gardens and vegetable ones. This is, of course, an unnecessary differentiation, since so many flowers are edible and so many vegetables are lovely.

Flowers are often the indicator that our vegetables are on the way: many of the yellow tomato flowers will become pollinated and produce fruits, likewise the hibiscus-like flowers of okra. Even those who do not like eating that vegetable admire its cream colored blossoms.

Not all plants bloom, but a significant number of garden plants do. Why would plants create a floral display? It takes a large amount of resources to produce a blossom, so there must be a significant benefit. The reason may not be because they want to please us, although Michael Pollan in *The Botany of Desire* states that plants have evolved in a way that encourages humans to propagate them.

Not all flowers are lovely – while it may not be attractive, even Bermuda grass produces a flower. Beautiful or plain, however, flowers play a unique role in a plant’s life. Whether or not we eat a plant’s leaves, flowers or fruit, if it produces a blossom, it is doing it for a reason – propagation.

It attracts pollinators, either by its color, scent, or shape, alone or in any combination and catches pollen. The shape makes it easier for some pollen to be transported on the wind, as in Bermuda grass.

Many of our favorite fruiting vegetables result from the efforts of pollinators such as bees. Bees seek out white, yellow or blue flowers with a fresh, mild, pleasant odor. They prefer a shallow bowl shape, providing them a landing platform, but will also fly to tubular flowers.

Bright colorful flowers tend to attract brightly colored pollinators. It is a fact that hummingbirds are drawn to tubular red flowers but their taste is somewhat more expansive than that. In the absence of their favorites, they seek out other blooms that may have nectar (their sugar source) and minute insects (yes, they are busy insect-eaters), but scent is not important. Butterflies will seek out brightly colored flowers in reds and purples with a slight scent. They prefer an inflorescence that provides a landing pad, hence lantana is a favorite.

When trying to attract butterflies, remember that the juveniles might not look like adults. What people sometimes forget is that butterflies start off as leaf-eating caterpillars, which may not eat the same food as adults, which may eat nectar. Be prepared to sacrifice some leaves early, to see a beautiful butterfly later.

Angela O’Callaghan, Social Horticulture
Sweet bell peppers

For more information contact:  
Mary Wilson, MS, RD  
702-257-5507,  
www.unce.unr.edu

Green, red and yellow peppers are great served raw, either plain or with your favorite dip. Toss slices in salads or sandwiches or roast them whole on the barbecue grill.

**CHINESE VEGETABLE STIR-FRY**  
Heat 4 teaspoons of oil in a skillet over medium high heat. Add 1 cup each of broccoli florets, sliced carrots, cauliflower florets and sliced celery and cook for two minutes. Add 1 cup of red bell pepper chunks and 1 cup of pea pods and cook for two minutes. Add Sweet ‘N Sour Sauce (recipe included), bring to a boil and cook for one minute, covered. Serve vegetables while hot.

**Sweet ‘N Sour Sauce**  
3/4 cup pineapple juice  
1 tablespoon sugar  
1 tablespoon lemon juice  
1 1/2 teaspoons cornstarch  
1 teaspoon soy sauce  
Mix all ingredients together.

Plan to visit the Clark County Fair and Rodeo this year and be sure to visit the 4-H area and the Master Gardener’s booth.

Find other vegetable publications at: www.unce.unr.edu/publications

**Fact Sheet #11-28**

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**Sweet bell peppers**

**Bell Peppers**  
- How to select — Choose firm, brightly colored peppers with tight skin that are heavy for their size.  
- How to store — Refrigerate bell peppers in a plastic bag for use within five days.

**Peter Piper’s Peppers**  
Peppers are loaded with nutrition but low in calories — only 35 per large bell. Green peppers have nearly twice as much vitamin C as oranges, and red and yellow peppers have nearly three times as much. Peppers are an excellent source of potassium and a good source of folic acid and vitamin B-6.

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**Cooperative Extension’s mission:**  
Discover: by assessing community needs; understanding emerging issues; developing 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.

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**Community Connection** is published monthly by and for the Southern Area of Cooperative Extension.  
Editor, design & layout: Marilyn Ming, UNCE Marketing/Public Relations Specialist  
Direct comments/suggestions to: southern.news@unce.unr.edu  
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