



# University of Nevada Clark County Cooperative Extension

University of Nevada  
Cooperative Extension

August 2014

Community Connection

## What is a Cottage Foods business?

**How can this new law help me?** Cottage Food operations are defined as people who manufacture or prepare food items in a non-food establishment setting for sale directly to an end consumer. Gross sales from a Cottage Food operation may not exceed \$35,000 annually.

Cottage Food preparation takes place in a kitchen that is not inspected by a governmental entity.

Nevada Cottage Food Law (SB206) has great opportunities for those looking to supplement their income. The law allows all

non-potentially hazardous baked goods, cereals, dried fruit, granola, hard and soft candies, dried herbs, jams, jellies and preserves, nuts and seeds, popcorn, seasoning, and vinegars . These foods may only be sold in the private home of a registered person who

**NRS Chapter 446 includes labeling requirements of food prepared by cottage food operations.**

prepares them, in farmers markets, flea markets, swap meets, church bazaars, garage sales and craft fairs.

NRS Chapter 446 includes labeling requirements of food prepared by cottage food operations. Food packaging must be affixed

with labeling that prominently reads:

“MADE IN A COTTAGE FOOD OPERATION THAT IS NOT SUBJECT TO GOVERNMENT FOOD SAFETY INSPECTION.”

Make sure you understand all requirements and guidelines; all labels must be submitted prior to sale of items. In Clark County, visit the [Southern Nevada Heath District](#) to register. Others may register with the [State of Nevada Health Authority](#). (Scroll three quarters of the way down to Cottage Foods.)

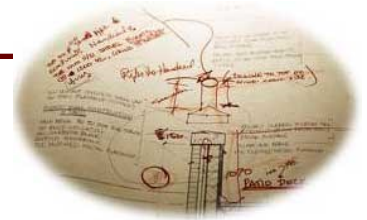
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## Landscape design workshop

Plan to join Master Gardener and 2010 SNWA Water Smart Landscape Award winner Denise McConnell for the *Gardening in Small Places: landscape design* workshop on August 9 from 8 a.m. to noon. Participants will leave this workshop with the basics to create their own practical landscape design to turn that small space into a dream space. Denise will demonstrate the tips for organizing your space and choosing size-appropriate plants to give the feeling of intimacy or create the illusion of more space. Homeowners and other interested parties are welcome to attend.

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

To register for the workshop [email](#) Elaine Fagin or call 702-257-5573. Save the date: September 20, Using native plants in the landscape; October 4, Tree selection and care; and November 15, Growing fruit at home.



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We're on the Web

[www.unce.unr.edu](http://www.unce.unr.edu)

[www.unce.unr.edu/blogs/southernarea](http://www.unce.unr.edu/blogs/southernarea)

[www.YouTube.com/UNRextension](http://www.YouTube.com/UNRextension)

## Cottage foods

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**History as to why this happened?** The Food Safety Modernization Act was first introduced in the House in 2009, partly in response to public outcry over a rash of recalls of basic kitchen staples, such as eggs, spinach and peanut butter. This legislation aims to improve overall food safety by giving the Food and Drug Administration new powers to better monitor and help prevent food-borne disease outbreaks. It increases the FDA's

ability to trace problems to the source and hold those parties responsible.

This act took nearly two years of criticism, from media-hyped false claims that this law would make home gardening illegal to a valid concern that it could adversely affect small-scale farmers through unnecessary regulations and paperwork. This bill officially passed the House on December 21, 2010; with a vote of 215 to 144; it already passed the Senate in November.



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## Food safety in home canned products

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Home gardeners are preserving their delicious produce they've been growing this year. Did you know 1 in 5 U.S. households can their own food, and 65 percent of those households can vegetables? Home canning is a great way to preserve your garden goodies. But beware: if it's done the wrong way, the vegetables you worked so hard for could become contaminated by a germ that causes botulism, a serious illness that can affect your nerves, paralyze you, and even cause death.

From 1990 to 2000, 160 foodborne botulism events affected 263 people in the United States. The National Center for

Home Food Processing and Preservation was established with funding from the Cooperative State Research, Education and Extension Service (CSREES-USDA) in 2000 as a multi-institutional effort with The University of Georgia and Alabama A&M University as the primary institutions. Expert scientists in home food preservation from industry and eight other U.S. universities comprised an advisory committee for the Center. Home food preservation recommendations were updated through laboratory development and testing of products and critical literature reviews; recommendations from USDA and Cooperative Extension <http://nchfp.uga.edu/index.html>.

**Use proper canning techniques.** Make sure your food preservation information is always current with up-to-date, scientifically tested guidelines. Don't use outdated publications or cookbooks, even if they were handed down to you from trusted family cooks.

**Protect yourself: When in doubt, throw it out!** For more information please contact the [Southern Nye](#) Cooperative Extension office located in Pahrump or call 775-727-5532.

## Hot weather hints

### Staying cool

*Drink at least one cup of water every hour.* Your body can lose fluids before you feel thirsty. You will need more if you're doing strenuous activity in the heat.

**High-protein foods take more energy to digest and add to internal body heat.**

*Avoid Alcohol.* It has a dehydrating effect.

*Wear light-colored, loose-fitting clothing that reflects heat and protects you from the sun.*

*Pay attention to the heat index (HI) as well as the temperature.* It's dangerous to do strenuous activity outdoors when the HI is

above 90° F. Your local weather channel or forecaster should be able to tell you the HI, which combines air temperature with humidity and tells you how hot it feels outdoors in the shade. Full sunshine can increase the HI by 15 degrees.

*Work or exercise outdoors during the early morning hours.*

*Use at least one ounce – about four tablespoons – of sunscreen with a SPF of at least 30 and apply 15 minutes before going outside. Reapply every two hours or immediately after swimming or strenuous activity.*

*Protect your eyes with UV ray-blocking sunglasses and a wide-brimmed hat.*



Sources: American Academy of Dermatology;  
American Red Cross  
HopeHealth–No. 11609

## Swimming tips

The 115°F heat in Las Vegas makes me want to head over to the community pool and jump in! Do you ever wonder how those athletes make it look so easy? Many of us feel like we just swam the English Channel after one lap across the pool! The secret is “biomechanics.” Biomechanics helps increase productivity while decreasing energy output. It's how we train athletes to jump higher, run faster, throw objects farther and swim longer distances with less fatigue! Sounds like efficiency we could all use!

When I was in college I worked as a lifeguard in Santa Barbara, California. My aquatics director was an Olympic swimmer. Sitting in the lifeguard tower watching her swim lap after lap, day after day, studying her technique, really enhanced my own performance as a swimmer. I realized it was all about technique. So, I thought I might share some tips to help you make swimming a more enjoyable experience and improved workout whether you are a new or veteran swimmer.

**Body Position** – Keep your body relaxed and in a straight line. Look forward, not down at the bottom of the pool. Your hairline should just crest the surface of the water in front of you. Be sure to wear goggles so you can see where you are going.

**Arm Stroke** – While many swimmers think they are propelled forward by kicking hard, it is actually the arm stroke that does the work. As you begin your underwater pull, instead of placing your hand in the water right in front of your head, reach out in front of you about 15 inches. Break the water with your thumb and first two fingers as you place your hand in the water, and then reach a little more by extending your arm from your shoulder as you prepare to pull. Don't worry about a clean and gentle entry, it takes too much energy. Relax and expect a little splash.

The real key comes next - the pull. Don't make a straight line with your arm stroke as it will only propel you briefly at the beginning of the stroke and once that water is in motion you are

wasting energy. Instead, make a large S-shape under your body. This allows you to grip new water and propel yourself the whole length of the arm pull. As you catch the water, curve your hand inward toward your belly button, and then out again by your hip as your hand exits the water.

**Breathing** - As you reach out to begin your pull, pivot your body (e.g. when your right arm is fully extended in front of you and your left arm is about to exit the water behind you for its recovery). The right side of your body should be completely rolled under the water. It will create a little pocket over your left shoulder to take in air. Don't turn your head more than 90° to the side. Many swimmers make the mistake of turning their head 120° or so until their entire face is out of the water or lift their head *forward* to breathe. These techniques exert too much energy. It is best to breathe on both the left and the right side. This will take some time to learn. Practice and be patient.

**Kick** - Finally, simplify your kick. Kicking is not meant to propel you forward as much as it's meant to create a rhythm and keep your legs afloat. A fast flutter kick will just make you tired. Instead, keeping your feet slightly submerged, kick periodically creating as little white-water as possible. Practice by squeezing a floatation device between your ankles and swim using only your arms. This will help you minimize your kick and strengthen your arm stroke.

Swimming is great exercise and a wonderful cooling activity during the heat of summer. If you focus on technique just a little, it will make swimming much more enjoyable and much less exhausting. But you must practice like our friend Dory, in Disney Pixar's *Finding Nemo*, “Just keep swimming, just keep swimming!”

*Anne Lindsay, Exercise Physiologist*

# Junior Master Gardener open houses & registration

## Looking for educational, gardening activities for the fall?

Searching for fun, educational activities for your children this fall? Check out University of Nevada Cooperative Extension's Junior Master Gardener™ program. Beginning in September, your child can experience hands-on gardening activities while learning about plants, water, soil, veggies and more, with an end product they can eat! In addition, your child can learn leadership skills, service, safety with tools, community service and much more from this 4-H program.

Children ages 7-12 are invited to attend the program. The 8-session per semester class fee is \$50. Classes are held from 9-12 a.m. each week. If you live in the north part of the valley, there are Saturday Junior Master Gardener classes at the Research Center & Demonstration Orchard (Horse Road/Decatur) beginning Sept. 6, 2014. If you live in the south part of the valley, the Saturday Junior Master Gardener classes will be held at the Lifelong Learning Center's Outdoor Education Center (I- 215/Windmill Lane) beginning Sept. 13, 2014.

For more information and to register, please contact Karyn Johnson at 702-257-5523 or email [johnsonk@unce.unr.edu](mailto:johnsonk@unce.unr.edu). **Students must register to participate.** For more information on the nation-wide JMG program, visit [www.jmgkids.us](http://www.jmgkids.us). Families with children outside of the JMG registration age range, please contact Karyn Johnson for scheduled dates of family gardening days.



## Visit one of two open houses—or both!

**Who:** Everyone  
**What:** Junior Master Gardener Open House  
**When:** Saturday, August 9, 2014 from 9 a.m. to Noon

**Where:** North ~ Research Center & Demonstration Orchard, 4600 Horse Road, NLV 89131

**Why:** View projects completed by JMG participants

**Who:** Everyone  
**What:** Junior Master Gardener Open House  
**When:** Saturday, August 16, 2014 from 9 a.m. to Noon  
**Where:** South ~ Lifelong Learning Center  
8050 Paradise Road, LV 89123  
**Why:** View projects completed by JMG participants

**Register for upcoming series as highlighted above.  
Enjoy refreshments!**

### 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

Logandale 702-397-2604  
1897 N. Moapa Valley Blvd.  
P. O. Box 126, 89021

Las Vegas 702-222-3130  
8050 Paradise Road, 89123

Laughlin 702-299-1333/1334  
55 Civic Way, 89029

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Editor, design & layout: Marilyn Ming, UNCE Marketing/Public Relations Specialist  
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