

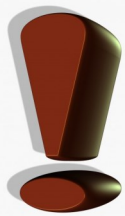


University of Nevada
Cooperative Extension

February 2016

Community Connection

WHICH TYPE OF CHOCOLATE IS BEST FOR YOU?



It appears that dark chocolate is your best choice since it contains the most potent plant chemicals called flavonoids. Studies have shown that chocolate consumption may help lower blood pressure, reduce blood cholesterol and benefit the heart in other ways. However, more studies are needed to identify the type and how much chocolate is best suited for health benefits. For now, an ounce or two makes a nice dessert or snack and is probably good for you. Of course, since the chocolate that we eat is high in sugar

and fat, it's best to consume it in moderation as part of a healthy, balanced diet. For more information, [email](#) or call Mary Wilson at 702-257-5507.

GET LOCAL GARDEN INFORMATION



Some plants – trees, vegetables or flowers – are impractical or unsustainable for growing in the desert. That does not mean it cannot be done. Seasoned gardeners in southern Nevada know it is possible to grow almost anything here, assuming the necessary resources are available, which they rarely are.

Non-horticulturists have a hard time believing this, and sometimes dissuade others from creating their own gardens. Inexperienced gardeners, or those who are new to the region, often start their efforts with trepidation, having heard that conditions in this part of the country make gardening impossible. These brave people are eager for helpful information, but may find that they are reaching out to sources that are unfamiliar with the unique challenges of life in the Mojave. In the world of horticulture, there is no one size that fits all. Read [more!](#)

FREE RADON TEST KITS THROUGH FEB.



Free, easy-to-use radon test kits are available Dec. 1 through Feb. 29 at all Cooperative Extension offices and partner locations statewide. Radon, a naturally occurring radioactive gas, comes from the ground and can enter homes and

accumulate to elevated concentrations. At elevated concentrations, the odorless, colorless gas can raise the risk of lung cancer for unsuspecting homeowners. Read [more!](#)

ON BACK

Miraculous cures
Gardening workshop

COOPERATIVE EXTENSION

Who we are: We are the outreach college of the University of Nevada, Reno. We design and deliver community programs to residents of Nevada with other agencies and volunteers.

What we do: We learn about the needs of our community and develop programs to meet them. We teach classes, hold workshops, sponsor seminars related to those needs and provide online information.

What we offer: Education, training and instruction in: Health & Nutrition; Children, Youth & Families; and Water, Horticulture, Economics & Environment.

Hope you are enjoying this shorter newsletter format!



**Cooperative Extension
Southern Area office locations
and phone numbers:**

Clark 702-222-3130

8050 Paradise Road
Las Vegas, 89123

Northeast Clark 702-397-2604

1897 N. Moapa Valley Blvd.
P.O. Box 126,
Logandale, 89021

Southern Clark 702-299-1333

55 Civic Way
Laughlin, 89029

Southern Nye 775-7274-5532

1651 E. Calvada Blvd
Pahrump, 89048

**Northern Nye/Esmeralda
775-482-6794**

P.O. Box 231
#1 Frankie St., Old Courthouse
Tonopah, 89049

Lincoln 775-726-3109

P.O. Box 728
360 Lincoln St.
Caliente, 89008

Eureka 775-237-5326

P.O. Box 613
701 S. Main St.
Eureka, 89316

White Pine 775-293-6599

950 Campton St.
Ely, 89301

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.

MIRACLE CURES NOT SO MIRACULOUS



Americans spend billions of dollars each year on products that offer shortcuts and simple solutions to all our ills. People want to believe in miracles. We are a society that wants results now. Unfortunately, there are no shortcuts to good health. Only through self-control; intelligent, informed decisions; and adequate exercise can we achieve it.

Daily we see television, magazine, and newspaper advertisements proclaiming cures and quick-fixes for different problems. Some are obviously ridiculous, but others cite scientific studies and case histories that sound quite reliable. And not all advertisements for health products are false. Some ads use shreds of scientific evidence that are stretched out of proportion. Others cite studies that were conducted under very specific circumstances, but do not hold true with the general public. The difficulty comes in deciding which advertisements we should or should not believe. Read [more!](#)

GARDENING WORKSHOP

Join University of Nevada Cooperative Extension on Saturday, February 20 for a workshop on *Gardening in Small Places: vegetables* from 8 a.m. to noon. The class, taught by Angela O'Callaghan, is designed to show you how to make the most of your small space. Topics for the vegetables workshop include types of containers to use, differences in potting mixes, using artificial light, fertilizers, success with seeds and more.

Homeowners and other interested parties are welcome to attend. Read [more!](#)



FEB. ROSE SOCIETY MEETING & GARDEN TOURS

Cooperative Extension and the South Valley Rose Society are collaborating and offering educational meetings throughout the winter. On Feb. 25, Master Gardener Judith Kafantaris will discuss fertilizers and soil amendments. Learn how to improve southern Nevada's nutrient-poor soil to grow healthy roses. The meetings are free and open to the public. Read [more!](#)

The Master Gardeners have spring rose and demo garden tours set. Learn all about seasonal rose care at the award-winning Master Gardener's Rose Garden. Hands-on demonstration classes will provide tips for getting your rose garden ready for spring bloom.

The Master Gardeners continue to offer weekly tours of the entire Demonstration and Test Gardens each Friday at 10 a.m. The gardens contain over 1000 species of desert appropriate landscape plants, including: trees, shrubs, perennials, palms, cacti and agaves. Read [more!](#)



Award-winning Master Gardeners' Rose Garden