



University of Nevada  
Cooperative Extension

February 2017

## Community Connection

### CONSIDER PATIO FARMING



*A planting pot can be a small garden.*

Not everyone needs or wants a large edible garden. It can simply be that the yard is not big enough to contain a raised bed. It may be that there are not enough hours in a day to keep a large garden going. A one or two person household might not eat enough greenery to make a whole garden worthwhile.

Even with these conditions, it is still possible to grow a salad that might last until late spring. If all one wants is enough leafy greens for salads, a large planting pot can serve as a “Patio Farm”. The idea is that one can crowd certain plants to a degree, and harvest only a part, leaving the rest to grow.

Unlike the vegetables we grow for their fruits – cucumbers, tomatoes, peppers, etc., those we eat for their leaves can be harvested one leaf at a time. The best plants for this technique are lettuce, spinach and mustard greens. These kinds of vegetables grow in rosettes, with their leaves arranged tightly around a small core. Read [more!](#)

### VALENTINE’S DAY TREATS FOR YOUR SWEET’S HEART

Show your sweetheart with love and good eats by preparing special recipes rich with flavor and good nutrition.

See **RED** on Valentine's Day

Red fruits and vegetables contain many health-promoting phytochemicals including lycopene and anthocyanins. This color group may help promote:

- A lower risk of some cancers
- A healthy heart
- Memory health
- Urinary tract health

For red recipes, fruits and vegetables, visit the article on [eXtension](#) written by the University of Nebraska-Lincoln Extension Lancaster County.



#### ON BACK

Food product dating info  
Insects, bugs & bunnies on roses

#### COOPERATIVE EXTENSION

**Who we are:** We are the outreach unit 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.



**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.

## FOOD PRODUCT DATING FACT SHEET



Many consumers incorrectly assume that a date stamped on a product's package is an expiration date. They automatically throw it out once that date arrives, thinking the food is unsafe to use. This is not true.

Most dates on food products are not meant for safety but for quality. If a calendar date is shown on a product, federal regulations do require that a phrase explaining its meaning be printed immediately adjacent to the date.

These phrases are "sell-by," "use-by" and "best if used by (or before)." "Closed" or "coded" dating might appear on shelf-stable products such as cans and boxes of food. Read [more!](#)

~ Mary Wilson, MS, RD

For more information, contact [Susan Lednicky](#) at 702-257-5548.

## BUGS AND INSECTS ON YOUR ROSES?

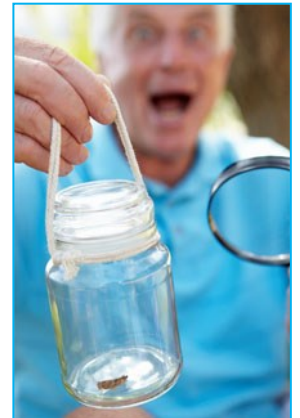
Feb. 23 topic: *Rose diseases, insects, bugs and bunnies.*

Join Cooperative Extension and learn how to protect desert roses from powdery mildew, aphids, spider mites, thrips and other common bane that can spoil or even destroy your gardens. Also hear about the latest IPM techniques as well as solutions to control the local "bunny" invasion.

The South Valley Rose Society meetings are free and open to the public.

All educational meetings are held at 7 p.m. at the Lifelong Learning Center located at 8050 Paradise Road, Las Vegas, Nev. (I-215 and Windmill Lane).

For more information, please [email](#) or call the Master Gardener Help Desk at 702-257-5555.



## VEGETABLES CAN GROW IN THE DESERT!

The *Gardening in Small Places—vegetables* workshop will be held on Feb. 25 from 8 a.m. to noon. Let Angela O'Callaghan, social horticulturist, teach you what you need to know to get started and have a successful garden this year.



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. Registration is available [online](#).

*Let us help you to make 2017 your most successful garden yet!*