



University of Nevada
Cooperative Extension

March 2016

Community Connection

NATIONAL NUTRITION MONTH



**SAVOR
THE FLAVOR
OF EATING
RIGHT**

NATIONAL NUTRITION MONTH® 2016

National Nutrition Month®

is a nutrition education and information campaign sponsored annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. National Nutrition Month® 2016

encourages food traditions and the great social experiences food adds to our lives.

What we eat is very important, but mindful eating—how, when, why and where we eat—can be just as important. That’s why this year’s theme is “Savor the Flavor of Eating Right!”

- ◇ **Start with the basics.** Eating right doesn’t have to be complicated. A healthy eating plan emphasizes fruits, vegetables, whole grains, low-fat or fat-free dairy and includes lean meats, poultry, fish, beans and nuts. A healthy eating plan is also low in saturated fats, *trans* fats, cholesterol, salt and added sugars.
- ◇ **Make calories count** by thinking nutrient-rich rather than “good” or “bad” foods. Most food choices should be packed with vitamins, minerals, fiber and other nutrients — and lower in calories. Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.
- ◇ **Focus on variety** by eating foods from all the food groups. Fruits and vegetables can be fresh, canned or frozen. Look for locally grown produce that’s in season. Vary protein choices with more fish, beans and peas. Include at least three servings of whole grain cereals, breads, crackers, rice or pasta every day. Choose low-fat or fat-free milk products in place of full-fat versions.
- ◇ **Balancing physical activity** and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day for adults, 60 minutes for children.

Making intelligent choices that suit your preferences and needs will make it easier to stick with a healthy lifestyle plan. Start slowly and keep in mind that all foods, in moderation, can fit into a healthy lifestyle.

ON BACK

Gardening workshop
Rose Society meeting

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
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and phone numbers:**

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Las Vegas, 89123

Northeast Clark 702-397-2604

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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

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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.

SPRING PLANNING TOOLS

Spring is that welcome time when a gardener's imagination turns to catalogs, seeds, and transplants. Perhaps the imagination is in fact moving toward the delicious products of those seeds and transplants. Once plant catalogs went online, the choice of flowers, vegetables and fruits expanded enormously. It is now as important to screen out options as to select what should go into the garden!



Square foot gardening

Just because something is online, it is not necessarily ideal for every climate. That is certainly the case in our home sweet Mojave, the driest desert in North America. Many of us have found through hard experience that only a few plants can really thrive here without being given additional irrigation and fertility management. On the positive side, however, having low humidity means this region is rarely plagued by plant diseases. Things balance out. Read [more!](#)

SHAMROCKS AS HOUSEPLANTS



There are hundreds of species of Oxalis or shamrocks, but the most common types are the Irish Shamrock (*Oxalis acetosella*) and the Good Luck Plant (*Oxalis deppei*). Both plants have green leaves and small white or pink flowers but the Good Luck Plant has white streaks along leaf veins. Both species exhibit *nyctinastic* movement, where leaves fold up at night and open in daylight hours.

Shamrock plants require direct sunlight for best growth and flowering. They will bloom all winter if placed in a bright sunny window. Shamrocks prefer moist soil, fertilization during active growth, and temperatures between 50-65°F at night and no greater than 75°F during the day. Read [more!](#)

MARCH GARDENING EVENTS



If you think you can't compost in the Mojave Desert or if you've tried to compost in the desert and haven't been successful, please consider joining our compost class. When purchased in the stores, compost can be expensive.

So why not make your own? If you eat fruits and vegetables and throw any parts of them away, you have the beginning makings of compost. Even if you live in an apartment, you can make compost. You can make compost in the smallest of areas...just maybe not conventionally. Read [more!](#)

Bring your favorite pet roses and hear what American Rose Society Certified Horticultural Judges and Apprentice Judges look for during a rose show. Come and meet the judges and learn the latest preparation tips and tricks. All South Valley Rose Society meetings are free and open to the public. Read [more!](#)

