



May 2013

Community Connection

University of Nevada

Clark County Cooperative Extension

It's called "milk"—isn't it all pretty much the same?

I'm sure those teaching nutrition have gotten this question in a class and for others, you may have wondered about it yourself.

As nutrition professionals, we promote the consumption of cow's milk because it supplies many essential nutrients like protein, calcium, phosphorus, potassium, vitamins A and D and a variety of other vitamins and minerals. However, there are many other "milks" on the market today made from nuts, rice, soy, even oats and hemp. So, since you've probably heard controversy about cow's milk, wouldn't one of these milks be a better choice? Not hardly. Beverages made from beans, nuts, grains and so on are not nutritionally

equivalent to cow's milk, but each has something to offer, especially if fortified.

Soy milk: Made by soaking, crushing, cooking and straining soybeans. Some soy milks provide nearly as much protein as cow's milk, as well as B vitamins, phosphorus, iron, copper, magnesium, potassium and some fiber.

There are many other "milks" on the market today made from nuts, rice, soy, even oats and hemp.

However, unless fortified, they contain little calcium or vitamin D.

Nut milk: Often made from ground almonds or hazelnuts, nut milks have little protein but are relatively low in calories

and provide nutrients in nuts like vitamin E, manganese, magnesium and copper.

Rice milk: Consisting mostly of carbohydrates, rice milk is low in protein and fat (some add vegetable oil). Though usually made from brown rice, rice milk has no fiber.

Oat milk: Made from oat groats (oats that have been cleaned, toasted and hulled). Oat milk contains about half the protein of cow's milk. Oat bran may be added as a source of fiber.

Hemp milk: Made from the seed of the industrial hemp plant, hemp milk supplies some protein and unsaturated fat but not a lot of other nutrients.

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Garden Tour set for May 11

Clark County Master Gardeners will offer a tour of the Demonstration Gardens on Saturday, May 11 at 10 a.m. The Demonstration Gardens are located at the Lifelong Learning Center, 8050 Paradise Road, Las Vegas, NV 89123 (I-215 and

Windmill Lane). The tour is free and open to the public. Saturday's topic is Desert Plants Come Alive.

Volunteer Master Gardeners will discuss desert adapted plants which

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We're on the Web
www.unce.unr.edu
www.unce.unr.edu/blogs/southernarea
www.YouTube.com/UNRextension

## It's called "milk"

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So, which should you choose? Hands down, cow's milk is more nutritious. No question there. For those who may be lactose-intolerant, lactose-reduced milk is the best choice because it still contains all the nutrients of regular milk. However, the other beverages are reasonable alternatives but be sure to choose those fortified with calcium and vitamin D. One more thing to keep in mind – most of these nondairy beverages are sweetened with sugar which increases their calories. If they are flavored, they probably

contain even more added sugar. Fortunately, the fat in these beverages is heart-healthy unsaturated fat, though nonfat versions have fewer calories.

~ *Mary Wilson, Area Extension Specialist, Nutrition*



## Garden Tour

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can be successfully grown in the home landscape. The Demonstration Gardens contain over 500 species of desert appropriate landscape plants, including: trees, shrubs, perennials, palms, cacti and agaves. Plants are identified by botanical and common names. The grounds are open for self-guided walks on weekdays from 8 a.m. to 5 p.m.

To join the tour, meet in the Courtyard by 10 a.m. Walking shoes, water, hats, etc. are suggested. Groups (5 or more

people) are requested to call Ann Edmunds, program coordinator, at 257-5587 at least two weeks in advance.

For more information call or email the Master Gardener Help Desk ([lvmastergardeners@unce.unr.edu](mailto:lvmastergardeners@unce.unr.edu)) at 702-257-5555 or visit the Facebook page at <http://www.facebook.com/MasterGardenersOfSouthernNevada>.

## South Valley Rose Society Meeting

Cooperative Extension and the South Valley Rose Society are collaborating and offering educational meetings. Free and open to the public, the meeting topic and date for May is:

May 23 ~ Summer Rose Care

Join the Consulting Rosarian Round Table Discussion with questions and answers. Summer heat and wind play

havoc with roses. What can we do to minimize the damage? Do we fertilize in the 100° + heat? Are there tricks we have learned over the years that work? Are the products to protect roses from heat effective?

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

email the [Master Gardener Help Desk](#) or call 702-257-5555.

**May 23 ~ Summer Rose Care**  
**Join the Consulting Rosarian**  
**Round Table Discussion**



## The Original Fast Food

Fast foods are convenient, easy and always available. Big Macs, stuffed pitas, tacos, and pan pizzas tempt our taste buds and quell hunger pangs, but are these types of foods the only fast food choices? The answer is “NO.” The original fast food has been available for thousands of years! I’m not talking about the Brontosaurus Burgers of Fred Flintstone. I’m talking about good old fruits and vegetables.

Fruits and vegetables fulfill all the requirements of the common fast food. They are quick, convenient, easy to prepare, flavorful and filling. They are biodegradable, so they won’t harm the environment. But the greatest part about fruits and vegetables is that they are packed

with healthful nutrients that do a lot more than just fill you up.

Foods in the fruit and vegetable groups are valuable for their contribution of energy -giving carbohydrates, dietary fiber, water and significant amounts of vitamins and minerals. There are naturally-occurring components in fruits and vegetables, called phytochemicals, which may have a beneficial effect on health by preventing cancer and other diseases. Due to their high dietary fiber and water content, most fruits and vegetables are low in fat and calories. Fruits and vegetables eaten raw help clean teeth and promote good dental health. Best of all, fruits and vegetables contain no cholesterol.

Most fast food restaurants now offer some fresh vegetables and fruits on salad bars or as sides. Intelligent choices from

these items can give you everything you need for a healthful diet without all the calories and fat. If you really want a fast food burger, bring along some crunchy baby carrots or some cool, juicy grapes to eat instead of spending money on salty, greasy French fries. Extend the enjoyment by drinking fresh fruit or vegetable juice instead of a soda pop.

Take advantage of fresh fruits and vegetables. Their bright color, vibrant flavor and variety in texture complement any meal. Best of all, fruits and vegetables are nutritious, make easy snacks and desserts, and cost less than the typical fast food fare. Try getting all that from the super value, ultimate grande meal!

~ Susan Lednický, Nutritionist

## 4-H Summer Day Camps Scheduled in June

It’s time to register for one of Cooperative Extension’s 4-H Science, Technology, Engineering & Math (S.T.E.M.) day camps in June. The first day camp, open to youth ages 7-11, is scheduled from June 11-13; the second day camp, open to youth ages 9-14, is scheduled from June 25-27. Both camps include activities in plant & animal sciences, health & nutrition, computer science, aerospace and more!

Activities at each camp vary but every participant can expect to have fun doing a variety of hands-on activities such as cooking healthy snacks, viewing and handling some desert

animals, launching paper rockets, exploring desert plant life, playing cooperative games and using computer programs. 4-H is an organization that primarily focuses on youth development. Youth involved in 4-H learn leadership, citizenship, technical skills and life skills through active participation in events, projects and community service.

Cooperative Extension’s Lifelong Learning Center is located at 8050 Paradise Road (at I-215 & Windmill Lane). Cost of the day camp is \$90 per person per session and includes daily lunch and activities. Sibling registration

is \$60 per person per session. **Previous 4-H experience is not required.**

For more information, email [Mary Regan](#) or call 702-257-5524.



## Join 4-H Overnight Camp at Lake Tahoe



Southern Area 4-H Overnight Camp at Lake Tahoe, Nev., registration is underway.

**What is 4-H?** 4-H is a program that focuses on teaching life skills to youth ages 5-19.

4-H uses activities that allow youth to learn while actively participating in fun and challenging activities.

This year, 4-H overnight camp is July 28-August 2 and is open to all youth ages 9-15 from any area of Nevada.

**4-H membership is not required.**

Registration fee includes lodging, transportation, meals and activities:

\$400 includes \$75 non-refundable deposit before June 28.

For more information, email [Mary Regan](#) or call 702-257-5524.

# Splish, splash, strengthen and tone

The pool can be a perfect place for some fitness. Here are a couple of ways to add a little extra exercise to your next dip.

## Tummy tuck:

- With your back against the side of the pool, extend your arms on either side, holding onto the wall.
- Pull your knees to your chest, then straighten your legs in front of you with your toes pointed.
- Move your legs to the left, to the right, and then straight in front of you.
- Pull your knees back to your chest and put your feet back on the pool floor.
- Repeat 10 times.

## Ball curls:

- Stand with your feet touching the bottom of the pool.
- Hold a beach ball and stretch your arms in front of you.
- Pull the ball under the water and use it to draw a circle on your left side. Try to pull your abs tight.
- Repeat five times.
- Switch sides and draw five circles on your right side.

*HopeHealth~No. 10660*

## Another way to connect with Cooperative Extension

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### 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

Las Vegas 702-222-3130

8050 Paradise Road, 89123

Logandale 702-397-2604

1897 N. Moapa Valley Blvd.

P. O. Box 126, 89021

Laughlin 702-299-1333/1334

55 Civic Way, 89029

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Direct comments/suggestions to: [southern.news@unce.unr.edu](mailto:southern.news@unce.unr.edu)

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