Saving your nutrients

Wash fresh vegetables and fruits just before using. Don’t soak them as it may deplete the water soluble vitamins they contain.

Cut up fruits and vegetables lose nutrients quickly. Don’t cut them until you are ready to eat them.

Using a sharp knife to cut or shred fresh vegetables will keep tissues from bruising. Bruising increases loss of vitamins A and C.

There are more nutrients in parboiled rice than in polished rice, and brown rice is more nutritious than white.

Store most fruits and vegetables in the refrigerator as soon as you get home from the market.

Because frozen and canned fruits and vegetables are usually processed immediately after harvest, they may actually have more nutrients than fresh produce that was picked several days before it reached the store.

Steam or microwave vegetables and fruits. The shortest cooking time and the least amount of liquid are the least destructive to nutrients.

Use a food thermometer to check for doneness of foods. Not only will you ensure the safety of the food you are eating, it will help keep foods from being overcooked and losing nutrients.

Susan Lednicky, Nutritionist

Rose society meeting ~ May 28

*Fun Things to do with Roses!* Lyn Vinson, Certified American Rose Society Horticulture Judge, explains what we can do with our roses in addition to admiring and exhibiting them. Learn how to preserve them, keep them and share them. The South Valley Rose Society will provide roses and supplies to create some treasures to take home. 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 information, email or call the Master Gardener Help Desk at 702-257-5555.
Hiking with your ears!

Cooperative Extension’s Nevada Naturalist program presents *Hiking with your ears* as part of the 2015 Lecture Series on May 14. The free, hour-long presentation begins at 7 p.m.

Join Fred Bell as he discusses his search for quiet places around Nevada. There are many great places to see in Nevada, but with an inquiring mind and open ears, there are also great places to listen, as well.

Bell is a Nevada Naturalist graduate, hiker, camper, fisherman and photographer. He is now revisiting some of his favorite places and others long forgotten or overlooked during his 23-year residency in Las Vegas with renewed purpose and passion for discovering their remarkable sonic qualities. He has been quoted as saying that, “there are plenty of wonderful things to hear, but our modern world is full of unwanted noise, and that natural quiet may be the most unrealized extinction of our time.”

The 2015 Lecture Series will be held at the Lifelong Learning Center located at 8050 Paradise Road, Las Vegas, Nev. For more information, email or call Denise Parsons at 702-948-5906.

Nevada Naturalist, a Cooperative Extension program, focuses on giving a broad understanding of nature to participants interested in learning, volunteering, teaching and participating in conservation projects and issues. The program will also give participants the skills and confidence necessary to make a difference for environmental stewardship and conservation in southern Nevada.

---

High temperature veggies

When high temperatures hit the Mojave, most people think about spending an afternoon anywhere but standing outside, even if it is in a garden. We experience such high heat and low humidity, that it is difficult to think of what would possibly grow in July or August.

Sadly, many people have only their gardening experience in other environments, which frequently leads to serious disappointment. In northern areas, tomatoes go into the ground by the beginning of June, or even later. Some of those places can experience snowfall as late as May, hence the need to wait. Here, we must plant tomatoes by the beginning of April or we are likely to have fruit that looks as if it were poached on the vine – completely inedible.

There are other vegetables, however, and some of them not only survive a Mojave summer, they might even thrive in it. They can be fussy about water and fertilizer, but most of the garden plants we enjoy have similar requirements.

Members of the melon family are usually reliable through the summer. This family is well represented among vegetable garden plants. Cucumbers are not necessarily the most reliable in hot weather, but others are.

The following should be planted when the soil is warm. If you do not have a soil thermometer, wait until nighttime temperatures are about 65°F, or a little higher.

Cantaloupe and watermelon thrive in the heat, if there is sufficient irrigation and the soil is both warm and fertile. The plants appreciate a little compost and some bone meal to assist with water uptake. If a specific variety comes from Europe or Asia, it might benefit from a little shade, even a 10% shade cloth to protect it from the worst of the summer sun.

Squashes and pumpkins are in this family, and they succeed when many other vegetables fail. Again, as long as the soil is warm and amended with compost, they flourish. Pumpkins are generally ready to harvest by Halloween; how convenient!

These are not the only options for the hot weather garden. Other delights will grow merrily until the fall. Hot peppers tend to be more tolerant of summer than sweet ones.

Okra is the key to good gumbo, so I have been told. In a vegetable garden, it has attractive features. First, it must not be planted until the soil has become warm. It is an attractive plant, with lovely flowers that look much like hollyhocks. The leaves are fairly large, which means it will need regular watering. Finally, it is fast to develop fruit. Some varieties take as little as seven weeks from seed to fruit, which should be picked when they are no more than three inches long.

Sweet potatoes will grow very well from slips or even from burying half of one. Hot weather is not a problem, although water might be. A little shade will keep the leaves from scorching until they are ready to harvest – around Thanksgiving.

Angela O’Callaghan, Social Horticulturist

**Members of the melon family are usually reliable through the summer.**
Join Cooperative Extension on Saturday, May 9, for a one-day workshop on *Gardening in Small Places: what's bugging your garden?* The class runs from 8 a.m. to noon. The workshop, taught by Angela O’Callaghan, will show you what to look for when your garden doesn’t look quite right. Problems such as nutrient deficiencies, pests and diseases will be covered. Homeowners and other interested parties are welcome to attend. Class space is limited to 25 and pre-registration is required. There is a $25 fee per class which covers class materials.

To register for this class, held at the Lifelong Learning Center (8050 Paradise Road, Las Vegas, Nev.), email Elaine Fagin at or call 702-257-5573. To register online, visit Eventbrite.com.

---

**Upcoming Gardening in Small Places workshop dates are**
- June 13, organic gardening
- July 11, the dirt on soil
- August 22, landscape design
- September 19, native plants

---

### The magic in books - how to read with children

University of Nevada Cooperative Extension [Fact Sheet 94-32](#)

There's magic in children's books. They bring fun and wonder. They build dreams. They help children learn about the world and themselves. Reading together draws you closer.

Here are some ways to read with your children:

- **Before reading the book...**
  - Pick stories with action and interest.
  - Read the book first yourself. Knowing the story will help you know what comes next.
  - Choose a regular story time. Bedtime, nap or quiet times are great.
  - Find a cozy, quiet place to read the story. Call it your reading spot.

While reading the book...

- Make sure children can see the pictures. Hold the book up or lay it in your lap.
- Watch children as you read the book. Are they happy, sad, interested? See how they follow the story.
- Try using fun voices. Make the word scared sound scared, or the word tired sound tired.
- Have them guess what happens next.
- Involve them in saying repeated words or phrases.

Ask questions like these as you look at the book:

- What do you think will happen next?
- How do you think the boy feels?
- Is it winter? How do you know?
- Are there any square shapes in the picture?
- How many red things do you see?

After reading the book...

Encourage children to talk about the stories.

Ask questions like these:

- What did you like best about winter?
- Have you felt the same way?
- What would you do if you were in the story?

Keep the time short enough to leave them wanting more later.

Look for ways during the day to add to messages in the story.

---

Have fun reading the story. Give your children the best present of all—your time.

*Dan Weigel*, Extension Educator
Free gardening class at local park

Cooperative Extension Master Gardeners—for the 10th year—will offer a free class at Acacia Park in May. The class is offered in partnership with the City of Henderson Parks and Recreation Department, and is published in “Henderson Happenings.” The class will be taught by a Cooperative Extension volunteer Master Gardener instructor and begins at 9 a.m.

May 2: Insect and Weed Control. You don’t need to rely on harmful chemicals to have a great garden. Learn how to scout your yard so weeds and pests don’t become problems. A Master Gardener will show you how to use common household items to make traps, sprays and repellants that can help keep weeds and insects under control.

Pre-registration is requested by going online www.cityofhenderson.com/parks and clicking Online Registration. The Master Gardeners will have an “Ask a Master Gardener” table at the Park on the class day. Acacia Park is located at 50 Casa Del Fuego (Intersection of 215 & 515) in Henderson, Nev. Master Gardener volunteers are also available to answer questions through the Home Gardening Help Line, 702-257-5555. The Help Line is staffed Monday-Friday from 9 a.m.-3 p.m.

Find other vegetable publications at: www.unce.unr.edu/publications