



University of Nevada  
Cooperative Extension

October 2015

Community Connection

# University of Nevada Cooperative Extension Southern Area

## Save the date: Desert Green 2015



The annual Desert Green conference in Las Vegas is on the move again to Texas Station in North Las Vegas. The new venue will make it especially convenient for attendees who are traveling to the conference, as the hotel is adjacent to the meeting facility. The conference has been slated for October 22-23.

"Arid and Aware: A New Perspective" focuses on practical horticulture and turf care with water conservation in mind. The conference features two days of concurrent seminar tracks, table top displays and a green industry mixer.

Keynote speaker John Rader, co-founder of EuroAmerican Propagators, LLC in Bonsall, CA, EuroAmerican Propagators has created a niche for itself, specializing in the year-round production of young plants and offers new and unique plant varieties. Rader's keynote address will focus on sustainable landscape plants; he will also be speaking on ornamental grasses during the general session.

For more information, [email](#) or call Helen Stone at 702.884.0383. Complete information, including online registration, will be available at [www.desert-green.org](http://www.desert-green.org).

## Tree selection and care workshop

Join Cooperative Extension on Saturday, October 3, for a one-day workshop on *Gardening in Small Places: tree selection and care*. The class runs from 8 a.m. to noon. Knowing what trees do the best in the Mojave Desert is only part of the story; knowing where to put them, how to plant them and how to care for them can help you prevent some costly mistakes. Laura Eisenberg will teach you how to pick a landscape tree and how to care for it so it will become the landscape centerpiece you knew it could be.



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](#) or call Elaine Fagin at 702-257-5573. You can also register online through [Eventbrite](#).

*The final Gardening in Small Places workshop for the year is growing fruit at home on November 21.*

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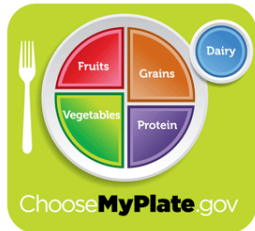
### We're on the Web

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# Let's eat for the health of it

The Dietary Guidelines for Americans are the best science-based advice on how to eat for health. The Guidelines encourage all Americans to eat a healthy diet and be physically active. Improving what you eat and being active will help to reduce your risk of chronic diseases such as diabetes, heart disease, some cancers and obesity. Use the following steps to help you follow the Guidelines.

## Build a Healthy Plate



Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products and lean protein foods contain the nutrients you need without too many calories. And the items you drink also count toward a healthy plate. Try some of these options.

- *Make half your plate fruits and vegetables.*
- *Switch to non-fat or 1% milk.*
- *Make at least half your grains whole.*
- *Vary your protein food choices, choosing seafood, legumes and nuts more often.*



## Cut back on foods that are high in solid fats, added sugars, and salt

Many people eat foods with too much solid fat, added sugar, and/or salt (sodium). Added sugars and fats load foods with extra calories you don't need. Too much sodium may increase your blood pressure.

- *Choose foods and drinks with little or no added sugars.*
- *Eat fewer refined grains.*
- *Look out for salt (sodium) in foods you buy—it all adds up.*
- *Eat fewer foods that are high in solid fats.*

## Eat the right amount of calories for you

Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

- *Enjoy your food, but eat less.* Avoid oversized portions. Use a smaller plate, bowl and glass. Stop eating when you are satisfied, not full.
- *Cook more often at home, where you are in control of what's in your food.*
- *When eating out, choose lower-calorie menu options.*
- *Write down what you eat to keep track of how much you eat.*



## Be physically active your way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

Use food labels to help you make better choices in the foods you eat.

The Guidelines are updated every five years. The newest version, the Dietary Guidelines for Americans, 2015, should be available later this year.

For more information on the *Dietary Guidelines for Americans 2010* visit: <http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>.

*Susan Lednicky, Nutritionist*

# Acacia Park gardening classes

Cooperative Extension Master Gardeners—for the 10<sup>th</sup> year—will offer free classes at Acacia Park during October. The classes are offered in partnership with the City of Henderson Parks and Recreation Department, and are published in “Henderson Happenings.” The classes will be taught by Cooperative Extension volunteer Master Gardeners and begin at 9 a.m.

October 3: **Fertilizer, Weeds and Insects.** You do not need harmful chemicals to control your garden and yard pests. Nothing is more frustrating than weeds and insects that destroy your landscape or garden. Master Gardener Libby Powell will explain how to add nutrients to the soil for gorgeous plants and still have a safe landscape for the family and pets. Learn to Scout your yard to control these problems before they become a costly fix.

October 10: **Birds, Butterflies and Bees.**



Ever wonder how a bird that weighs less than a penny can fly 2000 miles? Ever wonder what bird that is, that makes a nest shaped like a football? Ever wonder what a bee and peanut butter have in common? Ever wonder what the difference is between a moth and a butterfly? Find out the answers and discover how birds, butterflies and bees contribute to the world food supply. You'll learn simple tips on how to attract these wondrous creatures to your yard and how not to. Find out which ones live here all year and how to recognize them. Who knows, you may want a bee house in your own backyard right along with that bird house and butterfly house. Learn all this from Master Gardener Denise McConnell.

October 17: **Growing Trees with Tree Care 101 and Pruning.** Trees make up the structure of our landscape. Let's learn how

to irrigate correctly, fertilize as needed and prune properly for the care of our trees. The session will discuss why you prune, how to prune, as well as a look at the right tools for the job at hand. Bob Morris, Cooperative

**You do not need harmful chemicals to control your garden and yard pests.**

Extension faculty emeritus, will explain how good pruning leads to healthy long lived trees and better producers from the fruit trees that we might grow. October 24: **Let it Rot—Composting 101.** Composting is a recycling process that turns nature's trash into a vital healthy soil. It is a Great way to reduce waste and save valuable landfill space. Despite what some may say, composting is possible in this desert environment. Learn the basics of composting from Master Gardener Kristy McCumby-Hyland. Composting is an easy way to use kitchen and yard waste. This helps the environment and is good for your garden and landscape as well.

Pre-registration is requested by going online [www.cityofhenderson.com/parks](http://www.cityofhenderson.com/parks) and clicking Online Registration.

## Do yourself a favor...

### ...Don't diet ever again

Despite dishing out billions of dollars for diet pills and programs, the number of obese Americans continues to rise and is projected to increase.

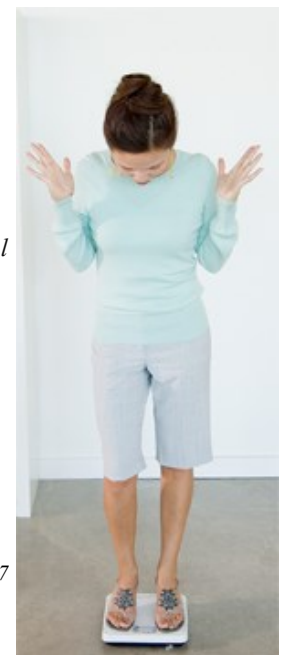
What's a person who wants to get to a healthy weight to do?

**Vow never to diet again.** In most people's sense of the word, to diet means to take a *brief* break from one's *usual* eating habits to lose weight. For many people, once they reach their goal weight, they return to pre-dieting ways.

**Develop a meal plan.** With the help of a nutrition professional or program, determine how many servings of which food groups you should eat so you can reach your healthy weight. Once there, tweak your plan to maintain your weight. Stock your refrigerator and pantry with foods to fit your plan.

**Create a support network.** Look for friends and family who want to get to a healthy weight, too. Spend time together doing things other than eating.

**Find something physically active that you enjoy doing.** It can be anything, as long as it's active and doesn't hurt your body.



Hope Health ~ No. 11787

Cooperative Extension Southern Area has offices and offers programming in Clark, Nye, Lincoln, Eureka and White Pine counties.

Office locations and phone numbers are:

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.  
Callente, 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.

## Autumn's best activities

**Changing colors, crisp mornings, warm days, and cool evenings make fall perfect for outdoor activity.** Here are some ways for the entire family to enjoy the season:

- **Walks, hikes, and bike rides:** See the changing landscape up close. Be sure to bring a jacket, water, snacks — and sunscreen, even though the temperature is cooler.
- **Walk around the neighborhood or visit a local park:** Ask each family member to find five different types of leaves. Identify them when you get home. Make leaf rubbings.
- **Work parties:** Raking leaves and chopping/stacking wood are all good ways to get your heart pumping.
- **Leafy fun for kids:** See who can make the biggest pile of leaves in 30 seconds.
- **Visit local orchards and pick apples:** Bring home the bounty and make healthy snacks like sugarless applesauce.

*HopeHealth ~ No. 11157*

## Any way you slice it, it's Apples!

Apples are the perfect, portable snack. They taste great and are a delicious way to get some fiber, vitamin C, potassium and beta carotene, as well as other helpful nutrients. While it takes more than just an apple a day to keep you healthy, enjoying an apple every day is a great way to start! No chance to brush? A crisp, raw apple will help clean your teeth.



Did You Know?

- The Latin word for apple is pome. The science of apple growing is known as pomology.
- Most Americans enjoy eating apples: each person eats about 120 apples per year.
- There are 7,500 varieties of apples grown all over the world, 2,500 varieties in the U.S. alone. However, only about 20 varieties ever reach the supermarket.
- A few of America's favorite apples include the Red Delicious, Fuji, Golden Delicious, Gala, Granny Smith, Braeburn, Cameo and Honeycrisp.
- Keep apples refrigerated so they'll stay crisp and fresh and delicious to enjoy anytime!

Find recipes and tips [online](#).

Find other fruit and vegetable publications at: [www.unce.unr.edu/publications](http://www.unce.unr.edu/publications)

## Find Cooperative Extension online



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