In celebration of National Childhood Obesity Awareness Month, University of Nevada Cooperative Extension’s All 4 Kids® Program and Paradise Park are proud to announce the third annual Healthy Kids Festival event on Saturday, September 27, 2014. The free festival, open to families, will be held from 10 a.m. to 2 p.m. at Paradise Park located at 4775 McLeod Dr., Las Vegas, 89121.

Last year’s event presented childhood obesity awareness and prevention to nearly 1200 parents and children. Families are invited to come out and learn how to be healthy and active. A day full of fun and entertainment is anticipated for everyone while gaining valuable resources and information available to community residents. Sports sign-up, live music and healthy food tastings are just some of the activities.

First Lady Michelle Obama’s Let’s Move Program is an initiative that begins with the child, the families and the school; then extends to the community, and local and national government. Educating children at a young age will provide them with (Continued on page 2)

Learn about desert adapted plants

Join Cooperative Extension on Saturday, September 20 for a workshop on Gardening in Small Places: using native and desert adapted plants in the landscape from 8 a.m. to noon. If you hear native and desert adapted plants and think of only cactus, you couldn’t be more wrong! There is a lot of beauty in the desert and not all of it is spiny. Professor M.L. Robinson will show and tell you about the plants you can use to have a beautiful and colorful desert garden all while saving money, energy and water! Homeowners and other interested parties are welcome to attend.

Class space is limited and pre-registration is required. There is a $25 fee which includes class materials.

To register for the workshop held at the Lifelong Learning Center (8050 Paradise Road, Las Vegas, Nev., I-215 & Windmill Lane), call 702-257-5573.

The next Gardening in Small Places workshop dates are October 4, Tree selection and care; and November 15, Growing fruit at home.

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We’re on the Web
www.unce.unr.edu
www.unce.unr.edu/blogs/southernarea
www.YouTube.com/UNRextension
tools to make healthier choices and engage in active lifestyles during adolescence and later years.

Reaching parents and families of young children and educating those who do not know how to help their child or where to seek assistance is critical to the success of healthy living. Parents and families are invited to learn how to support and model positive behaviors for their young child.

For more information about the Healthy Kids Festival, call 702-948-5975 or email all_4_kids@unce.unr.edu.

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### Raised beds can make gardening easier

In places where soils are difficult to work, or are generally infertile, gardening in raised beds can solve a number of problems. Growing plants in a raised bed allows a gardener to control the type and fertility of the soil or mix, which improves the likelihood that plants will thrive and produce higher yields. Because a raised bed has a smaller area to be kept moist, gardening in one can limit water waste. In addition, the bed can be raised to a level that is most comfortable for the gardener. No matter what environment, raised beds can be useful.

**What is a raised bed?**

Many kinds of planting beds can be considered “raised.” It can be as simple as an area where enough amendments have been added so that the level is higher than the surrounding soil. In this case, there may or may not be walls built to confine the improved soil. More often, however, the term is used to describe a discrete area that is walled and considerably higher than the surrounding ground. The height depends on what is being grown and what the gardener needs. It is filled with material that could be completely different from the original soil—usually a mix with a high level of rich compost added to other components. In some ways, a raised bed could even be a particularly large plant pot.

To find out answers to *Why build one?*; *What plants benefit?*; *Sizes?*; *Where to place it?*; *Building materials?*; and more, visit Dr. Angela O’Callaghan’s Raised Beds Can Make Gardening Easier [Fact Sheet](#).

### 3rd Annual Solarbration! Solar Festival

The Conservation District of Southern Nevada invites the community to attend the third annual Solarbration Solar Festival on October 11 which will be held at Cooperative Extension’s Lifelong Learning Center (8050 Paradise Road, Las Vegas, Nev.) The Festival runs from noon – 4 p.m. The purpose of the festival is to blend art, technology, and outreach to promote renewable energy, inspire conservation, and support sustainable communities.

The Solar Festival, free to the public and all ages are welcome, will offer the community the opportunity to enjoy solar-powered art, live music, food, and fun. Plus there will be solar demonstrations, and the latest information on sustainable energy. More info in next month’s newsletter!
Quinoa—you don’t have to know how to pronounce it to enjoy it

Quinoa (pronounced “keen-wah”) is a healthful alternative to grains such as rice or couscous.

Quinoa is high in fiber and is a complete protein, which means it has all nine amino acids that your body can’t make. Quinoa is also cholesterol free. It comes in white, red or black varieties and has a nutty flavor. It can be enjoyed warm or cold.

Quinoa, which is also spelled quinua, dates back 5,000 years to the ancient South American Andes Mountain civilizations. Quinua means “mother grain” in the Inca language.

Although a grain, quinoa is often called “vegetable caviar” because it’s related to green vegetables such as spinach and chard.

To cook Quinoa: Mix one part grain to two parts liquid (water or broth work well). Bring to a boil, reduce heat and simmer until liquid is absorbed and quinoa is tender.

Source: American Nutrition Association

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Looking for educational gardening activates for the fall?

*Junior Master Gardeners offers a great learning experience for your children*

Searching for fun, educational activities for your children this fall? Check out Cooperative Extension’s Junior Master Gardener™ program. Beginning in September, your child can experience hands-on gardening activities while learning about plants, water, soil, veggies and more, with an end product they can eat! In addition, your child can learn leadership skills, service, safety with tools, community service and much more from this 4-H program.

The Junior Master Gardener program is open to all children ages 7-12. The 8-session per semester class fee is $52. Classes are held from 9 a.m. to 12 p.m. every other Saturday. If you live in the north part of the valley, there are Junior Master Gardener classes at the Research Center & Demonstration Orchard (4600 Horse Road, North Las Vegas, Nev.) beginning Sept. 6, 2014. If you live in the south part of the valley, the Junior Master Gardener classes will be held at the Lifelong Learning Center’s Outdoor Education Center (8050 Paradise Road, Las Vegas, Nev.) beginning Sept. 13, 2014.

For more information and to register, please contact Karyn Johnson at 702-257-5523 or email johnsonk@unce.unr.edu. **Students must register to participate.** For more information on the nation-wide JMG program, visit [www.jmgkids.us](http://www.jmgkids.us). Families with children outside of the JMG registration age range, please contact Karyn Johnson for scheduled dates of family gardening days.
Curb car trips to sneak in exercise

Before you hop into your car to run an errand or to go see a friend, ask yourself:
- Could I walk or bike there instead?
- Could I combine tasks to make my car trip more efficient and get a little exercise?
- Could I carpool with others to keep another car off the road, while enjoying a friend’s company?

By taking a few minutes to think about and plan outings, you may be able to get in physical activity, socialize, and help to curb pollution.

According to a National Household Travel Survey, many trips Americans make daily are short enough to be accomplished on foot or bicycle. The survey found:
- 28 percent of all trips are one mile or less.
- 40 percent of all trips are less than two miles.
- Even if walking or biking to your destination isn’t practical or possible, consider other alternatives to single car trips.
- If you have several downtown errands, park in a central location and walk from place to place.
- If you and a friend have similar to-dos, carpool, take care of your tasks, and meet for a walk or coffee after you’re both done.

Sources: The Pedestrian and Bicycle Information Center; The International Bicycle Fund; HopeHealth ~ No. 12061

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
- Logandale 702-397-2604
  1897 N. Moapa Valley Blvd.
  P. O. Box 126, 89021
- Las Vegas 702-222-3130
  8050 Paradise Road, 89123
- Laughlin 702-299-1333/1334
  55 Civic Way, 89029

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