University of California Cooperative Extension Central Sierra

Serving Amador, Calaveras, El Dorado and Tuolumne counties

Annual Report 2011 - 2012

HEALTHY CALIFORNIANS

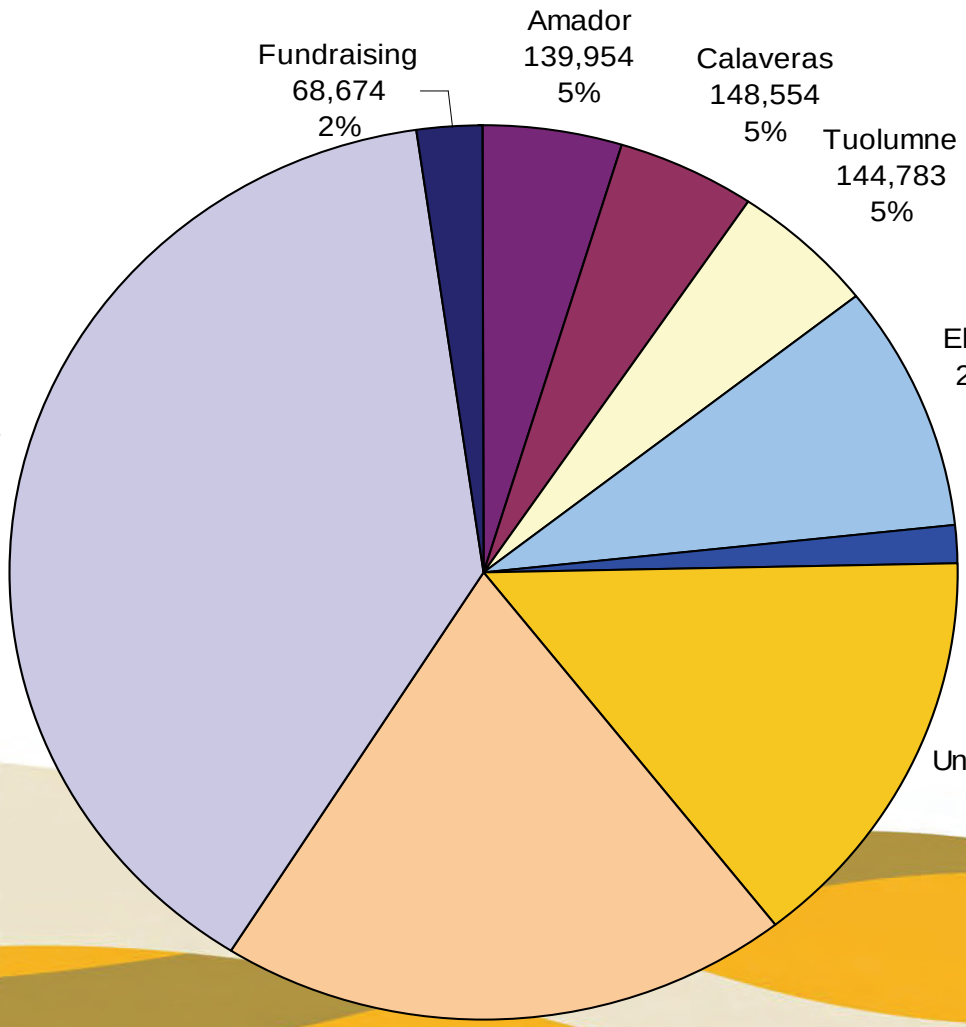
University of California
Agriculture and Natural Resources

Serving Amador, Calaveras, El Dorado and Tuolumne County residents in delivering research and educational programs in: Agriculture, Nutrition, Youth Development, and Natural Resources since 1917.

Making a Difference for California

University of California Cooperative Extension Central Sierra

Serving Amador, Calaveras, El Dorado and Tuolumne counties



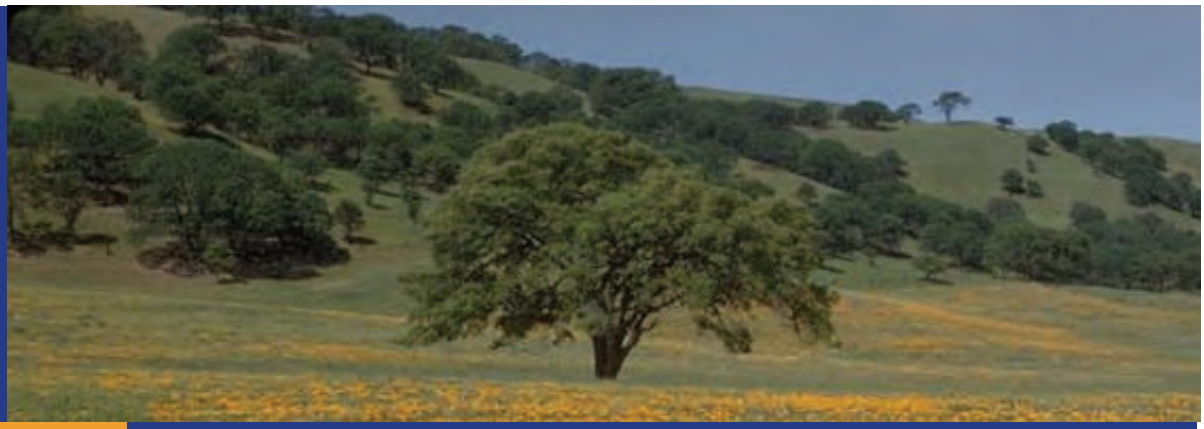
***Total 2011/12: $3,025,473**

University of California
Agriculture and Natural Resources

The University of California working in cooperation with County Government and the United States Department of Agriculture

Making a Difference for California

*Prepared April 1st, 2012. Some numbers are approximate.



Special points of interest:

- Overview of Cooperative Extension
- Programs in the Central Sierra
- Highlights of Services

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311 Fair Lane
Placerville, CA 95667
Phone: (530) 621-5502
Fax: (888) 764-9669
Web: cecentralsierra.ucanr.org
Email: cecentralsierra@ucdavis.edu

Highlights of Cooperative Extension 2011 – 2012

Cooperative Extension's goal is to solve problems and resolve issues for the citizens of Amador, Calaveras, El Dorado and Tuolumne counties. Some of this year's major accomplishments include:

- Created the first Multi-County Partnership in the state. This new organizational structure for UCCE has saved both participating counties' and University funds while putting additional savings back into local programs.
- Conducted research and developed programs in the areas of natural resource management, forestry stewardship, fire and fuel management, integrated pest management, agricultural sustainability and profitability, weed management, nutrition, food safety and food preservation.
- UCCE staff offered 164 classes and workshops with over 6,356 participants.
- 87 Master Food Preserver volunteers taught 31 classes.
- 387 Master Gardener volunteers taught 145 classes.
- 1,391 youth participated in the 4-H program.
- Acquired $589,731 in grants for work in nutrition, natural resources, agriculture, and youth development in the Central Sierra.
- 936 volunteers in the 4-H, Master Gardener and Master Food Preserver programs volunteered 57,992 hours for a value of $1,174,338.

Cooperative Extension: Who are we?

Cooperative Extension is a cooperative educational program between the county government, the federal government and the land grant institution (University of California). The mission of the University of California Cooperative Extension Central Sierra is to serve the citizens of Amador, Calaveras, El Dorado and Tuolumne counties by providing science based research, education and public service to help them solve problems in agriculture, natural resources (including environmental quality), food and nutrition, food safety and human community development.

Cooperative Extension's Role in the County

The delivery of Cooperative Extension programs, including 4-H, Master Gardener, and Master Food Preserver Programs, is a partnership between federal, state, and county governments. The Smith-Lever Act of 1914, as amended, provides guidelines and specific functions for extension programs.

The Vice President of the U.C. Division of Agriculture and Natural Resources (ANR) is the Director of Cooperative Extension and is responsible for all programs within Cooperative Extension.

Cooperative Extension exists in almost every county in the United States and always involves a partnership between the USDA, the state's Land Grant University, and county or local government.

The University provides academic advisors in the area of agriculture, natural resources, youth development and nutrition. The counties of Amador, Calaveras, El Dorado, and Tuolumne provide program staff support for the 4-H Youth Development program, Master Gardener program, Master Food Preserver program, administrative and programmatic support, and clerical support. The counties also provide office space, program supplies, staff travel, and other program support.

Scott Oneto is the director of Cooperative Extension for the Central Sierra and is responsible for the integrity of University programs in the region. He is also responsible for ensuring that the Cooperative Extension programs conform to: University policy; federal, state, and local laws; safety and health regulations; affirmative action guidelines; and the mission core values and educational objectives of the 4-H Youth Development Program. As the Director, he is also the liaison between the University of California and partnering counties.

History of Cooperative Extension

"...to make life better for Californians in all walks of life…"

In 1891, the University of California Board of Regents instituted short courses and used demonstration trainings to extend the University's teaching over the entire state. In 1897 the Department of Extension in Agriculture was created that later became the Division of Agricultural Extension in 1913.

On May 8, 1914 Congress passed the Smith-Lever Act, providing federal funds to the USDA's Extension Service for cooperative work with Land-Grant universities and colleges.

In 1915, the California state legislature authorized the UC Regents to conduct the Agricultural Extension program. This empowered county boards of supervisors to appropriate and use county funds to support Extension work in agriculture, in cooperation with the USDA.

This three-way cooperative arrangement was created to bring agricultural education and research to the public.

Cooperative Extension (CE) tailors its programs to meet local needs. CE teaching takes place at meetings, conferences, workshops, demonstrations, field days, and personal consultations using video programs, newsletters, manuals and field guides.

In the Central Sierra and throughout the state, thousands of volunteers extend UCCE's outreach, assisting with 4-H Youth Development, Master Gardener and Master Food Preserver educational programs.

Our Staff

Director

Scott Oneto
UCCE Central Sierra Director /
Agriculture and Natural Resources
Advisor

Advisors

Susie Kocher
Forestry/Natural Resources Advisor

Dorothy Smith
Nutrition, Family & Consumer
Sciences Advisor

JoLynn Miller
4-H Youth Development Advisor

Lynn Wunderlich
Farm Advisor

Administrative & Program Support

Stacy Arhontes
Assistant II
CalFRESH Program

Robin Blood
Assistant II
Natural Resource, Master Gardener
& Youth Development Program

Robin Cleveland
Assistant II
Agriculture, Master Gardener &
Master Food Preserver Program

Becky Sansoni
Fiscal Manager

Nancy Starr
Assistant II
Agriculture. Natural Resources and
4-H Youth Development Program

Program Staff

Jennifer Alderson
4-H Youth Development Program
Tuolumne County

Gretchen Birtwhistle
Nutrition Educator - Tuolumne
CalFRESH Program

Renee Dwyer
Nutrition Educator - Amador
CalFRESH Program

Larry Fossen
4-H Youth Development Program
Amador County

Jennifer Goerlitz
4-H Youth Development Program
Calaveras County

Sean Kriletich
Agriculture & Small Farm Program

Carol Martin
4-H Youth Development Program
El Dorado County

Rebecca Miller-Cripps
Natural Resources Program

Sue Mosbacher
Master Gardener / Master Food
Preserver Programs
Amador & El Dorado Counties

Debbie Powell
Master Gardener Program
Calaveras & Tuolumne Counties

Valerie Vasile
Nutrition Educator - Calaveras
CalFRESH Program

Wendy West
Natural Resources Program

Emeritus

Dan Desmond
4-H Youth Development Advisor

Agriculture

Lynn Wunderlich
Farm Advisor

Program Overview

As a Farm Advisor, Lynn is in charge of establishing research and education programs that meet the agricultural needs of farmers in the Central Sierra. Program priorities include agriculture sustainability and profitability, integrated pest management, and water quality. Lynn's primary focus is on the region's wine grape, tree fruit and Christmas tree industries.

Projects

Understanding the species of leafroll virus (GLRaV) present and the cause of "red leaf" disorder in foothill wine grapes

Reddening of grape leaves in fall typically indicates either a leafroll virus infection or possible nutritional deficiency. Leafroll virus is a significant disease of grapes because it can slow fruit ripening and result in poor wine quality. Many vineyards in the foothills turn red without clear reasons as to the cause, due, in part, to our lack of knowledge of the leafroll virus species present (eight known GLRaV species exist), the likely presence of viruses that have not yet been defined, and the unknown distribution of virus strains.

For several years, work has been done to better understand the "red leaf" phenomenon in foothill vineyards. In 2010 a demonstration fertilizer trial was done to try and mitigate red leaf symptoms. In 2010-2011, we collaborated with Dr. Rodrigo Almeida, UC Berkeley entomologist, on a study to investigate grapevine leafroll associated virus (GLRaV) genetic diversity and distribution in vineyards in the Sierra foothill region.

We sampled 12 vineyard blocks in El Dorado and Amador counties that were suspect for GLRaV, i.e. they exhibited "red leaf" symptoms. At least 20 individual petioles from each vineyard were collected for extraction of the virus RNA genetic material for identification. Results showed that over 60% of sites sampled were positive for leafroll virus (GLRaV); multiple species infections were common, and GLRaV species 1, 2, 3, 5 and 9 were all found to be present. GLRaV 2, which is not mealybug vectored, was detected in the largest number of samples, followed by GLRaV3, which is known to be mealybug vectored. Included in the samples tested was the vineyard where the fertilizer trial was conducted. Samples from this vineyard were sequenced and GLRaV 5, possibly a new strain of 5, was found to be present. Impacts from this work are better economic viability for foothill grape growers as they learn about leafroll virus, which can reduce yields and quality, and how to prevent it by utilizing clean planting stock.

Agriculture

Researching New Controls for Apple Scab Disease

Apple scab, caused by the fungal pathogen *Venturia inequalis*, is an endemic disease of apples present in the foothills, especially during wet springs. The pathogen overwinters in leaf litter and infects apple trees from green tip (bud break) throughout the season when precipitation is present. The goal of this work is to continue to examine new fungicides, both conventional chemistries and newer organic and biological chemistries, to manage apple scab disease. We conducted our 2011 trial in a Golden Delicious apple orchard in El Dorado County. In collaboration with UC Davis plant pathologist Dr. Doug Gubler, we tested 16 different apple scab treatments. We received good control of the disease with several new, reduced risk materials. The report is available at: http://plantpathology.ucdavis.edu/ext/gubler/fungtrials2011/ and results were presented to growers at the 2012 Foothill Winter Tree Fruit meeting. Impacts from this work include the improved management of apple scab disease by rotation or substitution of older chemistries with new, biologically sound materials.

Evaluating Nordmann and Turkish Fir: New Christmas Tree Species for the Foothills

This is an ongoing project evaluating specific provenance/progeny selections of Nordmann and Turkish fir planted on grower-cooperator farms in 2004 and 2006. Nordmann and Turkish fir are of particular interest because they appear to have some resistance to the soil borne pathogen *Phytophthora* root rot, a serious disease in Christmas tree farms. Tree terminal leader and height measurements have been taken annually and the selections were rated by the grower for quality aspects. A Nordmann/Turkish fir Christmas tree field day was held at the research site, and guest speaker, Chal Landgren, Christmas tree specialist from Oregon State University, spoke on leader training of Nordmann fir. In 2012, we will help host the National Christmas Tree Growers Association meeting during a field tour of El Dorado Christmas tree farms to look at these experimental plantings as well as other Christmas tree grower innovations. Due to this research, growers are increasing their plantings of Nordmann and Turkish fir, which are extremely popular with the public, and are increasing the economic value of Christmas trees in the region.

Oregon Christmas Tree Specialist Chal Landgren speaks on Nordmann fir leader management at a Christmas Tree Field day in El Dorado County.

Agriculture & Small Farm Program

Sean Kriletich
Agriculture and
Small Farm
Program Coordinator

Program Overview

The Agriculture and Small Farm Program provides agricultural producers with the latest in research based information, problem solving tools and technical assistance. Sean works closely with a number of local agricultural marketing organizations to increase public awareness and overall sales of agricultural products produced in the region.

Program Priorities

- Education on the value of regional agriculture
- Improved viability of small scale agricultural producers
- Increased sales of regionally produced agricultural products
- Improved awareness & use of Beneficial Management Practices
- Improved awareness and stewardship of pollinators and other ecosystem services

Projects

Agriculture Marketing

Farms of Amador, Calaveras GROWN and Farms of Tuolumne are three local agriculture marketing groups that the University of California Cooperative Extension helped establish to assist local agriculture producers market their products. UCCE works closely with these groups providing technical assistance and providing educational events and workshops. In 2011/12 we were able to help attract record numbers of participants to Calaveras GROWN's ACT II event and Farms of Amador's Inspiration for Year-Round Farming event.

Livestock Processing Project

UCCE recognizes the importance of livestock production in our region and is actively researching programs to improve opportunities for sales of meat produced in the region. In 2011/12 , UCCE helped Calaveras GROWN receive a $50,000 grant to study options for purveying livestock from farm to fork. UCCE is currently conducting a survey across the region to determine the local demand for a USDA inspected livestock harvesting and processing facility.

Agriculture & Small Farm Program

Community Gardens

In 2011/12, four community gardens operating in Amador and Calaveras County received direct assistance from UCCE. These garden sites serve not only as places for residents to grow some of their own food but also as community hubs, horticultural education centers and sources of pride for the individuals and communities that are involved.

Paloma Community Garden Team

Calaveras County Fair Demonstration Garden

The UCCE Agriculture and Small Farm program designed, installed and tended to a 90' diameter educational circle garden at the Calaveras County Fair in 2010. Thousands of fairgoers took the self guided educational tour of the garden while hundreds of others attended cooking and local agriculture workshops that were held in the garden. As a result of this effort a young Calaveras Future Farmer of America student has secured a grant to continue the garden project.

Garden to Family

UCCE coordinates the Calaveras Garden to Family program whose mission is, "to empower families to produce some of their own food while providing for them in the meantime." In 2011, over 12,000 lbs of fresh produce was grown by the programs participants for donation to local Food Banks.

Beekeeping

Honeybees are a viable enterprise for foothill agriculturalists and a fascinating and beneficial hobby for many members of our community. Since 2009 our beekeeping workshops have resulted in over 250 new beekeepers from El Dorado to Mariposa Counties. In addition, we have supported a number of local bee keeping associations with educational seminars and technical advice.

Agriculture & Natural Resources

Scott Oneto
Agriculture / Natural Resources Advisor

Program Overview

The Agriculture & Natural Resources Advisor is in charge of establishing research and education programs that meet the needs of farmers, ranchers, and resource professionals in the Central Sierra. Scott's program priorities include agriculture sustainability and profitability, horticulture, weed management and rangeland management.

Projects

Techniques for Controlling Houndstongue

Houndstongue (*Cynoglossum officinale*), or dog bur, is a noxious weed infesting rangelands, pastures, forested areas, crop lands, and waste places throughout much of North America. Native to Eurasia, houndstongue was accidentally introduced in the late 1800s as a seed contaminant in cereal grain. Houndstongue occurs throughout the contiguous United States, in all but five southern states. Since its introduction, it has become a serious problem throughout much of Canada and the United States and has been declared a noxious weed in two Canadian provinces and six U.S. states. Houndstongue is currently only found in a few isolated locations in California. In addition to being highly invasive and an aggressive competitor with native and desirable species, houndstongue is poisonous to cattle and horses. This research is examining multiple control strategies that ranchers, landowners and land managers can use to control this invasive weed and prevent further spread.

Techniques for Controlling Medusahead

Medusahead is a non-native annual grass that has invaded both annual and perennial grasslands throughout the Midwest. It is rapidly spreading in California with an estimated 2 million acres. Prior research has shown that burning in late spring is an effective control measure, however with increasing air quality regulations, burning at the desired time is often difficult or impossible. We are currently conducting a trial testing the effectiveness of five herbicides and three fertilizers on controlling medusahead. Both the herbicides and the fertilizers are being tested individually and together. Reseeding is also being examined in the study.

Agriculture & Natural Resources

Microbial Water Quality Project: Stanislaus National Forest

Cattle grazing is an important component of California agriculture and grazing in the high sierras has been an integral part for many ranchers. Over the past few years, increased scrutiny on water quality and the potential impact cattle grazing might have on high sierra meadows and watersheds has prompted University researchers and government officials to undertake a statewide study looking at water quality in the Sierra Nevada.

The study is designed to provide a complete and accurate picture of the microbial risk of not just cattle grazing but all the activities and creatures found in the national forests. The goal of the study is to determine the level of risk, the sources of the risk and what management strategies can reduce the risk.

Sustainable Landscapes in California - An Advanced Train the Trainer Program for Master Gardeners

In California, water quality and quantity are core issues that have received focused research and outreach funds. Predictions of growth in California indicate that water will continue to be the highest priority issue. However, many other environmental issues have the potential to affect the sustainability of California landscapes, including invasive species, waste management, energy conservation, air quality, soil conservation, and supporting wildlife habitats. Master Gardeners individually embrace many of these issues as part of their current extension outreach. However, there is a need to strengthen training and resources that will foster an understanding of the interrelationships among these issues and the impact of sustainable practices in addressing multiple environmental concerns. This project focused on developing educational outreach materials that were then given to Master Gardeners throughout the state. Trainings were conducted across the state where Master Gardeners were given the resources to take the materials to their respective counties and provide additional trainings to the public.

Agriculture Education / Natural Resources

Wendy West
Natural Resources
Program Representative

Program Overview

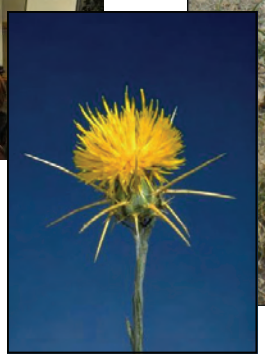
Wendy works in both the Agriculture and Natural Resources program areas. She coordinates multiple regional invasive weed projects and oversees agriculture & environmental literacy workshops, trainings and projects.

Projects

Invasive and Noxious Weeds

UCCE provides leadership and coordination to deliver workshops highlighting best management guidelines to prevent the introduction and spread of invasive weeds for the construction, land management, aggregate production, maintenance and planning sectors. The workshops included information on vectors of invasive weed introduction and spread, inspection programs for clean gravel in cooperation with aggregate producers and best practices specifically for planners and staff working on projects in utility and transportation corridors. Preventing the introduction and spread of invasive weeds continues to be the most economical strategy to stop degradation by invasive plants in the Sierra Foothill Region.

UCCE also leads two collaborative invasive weed groups: the El Dorado County Invasive Weeds Management Group and Lake Tahoe Basin Weed Coordinating Group. By working in concert, land managers, agencies and private landowners ensure that invasive weed detection, eradication or management and education projects are coordinated to maximize efficiency and effectiveness throughout the county.



Agriculture Education / Natural Resources

Agriculture and Environmental Literacy

Teacher's Ag Summer Institute

The Teacher's Ag Summer Institute (TASI) brings together teachers with farmers, ranchers and other agricultural and natural resource specialists to gain a deeper understanding of the food and agricultural systems that sustain the health of people, society, and the natural environment.

The three-day institute combines classroom-style instruction, learning stations, hands-on, in the field experiences and sample classroom activities to immerse participants in the vital world of agriculture. Sessions for primary, secondary and high school educators connect the topic of the day with resources and activities to take back to the classroom setting, all meeting California state curriculum standards to ensure ease in incorporating lessons into the classroom. The "Class of 2011" included eleven teachers completing 24 hours of instruction.

"I applaud these people, the TASI facilitators and helpers, and those agencies which funded the program. I feel like I received a teacher's booster shot and have recommitted to include more ag lessons in my classroom." 4th Grade Teacher—Teacher's Ag Summer Institute 2011

El Dorado County Farm Day

UCCE is a major contributor in the organization of Farm Day, an interactive agricultural and environmental education day held annually in May, serving over 1000 local third grade students. UCCE works with volunteer presenters to expand third grade educational content within the Farm Day presentations and develop education workshops and resource materials for teachers.

Agriculture Education / Natural Resources

Rebecca Miller Cripps
Natural Resources
Program Representative

Program Overview

Rebecca works in both the Agriculture and Natural Resources program areas. She provides expertise in invasive weed management, oak woodlands, and works with Tuolumne Utilities District in extending water education to school aged youth and county residents.

Areas of Focus

- Noxious weed control for the home owner
- Water Use Efficiency (WUE) outreach
- Weed free forage and materials resource list

Projects

Yellow Starthistle Leading Edge Project

Yellow starthistle (*Centaurea soltitialis*) is one of the most ecologically and economically damaging invasive plants in California. Although areas of the state remain uninfested, including the Sierra Nevada Mountains, yellow starthistle (YST) has shown it can invade most bioregions. By controlling YST and stopping the spread at the eastern leading edge in the Sierra Nevada foothills we can protect 12.9 million acres of forested lands, including wildlife habitat, timber production, habitat for endangered and threatened plant and animal species, and the unique recreational assets of the Sierra Nevada.

Rebecca Miller-Cripps at a community event discussing yellow starthistle control

From 2010-2012, UCCE Central Sierra secured over $150,000 in Federal grants to coordinate yellow starthistle detection and control projects throughout the fourteen-county Sierra Nevada foothill region. In addition, UCCE staff have developed a number of new education outreach tools including new handouts, online videos, and a variety of online blog postings.

Agriculture Education / Natural Resources

Weed-Free Forage

Animal feed and erosion control materials serve as a major vector for weed seed dissemination. In an effort to address this problem UCCE Central Sierra staff started the Weed-Free Forage project. The goal was to successfully create a list of suppliers and providers of weed-free forage and straw throughout the state of California. Information was gathered from phone contacts and on-line surveys with County agriculture departments, certified weed-free growers and providers throughout the State of California. The list was completed in early 2012 and is available to construction contractors and livestock owners. The list is available at UCCE Central Sierra website at http://cecentralsierra.ucanr.org/files/139675.pdf

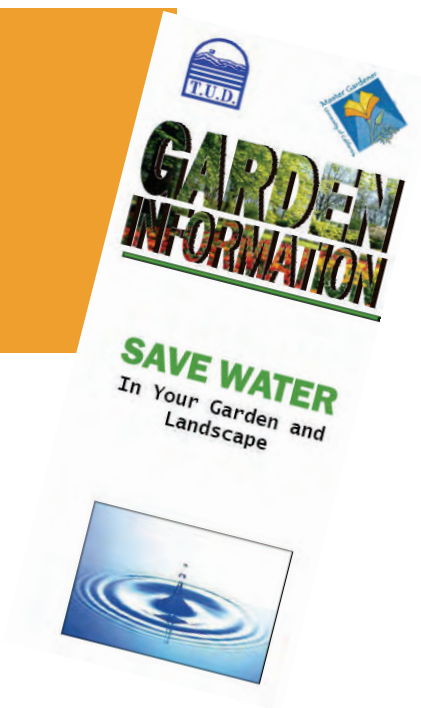
Tuolumne Utilities District

In collaboration with Tuolumne Utilities District, UCCE Central Sierra staff provided wise water use educational materials to the community. Events included water conservation demonstrations at Master Gardener Open Garden Days, the Tuolumne County Home & Garden Show, the First Annual $ave Water Fair, Tuolumne County Board of Supervisors' declaration of July as Smart Irrigation Month in Tuolumne County, and the California Native Plant Society Sierra Foothills chapter "Gardening with Natives" symposium held just after Labor Day to coincide with fall planting of California natives."

Rebecca Miller-Cripps at Farm Day in Calaveras County

NEW Publication Series

In collaboration with Tuolumne Utilities District, UCCE created a new publication series to address water use efficiency and best management gardening practices in the home landscape.



Forestry / Natural Resources

Susie Kocher
Natural Resources Advisor

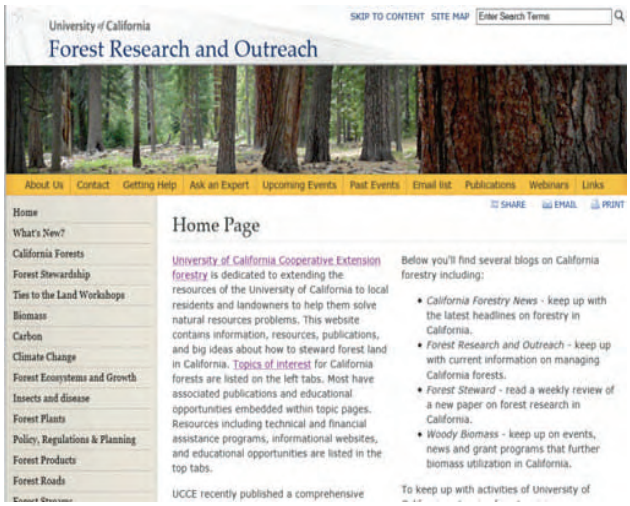
Program Overview

As a Natural Resources Advisor, Susie is in charge of establishing research and education programs that meet the Natural Resource needs of El Dorado, Amador, Calaveras and Tuolumne Counties. Program priorities include forest stewardship, water quality & fire safe landscaping.

Projects

Improving Web Access and Programs for Forestry Extension

New Extension Forestry Website: Developed a comprehensive website (http://ucanr.org/sites/forestry) to broaden extension of research based information in forest science and management to hard to reach California forest landowners, especially those in urban areas, and link them to information relevant to their land. Since the site was launched in mid-July 2011 it has had 4979 visits, from 2839 individuals. The site features a variety of resources for landowners and land mangers including the 24 pamphlet UC Forest Stewardship series. In addition, all UC forest blogs are on the *Home Page* and the *Upcoming Events* tab lists all UC forestry events around the state.



Home page of the new UC Extension Forestry

Webinars: The site has served as the home page for a series of webinars developed in the last year. All presentations were recorded and are available on the website. Past and future webinars include:

- *Forest Stewardship for Forest Landowners* - Fall 2011
- *Balancing Fuel Treatment with Wildlife & Plant Considerations* - Summer 2011
- *Community Forestry in California* - Spring 2011
- *Rural Roads and the Environment* - Spring 2012
- *Rural Road Design/Operations* - Summer *2012*
- *Rural Road Assessment, Remediation, Restoration* - Fall 2012

Building on Science to Implement Fuel Treatments for Fire Resilience

Susie organized and chaired the second statewide wildfire conference (http://ucanr.org/sites/wildfire2011/) held in McClellan, CA on April 27th & 28th, 2011. Over 150 people attended the conference to learn about the ecological, social, and policy perspectives applicable to implementing landscape treatments to promote system resilience and encouraging dialog and collaboration to advance Sierra Nevada forest management.

This was very valuable – a great use of my time. I wish all of my colleagues had been able to attend. Thank you for informing my work. In both an environment and social science base. I'm already looking forward to referencing notes to the meeting. Keep up the good work! – Anonymous on evaluation form, 2011

Forestry / Natural Resources

Sierra Nevada Adaptive Management Project (SNAMP)

Anne Lombardo UCCE Mariposa Co. and Rick Sweitzer - University of California Berkeley processing donated socks

Susie coordinates the outreach for the SNAMP project (http://snamp.cnr.berkeley.edu/). SNAMP is a large interdisciplinary research project on the effects of forest fuels treatments on US Forest Service lands in the Sierra Nevada. One of the goals is to involve the public in adaptive management. In 2011, our outreach team made over 2,098 contacts at 68 public participation events. Events included annual meetings to update stakeholders on the progress of the project, science integration meetings for stakeholders on the research of each science team studying fire, forest health, water, the Pacific fisher, the California spotted owl and people. We coordinated field trips and scientific presentations to local schools. Program representatives Kim Ingram and Anne Lombardo made 48 presentations about the project making 1,369 contacts to involve people in the project. We posted short videos about forest health, spotted owls, fishers and public participation on the project website.

Pacific Fischer feeding from a sock bait station

Sock drive: Anne Lombardo coordinated an online drive for donations of used socks to reduce costs of research on the Pacific fisher, an elusive forest carnivore. Researchers use socks as a receptacle for hanging bait in view of motion-activated cameras. Animals climb bait trees while a camera takes digital images that allow scientists to identify them. After the request was posted on a UC blog (http://ucanr.org/blogs/Green/) it was picked up by Bay area television and radio stations. Within a month, over 280 packages of socks arrived in the mail yielding over 5,000 socks. Packages were received from California, 20 states and Canada. Almost 82% of mailings were from urban areas with populations of 20,000 or more.

Extending Information on Post Wildfire Recovery Treatments

As part of an ongoing project to monitor the effects of post wildfire recovery treatments, Susie organized a field trip to the Angora burn in South Lake Tahoe with the California Energy Commission to highlight effects of high intensity wildfire, effectiveness of fuels reduction and forest restoration treatments, and monitoring results.

4-H Youth Development Program

Program Overview

The objective of the 4-H Youth Development program is to help young people become responsible, self-directed, and productive members of the global society. The focus is the development of citizenship, leadership and life skills through a variety of delivery methods. The program develops independent, self-sufficient youth leaders through learn-by-doing activities.

JoLynn Miller
4-H Youth Development Advisor

New Position: 4-H Youth Development Advisor

UCCE welcomes JoLynn Miller to the Central Sierra. JoLynn is excited to join an amazing team as they deliver 4-H programs across the region. She is a native Californian who received a Bachelors from Cal Poly, San Luis Obispo in Agricultural Education. She then moved out of state for a few years to pursue her Masters from Montana State University focusing on Extension Education. JoLynn brings with her experience in non-formal teaching, outdoor science education, and delivering grant funded programs through 4-H. She will focus her research and outreach on volunteer development and efficacy.

What the future holds...

The 4-H Programs across the Central Sierra will begin working to grow their programs enrollment numbers. This effort will start by increasing opportunities for volunteer development and recruitment. Workshops for current and interested volunteers will focus on positive youth development, the experiential learning model, and inquiry based learning. Well trained, enthusiastic volunteers are the core to successful 4-H programs.

Content specific trainings will be introduced to increase volunteers' competencies in their topic of interest. We will discover how and why the three State 4-H Initiatives of Healthy Living, Citizenship, and Science, Engineering, and Technology can be integrated in every aspect of 4-H.

Finally, our county programs will be encouraged to grow through implementation of non-traditional 4-H projects. Some projects that could be integrated into youth programming might be robotics, alternative energy, working ranch horse, reptiles, bio-security, and sustainable agriculture. Adults that have experience in some of these areas will be targeted and asked to be a 4-H leader.

In hard economic times, 4-H is still one of the best kept secrets in the community. We want to change that. We want the entire community to know the benefits of 4-H and the positive impacts it can have on youth and adults.

4-H Program - El Dorado County

Projects

The 4-H Program in El Dorado County offers a number of projects for youth including: shooting sports, community service, foods & nutrition, clothing & textiles, arts & crafts, aerospace & rocketry, presentations, dirt bike riding, gardening, photography, and dancing to name a few. The 4-H Program also offers youth a wide selection of animal science projects including: sheep, swine, beef, horses, dairy goats, meat goats, pygmy goats, rabbits, cavies, racing pigeons, poultry and service dogs.

Youth learning about biofuels.

New Project: Robotics

Interest in a 4-H Robotics project became a reality during the 2011-2012 year. Several interested parents and volunteers completed training in the nationally recognized 4-H Junk Drawer Robotics curriculum. This curriculum uses everyday household items to explain fundamentals of robotics in an easy to understand manner. Over thirty youth are in the process of forming teams and project meetings will begin shortly. The goal of this new project is to introduce youth not only to robotics, but to the learn-by-doing and experiential learning approach that 4-H has mastered. Once youth complete the Junk Drawer robotics curriculum they will begin to compete in national robotics tournaments, such as the FIRST Lego League.

El Dorado County 4-H reached ***461 youth*** in the 4-H Youth Development Program during 2011-12. The Community Club program has ***143*** adult volunteer leaders.

Carol Martin (Retired)
4-H Youth Development Program Representative

Thank You Carol!

El Dorado 4-H would like to offer a special “Thank You” to Carol Martin who retired this year after 13 years of dedicated service to UCCE. Carol was integral in helping create the El Dorado Youth Commission, which successfully transferred to the Department of Education this year. Her passion for community and youth development will be greatly missed as she moves on. We are lucky to continue to have her support as a 4-H volunteer.

4-H Program - Amador County

Larry Fossen
4-H Youth Development
Program Coordinator

Amador County 4-H reached 186 youth this year through 7 long-term, community-based 4-H clubs. Youth enrolled in community clubs are highly visible in our community as they perform service activities, show their projects at the Amador County Fair, participate in events and practice leadership skills. Skills stressed are responsibility, public speaking, record keeping and decision making. Youth ages 5 -19 participate in community clubs with special activities for teens. The focus is the development of citizenship, leadership and life skills through a variety of delivery methods. In Amador County, this includes the Community Club program, the Amador-Tuolumne Community Action Agency (ATCAA) after school program, and school enrichment projects.

Projects

School Enrichment Projects are provided by the 4-H YD Program Coordinator at local schools as a way to introduce students to important life skill development. Most popular in 2011 was the Lady Bug project where students learn the fundamentals of agricultural science and the importance of California farming. Each participating classroom receives a Lady Bug growing kit, classroom books and posters. We are also instrumental in providing Internet Safety presentations to local schools. Our 4-H First Aid project provides a Basic Aid Training to 6th graders on how to handle emergencies.

After School Program

The ATCAA after school program provides Ione Jr. High School youth an opportunity to build self empowerment and social skills. The Amador County 4-H Youth Development program provides afterschool activities from the “Tools of the Trade” curriculum. This is provided on Wednesdays at the Ione Family Learning Center. The special afterschool program curriculum is available to all the afterschool programs upon request.

Community Clubs

The 4-H Program offers a number of projects for youth including: shooting sports, archery, public speaking, community service, foods & nutrition, clothing & textiles, arts & crafts, GPS, rocketry, construction, video production, theatrics, cake decorating, photography, gardening, quilting, citizenship, electricity, robotics, and a variety of livestock and animal projects.

4-H Program - Calaveras County

Jennifer Goerlitz
4-H Youth Development
Program Coordinator

Calaveras County 4-H reached 279 youth this year through 10 long-term, community-based 4-H clubs.

Through club participation, youth help the community in a number of ways:

- Bringing small pets to retirement and assisted living facilities
- Hanging holiday wreaths around the community
- Donating to fire and catastrophic victims
- Making friendship quilts for hospitalized children
- Giving out hot chocolate and baked goods at parades
- Making holiday cards and cookies for adults in the Senior Center
- Helping with local town clean up
- Volunteering at the local food bank
- Assisting at community events
- Donating cookies to local merchants during National 4-H Week
- Bringing petting zoos to the Children's Fair and Agriculture Awareness Day

Projects

School Enrichment Projects One of the most popular activities amongst school aged youth is the Lady Bug and Butterfly project. Participating classrooms receive a lady bug and butterfly growing kit, classroom books and life-cycle posters.

Other Outreach Efforts include our youth members discussing the 4-H program with children at the annual Children's Fair, Agriculture Awareness Day and at the Calaveras County Fair.

4-H Program - Tuolumne County

Jennifer Alderson
4-H Youth Development
Program Representative

Tuolumne County 4-H reached 235 youth through the community club program alone. Youth participate in a number of projects in 7 different clubs throughout the county. In addition to projects, youth in community clubs are very actively involved in community service and team building activities. They participate in a number of countywide events, including the Mother Lode Fair, where they showcase their projects and skills.

The Tuolumne County 4-H program reaches youth through a variety of delivery modes including the community club program, afterschool program and school enrichment.

Projects

The 4-H Program offers a number of projects for youth including: All Star Leadership, shooting sports, rocketry, cake decorating, foods & nutrition, home arts, scrapbooking, sewing, quilting, knitting, citizenship, community service and public speaking. A wide selection of animal science based projects are also offered including: sheep, swine, beef, horses, meat goats, pygmy goats, rabbits, exotic birds, poultry and dog care & training.

2011-2012 Tuolumne County All Star and Leadership Team members at the Concours D'Elegance Car Show

4-H youth showing their meat goats at the Mother Lode Fair in 2011

PM Club Afterschool Program

In collaboration with Senior Youth Partnership, 4-H has a very active role in the PM Club Afterschool Program in Tuolumne County. PM Club operates at 5 school sites during the school year and 2 sites during the summer. All youth in the afterschool program are enrolled in 4-H and participate in activities centered around 4-H curriculum. Curriculum includes lessons in the areas of citizenship, healthy living and science literacy. Currently there are 240 youth enrolled for the 2011-2012 school year with enrollment increasing during the summer program.

4-H Program - Tuolumne County

Hi 4-H

The Hi 4-H Club offers a very fun, unique opportunity for youth 7th grade and up. Along with their adult advisors, members plan, build and run the Hi 4-H Haunted House in October. The Haunted House is open to the public and is a huge hit every year! In addition to the Haunted House, Hi 4-H members put on a Pancake Breakfast which raises money for members to go to Disneyland. Since the focus is on teen youth, they do a number of team building activities centered around this age group. The focus is on building relationships and teen leadership. Like all 4-H clubs within the county, Hi 4-H meetings and activities are facilitated by a group of youth who hold offices within their club.

Hi 4-H members and their advisors at the annual Haunted House

The Tuolumne County 4-H Youth Development Program reached ***710 youth*** through a variety of delivery modes in 2011-2012.

Students enjoying an embryology lesson through the school enrichment program

School Enrichment

The 4-H School Enrichment Program reaches approximately 235 elementary age youth in 7 different schools through a science literacy based program. This year's program focused on embryology in the kindergarten-2nd grade classroom. Youth were able to experience science through the incubation and hatching of chicks in their own classroom. Short lessons taught once a week for four weeks by 4-H staff focused on the development of an embryo and correlating life science lessons.

Master Gardener Program - El Dorado County

Sue Mosbacher
Master Gardener
Program Coordinator
El Dorado & Amador

Program Overview

The Master Gardener program is an educational outreach program designed to extend research based information and answer gardening questions in the community. The Master Gardener program is made possible with funding from county government, the University of California, and the fundraising efforts by the Master Gardener volunteers. To become a Master Gardener, local residents must receive over 50 hours of intense horticultural training by the University of California and must recertify each year by complying with local requirements.

This year we trained ***51*** new volunteers, bringing the Master Gardener membership to ***149*** volunteers. Master Gardener volunteers donated ***8,102*** hours in El Dorado County during 2011-2012.

Educational Events

Between April 2011 and March 2012, El Dorado County Master Gardeners conducted 43 free public education classes on a wide array of gardening topics. They provided El Dorado County citizens with gardening advice at numerous outreach events, including the Home & Garden Show, El Dorado County Fair, Farm Day, Earth Day, Plant Sale, and Farmers' Markets in Placerville, Cameron Park, El Dorado Hills and South Lake Tahoe. The Mountain Democrat continues to run a weekly column offering gardening advice that is written by Master Gardeners.

Teaching classes during annual plant sale

Projects

Demonstration Garden

For the past few years, the El Dorado Master Gardeners have been in the planning phase for building a state of the art demonstration garden. The demonstration garden will enable them to offer hands on learning opportunities to the local community and is located on property owned by the El Dorado County Office of Education behind Folsom Lake College ~ El Dorado Center, near the Community Observatory. This past fall the Master Gardeners began construction of the garden's infrastructure. The garden is a collaboration between El Dorado County Office of Education, Folsom Lake College, El Dorado Center and the Master Gardeners.

Telephone Information Line

The office is staffed 9 a.m. to noon, Tuesday through Friday. The public is encouraged to bring in plant and insect samples for identification or problem solving.

Master Gardener Program - Amador County

Educational Events

Between April 2011 and March 2012, Amador County Master Gardeners conducted 17 free public education classes on a wide array of gardening topics including a hands-on pruning clinic. They provided Amador County citizens with gardening advice at numerous outreach events, including the Amador County Fair, Amador Flower Farm Spring Fling, Day Lily Days, Clinics at the Fall Harvest Celebration, and Farmers' Markets in Jackson, Pine Grove and Sutter Creek.

Master Gardeners teaching proper pruning techniques

This year we trained ***22*** new volunteers, bringing the Master Gardener membership to ***69*** volunteers. Master Gardener volunteers donated ***3,665*** hours in Amador County during 2011-2012.

Projects

Demonstration Garden

The Amador Master Gardeners have a demonstration garden at the Interfaith Food Bank. During the 2011 growing season the Master Gardeners donated more than 178 pound of tomatoes, squash, fruit, onions, and other vegetables to the Food Bank.

Amador County Fair - Demonstration Garden

The Master Gardeners maintain a Sun Garden at the County Fairgrounds. The garden was redesigned to become a Shade Garden because of the growth of the trees. The garden won first place at the fair.

Telephone Information Line

The office is staffed 10 a.m. to noon, Tuesday through Thursday throughout the year. The public is encouraged to bring in plant and insect samples for identification or problem solving.

Master Gardener fields a question in the office

eNewsletter

The El Dorado Master Gardeners joined with the Amador Master Gardeners to offer a monthly electronic newsletter. Over 1170 subscribers receive this informational publication each month, which contains local growing suggestions, information about pests and how to control them, and updates on upcoming events of interest.

Master Gardener Program - Calaveras County

Debbie Powell
Master Gardener
Program Coordinator
Calaveras & Tuolumne

Educational Events

During the 2011-2012 year, Calaveras County Master Gardeners conducted 10 free public education classes on a wide array of gardening topics.

This year we trained ***6*** new volunteers, bringing the Master Gardener membership to ***69*** volunteers. Master Gardener volunteers donated ***1,202*** hours in Calaveras County during 2011-2012.

Projects

Demonstration Garden

The garden is a platform to provide gardening demonstrations for the community. The Garden is open to the public once a month. The demonstration garden is also the setting for the popular “Kids Day in the Garden” event.

Michelson Elementary School

School Gardens

Calaveras Master Gardeners are involved in many school garden projects. Michelson School Garden Project provides garden education for third grade students. Master Gardeners collaborate with the organization “CHASSIS” Creating Healthy And Sustainable Systems In Schools to develop a school/ community garden that will provide additional food for the students and also for the local food bank located at Valley Springs school garden.

Calaveras County Fair

Master Gardeners provided presentations through out the fair and also have a booth filled with gardening information for fair attendees.

Beautification of the Calaveras Government Grounds

Master Gardeners are working with the County to beautify the government center. To date volunteers have planted nearly 900 daffodil bulbs at the front entrance to the Government Center.

Master Gardener Program - Tuolumne County

Educational Events

During the 2011-2012 year, Tuolumne County Master Gardeners conducted 36 free public education classes on a wide array of gardening topics.

This year we trained ***32*** new volunteers, bringing the Master Gardener membership to ***100*** volunteers. Master Gardener volunteers donated ***2,195*** hours in Tuolumne County during 2011-2012.

Presentation at the Master Gardener demonstration garden at Cassina High School

Projects

S.O.S. – Save Our Styrofoam

Master Gardeners host a Styrofoam recycling event two times a year in collaboration with local businesses, to prevent it from entering the landfill in honor of Earth Day. Last January alone over 1300 lbs was collected and saved from entering Tuolumne County Landfill.

Demonstration Garden

Master Gardeners have a demonstration garden at Cassina High School. Classes and demonstrations are held on the first Saturday of the month and are free to the public.

School Gardens

Master Gardeners provide expertise and educational opportunities at many school gardens in Tuolumne County. During the 2011 year, the Jamestown afterschool program received weekly visits from Master Gardener volunteers.

Weekly Newspaper Articles and published book, “Sharing the Knowledge”

The Union Democrat publishes weekly articles by the Master Gardeners. Articles are written specifically addressing local issues. As part of a fundraising effort to support the program, the Master Gardeners compile the articles and publish a book called “Sharing the Knowledge.” This past year, the second edition was printed and to date over 400 books have sold.

Garden Tour

This one day educational event offers local residents the opportunity to visit other homes in Tuolumne County. The event features foothill appropriate gardening techniques such as drought tolerant landscapes, California native plantings, vegetable gardening and fruit tree care. This is the major fundraiser for the Master Gardener Program and generates nearly $4,000 each year which is used to cover most of the educational programs the Master Gardeners host each year.

Master Food Preserver Program - El Dorado County

Sue Mosbacher
Master Food Preserver
Program Coordinator
El Dorado & Amador

Program Overview

The Master Food Preserver program is an educational outreach program designed to extend research based food safety information and answer questions on food preservation. Master Food Preserver volunteers address local food issues and needs while teaching citizens how to safely prepare and preserve foods.

The Master Food Preserver program continues to grow. In 2011-2012 the program trained an additional ***39*** volunteers, bringing the total volunteer base to ***87*** in El Dorado County.

Projects

Public Education Classes

The Master Food Preservers conducted 31 well attended public classes, including two new classes: training to become a judge at fairs, and how to prepare and enter items to the El Dorado County Fair. Master Food Preservers also presented educational information at numerous public outreach events including Farmers' Markets, Farm Day, El Dorado County Fair, and Kids Expo. They continue to respond to questions from clients via telephone and email.

Master Food Preservers teaching a class on home food preservation

eNewsletters and Newspaper Articles

In 2011 the Master Food Preservers began publishing weekly articles in the Mt. Democrat newspaper and a monthly electronic newsletter that has a national and international subscribers. Each month they share both food safety and food preservation topics through articles and recipes.

Master Food Preserver Program - Amador County

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

NEW For 2012

As a result of increasing interest, UCCE has started a ***NEW*** Master Food Preserver program in Amador County. The weekly training class started in March with several transfer members from the El Dorado group and 10 new volunteers. Free classes will be offered beginning in the summer of 2012 with an additional volunteer training course planned for fall.

Future Projects

Public Education Classes and Events

The Master Food Preservers will conduct free public classes covering the core concepts of safe home food preservation. Master Food Preservers will also present educational information at various public outreach events including Farmers' Markets and the Amador County Fair.

Master Food Preserver trainees learn to make fresh sauerkraut

Telephone Information Line

Master Food Preservers will provide email and hotline services to respond to questions from the public and will provide free pressure canning testing. The office will be located in the Agriculture / GSA office located on Airport Road.

eNewsletters and Newspaper Articles

Working with the El Dorado Master Food Preservers, the new Amador group will collaborate on the eNewsletter that has already taken a strong foothold in El Dorado County. Beginning in the Summer of 2012, the Amador Master Food Preservers will start submitting articles to the Amador Ledger Dispatch on home food preservation techniques and food safety.

Nutrition, Family and Consumer Science Program

Dorothy Smith
Nutrition, Family and Consumer Sciences Advisor

Program Overview

The mission of the Nutrition, Family and Consumer Sciences program is to make a difference in the lives and health of individuals, families and the communities of El Dorado, Amador, Calaveras and Tuolumne county. The program provides educational programs in food and nutrition, food safety, home food preservation, stress management, and money management.

Adult Nutrition Education Program

Our adult nutrition education programs, the **UC CalFresh** Education Program (formerly FSNEP), and the Expanded Food and Nutrition Education Program **(EFNEP)** inspire and empower families and individuals to lead healthier lives by teaching them to eat well, stretch their food dollars, and handle food safely. The programs are federally funded by the USDA, and are administered by the University of California Cooperative Extension. Nutrition Educators are trained by the University of California to teach classes to low-income adults.

Youth Nutrition Education Program

Research tells us that the early years are especially important for establishing habits that will last a lifetime. The UCCE School Nutrition Education Program is federally funded by USDA and administered by the University of California Cooperative Extension to provide nutrition education to schools where at least 50% of students are eligible for free or reduced school lunches. This is done by providing teachers with free curricula that enhance their efforts to teach students about healthy lifestyle practices and by UCCE Nutrition Educators conducting classroom presentations. All curriculum pieces contain concise background information on the topic, easy-to-prepare activities and a snack idea to compliment the lesson. In addition, the program provides opportunities for children to actively learn about healthy eating and exercise. In addition we deliver monthly tastings of fresh fruits and vegetables to all enrolled schools to allow kids to try new foods.

Food Budgeting Workshops

We have partnered with County Social Service Departments to conduct food budgeting workshops in Amador, Calaveras and Tuolumne. Limited resource families will receive information about our Plan, Shop, Save and Cook workshops. The workshops are scheduled throughout the counties and special sessions can be requested by community agencies. The workshops focus on food budgeting, menu planning and include food demonstrations on the use of commodity food items.

Nutrition, Family and Consumer Science Program

UC CalFRESH Program

The **UC CalFresh** Nutrition Education Program consists of three (2.25 FTE) Family Nutrition Educators that work with low-income families and their youth in Amador, Calaveras and Tuolumne Counties to improve their nutrition, food resource management, food safety, and physical activity behaviors.

The UC-CalFresh program reached ***200 adults*** and ***5,377 youth*** through direct educational methods; either training teachers/educators to teach age-appropriate nutrition education curricula or by personally teaching lessons and activities.

An additional ***3,000 adults / youth*** were reached through indirect educational methods including health fairs, Nutrition and Fitness Night, and Back to School Night.

We provide service to 29 schools and preschools and provide training and support to 190 teachers/extenders in over 700 classes. Evaluation data shows that 50% of the adults who participated in our classes indicated they intend to increase the variety of fruits and vegetables they consume each day. 89% of the students were willing to try a new fruit or vegetable and 65% indicated they would ask for the item at home. In addition 30% of the adults indicated the intent to decrease sweetened beverage consumption.

Food Safety and Home Food Preservation

Make it Safe Keep it Safe classes are available for agencies and organizations who prepare food for others at community events. The program is designed to educate about safe-food handling practices to minimize potential food hazards. Home food preservation classes were offered and will be back this season by popular demand. In addition we are expanding the Master Food Preserver Program to Amador County in 2012 and will offer classes in pressure canning, water bath canning, freezing and food dehydrating techniques.

Educational Opportunities

One of the major goals of UC Cooperative Extension is to bring educational resources to the local community in the form of workshops, field days, and short courses. An important component of UC Cooperative Extension work is conducting outreach programs to deliver high quality information to farmers, ranchers, industry professionals, land managers, community clubs and organizations, youth, and the general public. This past year we offered a wide variety of public education classes and events.

Agriculture Classes

- **Beekeeping Workshops** - Beginning, intermediate and advanced workshops covering the basics of honeybee husbandry, pests, diseases, lifecycle, hands-on techniques and honey production. *Participants: 389 people.*
- **Small Farm Planning** - All day workshop on economic planning for beginning small farmers. *Participants: 50 people.*
- **Mushroom Cultivation Workshop** - Introduction to mushroom cultivation as a small farm enterprise. *Participants: 52 people.*
- **Farmers Market Workshop** - Topics on expanding Farmers Market sales by diversification and marketing and postharvest handling techniques to extend shelf life. *Participants: 25 people.*
- **Goat Husbandry Workshop** - Basics of goat husbandry. *Participants: 25 people.*
- **Greenhouse Growing** - A workshop focusing on commercial greenhouse operations and techniques for expanding production. *Participants: 125 people.*
- **Grape Grower Field Meetings / Foothill Grape Day** - Topics include pruning, cover cropping and erosion control, organic/alternative growing practices, frost protection, pest management, weed control, canopy management and marketing. *Participants: 300 people.*
- **Tree Fruit Grower Meetings** - Topics include safer pesticides for codling moth control, dwarfing rootstocks for stone fruit, weed control, nutrition and fertilization, invasive pest identification. *Participants: 47 people.*

- **Christmas Tree Field Meetings -** Tree management, new varieties and pest management. *Participants: 16 people.*
- **Sprayer Calibration Workshop** - Topics include nozzle selection, calibration basics, “greening up” your airblast sprayer, drift control, strip sprayer calibration and discussion of herbicide activity. *Participants: 27 people.*
- **Biological Control for Foothill Farmers** - Identifying and conserving natural enemies, augmentation with natural enemies, creating habitat (hedgerows) to promote natural enemies, native bee biology and conservation. *Participants: 21 people.*
- **Field Worker Pesticide Safety Training** - Training field workers and their supervisors on prevention of heat illness and pesticide safety. *Participants: 75 people.*
- **Frost Protection and Weather Forecasting Workshop** - Frost and weather, powdery mildew indexing and weather forecasting services. *Participants: 28 people.*
- **Teacher’s Ag Summit Institute** - Three day intensive workshop for local teachers to learn about environmental stewardship, water conservation, land use, ecological services, production, marketing and distribution systems, economic and business considerations and historical context. *Participants: 11 people.*

Educational Opportunities

Natural Resource Classes

- **Wildfire Summit -** Educational event for Tahoe basin residents, fire agencies and decision makers to increase understanding of the wildfire issue and present specific information and tools for reducing wildfire risk in the Tahoe basin. *Participants: 108 people.*
- **Forest Stewardship for Forest Landowners Webinar Series** - A new webinar developed in partnership with Northern California Society for American Foresters. *Participants: 144 people.*
- **Tour of Angora Fire** - Hosted a field trip to look at landscape recovery after the Angora fire.
- **California Fire Science Consortium Webinar** - A five week webinar session on planning for the wildland urban interface and forest resilience. *Participants: 300 people.*
- **Ties to the Land Workshop** - Workshop addressing forestland succession and succession planning. *Participants: 40 people.*
- **Cooperative Forest Management Plan Workshop** - Collaborated with the NRCS and Calfire to bring local foresters and landowners together to develop plans ready for submission to these agencies to receive forestry assistance grants. *Participants: 35 people.*
- **Invasive Weed Workshops** - 41 educational workshops were conducted in 2011/12 highlighting weed identification, best management practices to prevent the introduction and spread of weeds and control techniques. *Participants: 1,230 people, including field professionals, students, agency staff and the general public.*
- **Forest Stewardship Workshops** - 5 week short course for private forest landowners, covering forest ecology, forest management, pests and disease management and local resources. *Participants: 42 people.*

Nutrition Classes

- **Safe Food Preservation -** Techniques for safe home food preservation, canning, drying, freezing . *Participants: 110 people.*
- **Eating for a Beautiful You -** How to eat healthy for good skin and how to use healthy natural foods for your skin. *Participants: 80 people.*
- **Kids in the Garden -** Encouraging kids to engage in gardening activities that will increase physical activity, eating fruits and vegetables and make healthy lifestyle choices. *Participants: 310 people.*
- **Growing from the Garden -** Cooking demos and brief nutrition tips on how to increase fruit and vegetable consumption (12 sessions). *Participants: 200 people.*
- **Choose My Plate** - What's it all about? Review of the new MyPlate logo tips on how to use this guideline for planning and choosing healthy meals (2 sessions). *Participants: 51 people.*
- **ReThink Your Drink -** Tips for reducing sweetened beverage consumption and ideas for increasing water intake. *Participants: 200 people.*
- **Safe Storing of Fresh Produce From the Garden -** Techniques for storing fresh fruits and vegetables from the garden. *Participants: 40 people.*
- **Healthy Halloween** - Discussion on healthy snacks and alternative treats for young children. *Participants: 40 people.*
- **Children's' Holiday Festival** - Healthy Eating at the Holidays. *Participants: 155 people.*

We play an active role in our community

Since 1917, we've been providing practical answers to your questions in agriculture, natural resources, home horticulture and gardening, nutrition, and 4-H youth development in Amador, Calaveras, El Dorado and Tuolumne Counties.

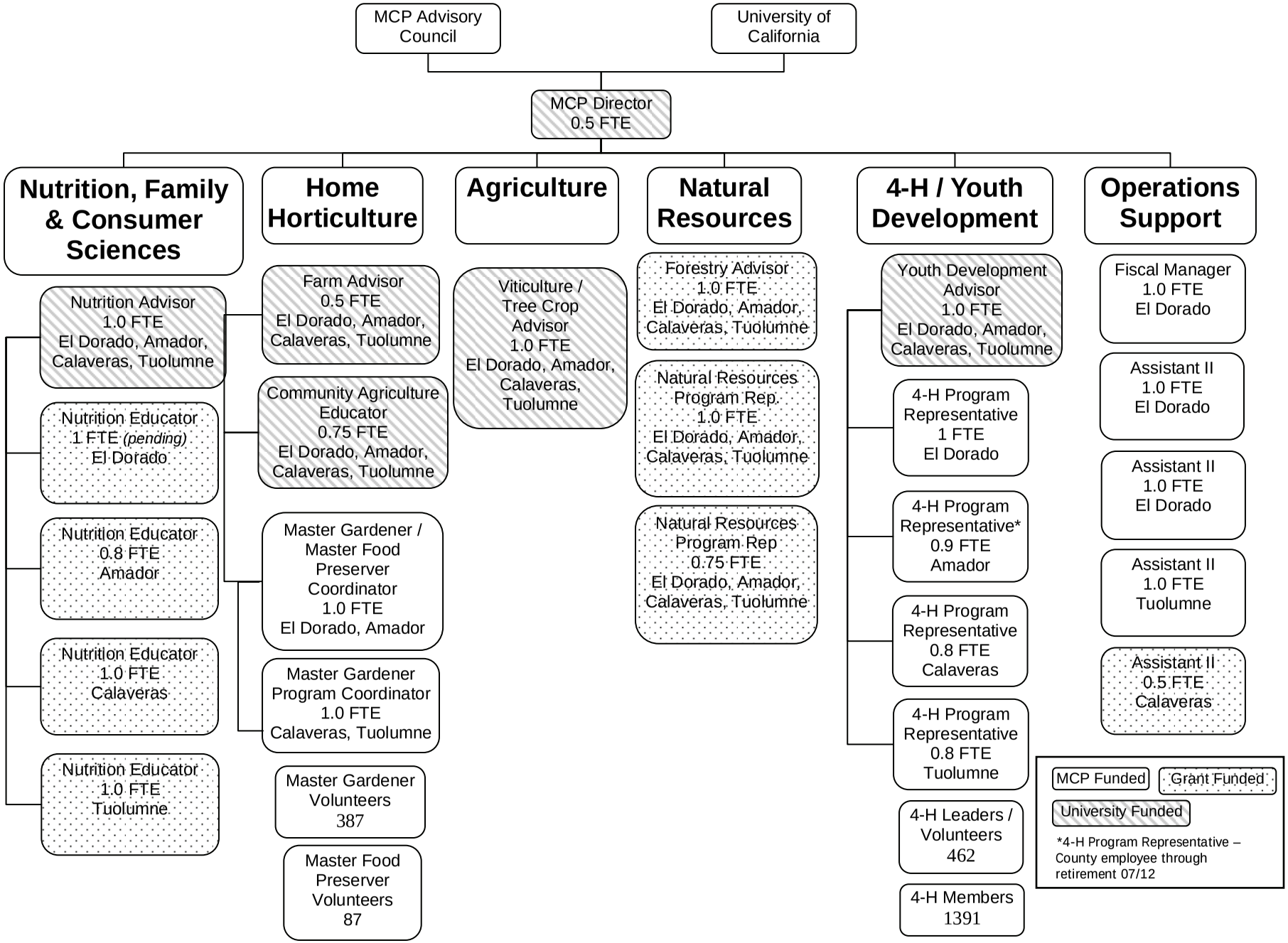
Developing research-based **solutions to local problems**.

Bringing **up-to-date research**-based information on the agricultural commodities grown here in the Central Sierra to producers through the expertise of local UC professionals.

Providing **information and outreach** to local residents in crop and livestock production, and general interest areas that include gardening, nutrition, pest management and backyard animals.

Working with youth to provide them with the knowledge and skills to become responsible, self-directed, and productive people.

University of California Cooperative Extension Central Sierra



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