

2015
2016
UCCE
CENTRAL
SIERRA

*Serving Amador,
Calaveras, El Dorado
and Tuolumne
counties*



ANNUAL
SUMMARY

UC

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Our mission

To sustain a vital agriculture, environment and community in the Central Sierra region by providing University of California research based information in agriculture, natural resource management, youth development, and nutrition, family & consumer science.

University of California

Agriculture and Natural Resources ■ Cooperative Extension

May 18th, 2016

On behalf of the University of California Cooperative Extension Central Sierra, I am pleased to present the 2015 - 2016 Annual Summary.

The UCCE Central Sierra is a partnership between El Dorado, Amador, Calaveras and Tuolumne counties, where UCCE programs are administered and delivered through a shared network of resources from county, state, and federal support.

Throughout California, the University of California's 57 Cooperative Extension offices are local problem-solving centers. We are the bridge between local issues and the power of UC research. Our county-based staff is part of the community – we live and work in the areas we serve. More than 300 campus-based specialists and county-based farm, home and youth advisors work as teams to bring practical, unbiased, science-based answers to problems throughout California.

As part of the agricultural community, we help farmers develop more efficient growing methods, solve pest management problems and develop crops and irrigation methods that use less water. As stewards of the land, we help develop smart water-use strategies, develop wildfire education and help preserve natural areas and farmland. As advocates for healthy communities, we promote healthy diets and exercise for better health, help Californians learn to choose the most nutritious foods and help shape the citizens of tomorrow through the CalFRESH Program.

And thousands of volunteers extend the reach of our work through the Master Gardener, Master Food Preserver and the 4-H Youth Development Programs. We work in full partnership with federal, state, county and private resources. We are stewards, problem-solvers, catalysts, collaborators and educators.

We are UC Cooperative Extension!



Scott Oneto
UCCE Central Sierra, Director

Providing Service Since:
UCCE El Dorado County, 1918
UCCE Tuolumne County, 1947
UCCE Amador County, 1955
UCCE Calaveras County, 1960

UC Academic Advisors

Scott Oneto

Director / Agriculture & Natural Resources

Susie Kocher

Forestry & Natural Resources

JoLynn Miller

4-H Youth Development

Lynn Wunderlich

Agriculture / Viticulture

Dan Desmond

4-H Youth Development - Emeritus

UC Program Staff

Natalie Alfaro-Perez

UC CalFresh Nutrition Educator - Amador

Vera M. Allen

4-H Youth Development - Amador / El Dorado

Gretchen Birtwhistle

UC CalFresh Nutrition Educator - Tuolumne

Tracy Celio

Master Gardener - El Dorado / Amador

Jennifer Goerlitz

4-H Youth Development - Calaveras

Kelsey Markus

4-H Youth Development - Tuolumne

Emily Meteger

UC CalFresh Nutrition Educator - Calaveras

Sue Mosbacher

*Master Food Preserver & Master Gardener
Program Manager*

Hector Ochoa

UC CalFresh Nutrition Educator - Lake Tahoe

Carmela Padilla

UC CalFresh Nutrition Educator - Lake Tahoe

Debbie Powell

Master Gardener - Calaveras / Tuolumne

Megan Suarez-Brand

Master Gardener - Lake Tahoe

Denise Veffredo

4-H Youth Development - El Dorado

Wendy West

*UC CalFresh Nutrition Education
Program Manager*

UC Administrative & Program Support Staff

Stacy Arhontes

Robin Cleveland

Becky Sansoni

Nancy Starr

Sandra Sturzenacker

Food Corps Service Members

Lucas Hill

Kim Oldham

Agriculture

Program Overview

- Provide agricultural producers with the latest in research based information, problem solving tools and technical assistance.
- Farm Advisors are in charge of establishing research and education programs that meet the agricultural needs of farmers in the Central Sierra region.
- Programs emphasize collaboration with UC Specialists, growers, and local organizations to conduct relevant research in the foothills and deliver tools for growers to improve their crop quality while conserving resources.



UCCE Farm Advisor
Lynn Wunderlich

Research Projects and Outreach Investigating the Incidence and Spread of Grapevine Red Blotch associated Virus (GRBaV) Disease

UCCE Central Sierra Farm Advisor Lynn Wunderlich is collaborating with UC Davis and USDA researchers to determine the prevalence and spread of Grapevine Red Blotch-associated Virus in foothill vineyards. GRBaV is a newly described virus that can affect berry maturation (Brix) and flavor composition, decreasing fruit quality. It is not yet known how the virus affects grapevine yields. The virus appears to have been spread through

infected planting material and can be confirmed using a laboratory (PCR) test. Recently, UC and USDA researchers announced they had identified a vector (insect that transmits the disease), with the help of Farm Advisor Wunderlich, among others. The vector identified is the 3 cornered alfalfa treehopper, a common insect found in the foothills. Wunderlich is currently involved in field studies to better understand the biology of the treehopper and how it spreads disease.



Red Blotch Virus disease is so named because it causes grape leaves to turn red, and can reduce sugar accumulation in fruit.



Wunderlich worked with UC Davis Entomologist Frank Zalom (right) and post-doctoral researcher Brian Bahder (left) to identify an insect vector of Red blotch virus. Their work led to the discovery that the 3 cornered alfalfa treehopper (at right) can transmit the disease in greenhouse studies. Field studies are underway.

Wunderlich has sampled over 95 grapevines from across the foothills for presence of GRBaV; about 70% of those symptomatic vines sampled have come up positive for the virus. The data collected will increase grower awareness of GRBaV symptoms, and begin to

identify the extent of GRBaV in the foothills. Research on the treehopper vector will determine the best ways to manage it to reduce spread of the disease. Research results delivered at meetings such as Foothill Grape Day, UCCE's annual grape grower educational meeting, will improve vineyard manager's understanding of GRBaV epidemiology and will help

reduce the impact of the disease on foothill vineyard fruit quality, improving economics for local grape growers.



Understanding Grapevine Water Use to Irrigate More Efficiently



This ET station in a UCCE field study measure the amount of water the grapevines use.

“Evapotranspiration” (ET) is a term to express how much water the crops on a parcel of land use. All plants transpire water drawn up from the roots and exited through tiny pores in leaves. This process requires energy, the energy of the sun. UCCE Central Sierra is working with UC Davis irrigation specialists to measure the ET a vineyard uses by measuring the energy available to vaporize water. The study is comparing the effect of topography and soils on grapevine water use. The results will assist growers in understanding their site specific crop water needs. The study has garnered international attention: the results were presented at an International Viticulture Research meeting held in Europe in 2015.



Catch cups collect the irrigation amount from drippers at the study site. The Distribution uniformity is a measure of how efficient the irrigation system is. UCCE hosted a grower field meeting where irrigation system efficiency, including measuring DU, was discussed.



Every drop counts!



The "Foothill Fodder" is a UCCE Agricultural program BLOG that updates readers on timely ag. issues.

Providing Foothill Growers with Reliable Diagnostic Information

One of the roles of the UCCE Agriculture program is to assist growers with identifying and diagnosing problems in their fields. UCCE provides reliable, unbiased and research based information to agricultural producers without direct charge. Problems include nutrient deficiencies, insect, disease and weed pest i.d. and recommendations for management, and assistance for new farmers who want to begin an agricultural endeavor.



What's wrong with my blueberries? UCCE Agricultural program provides foothill growers with valuable diagnostic and management information.

Natural Resources & Forestry

Program Overview

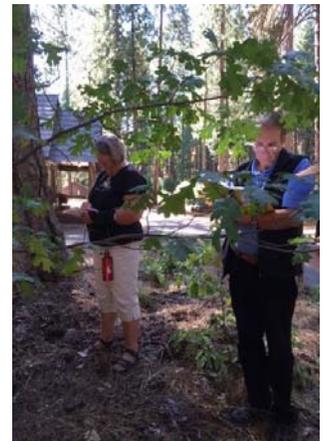
- Provides forestry, wildlife, rangeland, watershed management and other natural resource related information to a wide variety of county residents and visitors.
- Promote sound management and conservation of the region's natural resources, through research, educational activities, and good working relationships with a broad range of people.



UCCE Natural Resources & Forestry Advisor Susie Kocher

UCCE Trains Naturalists at Calaveras Big Trees and Blodgett

In 2015, UCCE Central Sierra hosted both a basic and an advanced training for the California Naturalist program. The program is designed to introduce people to California's unique ecology and engage volunteers in stewardship and study of California's natural communities. Community Education Specialist Kim Ingram organized and led a basic 40 hour course at Calaveras State Park in collaboration with the Calaveras Big Trees Association in September and October with 17 students, despite some delays due to closures from the Butte Fire.



Calaveras Big Trees docents learn about tree identification at the State Park.

"This collaboration benefits the docent program at Calaveras Big Trees as many students are also active park docents. The park also benefits from increased knowledge and support of the park by other participants in the course." - Wendy Harrison, Lead Interpreter, Calaveras Big Trees State Park



Participants hear about fire ecology research at Blodgett from UC Berkeley fire scientist Scott Stephens.

Also hosted was an advanced training weekend in fire ecology for naturalists in April 2015 at UC's Blodgett Research Forest near Georgetown in El Dorado County. In addition, UCCE Central Sierra published a 19 page Natural History of the Sierra Nevada for the California Naturalist Publication Series.

Participants learn about low severity fire effects in the King Fire from US Forest Service District Ranger Pat Trimble.



California Naturalist Instructors Training hosted by UC and the American River Conservancy in Coloma July 2015.

Participant in the California Naturalist program learning art techniques to capture the post fire landscape in the King fire, April 2015.



Natural Resources & Forestry, cont.

Sierra Nevada Adaptive Management Project (SNAMP)

“Information presented at SNAMP meetings and in publications has contributed to Forest Plan revisions and development of Conservation Assessments and Strategies for fisher and California spotted owl. We expect that science produced by SNAMP will contribute to the design of future fuel treatment projects.”

-The agency response to SNAMP final report, page 5

The 10 year SNAMP research project on effects of forest fuels treatments on US Forest Service lands in the Sierra Nevada concluded in 2015. Since 2007, our outreach team including Community Education Specialists Kim Ingram and Anne Lombardo, made over 8,500 contacts at 287 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.

Project evaluation found that because of the UC third party role in the project; participants learned new things (95%), transparency was enhanced (94%), there was an increase in shared understanding, improved relationships and increased trust (85%). Interviews showed that understanding of forest management became more shared between participants who mostly believed that treatment impacts were likely to be positive, improving forest health in a way preferable to severe fire. The 1,000 page report including the Appendix F in learning how to apply adaptive management in Sierra Nevada forests: An integrated assessment can be accessed on line at <http://snamp.cnr.berkeley.edu/snamp-final-report>.



SNAMP outreach team: Anne Lombardo, Susie Kocher and Kim Ingram.

Post-fire Management Workshops

UCCE Central Sierra conducted a post fire management workshop in October to assist landowners affected by the Butte fire. The goal of the workshop was to increase the understanding of post-fire issues and treatment options and to provide information on post-fire treatment cost-share programs, tax issues and professional assistance for post-fire treatments for private landowners.

The workshop was held in collaboration with Natural Resource Conservation Service, CalFire and the Georgetown Divide Resource Conservation District. Topics covered included erosion control, invasive weeds, road management, reforestation and tax implications. 150 attendees. View the entire workshop online at:

http://cecentralsierra.ucanr.edu/Living_with_Wildfire/2015_Butte_Fire_Recovery_Information.



Post fire landscape in the Butte Fire area burned in September 2015.

Natural Resources & Forestry, cont.



Die off of ponderosa pines due to western pine beetle in a Calaveras County subdivision, September 2015.

Insect Caused Tree Mortality

UCCE Central Sierra staff and volunteers continue to respond to the tree mortality crisis in the four county area by developing and disseminating educational resources for residents on how to manage dying trees. Forestry advisor Susie Kocher presented insect mortality trainings to each of the five UC Master Gardener training programs to assist them with responding to clientele inquiries. She also developed a web page to collect resources for local residents:

http://cecentralsierra.ucanr.edu/Forestry/Forest_health_and_mortality/ and wrote a number of UC blog posts that were widely disseminated from the UCANR Green Blog: <http://ucanr.edu/blogs/Green/>.

Staff and volunteers continue to respond to nearly daily calls about tree mortality.



Post fire field trip to the King Fire hosted by the UC California Fire Science Consortium and the US Forest Service.

Wildfire Science Dissemination

UCCE Central Sierra continue to be active with the California Fire Science Consortium (CFSC), a network of scientists and managers funded for the last four years by the Joint Fire Science Program (JFSP) to synthesize local fire science and encourage collaboration between fire researchers, land managers, and stakeholders (<http://www.cafiresci.org/>). Evaluations show that the activities of the Consortium are needed, useful, reliable and applicable to participants' work. Agreement that the CFSC has helped improve accessibility of fire science information grew from 75% to 81% last year. The percentage agreeing that the CFSC helped improve the use and application of fire science grew from 62% to 69%. Those agreeing that it helped improve communication between managers and scientists grew from 55% to 61%. 83% would recommend involvement with the Consortium to co-workers (up from 81% in 2012). One of the most successfully received products is research briefs and syntheses (57% of survey respondents had used them). Also appreciated were email newsletters, live webinars, and workshops, symposiums, or local meetings (48%).



Forestry Advisor Susie Kocher was named by UCANR in their July 4th twitter series—playing the part in "America the Beautiful" of the purple mountain majesties....

Natural Resources & Forestry, cont.

Post Wildfire Livestock Grazing Management on Public Rangelands

With unprecedented wildfires burning on federal lands used for grazing by livestock across California, concerns have arisen about proper livestock grazing policy and management for rangelands after fire (e.g., need to rest from grazing following burn to protect denuded soils v. need for grazing immediately after fire for weed management). The frequency and severity of rangeland wildfires is increasing, and given current heavy fuel loads compounded by drought and climate change, such trends are expected to continue. In recent years there have been several large wildfires impacting public grazing allotments administered by the US Forest Service (USFS) and US Bureau of Land Management (BLM). Among these are the 2013 Rim Fire (257,000 acres), 2014 King Fire (98,000 acres), and 2015 Butte Fire (70,868 acres).

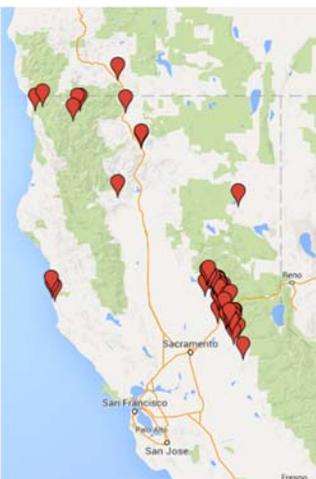
Each of these fires has had significant impact on the management of grazing allotments and the economic viability of dependent ranching enterprises. Currently, the central policy and management question is how quickly will rangeland health recover and allotments become ready to support livestock grazing without risk of long-term natural resource damage following wildfire. Unfortunately, there is extremely limited research to address this important question. To help address this, Advisor Oneto in collaboration with UC Range Specialists Drs. Ken Tate and Leslie Roche are collaborating with USFS, BLM, ranchers and a number of UCCE advisors throughout the state to address some of these research questions.



Drs. Ken Tate, Leslie Roche, D.J. Eastburn and UCCE Advisor Oneto setting up transects and exclosures to monitor forage utilization and plant diversity after the Butte fire.

Scotch Broom Gall Mite: A New Partner in Broom Management for California

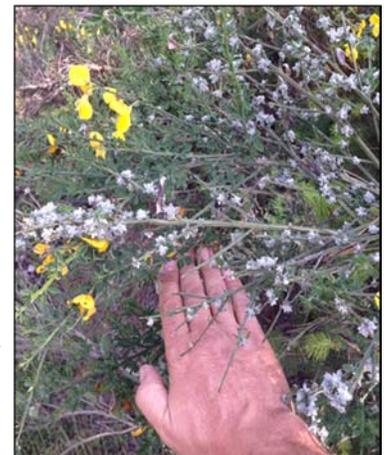
The broom gall mite has recently been observed attacking the invasive plant Scotch broom (*Cytisus scoparius*) in California's natural landscapes. Scotch broom, desired for its bright yellow flowers and rapid growth, was first introduced into North America as an ornamental and for erosion control. However, its ability to outcompete native plants and form dense stands has also made it one of California's worst wildland weeds.



Distribution of Scotch broom gall mite in California as of 2015. S. Oneto, UCCE.

UCCE Advisor Oneto first identified the mite in the Spring of 2014 in El Dorado County. Since that time, Oneto has been recording the distribution of the mite across California to determine the rate of spread and the presence and absence of the mite in broom infestations. Working with Dr. Paul Pratt with the USDA Agricultural Research Service, further research is underway to determine the host specificity of the mite to Scotch broom.

The mites cause galls, small abnormal growths on the plant's buds, to form during feeding, greatly reducing Scotch broom's ability to grow and reproduce. This mite is considered to be an ideal biological control agent due to its specialized feeding habits and the debilitating damage it can cause to invasive weeds. In some areas, the gall mite has already killed large stands of broom.



UCCE Advisor Oneto examining damage caused by the gall mite.

4-H Youth Development

Program Overview

- The 4-H Youth Development program helps 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.
- The 4-H Program offers many exciting project opportunities for youth members including: service learning, foods & nutrition, clothing & textiles, arts & crafts, aerospace & rocketry, presentations, gardening, photography, community service, robotics and much more.
- 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, poultry, alpacas and service dogs.



New 4-H Leadership in the Central Sierra Region

Denise Veffredo grew up in El Dorado County and was an active member of 4-H for over ten years. During those years she participated in most large livestock projects, served as an officer, was a Jr. leader, and Teen leader until she left for college. She began at Sierra Jr. College where she earned an Associate's Degree in General Agriculture, followed by graduating from Chico State with a Bachelors of Science in Agricultural Business, with an emphasis in Management. She was a manager for Safeway as well as Livestock Superintendent for Placer County Fair. She devoted over eight years of volunteering for the Gold Rush #1034 Active 20-30 club where she fundraised for underprivileged children in El Dorado County. Her vast experience with livestock, roots within the community and over ten years of fundraising and event planning give her skills needed to be successful. Denise is excited for what she can bring to the 4-H program and looks forward to meeting and working with all the great families, volunteers and members. Denise will be working to strengthen and help grow by providing administrative and education support to the livestock advisory committee, the summer camp program, volunteer development, event planning and serve as liaison between program groups and staff. You can reach Denise at dveffredo@ucanr.edu.



Denise Veffredo, 4-H Program Representative, El Dorado County

Kelsey Markus is a Calaveras County native who grew up as an active member of 4-H. She participated in many projects and became a Teen leader and Calaveras County All Star. After graduating from Bret Harte High School, Kelsey attended California State University, Chico. While earning her Bachelors in Animal Science and Agricultural Business, Kelsey still found time to volunteer as a leader for her local 4-H club in Calaveras County. Post college, Kelsey found it important to return to her small community and began working as a substitute teacher and wine club coordinator. Although these two jobs taught her a lot about working with diverse groups of children and putting together large events, it was her role in a non-profit therapeutic riding program that gave her expertise for this job. Her experience as a riding instructor and business manager has given her skills in volunteer management and recruitment, as well as following the tight budget of a non-profit organization. Kelsey has been having a great time getting to know all of the passionate volunteers and amazing youth in Tuolumne County. You can reach Kelsey at kmmarkus@ucanr.edu.



Kelsey Markus, 4-H Program Representative, Tuolumne County

New Events in Central Sierra 4-H!



Lego Build Up

On March 12th, Calaveras 4-H hosted a 4-H Lego Build Up event. Judges from the community were invited, as well as families from outlying counties. Children did not need to be 4-H members to participate, and the event was free to all.

Twenty-six children participated, and built Lego kits designed for their age groups and interest. Younger aged children had assistance from parents with reading instructions on building their kits, which encouraged a family atmosphere. The older children built Star Wars based kits since this was a popular theme with the kids.

The event was made possible by the Calaveras Fairgrounds which graciously allowed the group to use their facility and an engineering and architectural firm that both made monetary donations to help cover the cost of the Lego kits and light snacks.



Youth participate in the first Lego Build Up Challenge.

Project Skills Day

This all day event in El Dorado County provided an opportunity for 4-H youth to show off their skills learned during project meetings over the program year. The day also included proficiency testing, an opportunity to buy branded items from the 4-H Mall, a uniform exchange, computer tinkering with Lego NST, disc golf, rocketry, photography and more.



Youth member showing her skills.

Other 4-H members were present to learn more about record keeping - which helps members track their activities, events, profits and losses, skill development and learning experiences.

There was an opportunity to do community service work: making hand warmers and tie-blankets for Blood Source of Sacramento, who will distribute them to those in need here in El Dorado County.



Youth at Skills Day play with Lego Robotics equipment.

“Skills day was so fun because I learned about my project, stuff I didn’t know, and I got to go to other barns and projects to learn about things I want to do next year!”

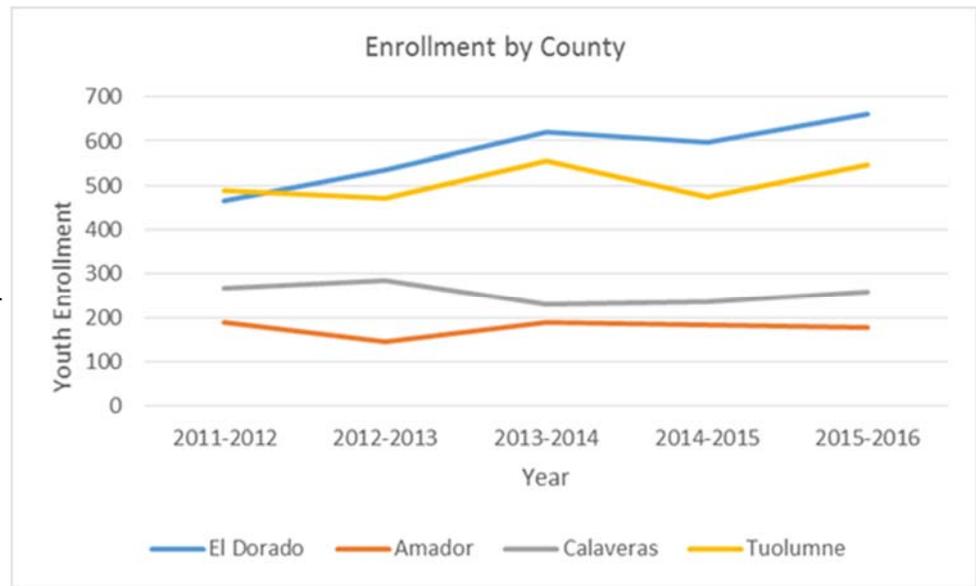
RoseLynn, 4-H member.

387 adult 4-H volunteers taught and mentored **1,644 youth** in the 4-H Youth Development Program this year.

4-H Youth Development, cont.

Enrollment

While 4-H enrollment state and nationwide is still slowly declining, the numbers in the Central Sierra are up over the last 4 years. There are a number of new events like summer camp, the Color Run, and the Lego Build up, that may have contributed to this upturn. In addition continued partnership with the Senior Youth Partnership in Tuolumne County have kept youth involved. California has teamed up with National 4-H to re-brand our organization so that families realize 4-H is for everyone. You can see the new brand video at <https://youtu.be/4vJ5Ab-uTDk>



California 4-H Association

The California 4-H Association (CA4-HA) is the local chapter of the National Association of Extension 4-H Agents (NAE4-HA) and is committed to advancing the professional status of the 4-H staff and academics through professional improvement. In recent years, due to budget cuts, staff across the state have rarely and only sporadically interacted in person, other than state-organized events, and had no intentional opportunities to build supportive relationships. In order to change this trend, the Board (which Advisor Miller serves on) chose to reinvigorate the organization and began offering monthly webinars on professional development topics such as tech tools, meeting facilitation, dealing with stress, and more. In addition, the Board began offering a three-day retreat to bring across the state staff together with a goal of balancing professional development through intentional relationship building. April 2016 marked the third year of this retreat and evaluations have shown this to be a valuable tool with 72% of respondents agreeing or strongly agreeing that the retreat helped them build skills useful for their work with 4-H. In fact, the Retreat Planning Team published an article on the effectiveness of the retreat method for staff. You can access that article at the Journal of Extension <http://www.joe.org/joe/2015december/iw2.php>

Building on this idea, 4-H staff in the Central Sierra meet once a month either in person on the phone to build relationships and brainstorm on ways to collaborate.

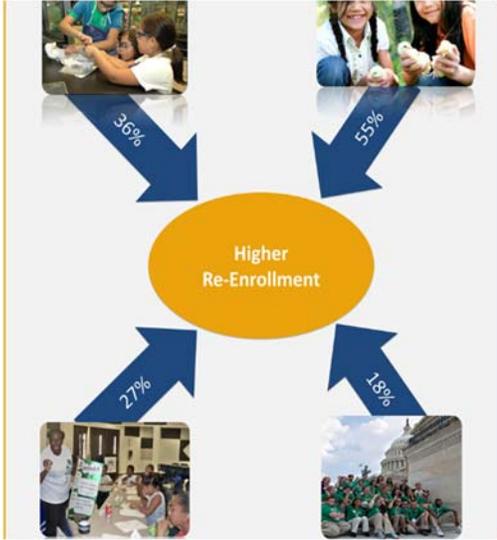
“I feel more connected to all four counties in the MCP, which creates an environment that fosters better collaboration and encouragement “
—Vera M. Allen, Amador County 4-H Program Representative

“The most valuable aspect [of the retreat] was the relationship building with colleagues. There are very few opportunities to get together with 4-H youth development professionals.” – 4-H Youth Development Academic Advisor, 16 years of service



4-H Youth Development Advisor JoLynn Miller was recognized at the annual conference for the NAE4-HA and received an Achievement in Service Award.

Youth Development Research



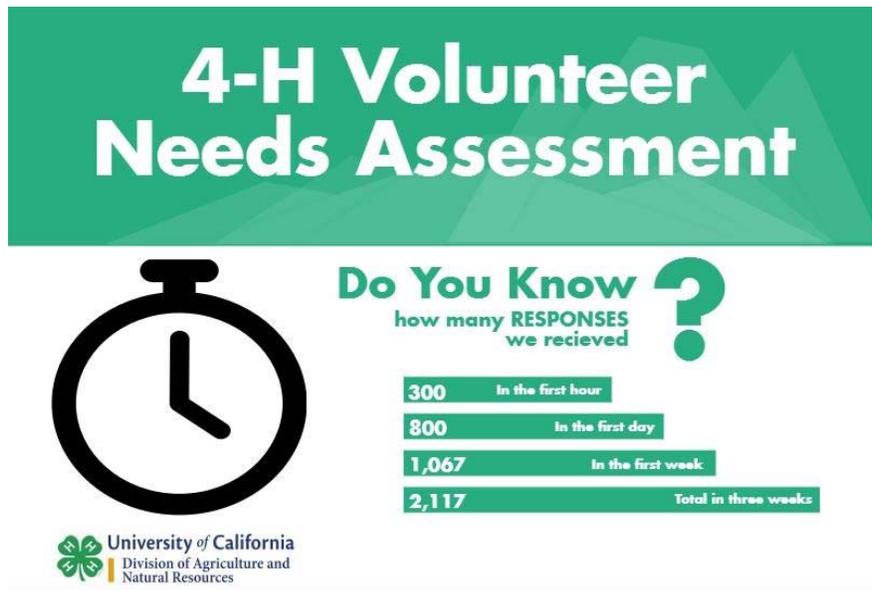
Youth who enroll in animal projects are 55% more likely to re-enroll.

Youth Retention Research

Advisor Miller is leading a multi-state team of researchers looking at retention. The team first looked at enrollment information for 80,000 youth in the California 4-H Club Program from 2008 to 2014. This baseline data was consistent with other research showing that drop-outs tend to occur after the first year in the program and once a youth hits adolescence. There is already research in the field looking at increasing retention in adolescence youth, so the team focused on the other group. They conducted phone interviews with 35 families in eight counties who completed one year in a 4-H club, but did not re-enroll. By June 2015, this information was used to develop a survey which was sent to first-year families in 11 counties in California and all first-year families in Idaho. Some important findings are that youth who are enrolled in more than one project are more likely to enroll for a second year, and youth enrolled in animal projects are 55% more likely to enroll for a second year. The team is expanding and this year's survey will be collected in all counties in California, Idaho, Montana, and New Jersey.

Statewide Volunteer Needs Assessment

4-H is a volunteer driven organization. We rely on the expertise and dedication of our many volunteers to deliver research based curriculum to youth in our programs. As co-chair of the statewide Developing Volunteer Capacities workgroup, Advisor Miller is seeking ways to better support the volunteers in our programs. The team has just completed a statewide volunteer needs assessment survey in which an unprecedented 2,117 volunteers responded. Questions centered on previous training and desired training, along with open-ended questions like "Please share the biggest effect 4-H has had on YOUR personal development" and "Please share what you felt was the most important contribution YOU made to the 4-H program." The team is beginning work on this large data set and will produce reports for each county, a state-wide report, and write journal articles based on some of the qualitative data.



4-H Community Service

Through its pledge of “hands to larger service,” 4-H has historically given back to the community by encouraging young people and adults to volunteer. Service to the community – through food drives, raking the yard of an elderly neighbor, adopt-a-highway programs, teens teaching younger youth, teens mentoring children, or youth determining community needs and helping solve community issues– helps young people learn about caring, leadership and citizenship.

Amador County

- Entered floats in Sutter Creek Parade of Lights
- Collected food donations for the Interfaith Food Bank
- Hosted an informational booth at Celebrate our Children
- Provided parking attendants for Dandelion Days
- Hosted the Amador County Youth Poultry Show
- Served & cleaned up at the Upcountry Rotary Crab Feed
- Participated and volunteered at North Sectional Presentation Day
- Served at the Spaghetti Western Dinner
- Participated and volunteered at State Field Day
- Volunteered to setup pens at the Amador Fairgrounds
- Served as volunteers at 2nd Generation Fundraiser Dinner - youth helped with setup, serving & cleanup
- Repaired, resurfaced, and repainted cattle pens in the Beef Barn at the Amador Fairgrounds
- Volunteered for the Four Fires Clean-Up day at the Amador Fairgrounds
- Hosted an informational booth at the Amador County Children Activities Fair
- Volunteered and presented at Ironstone Concours d’Elegance
- Purchased and donated three Thanksgiving dinners and four additional turkeys for needy families
- Participated in the Ione Homecoming Parade
- Hosted a BBQ lunch at the Willow Springs School House Flea Market



4H Youth caroling at a senior center mobile home park.

Calaveras County

- Organized petting zoo at Lumberjack Day
- Volunteered at Copperopolis Community Garden
- Organized and held numerous canned food drives
- Volunteered at Ironstone Concours d’Elegance
- Baked & distributed cookies for Thanksgiving basket donations
- Volunteered in Valley Springs Annual Parade
- Provided youth leadership at 4-H Camp
- Organized a Legos Build Up that sparked interest in S.T.E.M.
- Promoted agricultural projects at Agricultural Awareness Day
- Raised funds for Friends of the Fair
- Volunteered at Angels Camp Christmas Parade
- Volunteered at Murphys Irish Day Parade & celebration
- Helped out Butte Fire victims through fundraising and livestock sheltering
- Organized petting zoo at the Children’s Fair and educated the public on different breeds of animals
- Donated four \$500 college scholarships to high school seniors
- Organized petting zoo and educated young children about breeds of poultry at Kids’ Day in Valley Springs
- Planted seedlings in Mountain Ranch to help with Butte Fire recovery



4-H members built benches for a community park in Calaveras County.

El Dorado County

- Volunteered at Ironstone Concours d'Elegance
- Volunteered at Master Gardeners Grand Opening for their new garden
- Served dinner at County Fair Crab Feed
- Set up and clean up of M.O.R.E Wine and Art Event
- Made fleece blankets for the local homeless shelter
- Put on the production for Fair Awards and Recognition night
- Volunteered at Color Me Green Fun 5k Run
- Donated shoes boxes of Christmas gifts for Operation Christmas Child
- Held a toy and donation drive for Toys 4 Tots
- Completed yard work at Mother Teresa Maternity Home
- Hosted supply drive for local animal shelter
- Organized blanket drive for the local homeless shelter
- Collected pop tops for Ronald McDonald House
- Made pillow ports for cancer patients
- Sewed hand warmers for blood donors
- Cleaned the horse arena and painted poles at the fairgrounds
- Built and maintained gardens at the fairgrounds
- Painted fences at Shingle Springs Community Center
- Made and delivered Valentine's Day cards and flowers for Gold Country Senior Home residents
- Wrote handmade affirmations for the EDC Senior Center
- Entered floats in Hangetown Christmas Parade of Lights and volunteered animal clean up after the parade



Color Me Green 5K Run planning committee having fun before the race.

Tuolumne County

- Donated time at the Annual Sonora Regional Hospital Holiday Dinner
- Participated in Adopting a Family during the Holidays
- Volunteered at Ironstone Concours d'Elegance
- Organized pet food and supplies drive
- Collected blankets for the Lambert Center
- Held an extremely successful Community Dinner Fundraiser
- Competed in County, Sectional and State Presentation Days
- Participated and volunteered in local parades
- Attended LCORT, a Sectional Leadership Conference
- Attended the State Camping Conference
- Brought back 4-H Summer Camp
- Lead 4-H Youth Christmas caroling trip at a senior center mobile home park
- Worked with Tractor Supply Co., Inc. to raise funds during the National Paper Clover Campaign
- Donated items for a baby basket (donated to first baby born at Sonora Regional during National 4-H Week)
- Organized a Teen Retreat Weekend for members



4H Youth helping customers at Tractor Supply.

"During the 4-H Paper Clover campaign....I learned how to be more of a help to others. Not only did I help my 4-H program but I also helped customers. This experience helped build my confidence and helped make me feel more apart of my 4-H program. I really felt like I was make the best better," Chrissy, age 11.

Master Gardener Program

Advice to Grow By ... Ask Us!



Program Overview

- The Master Gardener Program is an educational outreach program designed to extend research based knowledge and information on home horticulture, pest management, and sustainable landscape practices to the residents of California and be guided by our core values and strategic initiatives.
- To become a certified Master Gardener volunteer local residents receive over 70 hours of intense horticultural training by the University of California and must recertify each year by complying with local requirements.

Educational Events

Free public classes; informational booths at farmers markets, county fairs and local events; Farm and Ag Day activities for local youth, as well as joint community events are the core educational events regularly hosted by Master Gardener volunteers throughout Central Sierra.

In 2015 Master Gardener volunteers led 106 free public education classes on a wide array of gardening topics including:

- Building a Hoop House
- Nourishing & Rebuilding Soil
- Seed Saving & Journaling
- Rainwater Harvesting & Greywater Use
- And much more!!!!



Master Gardener class demonstrates how to build a hoop house to protect raised beds.

Master Gardener volunteers in Amador and El Dorado partnered with Master Food Preservers to present multiple joint classes on the complete lifecycle of garden produce, from planting to harvesting to storing and eating. Classes topics included citrus, vegetables, olives, and Holiday Gifts from the Kitchen and Garden.

Master Gardener volunteers gave home horticulture advice over the summer at all four county fairs and at 15 different farmers market sites.

Fundraising

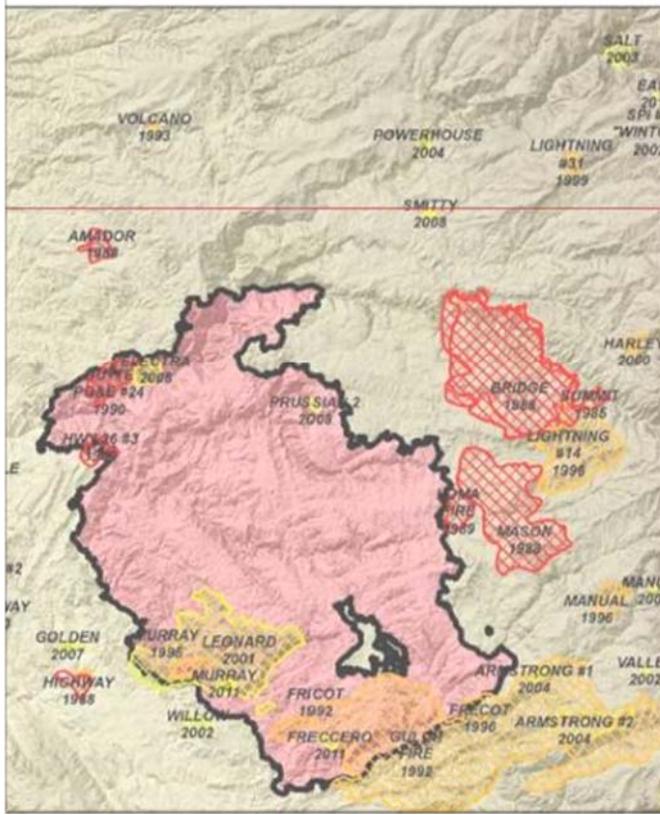
Master Gardener volunteers *raised over \$46,250* this year to support their projects in the Central Sierra.

The public is welcome to call their local UCCE Master Gardener office for help with gardening issues.

Amador: 209-223-6838
Calaveras: 209-754-2880
El Dorado: 530-621-5512
Tuolumne: 209-533-5912
Lake Tahoe: 530-723-9813



FIRE HISTORY MAP



Fire Recovery

The 2015 Butte Fire severely impacted Calaveras County. Master Gardener volunteers provided multiple educational events and resources to help their community plan for fire recovery throughout the County and assisted at other UCCE sponsored events.

- Regular Facebook posts listed resources for fire victims. The number of contacts during October 2015 rose from the normal 1,000+ contacts to nearly 9,000.
- The October Open Garden Day at the Demonstration Garden featured the theme *After the Fire* to share best management practices to care for post-fire landscapes.
- The October 28, 2015 workshop, *Recovering From Wildfire*, in San Andreas gave land owners practical information.
- Master Gardener volunteers participated and staffed an information table at the event organized by Calaveras Recovers for the fire victims in November 2015 in Mountain Ranch.
- Master Gardener volunteers collected and donated local acorns and free plants to fire victims at each of the above events.

School Gardens

Master Gardener volunteers partner with local schools throughout the four county Central Sierra region to provide hands-on learning experiences for students. Master Gardener volunteers in Calaveras County have lead a school garden program at Michelson Elementary School for 17 years.

The South Lake Tahoe growing season is much shorter but the Master Gardener volunteers help with science based gardening classes even in the winter with two 18 foot four-season Growing Domes at Sierra House Elementary School. The Growing Domes are both an educational tool and a source for healthy food at the elementary school.



Skyla and the other third graders in Mrs. Buis' class prepare to plant seedlings at the Growing Domes at Sierra House Elementary School.

Master Gardener Demonstration Gardens

Demonstration Gardens play an important role in the Master Gardener Program. They are an interactive educational platform to provide free gardening demonstrations to the community on a variety of topics including Integrated Pest Management, irrigation, landscaping, pruning, native plants, deer and drought tolerant plants, and much more.

El Dorado County: Grand Opening!

El Dorado County opened the doors to the Sherwood Demonstration Garden which is home to 16 individual gardens. The Sherwood Demonstration Garden is a partnership between the El Dorado County Office of Education, Folsom Lake College (EL Dorado Center) and UCCE. This outreach garden is open 3 days weekly and staffed by volunteer Master Gardener docents who provide tours to the public free of charge.



Ray Tygenhof & Eve Keener discuss rose varieties during the Grand Opening.



Sandy Hendricks, Lynn Winter and Andrew Ybarra show how to build a garden compost bin.

Amador County: Grand Opening!

In Amador County, Master Gardener volunteers opened their Teaching Garden at the Amador County Agriculture/General Services Building on Airport Road this year. Master Gardeners will provide hands-on learning opportunities in support of the program's public education classes. As an example of what can be done with a poor garden site, they transformed a fenced area that formerly housed mosquito fish tanks into a variety of small garden plots using raised and vertical gardening beds, shade cloth, and repurposed materials.

Calaveras County

At the edge of the San Andreas Government Center sits the Master Gardener Demonstration Garden with an orchard, mission garden, water wise garden, vegetable beds, propagation area, herb garden, perennial flower garden, children's garden, native garden and a rose garden that features a number of heritage roses from the county. Master Gardener volunteers host monthly *Open Garden Day* events to lead a variety of free classes and demonstrations. This year the Master Gardener volunteers are hosting monthly Calaveras Grown Farmers Markets at the Demonstration Garden from May through October.



Calaveras Grown Farmers Market in the Demo Garden.

Tuolumne County

The Master Gardener Demonstration Garden in Tuolumne County is located at the Cassina Alternative High School in Sonora. In addition to various fruit and vegetable garden areas, it has a rain water collection system developed with the help of the shop class at the school. Master Gardener volunteers conduct monthly *Open Garden Day* events on multiple gardening topics and provide tours to educate and inspire home gardeners.



Al Dahlstrand teaches in the Garden.

Gardening Project Highlights

Here are some of the new and exciting UCCE Master Gardener projects!



Plant Phenology Research Project

In the Lake Tahoe Basin, Master Gardener volunteers are working with the UC Davis Tahoe Environmental Research Center on a new research project examining plant phenology. They conduct grow out trials on fall bulbs, strawberries and asparagus. The Master Gardener volunteers work with the public, school and community groups and are excited for this highly desired project to continue and grow in the future. They are also excited for some of the culinary specialties they will get to sample from all the hard work!

Daffodil Day

Throughout the school year the Master Gardener volunteers in the Lake Tahoe basin work with local elementary schools to bring additional plant science and gardening topics into the classrooms. Sample topics covered during the past year include soils, propagation, transplanting and harvesting. In September, the Master Gardener volunteers worked with Sierra House Elementary School and held the first Daffodil Day, teaching over 500 students how to plant fall bulbs to beautify their school as a service learning project.

Tahoe Conservation Projects

In July the Master Gardener volunteers led their first Tahoe In Bloom Garden Tour. The six Tahoe-Friendly landscapes on the tour exemplified water conservation, fire defensible space, habitat gardening with native plants and how to grow vegetables at 7,000 feet. Throughout the summer they partnered with local agencies to conduct workshops on turf buy-back, proper irrigation and other conservation tactics. Master Gardener volunteers also partnered with agencies to hold the 8th Annual Conservation Landscape Tour.

Garden Tour

The Master Gardeners of Tuolumne County's 20th Annual Garden Tour featured two school gardens (Waldorf School and Sonora Wild Cat Ranch), two educational sites (Master Gardener Demonstration Garden and Innovation Lab) and two residential gardens.

- School gardens provided hands-on learning labs where students experienced botany, biology, ecology, counting and math, literature and art.
- Public education sites—unlike home gardens which are privately owned and school gardens for the use and education of students—focused on providing information to adult members of the community.
- The residential gardens featured native plants within drought tolerant gardens.

This year we trained
84 new volunteers,
bringing the UCCE Central
Sierra Master Gardener
membership to **406**.

Volunteers donated
22,784 hours
in 2015.



UCCE Master Gardener Class of 2016—El Dorado and Amador Counties.

Nutrition, Family & Consumer Science

Successes:

- Changed norms at Tuolumne County Behavioral Health – classes, food distribution in partnership with the Food Bank, snack stand policy, community garden
- Working with 20 School Food Service Directors to incorporate the Smarter Lunchroom Movement Program to increase healthy food choices and sales
- FoodCorps Service Members taught 850 students at seven schools; all classes received 10 or more garden enhanced nutrition education lessons

Impacts:

Youth

After food tastings, we asked: “How many of you are willing to ask for this food at home?” 60% of the students responded positively.



Making a difference with kids AND teachers!” 4th grade teacher

Adults

Of adults reporting to have not eaten foods from all five food groups the prior week, 71% intended to improve in that area during the coming week.

“I sit down and plan (a) list with the whole family, getting everyone involved” – participant “Plan, Save, Shop and Cook” class

Improving Health Through Community And Inquiry-based Nutrition, Garden and Physical Activity Education

Serving the Region

UCCE Central Sierra UC CalFresh program provides nutrition and physical activity education to the residents of Amador, Calaveras, El Dorado and Tuolumne counties. We serve limited resource youth, families and adults to improve the knowledge and skills related to healthy food and activity choices.

Serving Individuals

- 3800 children received direct nutrition education at 26 schools.
- 484 adults attended workshops and trainings.
- Over 14,000 people were reached with indirect education through newsletters and social media outlets and at events and festivals.

Serving Communities and Agriculture

- Our programs have strong connections to local farms, gardens and fresh produce. UC CalFresh offers tastings in our schools, using garden-grown and local produce. We support school and community gardens by providing resources for garden-enhanced nutrition education.
- UC CalFresh teaches adults and teens about resource management to prevent food insecurity—e.g. no food at the end of the month.

Serving Education

- Garden Enhanced Nutrition Education
- Curriculum Aligned with Common Core / Next Generation Science Standards
- Reducing Consumption of Sugar Sweetened Beverages
- Increasing Physical Activity
- Advice on School Wellness Policies
- Smarter Lunchroom Movement Program

Our Partners

- Head Start
- Food Banks/Emergency Food Pantries
- Family Resource Centers
- Boys & Girls Club
- Amador Tuolumne Community Action
- Tahoe Sustainability Collaboration
- County Health and Human Services
- Elementary, Middle and High Schools
- Motherlode Farm to School Network
- Food Service Directors and Staff
- District and School Wellness Committees
- FoodCorps
- Youth Engagement Projects



Policy, Systems and Environment

Changing the Culture of Schools and Communities— Examples in our Region!

At **Sierra House Elementary School** in South Lake Tahoe an extender model was adopted to teach UC CalFresh Garden Enhanced Nutrition Education (GENE). With the installation of two garden domes at the school, teachers, administrators, and parents sought a nutrition education program that linked with school gardens and fresh fruits and vegetables. By training 12 classroom teachers, aides and parent volunteers, using UC CalFresh approved curriculum (Eating Healthy from Farm to Fork, Dig In!, and The Great Garden Detective Adventure) the education program will reach 500 students during the school year. Volunteers from the UCCE Master Gardener Program of Lake Tahoe will also be providing technical advice and teach lessons, as needed. The direct education will tie in well with the Smarter Lunchroom Movement (SLM) program that will be utilized in the cafeteria.

Tuolumne County Behavior Health

Individual Education and Food Security: UC CalFresh offers bi-weekly nutrition education classes for adult clients at Tuolumne County Behavior Health. Through a partnership with the Amador-Tuolumne Community Action Agency and Tuolumne Food Bank, emergency food is distributed by the educator to the eligible clients at each session. Whenever possible food tastings, cooking demonstrations, recipes, and nutritional messages are tied to the food items that they receive at the sessions.



Interpersonal and Organizational Change: Garden and healthy eating connections - the Tuolumne County Nutrition Educator reported, “Yesterday at Behavioral Health’s Eating Healthy class we were able to go look at the garden that they have started. We were then able to harvest a head of lettuce that we used for our healthy recipe out of one of our cookbooks. This recipe includes brown rice, pineapple, chicken, and snow peas, which were served in a lettuce leaf. It is great when we can come together and teach clients how to grow it and prepare it into a healthy meal.”

Calaveras and Amador Counties

Food Access and Security: Implemented our first locally grown *Harvest of the Month* tasting with 850 radishes for 1700 elementary school students; surveyed cafeteria food suppliers at one school district to determine a baseline as to how much fresh foods are purchased regionally. (results – 70% fruits and vegetables are from Arizona and Mexico)

FoodCorps Service Members, UC Cooperative Extension, students and teachers, and community members rallied together to provide fresh fruits and vegetables for those effected by the Butte Fire in September. Volunteers gathered fresh vegetables from school gardens and arranged for the produce to be delivered to the different campsites, the food bank pantries and centers where evacuees were located.



Master Food Preserver Program

Advice to Preserve By ... Ask Us!



Program Overview

The Master Food Preserver mission is to teach research-based practices of safe home food preservation to the residents of California. To become a certified Master Food Preserver volunteer, local residents receive over 50 hours of food preservation training by the University of California and must recertify each year by complying with local requirements.

The Master Food Preserver Program continues to grow. In 2015-2016 the programs trained **15** volunteers, bringing the total volunteer base to **111**.

Public Education Classes

In 2015-2016 Master Food Preservers conducted 38 well-attended public classes. In addition to basic techniques including water bath canning and pressure canning, freezing and dehydrating, volunteers taught how to use atmospheric steam canners, recently approved by the National Center for Home Food Preservation.

Community partnerships in El Dorado County grew this year with the offering of multiple classes at the Cameron Park Community Center, Veterans Memorial Building, El Dorado Hills Library and Easley Nursery (Placer Co.). Classes included multiple topics to enhance meals with a personal touch.

- In *Variety is the Spice of Life: Peppers and Spices*, Master Food Preserver Cheryl Knapp shared her passion for creating custom spice blends to create signature dishes.
- Chef and Master Food Preserver Val Renzoni demonstrated how to elevate the elegance in your desserts in the *Your Just Desserts: Desserts and Sauces* class.
- *Holiday Gifts from the Kitchen and Garden* showcased twelve stations demonstrating hundreds of ways to turn home grown and home made treats into fabulous gifts for friends and family.

In Amador and Calaveras counties the Master Food Preserver volunteers led classes that anticipated what is normally preserved in the upcoming months.

- Back by popular demand after two standing room only classes, Master Food Preserver Dennis Miller returned to present *Preserving Fish and Game*. Attendees learned to make jerky, smoke and can the results of successful hunting trips.
- Getting back to basics inspired Master Food Preserver Michael Baldinelli to lead the *Survival and Camping Foods* class, focusing on dehydrating foods for long term storage.
- Citrus does grow in our region and in the *Citrus Squeeze* class volunteers demonstrated multiple ways to preserve these juicy gems, including canning and freezing, and making flavored salts.



Attendees in Amador County are jazzed to learn how to make high quality jams and jellies.



Enhanced Education Opportunities

Fair Judging Workshops

Back by popular demand, the Master Food Preserver volunteers in El Dorado County hosted three sold-out Fair Judging Workshops! No other California organization offers training for fair judges so our classes drew attendees from the Bay Area, Central Coast, Sierra Nevada Foothills and Central Valley. These existing and future judges spent a full day learning the standards for jams, jellies, fruit spreads, canned fruit, pickled products, sauces, vinegars, dried foods and more.

Fair entry rulebooks for preserved food from multiple county fairs were shared, providing real world expectations on adapting to individual county processes and expectations.

Attendees spent time in small groups practicing their new judging knowledge under the guidance of experienced UCCE Master Food Preserver volunteers to build their practical skills. As a result of completing the workshop, attendees are qualified to act as a judge at fairs.



Marijohn Bledsoe learns the fine points of judging preserved foods.

Hands-on Workshops

The most effective way to learn something is to actually do it. Master Food Preserver volunteers in El Dorado County led two full-day hands-on workshops, one on pressure canning the other on boiling water/steam canning. Attendees worked in small groups with two Master Food Preserver mentors per group throughout the day. By canning a Cajun bean soup, butternut squash, chicken stock, jelly, citrus, mustard and a delicious Thai dipping sauce, attendees built their confidence and skills. One attendee said “This was the best hands-on class I’ve ever taken, and I’ve taken a lot!”



Packing oranges and grapefruit.



Participants are happy with the results of their grape jelly!



Master Food Preserver Earlene Freeman explains how to stack jars in a pressure canner.

Master Food Preservers Outreach Projects

In addition to fulfilling their mission of educating our community on current food preservation techniques through public demonstrations, Master Food Preserver volunteers continue to expand their effectiveness by increasing the depth and variety of delivery methods.

Educational Opportunities

- **Joint Master Food Preserver / Master Gardener Classes**

Presenting the full cycle of food from garden to table, Master Food Preservers and Master Gardeners partnered to present triple the amount of joint classes given last year. Topics for the popular combination classes included tomatoes, zucchini, citrus, olives, strawberries and grapes.

- **Informational Booths & Guest Speakers**

Casual conversations at an information booth spark opportunities to inform existing canners on current preservation techniques and to invite novice preservers to our classes. In 2015-2016 Master Food Preserver volunteers staffed booths at the Amador, Calaveras and El Dorado County Fairs, Sierra House Elementary School Health Fair, Cameron Park Community Services Showcase, and the El Dorado County Farm Bureau Open House. Volunteers were guest speakers at local meetings of the Foothill Garden Club and the Master Gardeners of Contra Costa County and Napa County.



Phil Gray, Betty Hess-Pierce and Summer Brasuel provide samples of tomato jam at the UCCE Master Gardener plant sale, showcasing a different—and delicious—way to preserve the tomatoes.

- **Media Presence**

In El Dorado County, volunteers write engaging newspaper articles throughout the year. Both programs maintain an active and educational presence on Facebook; El Dorado County's program posts on a daily basis and consistently has hundreds of daily views.

Community Involvement

- **County Fair Preserved Food Judging**

At the El Dorado and Amador County Fairs, Master Food Preserver volunteers provided their expertise in home food preservation helping the staff at the county fairs. In El Dorado County they annually process all preserved food entry receiving and pickup. Volunteers assisted the judges at the Amador County Fair and were the judges for the Tuolumne County Fair. In El Dorado County, the volunteers coordinate the entire preserved food judging day and the preserved foods section throughout the fair.



Kathy Vanderveen shows a sample winning jar at the El Dorado County Fair.

- **Pressure Canner Gauge Testing**

Gauges on pressure canners must be tested annually to ensure that food is being safely canned; an inaccurate gauge can lead to under-processed food which can be a safety hazard. The Master Food Preserver volunteers provide free gauge testing for the public in the Amador and El Dorado offices.

UCCE Master Food Preserver Youth Projects

Instill a love of preserving food at an early age and children will build healthy eating skills for a lifetime. Master Food Preserver volunteers doubled the number of youth-oriented projects throughout the year, working with Omo Ranch School, El Dorado Hills Girl Scouts and 4-H. They even had three stations at the Amador County Farm Day!

The hands on youth projects in El Dorado County included automatic entry into the county fair which generated entries in the youth division for the 2016 fair. This number will rival - maybe even beat - the number of youth entries in the California State Fair! Looking forward to next year, Master Food Preserver volunteers are already scheduling classes at Union Mine High School.



At the Calaveras Ag Day and El Dorado Farm Day, Master Food Preservers introduced kids to the wonderful world of colorful pickles. At the Amador Farm Day, kids tasted colorful pickles and also made their own grape juice.



In El Dorado County the Master Food Preservers coordinate all aspects of the preserved foods section at the fair. These kids found their award winning entries!

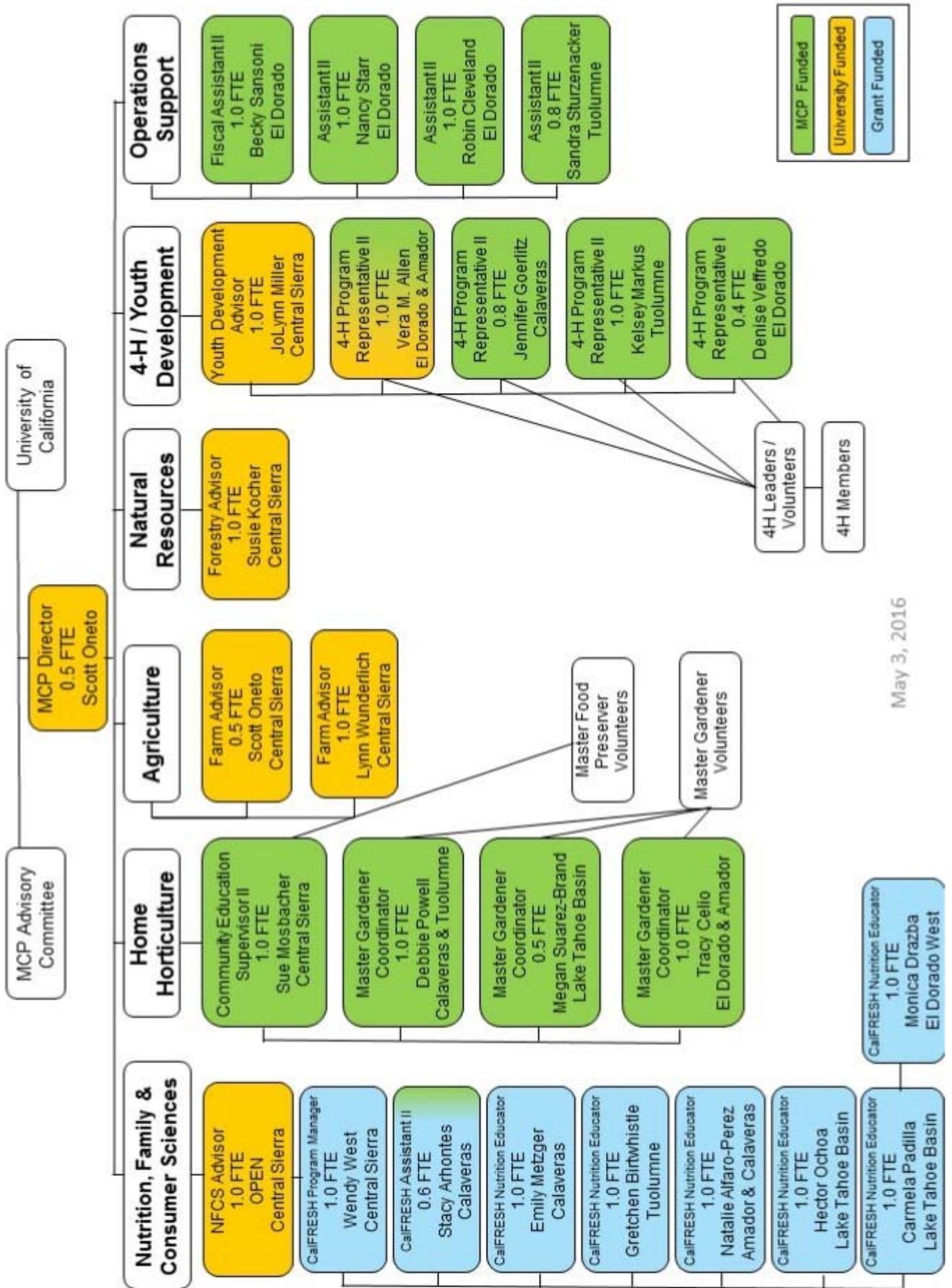
Jr.'s Jams & Jellies

For the fourth year the Master Food Preservers presented this free hands-on class to teach children how to make their own jam and jelly. Volunteers led nine different 30-minute sessions and taught 49 kids to make “the best tasting jam in the world!” This event was a collaborative effort with El Dorado Disposal and the El Dorado County Fair.



Master Food Preserver Eric Wickstrom helps fill the canning jar with strawberry jam at the 2016 Jr.'s Jams & Jellies.

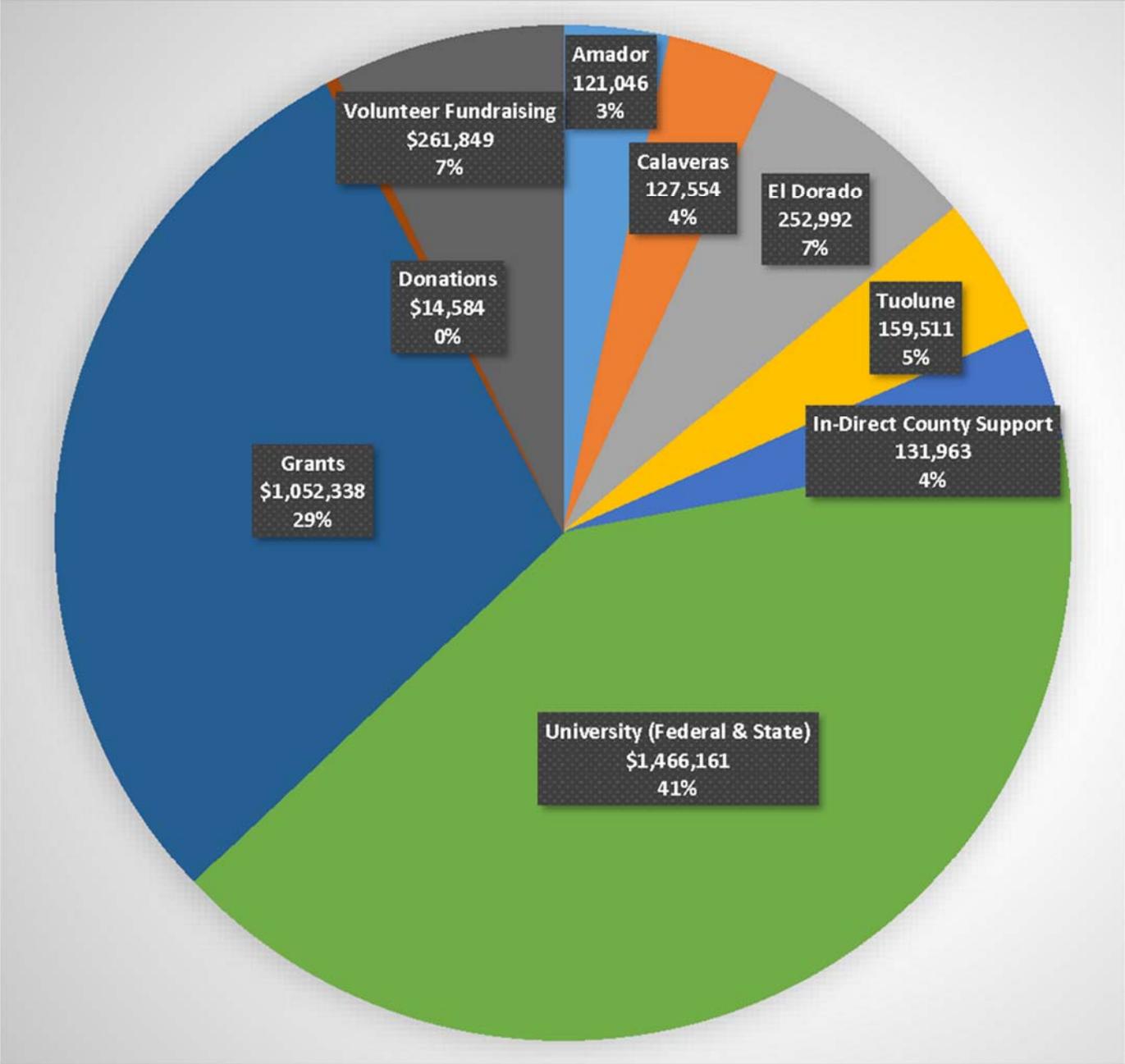
University of California Cooperative Extension Central Sierra MCP



May 3, 2016

University of California Cooperative Extension Central Sierra

Serving Amador, Calaveras, El Dorado and Tuolumne counties



Total 2015/2016: \$3,587,998

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