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UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

UC Cooperative Extension

July 2024
Central
Sierra

Amador County | Calaveras County | El Dorado County | Tuolumne County

Hello, Lindsey!

It's July, and the weather is heating up quickly! Remember to hydrate and use sun-protection during this upcoming heatwave.

Our upcoming opportunities include our [Post-Fire Forest Resilience Workshop](#) and a [Introduction to Freeze Drying](#) class with our Master Food Preservers. And don't forget to mark your calendar for your local Farmers' Market!

We are looking forward to a summer full of activities, so please read on to discover the many events and opportunities offered throughout the Central Sierra this month.

Sincerely,
JoLynn Miller
UCCE Central Sierra Director &
4-H Youth Development Advisor



Follow us on social media!



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Harvest of the Month: Zucchini

Zucchini is a versatile vegetable that produces in abundance in the month of July! It's part of a larger family of squash called "summer squash" that includes crookneck, yellow, carnival, sweet dumpling and other squash varieties. Unlike winter squash, you can eat the skin and the seeds in summer squash.

Zucchini has B Vitamins to help our cells grow and stay healthy, and Vitamin C to keep our immune system strong and help our bodies heal quickly.

When buying zucchini, look for smaller squashes, because they have smaller (and fewer) seeds and more flavor than big



- Enjoy sliced zucchini, cherry tomatoes and carrot sticks with vegetable dip for a summer appetizer.
- Sauté zucchini strips with garlic and a

zucchinis. It can be stored in the refrigerator in the vegetable drawer for around 5 days.



- dash of oregano. Top this tasty side dish with a little parmesan cheese.
- Grate zucchini and form into patties just as you would potato cakes. Use vegetable oil and lightly brown them on both sides for zucchini burgers.
- Grated zucchini is also great in baked goods such as muffins or breads.
- Zucchini works well as a side dish with most meats or can fill in for meat as a vegetarian- or vegan- friendly main dish.



[Recipe for Zucchini Saute!](#)



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■ UC Master Food Preserver Program

MFP Pro Tip

Get Ready, Get Canning!

It's canning season! First things first: Check to make sure you have all necessary ingredients, such as pectin, lemon juice, citric acid, etc. Then, check the expiry dates.

Replace items that have been in the pantry for ... too long.



Brought to you by the UCCE Master Food Preservers of El Dorado County.
Visit us on Facebook and Instagram!

Free Pressure Gauge Testing

UCCE Master Food Preservers of El Dorado, Amador and Tuolumne Counties have devices to test Presto Brand pressure canner gauges and offer **free pressure gauge testing at our offices.**

Call the office nearest you to set up a drop-off of your canner and you will receive a phone call when it has been tested and is ready for pickup. Usually testing can be done within a week.

[Read More](#)

Introduction to Freeze Drying
(in person - Placerville)



July 13, 2024 9:00 AM - 11:00 AM
Bethell-Delfino Ag Building
311 Fair Lane
Placerville, CA 95667
Contact: edmp@ucanr.edu

FREE class, registration required

[Click here to register.](#)



What To Do With All Those Tomatoes!

(in person - Jackson)
July 20, 2024 9:00 AM - 12:00 PM
Amador County GSA Building 12200B
Airport Road, Jackson, CA
Contact: UCCE Master Food
Preservers 530-621-5502

Fee: \$5 (payable at the door by cash/check payable to UC Regents)
Pre-registration recommended.

[Click here to register.](#)



Crazy for Condiments

(in person - Placerville)
July 20, 2024 9:00 AM - 12:00 PM
Bethell-Delfino Ag Building
311 Fair Lane
Placerville, CA 95667
Contact: edmp@ucanr.edu

FREE class, registration required.

[Register with this link.](#)



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■ UC Master Gardener Program

The UCCE Tuolumne County Master Gardeners will be holding an **Open Garden Day** at the Demonstration Garden on **Saturday, July 13, from 10AM – 1PM.**

The Demonstration Garden is located at 251 S. Barretta Street in Sonora, (Cassina High School Campus.)



Master Gardeners
of Calaveras County

Demo Garden Open Thursdays

April to October 9am-1pm
November to March 11am-4pm

- EXPLORE THE GARDEN
- GET LOCAL GARDENING ADVICE
- FREE SEED EXCHANGE
- SHARE IN GARDEN HARVEST
- PLANTS FOR SALE

Master Gardeners Demonstration Garden
891 Mountain Ranch Road, San Andreas

Questions? 209-754-2880

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Join us this month for discussions on **Composting, Smart Irrigation and Straw Bale Gardens.**

Home gardening assistance is offered by UCCE Master Gardeners through the help line at: 209-533-5912.

It's that **Farmers Market** time of year!

UCCE Central Sierra representatives can be found at local farmers markets through the summer months.

UC Master Gardeners are at:

Placerville Farmers Market July 13 and July 27.

El Dorado Hills Farmers Market July 14 and July 28.

Sutter Creek on July 6, 13, 20 and 27 (Saturdays).

Yuba City on July 3, 10, 17, 24 and 31 (Wednesdays).

Sonora at the **Peaceful Valley**

Farmers' Market Friday afternoons and at the

Sonora Certified Farmers Market on Saturday mornings in July.

Stop by to say hello, bring a plant for them to identify, or a garden question for them to answer.

Master Gardeners of El Dorado County

Gardening with Native Plants

July 13, 2024 9:00 AM - noon

Pilot Hill Grange
1701 State Highway 193
Cool, CA 95614

Contact: mgeldorado@ucanr.edu

Sponsor: UCCE Master Gardeners of El Dorado County

Pruning and Care of Fruit Trees in Summer

July 27, 2024 9:00 AM - noon

Sherwood Demonstration Garden
6699 Campus Dr.
Placerville, CA 95667

Contact: mgeldorado@ucanr.edu

Sponsor: UCCE Master Gardeners of El

Fee: Free!

Do you love wildlife, pollinators, and birds, and would like to enjoy their activities in your landscape? Are you ready to lower your water bill, and spend less on fertilizers and pesticides as well?

Kit Veerkamp will teach you how to choose and add colorful, easy-care native plants to your garden.

Registration is requested, but not required.

[Register Here](#)



Class is free. Parking at Folsom Lake College is \$2. Also, we have plenty of space, but a shortage of chairs; if you can, please bring your own folding chair.

Summer Fruit Tree Pruning is a science and an art. Join us at the Sherwood Demonstration Garden for a demonstration by instructor, Master Gardener Phyllis Lee.

Come out to the beautiful and educational Sherwood Demonstration Garden to learn the benefits of summer fruit tree pruning: what to prune in the summer vs winter, the reasoning, creating fruitful trees, and more.

In this informative class for beginners as well as intermediate learners, different pruning techniques will be demonstrated along with general fruit tree care of pome, stone, persimmon, and citrus trees.

Registration is requested but not required.

[Register Here](#)



Post-Fire Forest Resilience Workshop

Weekly, on Zoom
6:00pm – 7:30pm,
July 16 - Aug 13rd

In-person field trip to
Caldor Fire on
Saturday, Aug 10



WHAT TO EXPECT:

- Discussions about post-fire forest management 3+ yrs, post-wildfire
- Educational resources will be provided
- Guest speakers each week on different post-fire topics
- Q&A each session
- Network with your community and resource professionals!

SIGN UP TODAY!

<http://ucanr.edu/post-fireworkshops>



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Post-Fire Forest Resilience Workshop in El Dorado County on Zoom, **Tuesday nights** from 6:00pm-7:30pm July 16 - August 13th With an in-person field trip on August 10th to the Caldor Fire footprint.

Private forest landowners, professionals, community members, and anyone who is interested in learning about post-fire landscapes, 3+ years post-wildfire are welcome to sign up today!

Registration is \$25, scholarships are available



[Register Here](#)



Substrates on trial: wood fiber in the spotlight

Here is some of what researchers know about wood fiber media and what they are seeing in today's evolving production practices and research trials.

[Read More](#)



It's Fair Season! Support your local 4-H Youth!



California State Fair
Sacramento, CA
July 12-28, 2024



Amador County Fair
Plymouth, CA
July 25-28, 2024



Jump to..

- [4-H Youth Development](#)
- [Agriculture & Livestock](#)
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- [Forestry & Natural Resources](#)
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