



## University of California Cooperative Extension Central Sierra News

**Serving Amador, Calaveras, El Dorado & Tuolumne counties June 2013**

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### Healthy Summer Tips for Kids

Summer break is almost here and for many families that means that kids are home without a normal schedule. This may lead to less physical activity and "not so smart" food choices. Here are some fun, easy ideas to get your family eating smart and moving all summer long. ([continue reading...](#))

Greetings,

University of California Cooperative Extension (UCCE) wants to keep you informed about what's happening! We host many workshops throughout the year, including free Master Gardener and Master Food Preserver classes open to the public. You will also find up-to-date 4-H news. Please read on for more information!

### News & Updates

#### UCCE at the County Fair

Stop by the UCCE Booth at the county fair and see what we are doing in your community. We hosted a booth at the Calaveras County Fair and are hosting booths at El Dorado June 13 - 16, Tuolumne July 11 - 14, and Amador July 25 - 28 county fairs.



The Master Food Preservers and the Master Gardeners will also be tending their booths, so stop by to taste the yummy "Fair Tasters" and pick up a recipe or get some gardening advice.

#### Join 4-H Youth at the County Fair & Celebrate 100 years of 4-H in California!

4-H develops young people who are uniquely

prepared to step up to the challenges of a complex, changing world. The 4-H youth development program encourages youth to become responsible, engaged citizens working toward creating

important impacts that address issues facing the community both today and into the future. We are celebrating 100 years of 4-H, by designing & leading



4-Hers at Chili Cook-Off

## Farmers Markets

Farmers Markets are starting up. Get some gardening advice from the El Dorado County Master Gardeners at your local Farmers Market. They will be hosting a booth at the Farmers Market in Cameron Park on Wednesday mornings, Placerville on Saturday mornings, El Dorado Hills on Sunday mornings, and Garden Valley on Sunday mornings.

In Addition, the Lake Tahoe Master Gardeners will be fielding home gardening questions at the South Lake Tahoe Farmers Market (American Legion Hall, 2732 South Lake Tahoe Blvd) on the first and third Tuesdays of each month from 8 a.m. to noon.

The Master Gardeners in Tuolumne County have an information booth at the Sonora Certified Farmers Market every Saturday morning, 7:30 - 11:30, mid-May to mid-October. You will also find their information booth at the Tuolumne Farmers Market on Wednesday evenings.

## 4-H Events

### 4-H Dates



#### Amador

**6-15:** Open Schooling Show - Echo Valley Ranch Buckle Series Showmanship

projects that address local issues. We call this our Revolution of Responsibility! Stop by the county fair and check out all of the wonderful things that our 4-H youth members are doing!

## Farm Day 2013 Huge Success

On May 14th, El Dorado County Ag in the Classroom (AITC), in partnership with UC Cooperative Extension, hosted 1001 third grade students at the El Dorado County fairgrounds for Farm Day. During this



Group of 3rd Graders learning about timber equipment.

annual educational field trip, students learn about agriculture in context of local farms, ranches, and forests. Farm Day demonstrations and exhibits, with activities designed to meet California state educational standards, teach students something new about where our food, fiber, and shelter comes from. Students from El Dorado Hills to Lake Tahoe attend this fun, interactive event.

This fall AITC and UCCE will be coordinating the first Tahoe Farm Day in South Lake Tahoe for third and fourth grade students --- watch for more details soon!

Last fall, Amador County had their first Farm Day which was also a huge success. Look for more information on their next Farm Day this fall.

## 4-H Programs Gearing Up for a New Program Year

The new 4-H year begins on July 1st and we are looking forward to recruiting 4-H project leaders in science, engineering, technology, robotics and other projects. There are always a variety of projects available, that vary from year to year.

Volunteers are the heart of 4-H. So, if you are an adult and have a passionate interest in guiding our youth and, would like to become a 4-H Project Leader in one of our counties, please contact:



**Calaveras or Amador counties**

### Calaveras

6-15: Open Schooling Show - Echo Valley Ranch Buckle Series Showmanship

### El Dorado

6-13 to 6-16: County Fair

6-23: 4-H Camp

### Tuolumne

6-2: Horse Level Testing

6-15: Open Schooling Show - Echo Valley Ranch Buckle Series Showmanship

Jennifer Goerlitz at [jggoerlitz@ucanr.edu](mailto:jggoerlitz@ucanr.edu)

Calaveras UCCE office 209-754-6474

Amador UCCE office 209-223-6484

### **El Dorado County**

Tracy Celio at [tbcelio@ucanr.edu](mailto:tbcelio@ucanr.edu)

Office 530-621-5507

### **Tuolumne County**

Melanie Curtis at [makwast@ucanr.edu](mailto:makwast@ucanr.edu)

Office 209-533-6990

## MFP Classes

**Free Classes Offered by**

**Master Food Preservers**



### Amador/Calaveras

6-1: Pickled Foods & Sauerkraut in Calaveras

### El Dorado

#### 2013 Class Schedule

7-9 & 7-13: Food Safety & Basic Water Bath Canning

## MG Classes

**Free Gardening Classes offered by**

**Master Gardeners**



### Amador

6-22: Pests: Inside & Out

### Calaveras

6-1: Art Among the Roses

## Events & Workshops

### **Roads & Road Management in the Tahoe Basin - Workshop & Field Trips**

Un-surfaced, low standard roads in the Tahoe Basin provide access for recreation and wildfire suppression. They also provide access for management activities such as forest thinning, campground maintenance and restoration.



The objectives of this workshop are: 1) to describe the functions of roads in the basin; 2) to examine the positive and negative environmental effects of roads; 3) to present road inventories prepared by the principal road managers; 4) to describe efforts underway to improve the environmental performance of roads; and 5) to present case studies demonstrating economic benefits of roads, best management practices and monitoring procedures.

The objective of the field trips will be to observe and discuss approaches for minimizing the hydrologic and water quality impacts of un-surfaced roads. Although attendance at the workshop on June 13-14 is not required, it is strongly recommended for field trip participants.

**Dates:** June 13 - 14, 2013

**Location:** Tahoe Regional Planning Agency Office, Stateline, Nv

See the [Forest Research & Outreach Website](#) for details.

6-8: [Kids' Day](#)

6-22: Beekeeping

#### [El Dorado](#)

6-1: Making Worms Work for You

6-8: Love of Lavender

6-13 - 6-16: MGs at Fair

6-22: Water Efficient Gardening

6-29: Soils & Fertilizers

#### [Lake Tahoe](#)

6-5: Sustainable Turf Care & Turf Conversion Workshop - Part 1

6-8: Sustainable Turf Care & Turf Conversion Workshop - Part 2

6-24: Food Gardening: Flower Pot to Kitchen Pot

6-25: Food Gardening

6-26: BMP for Single Family Homes

#### [Tuolumne](#)

6-1: Kids' Day

6-2: [18th Annual Garden Tour](#)

6-22: Open Garden Day and [Dedication of Historic Dome Campus](#)

#### Quick Links...

[Our Website](#)

[Events & Workshops](#)

[Archived Newsletters](#)

Don't Our Meeting List!

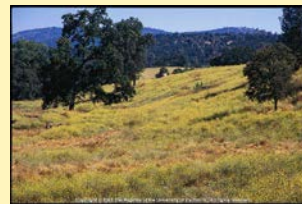


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## UC Davis Weed Day

The 57th annual Weed Day event provides an opportunity for pest control advisors, farm advisors, chemical company cooperators, college faculty and students, and regulatory officials to learn about current weed science research at



UC Davis. The event begins with a morning field tour of the UC Davis weed science research plots. Lunch and afternoon presentations will be indoors in the Buehler Alumni & Visitors Center. UC staff and students will present information on projects that are not in-season for viewing or located off-campus. Presentations will include basic research showing the scope of the Weed Science Program. There is a registration fee for this workshop. See the [Weed Research & Information Center website](#) for registration details.

**DATE and TIME:** Thursday, July 11, 2013

The event check-in desk will be open from 7:30-8:00 AM. Buses for the morning field tour will depart promptly at 8:15 AM.

**LOCATION:** Buehler Alumni & Visitors Center, UC Davis

## Going Green in Tuolumne County

Our Natural Resources Program Representative, Rebecca Miller-Cripps, will give a presentation on "Oaks: California's Essential Natives" to the public at the BOR



New Melones Visitor Center **Green Team Open House** showcasing their "green team; energy projects and green house where they raise oak seedlings for re-populating New Melones. They will have displays to educate the public on how they can build a more sustainable environment and reduce solid waste usage and green house gas. A native plant planting party is also on the agenda."

**DATE and TIME:** Saturday, July 13, at 1:00 p.m.

## Native Plant Symposium: Sonora

programs, please contact us at 530-621-5502.

## Save the Date: September 14, 2013

UCCE Central Sierra Natural Resources Program and Tuolumne County Master Gardeners are helping plan, organize, and staff a native plant symposium, hosted by the California Native Plant Society Sierra Foothills



Yosemite through Merced and Tuolumne Canyons

Chapter. Scheduled for Saturday, September 14, at the Mother Lode Fairgrounds in Sonora, CA, the symposium, entitled Gardening with Natives: Creating Natural Landscapes will feature keynote speaker Judith Larner Lowry. Founder of Larner Seeds, Judith Lowry is also the author of "The Landscape Ideas of Jays" and "Gardening with a Wild Heart." Additional speakers include Helen Popper, author of "California Native Gardening: A Month by Month Guide," Julie Serences of the Sacramento Audubon Society, and Mary Anderson, local native plant expert. Registration will open in June and includes lunch. More details coming soon.

Thank you for your continued interest in the UC Cooperative Extension Central Sierra's news, workshops, and events.

**Sincerely,**

Scott Oneto  
University of California  
Cooperative Extension  
Central Sierra

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