



University of California Cooperative Extension Central Sierra News

Serving Amador, Calaveras, El Dorado & Tuolumne counties August 2013

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Calaveras County 2013 Vineyard Tour



Vineyard Manager discusses canopy management

The annual CWA (Calaveras Wine Alliance) and UCCE Vineyard Tour held July 19 gave 30 growers a

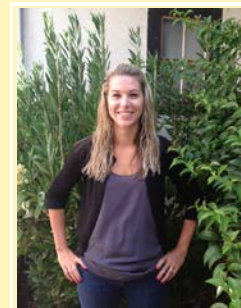
Greetings,

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

A New Face in Tuolumne Office - Welcome Sandra Sturzenacker!

First, let me start off by thanking you for such a warm welcome. I come to this job as an Assistant II with enthusiasm and excitement. As I continue to get to know you all, it becomes even clearer that this is the place for me. When I am not at the office, I have many things that occupy my time. I have three children, Elise, 10, Ethan, 9, and Eli, 2, who attend Sonora Elementary School and Kiddie College. My husband, Mike, works locally as a general contractor. We all enjoy being outside and staying active as much as possible. The kids play baseball, softball, soccer, and all of us enjoy running. I have completed one full marathon, three half marathons, and a variety of other races. I look forward to the many things I will learn about this job and my colleagues. Here in the Tuolumne office I will be assisting a number of programs including; 4H Youth Development, Nutrition, Master Gardeners and Natural Resources. Our office hours are Monday-Friday from 9am-5pm.



Sandra Sturzenacker
- Tuolumne Office

chance to tour 4 vineyards in the Vallecito region of Calaveras County, ranging from a 93 acre to a 1.5 acre block. UCCE Central Sierra Farm Advisor Lynn Wunderlich and special guest UCCE Sonoma County Viticulture Advisor Rhonda Smith hosted the tour with Mark Skenfield, Vinescapes Management.

[Continue...](#)

Nutrition News

Tips for Eating Out



During the hot summer months the last thing we want to do some days is heat up the house by cooking dinner, so eating out can be very appealing. But it is important that we make healthy food choices when we eat away from home to ensure our health and weight don't suffer. Fortunately, making healthful and delicious choices in restaurants is easier today. Restaurants of all types are responding to customers' desires with more options in portion sizes, preparation methods and menu items. [Continue...](#)

Nutrition Education helping our counties get Healthy!



UCCE Central Sierra is helping our counties get healthy. We educate people about food nutrition, fitness, food safety and much

Train to be a UC Lake Tahoe Master Gardener Volunteer!



The [application is now available](#) for the 2013 University of California (UC) Lake Tahoe Master Gardener program training. Tahoe Basin community members, from both Nevada and California, are invited to submit an application by August 14, 2013 to be considered for the program. Interviews with the applicants will be held August 21, 22 & 23, with trainee selection and notification by August 26, 2013. The fee for the training course is \$150, which includes four University of California gardening and landscaping publications. Questions? Call Wendy West, program coordinator 530.621.5533 or email wkwest@ucanr.edu.

4-H Happenings in Our Communities

4-H Enrollment is open in all 4 counties - visit our [Join Now webpage](#) for details.

Amador County Fair wrapped up on Sunday, July 28th. The Jr. Livestock Auction was a big success with many enthusiastic buyers. A big 'Thank You' to the supporters! There were many terrific 4-H display booths that had fun & informative pictures about the history of 4-H in Amador County. Thank you to all for your involvement in this terrific youth development program!



Calaveras County 4-H will be gearing up for the new year soon! We are looking forward to another great year, full of terrific projects & volunteer opportunities. New 4-H volunteer leaders are always welcome, and those who would like to become involved should call Jennifer Goerlitz, 4-H Program Coordinator at 209/754-6474.

El Dorado County Youth step up at the 4-H state level for animal science and technology in the 2013-14 program year!

Shingle Springers Club member, Morgan, was selected from youth across the state to serve on an animal science steering committee for poultry.

Latrobe Outlander, Jacob, will serve as a Tech Team member and represent 4-H at events across the state that has to do with Science, Engineering & Technology.

We are excited for Jacob and Morgan and proud to have

more. Read this recently published article from the Ledger Dispatch.

[Continue...](#)

4-H Events

4-H Dates



[Amador](#)

[Enrollment Open](#)

8-17: Open Schooling Show
- Echo Valley Ranch Buckle Series Showmanship

[Calaveras](#)

[Enrollment Open](#)

8-17: Open Schooling Show
- Echo Valley Ranch Buckle Series Showmanship

[El Dorado](#)

[Enrollment Open](#)

8-27: County Record Book Judging

8-27: Project Leader Training

[Tuolumne](#)

[Enrollment Open](#)

8-17: Open Schooling Show - Echo Valley Ranch Buckle Series Showmanship

MFP Classes

Free Classes Offered by



[Master Food Preservers](#)

[Amador/Calaveras](#)

8-24: Tomatoes 4 ways - Calaveras

9-7: Tomatoes 4 ways - Amador

[El Dorado](#)

8-3 & 8-6: Tomatoes, Basic & Fancy

8-10 & 8-13: Pressure Canning

8-17 & 8-20: Dehydrating &

them represent 4-H at the state level as well as for all they will contribute, learn and bring back to share with El Dorado County.

Tuolumne County 4-H is gaining two exciting new countywide projects for 2013-2014. The first is the Tuolumne Trekkers project, which will partner with the Walk with a Doc program. Members will have the opportunity to explore hiking trails in Tuolumne County while working to improve their health and fitness. The second is the Computer and Technology Project which aims to give youth with an interest in technology a place to share their skills and learn from others. Older members of the group will have the opportunity to build websites for their clubs, provide leadership at county events, and add new ways for our county members to communicate with one another and the public about 4-H.

Pressure Canner Testing

If you have a pressure canner with a gauge on it, make sure you test it annually for safe canning results. [Master Food Preservers](#) in both the El Dorado and Amador County UCCE office can test your gauge for free. Call to schedule a time or drop off your canner and gauge.



Events & Workshops

Collaboration in Natural Resources Management

The goal of these workshops is to help improve communication by building facilitation skills within the many groups involved in collaboration in natural resource management projects. We will work to build a common

language to support collaboration, share tools to prevent problems, and demonstrate interventions to support success when problems arise. These workshops are designed to support the building of a common knowledge base through mutual learning and discussion. UC Cooperative Extension has developed training modules for all levels of natural resource management staff and stakeholders interested in developing these skills.



Collaboration between groups

Freezing
8-24 & 8-27: Cheese
Making

MG Classes

**Free
Gardening
Classes
offered by
[Master Gardeners](#)**



[Amador](#)

8-17: Growing Great
Vegetables - Part 3

[Calaveras](#)

8-24: Preserving Fruits &
Vegetables

[El Dorado](#)

8-3: Fall & Winter
Vegetables

8-10: Container Gardening

8-24: Raised Beds

[Lake Tahoe](#)

8-5, 8-6 & 8-7: Sprinkle or
Shower? Efficient Irrigation

8-11: 6th Annual
Conservation
Landscaping Tour

8-12 & 8-13: BMPs for
Single Family Homes &
Landscaping Ideas

8-14: Food Gardening:
Protect Your Veggies &
Start Now for Next Year!

8-19 & 8-20: The Dirt on
Your Garden Soil

8-20: California School
Garden Training Program -
Part 1

8-21: Maintaining Your
BMPs

8-24: California School
Garden Training Program -
Part 2

8-27: Sustainable
Landscaping Workshop

[Tuolumne](#)

8-1: Information Booth

8-3: Berry Pruning, Building
a Food Dryer, Drying,
Canning & Freezing Fruits

UC ANR Tidbits

Dates: August 8 & September 10, 2013
Location: Amador County GSA Building - 12200 B
Airport Road in Jackson.

See [UC Central Sierra's Events and Workshops
webpage](#) for more details.

Oaks of the Central Sierra: Care & Preservation

Learn About:

Oak Ecology

Landscape Values

Landscaping Practices

Why Oaks Need "Protection"



Oaks Rangeland

3 Dates! 3 Locations!

Date: Thursday, August 15, 6 - 8 pm

Location: Veterans Memorial Building, 130 Placerville
Drive, Placerville

Date: Saturday, August 24, 10 a.m. - Noon

Location: UC Cooperative Extension Office,
12200B Airport Road, Jackson

Date: Thursday, August 29, 7 - 9 p.m.

Location: Tuolumne County Ambulance Bldg,
18440 Striker Court, Sonora

See [UCCE Central Sierra Events webpage](#) for more
information.

California School Garden Training Program -

Creating and Sustaining Your School Garden in the Tahoe Area

A two-part workshop for
developing and enhancing
School Garden Programs.



Creating & Sustaining Your
School Garden

Advanced registration is
required.

Dates:

Part I - Tuesday, August 20 - 12:05 p.m. - 3:30 p.m.

UC IPM Pest Notes



Damage to base of tree caused by voles.

Recently updated Pest Notes from the [UC IPM \(Integrated Pest Management\) Website](#).

[Aphids](#)

[Bed Bugs](#)

[Clothes Moths](#)

[Gophers](#)

[Grasshoppers](#)

[Horsehair Worms](#)

[Oak Pit Scales](#)

[Pantry Pests](#)

[Voles](#)

Quick Links...

[Our Website](#)

[Events & Workshops](#)

[Archived Newsletters](#)



Accessibility

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 530-621-5502.

Part 2 - Saturday, August 24 - 10:00 a.m. - 12:30 p.m.

See [Workshop Flyer](#) for more details and registration information.

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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