



## University of California Cooperative Extension Central Sierra News

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

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### 4-H Happenings in Our Communities

**4-H: Not  
Just for  
Agriculture  
and  
Farming**



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

#### Landscaping Can Protect Homes from Wildfire & Conserve Water During Drought

The area where homes and landscapes meet wildland vegetation can be a beautiful and quiet place to live. However, the Rim Fire is a reminder that this area, commonly called the wildland-urban interface (WUI), is also where wildfires pose the biggest risk to people and structures.



Fire reaching subdivision, from ANR Repository



"Rim of the World" overlook

4-H has always had a reputation for teaching young people skills that they will use for life. In the GIS/GPS project youth are working side by side with El Dorado County GIS professionals and learning state of the art techniques. In the GIS/GPS project 4-H members are building a computer based map of historic downtown Placerville and helping to preserve the community's historical legacy!

See complete write-up in the [Mountain Democrat!](#)

Wildfires in the wildland-urban interface can spread to landscaping around the home, then to the house.

along Hwy. 120 when the fire was less than 50 acres in size. Taken by Phil Mosbacher

Ultimately, protecting homes from wildfire requires that materials and design features of both the home and near-home vegetation be addressed-you can't ignore either one. [Continue reading...](#)

The University of California has a number of fire-safe resources available at:

[http://cecentralsierra.ucanr.edu/Living\\_with\\_Wildfire/](http://cecentralsierra.ucanr.edu/Living_with_Wildfire/)

<http://firecenter.berkeley.edu/homeassessment/>

[http://www.extension.org/surviving\\_wildfire](http://www.extension.org/surviving_wildfire)

## Nutrition News

### Stay Healthy & Fit

For Americans to live happy, productive lives it helps to stay healthy and fit. Choosing a balanced meal is the first step in the right direction.



See the USDA [ChooseMyPlate.gov](http://ChooseMyPlate.gov) website for tips, links, food trackers and much more.



ChooseMyPlate

## Welcome Noah Crosson

I am excited to be part of the first FoodCorps team to serve here in California, in partnership with the California Community Alliance with Family Farmers and Life Lab.

FoodCorps is a non-profit organization comprised of a nationwide team of leaders whose goal is to connect kids to real food and help them grow up healthy.

FoodCorps members are placed in limited-resource communities to conduct hands-on food education, support school gardens, and facilitate getting high quality local food into school cafeterias and communities. Our California team is composed of twelve service members serving in various regions from San Diego in the south to Ukiah in the north. I am thrilled to be working in and around Calaveras County in partnership with the UC Cooperative Extension Central Sierra. Starting this September I'll start working directly with San Andreas, Valley Springs, Railroad Flat, and West Point Elementary Schools, as well as Toyon Middle School, and Calaveras High School. The focus at each school will be unique; however, I will be helping engage students in school gardens, teaching gardening and nutrition education, and working to source fresh



Noah Crosson -  
FoodCorps Member

## 4-H Events

## 4-H Dates



### [Amador Enrollment Open](#)

9-28: Ironstone Concours d'Elegance

### [Calaveras Enrollment Open](#)

9-28: Ironstone Concours d'Elegance

### [El Dorado Enrollment Open](#)

9-24: Project Leader Training

9-28: [El Dorado County Beef Field Day](#)

9-28: Ironstone Concours d'Elegance

### [Tuolumne Enrollment Open](#)

9-28: Ironstone Concours d'Elegance

## MFP Classes

### Free Classes Offered by



### [Master Food Preservers](#)

#### [Amador/Calaveras](#)

9-7: Tomatoes 4 ways - Amador

10-5: Jams & Jellies - Calaveras

#### [El Dorado](#)

9-7 & 9-10: Meat Preserving

9-14 & 9-17: Vinegars, Condiments & Chutneys

9-21 & 9-24: Jerky

9-28 & 10-1: Conserves, Butters & Marmalade

## MG Classes

regional fruit and produce for the school cafeterias.

To give a little background about myself; I grew up on a small family farm in the rural Appalachian Mountains of North Carolina. As I child I gained an appreciation for the land and rural community that I grew up in, and when I left the area, I realized that I had taken a lot of things for granted. After studying at the University of North Carolina at Chapel Hill, and working with farmers, schools, and rural organizations in North and South America, I discovered a common challenge in nearly every region: to equip the youth and communities with the knowledge of how to get access to healthy food, how to live healthy lifestyles, and how to connect with the local communities. I feel both excited and fortunate to begin working with the schools and community organizations that are taking on that challenge here in the Mother Lode region.

## Amador County Farm Day

Amador County Farm Day will once again host 3rd graders (including all 3rd grade split classes) in Amador County at the fairgrounds in Plymouth. On September 30th approximately 350 youth will participate in an all-day interactive learning experience where they learn about agriculture in the context of local farms, ranches, and forests. All activities are free to students and are designed to support California State Standards for third grade curriculum. Farm Day demonstrations and exhibits teach students something new about where our food, fiber, and shelter comes from.



Farm Day Fun

If you have questions or are interested in supporting Amador County Farm Day (financially or by being a presenter), please contact JoLynn Miller at 209-533-5686 or [ilmiller@ucanr.edu](mailto:ilmiller@ucanr.edu).

## Events & Workshops

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



**[Amador](#)**

9-21: Greenhouses, Cold Frames & Plant Propagation

**[Calaveras](#)**

9-28: Open Garden Day - Rock Gardening

**[El Dorado](#)**

9-7: Trash to Garden Treasures

9-14: Perennials

9-21: Orchids

9-28: MG Plant Sale

10-5: Starthistle Control

**[Lake Tahoe](#)**

No classes in September - check back soon.

**[Tuolumne](#)**

9-5: Information Booth

9-7: Harvest BBQ, Olive Oil Tasting & Container Planting

**UC ANR Tidbits**

**UC IPM Pest Notes**



Common garden spiders

Pest Notes can be found on the [UC IPM \(Integrated Pest Management\) Website](#).

**[Eye Gnats](#)**

**[About Home & Landscape Pest Information.](#)**

**Tuolumne Workshop Cancelled!**

**Oaks of the Central Sierra: Care & Preservation**

**Learn About:**

Oak Ecology

Landscape Values

Landscaping Practices

Why Oaks Need "Protection"



Oaks Rangeland

Check back at [UCCE Central Sierra Events webpage](#) for rescheduled date.

**El Dorado Master Gardeners 5th Annual Fall Plant Sale**



MG Plant Sale

The El Dorado County Master Gardeners are holding their fifth fall plant sale. It will be held on 9/28 in Placerville at the Veterans Memorial parking lot. The address is 130 Placerville Drive. Come and see what great fall vegetables we have to offer along with lots of perennials, trees, shrubs, natives and herbs. This fall we will have approximately 4600 plants to choose from.

Fall is the best time to plant perennials and trees!

**When:** September 28th, 2013

**Time:** 8:00 a.m. to 3:00 p.m.

**Where:** Veterans Memorial Building, 130 Placerville Drive in Placerville

See [El Dorado Master Gardeners website](#) for details.

**Working for Conservation Conference**

## Quick Links...

[Our Website](#)

[Events & Workshops](#)

[Archived Newsletters](#)

Join Our Mailing List!



### Accessibility

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

## Active Engagement in Forestland Woodland Sustainability

**When:** October 10, 2013

**Time:** 8:00 a.m. to 6:30 p.m

**Where:** Sacramento, California



Forestland Woodland

See [Working for Conservation webpage](#) for details.

## 4-H Day at the Raider Game

Come support California 4-H and have a great day at 4-H Day at the Oakland Raiders vs the Philadelphia Eagles game!

**When:** November 3rd, 1:05 p.m.

**Where:** Oakland Coliseum



\$20.00 of each ticket sold to be donated to Ca 4-H.

Download the [4-H Day Flyer](#) for details.

Download the [4-H Registration/Tickets form](#) to purchase tickets.

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

The University of California working in cooperation with County

**Government and the United States Department of Agriculture.**

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