



## University of California Cooperative Extension Central Sierra News

Serving Amador, Calaveras, El Dorado & Tuolumne counties March 2014

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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

#### 2014: 100 Years of UC Cooperative Extension

University of California, Agriculture and Natural Resources celebrates 100 years of UC Cooperative Extension researchers and educators living and working in your communities to solve economic, agricultural, natural resource, youth development, and nutrition issues.



We are planning events for our supporters, partners and volunteers, without whom we could not have served our communities so well. Look for more information in our April and May issue.

UCCE 4-H of El Dorado  
County Round Up Chili  
Cook-Off

Like us on Facebook 

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UCCE 4-H  
Happenings in Our  
Communities

### Home Arts Day

Home Arts Day is a day for 4-H members in all non-livestock 4-H projects to showcase their items. Members in Clothing, Arts & Crafts, Industrial Arts and Crafts, Leather Craft, Pottery, Needlework, Dish Gardens, Welding, Woodworking, and Models (and ALL OTHER home arts) are eligible to enter! Food and Nutrition project members are eligible to enter their dishes or decorated cakes! It will include a judging session in which members display their projects before judges and receive helpful comments. See your county link below for details and registration information.



#### [El Dorado County 4-H Home Arts Day](#)

**Date:** Saturday, April 12  
**Location:** TBD

#### [Calaveras County 4-H Home Arts Expo](#), open to all counties in Central Sierra

**Date:** Saturday, April 19  
**Location:** Mark Twain Elementary School in Angles Camp

Visit our [100 Years of Cooperative Extension webpage](#) to read more about the Smith-Lever Act, UC Land-Grant's Mission and The Land-Grant Tradition.



UC Cooperative Extension: 100 years and counting.

## Drought Decisions - Setting Priorities in your Home and Landscape

These days, many Master Gardeners are finding that wherever we go, people want to chat about how to cope with the drought. Recently, a gardening buddy shared her strategy. She said "I talk with my plants, and ask them if they are worth a five minute shorter shower." After a good laugh, I asked her if I could quote her. Why? It's because her response cuts to the chase of this article. We don't yet know how extensive the drought will be. Will we receive some much needed rain? Will cooler days reduce evapotranspiration (loss of water through leaves) from our plants? We do know that 2013 was the driest year in California since record keeping began in the 1800s, and January 2014 broke all kinds of high temperature records in Sacramento. ([Continue reading...](#))

Visit our [Irrigation & Drought Resources webpage](#) for information.

## California Naturalist Training Program Coming to Central Sierra

### Eating Right Never Tasted So Good!



Each March, the Academy of Nutrition and Dietetics encourages Americans to return to the basics of healthful eating through "National Nutrition Month®". This year's theme focuses on combining taste and nutrition to create healthy meals.

When it comes to choosing what to eat, nutrition is important but flavor is likely the true motivator and also the key to eating right. Experiment with new flavors and flavor combinations in healthy meals this March, during National Nutrition Month®, and "Enjoy the Taste of Eating Right."

Preparing meals can be healthy, rewarding and cost-effective. Try some of these simple techniques suggested by the Academy to enhance flavor and don't be afraid to experiment with flavor combinations. ([Continue reading...](#))

### UCCE 4-H Events

For those of you who appreciate the outdoors and are interested in California's vast and abundant natural resources, a new opportunity for volunteer training will be offered in Central Sierra counties, beginning in fall 2014. Sponsored by the University of California, "The California Naturalist Program is designed to introduce Californians to the wonders of our unique ecology and engage the public in study and stewardship of California's natural communities" (<http://calnat.ucanr.edu/>).

UC Cooperative Extension Central Sierra (covering Amador, Calaveras, El Dorado and Tuolumne counties) has received a Renewable Resources Extension Act grant to bring the program to the Sierra foothills. UCCE will host the first training class in Tuolumne County in September, October, and November of this year. ([Continue reading...](#))

### Events & Workshops

#### Nutrition Workshops in South Lake Tahoe



##### Workshops

- 3-4: Quick, Healthy Meals & Snacks
  - 3-11: Eat Healthy on a Budget
  - 3-18: Tips for Losing Weight & Keeping It Off
  - 3-25: Making Healthy Eating Part of Your Lifestyle
  - 4-1: Physical Activity is Key to Living Well
- Total

**Location:** 1101 3rd Street, South Lake Tahoe, CA 96150 in the lobby

**Time:** 1:00 p.m.

See the [South Lake Tahoe Nutrition Education webpage](#) for up-to-date information.

#### VOLUNTEERS MAKE OUR UCCE 4-H PROGRAMS GREAT!

The UCCE 4-H Youth Development Program does not function without critical involvement from volunteers. We will be hosting two spring workshops focusing on the ages and stages of youth development and how we

**UCCE  
4-H Dates**



[Enrollment Open](#) - all counties

4-H Volunteer Development Day open to all counties

[March 8 in Jackson](#) & [March 15 in Jamestown](#)

Deadline to register is March 6th, 2014

**[Amador](#)**

3-29: [Sectional Presentation Day](#)

**[Calaveras](#)**

3-29: [Sectional Presentation Day](#)

4-12: [3rd Annual Mtn. Ranch 4-H Chili Cook-Off](#)

4-19: [Home Arts Expo](#) - (open to all 4 counties)

**[El Dorado](#)**

3-29: [Sectional Presentation Day](#)

4-12: [Home Arts Day](#)

**[Tuolumne](#)**

3-8: [County 4-H Presentation Day](#)

4-5: [Sectional Presentation Day](#)

**UCCE MFP Classes**

**Free Classes Offered by UCCE Master Food Preservers**



can create exciting hands-on learning opportunities for youth of all ages in one project.

**Date:** March 8th

**Locations:** Amador County General Services Building 12200-B Airport Road, Jackson CA

**Date:** March 15th

**Location:** Jamestown Community Hall, 18250 Main Street, Jamestown, CA

These workshop are pertinent to us all and will be open to not only our adult volunteers, but also our teen leaders.

Please join us from 9:30 a.m. to 2:00 p.m. at either of these locations for a FREE professional development opportunity.

El Dorado and Calaveras counties will be hosting workshops with a new set of topics to get you excited about the upcoming 4-H year with tentative dates set for August 30th in Calaveras and September 6th in El Dorado.

Please register [online](#) by 5:00 p.m. Thursday before your chosen workshop.

**Collaboration in Natural Resources Management Workshop**

The objectives of this workshop are 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



SNAMP collaborative field trip in Tahoe National Forest

### [Amador/Calaveras](#)

**3-8:** Freezing &  
Dehydrating - Calaveras

[See 2014 Class Schedule](#)

### [El Dorado](#)

[See 2014 Class Schedule](#)

## UCCE MG Classes

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



### [March Gardening Tips](#)

#### [Amador](#)

**3-1:** Delectable and  
Delicious Veggies &  
Flowers

**4-5:** Celebrate Flowers for  
Eating & Enjoying

#### [Calaveras](#)

**3-22:** Open Garden Day:  
Gardening on a Shoe-  
String, Plant Sale

#### [El Dorado](#)

**3-1:** Propagation by Seed

**3-8:** Working with Soils

**3-15:** Fire Wise  
Landscaping

**3-22:** Toward Sustainable  
Gardening: Rainwater  
Harvesting & Greywater  
Reuse

**3-29:** Water Efficient  
Gardening

#### [Lake Tahoe](#)

No classes scheduled -  
check back this spring.

support success when problems arise.

**Date:** March 26, 2014

**Time:** 10:00 a.m. to 4:00 p.m.

**Location:** Amador County General Services Building,  
12200-B Airport Road, Jackson, Ca. 95642

**Dates:** March 18 & April 23

**Time:** 10:00 a.m. to 4:00 p.m.

**Location:** Lahontan Regional Water Quality Control  
Board Annex, 971 Silver Dollar Ave, South Lake Tahoe,  
CA

See [Jackson workshop flyer](#) for details and registration  
information.

See [South Lake Tahoe workshop flyer](#) for details and  
registration information.

### **Junior Jams & Jellies**

This is a FREE event. The kids will make their own jam or jelly with one-on-one help from a Master Food Preserver volunteer. Two jars from each child will be set aside and entered into the El Dorado County Fair in the youth categories of the preserved foods contests. The remainder will go home with the child who made it. Each child is required to bring a batch of fresh fruit or a quart of fruit juice that they will use to make their jam or jelly. All other ingredients and supplies will be provided.



**Date:** April 12, 2014

**Time:** 10:00 a.m. to 3:00 p.m. - sign up for 30 minute  
sessions.

**Location:** Marshall Building, El Dorado Fairgrounds, 100  
Placerville Dr., Placerville

## [Tuolumne](#)

2-1: Open Garden Day:  
Water Conservation,  
Grapevine Pruning &  
Maintenance, Spring  
Garden Vegetable  
Planting & Seed Starting

## UC ANR Tidbits

### UC IPM & more...



How to trap earwigs

Use the [IPM Weather, models, & degree days webpage](#) to time insecticide applications.

### 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.

[Pre-registration](#) is required. Class size is limited to 10 per session.

## Reducing Wildfire Risks to Outdoor Camps Workshop

Workshop objectives: to provide outdoor managers with information on reducing wildfire risks and to show participants both successful and failed wildfire mitigation work done by camps in Tuolumne County.



**Date:** April 22

**Time:** 9:00 a.m. to 5:00 p.m.

**Location:** Groveland Community Hall, State Highway 120, Tuolumne, CA.

See [workshop flyer](#) for details and registration information.

## El Dorado County 4-H Round-Up Chili Cook-Off

Round Up is a fun day for all 4-H livestock project members. They get to participate in a "mini fair," without the pressure of the county fair. It's a day to gain skills, learn from peers, take proficiency tests and have fun. There will be activities for families, a youth variety show, games, project demonstrations from non-livestock projects, as well as a Chili Cook-Off fundraiser, tri-tip sandwiches from Bridge's BBQ, silent auction and cake auction.



The chili cook off, silent auction and cake auction are the one and only county-wide fundraiser for 4-H. 100% of funds raised from this event will remain in El Dorado County and are used for 4-H projects, volunteer training, outreach and scholarships. Chili Cooks Wanted! Entry is just \$25.00!

**Date:** May 10

**Time:** 10:00 a.m. to 3:00 p.m.

**Location:** El Dorado County fairgrounds.

See the [El Dorado County 4-H Round Up Chili Cook-Off webpage](#) for details.

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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