



University of California Cooperative Extension Central Sierra News

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

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Greetings,

May is a special month for UCCE. University of California, Agriculture and Natural Resources celebrates 100 years of UC Cooperative Extension researchers and educators living and working in communities to solve economic, agricultural, natural resource, youth development, and nutrition issues. Happy 100th Birthday! UCCE Central Sierra 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 Centennial Celebrates with a Day of Science & Service

The University of California is conducting three science projects on May 8, 2014 and we need your help collecting data.



Collaboration - 2-Day workshop series

Like us on Facebook 

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UCCE 4-H Happenings in Our Communities

Day of Science & Service - May 8th



How are YOU saving water?

Calaveras 4-H members will be conducting the water use survey on the afternoon of May 8th. They will be setting up and overseeing an informational booth in front of both the Starbucks in Angels Camp and Valley Springs. By completing the survey, participants will be given a Centennial "swag" item of their choice. 4-H information will be dispersed and the members will be answering questions from those interested in joining the program.

UCCE Nutrition News

Be a Scientist Projects:

- Pollinators: Food depends on pollinators. For three minutes, count how many you see and enter the data on a map of California.
- Water: In this record drought, UC has committed to reducing its water consumption by 20%. How are you conserving?
- Food: Where is food grown in your community? Fill out our California food map.

To learn more about how you can participate see the [UCANR Science & Service website](#) and pick one of the science projects.



Food depends on pollinators. How many do YOU see?

Day of Science May 8th: K-12 Student Project - How much sugar really is in that sweetened beverage?

We are asking all Californians, and particularly K-12 students, to be a scientist for a day and help UCCE celebrate our centennial year. Students in South Lake Tahoe and Amador, Calaveras, Tuolumne counties will be learning about healthy beverage choices by utilizing a classroom activity kit that features a lesson on "Rethinking Your Drink". We want students to see how much sugar is really in sweetened beverages! The kit also includes



Get Your Free Healthy Beverage Activity Kit!
Compliments of your local CalFresh Nutrition Education Program

Day of Science May 8th

On May 8th UC Cooperative Extension will turn 100 years old! To celebrate, we are asking all Californians, and particularly K-12 students, to be a scientist for a day. Join students from all over California to learn about healthy food choices!

Request a Healthy Beverage Activity Kit for Your Classroom

Share a 20-minute activity in your classroom — see how much sugar is really in sweetened beverages!

All supplies and instructions will be delivered to your school by Friday May 21st for use during the week of May 7th

To request your free supplies and lesson contact:
skhew@ucanr.edu
530.421.5583

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UC Cooperative Extension
University of California
Division of Agriculture

Grilled Fruits & Vegetables Add Color, Nutrition & Flavor!

Summer is a great time to fire up the grill. Are you looking for some new items to add to your favorites? Spice up any cookout by adding fruits and vegetables to the menu. Everything tastes better on the grill, including fruits and vegetables. Beyond the benefits of adding color, variety and flavor to the menu, you're also serving up a variety of vitamins and nutrients. Since fruits and vegetables cook quickly on the grill, they retain their vitamins and minerals. Remember, the goal for healthy eating is make half your plate fruits and vegetables at each meal. ([Continue reading...](#))



UCCE Centennial Celebrations

Celebrating
100 years
of Science &
Service



5-2: [UCCE Centennial Celebration](#) & Volunteer Recognition - Calaveras County

5-3: [UCCE Centennial Celebration](#) & Kids in the Garden - Tuolumne County

5-8: [Be a Scientist](#) - Day of Science & Service

supplies for an Orange Juice Spritzer - a yummy taste test so students can learn to make their own orange "soda" with no sugar added. Students and teachers will be completing the activity and taste test during the week of May 5-9, 2014.

See our [UCCE Nutrition, Family and Consumer Science webpage](#) for more information about the UCCE CalFresh Nutrition Education day of science activities or contact Wendy West wkwest@ucanr.edu or 530-621-5533.

Kids Can Be a Scientist for a Day Tuolumne County

In honor of "Be a Scientist" Day - May 8, 2014 - UCCE Master Gardeners of Tuolumne County will host a "Kids' Day in the Garden" on Saturday May 3rd at the Master Gardener Demonstration Garden at 251 South Barretta Street in Sonora.



See how you can participate.

This Open Garden Day will be devoted to showing the children of our community how to grow vegetables, fruits and plants and inviting them to take part in fun learning activities. As Master Gardeners we feel it is never too early to start kids playing in the dirt! The purpose of playing in the dirt is to observe nature and science, as in the questions listed above, and to grow something wonderful to eat or beautiful to look at. ([Continue reading...](#))

California Naturalist Partnership Meetings

Date 1: May 27, 1-4 p.m.

Location 1: Sierra Vista Presbyterian Church, 39696 Hwy 41, Oakhurst, California

5-8: [CalFresh Nutrition Education](#): How much sugar really is in those sweetened drinks?

5-8: UCCE 4-H of Calaveras County - How are YOU saving water? see above.

5-10: [UCCE Centennial Celebration](#) & 4-H Round Up - El Dorado County

5-16: [UCCE Centennial Celebration](#) & Volunteer Recognition - Tuolumne County

5-29: UCCE Centennial Celebration - Amador County

UCCE 4-H Events

**UCCE
4-H Dates**



[Enrollment Open](#) - all counties

[Amador](#)

5-15: [Amador County Record Book Workshop](#)

5-17: [Small Animal Field Day](#)

5-24: [Amador County Fair Pre-Weigh-In](#)

5-31: [2014 State 4-H Presentation Day](#)

[Calaveras](#)

5-15 - 5-18: [Calaveras County Fair](#)

5-31: [2014 State 4-H Presentation Day](#)

[El Dorado](#)

5-10: [4-H Round Up & Chili Cook-off](#)

5-31: [2014 State 4-H Presentation Day](#)

[Tuolumne](#)

Date 2: June 10, 1-4 p.m.

Location 2: Bethell-Delfino Agriculture Building, 311 Fair Lane, Placerville, California

University of California Cooperative Extension (UCCE) Central Sierra is pleased to announce a new UC-sponsored program planned for the central Sierra Nevada. The California Naturalist Program, introduced to the state by a National Science Foundation grant, is a California-specific version of the Master Naturalist volunteer citizen science program that is active in more than thirty-five states across the U.S.

According to the statewide program website, "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/>).

UCCE Central Sierra-providing services in Amador, Calaveras, El Dorado and Tuolumne counties - has received a Renewable Resources Extension Act (RREA) grant to plan and develop the first California Naturalist volunteer training in the central Sierra Nevada region. This training class is proposed for the Tuolumne County/Yosemite area in the fall of 2014. Subsequent trainings are planned for other counties later in 2015. ([See our events webpage...](#))

Events & Workshops

It's County Fair Time

The county fair season is upon us. Our 4-H Youth will be showing off their prize projects, Master Food Preservers and Master Gardeners as well as UCCE Central Sierra will have information booths at all four of the county fairs.

- Calaveras, May 15 - 18
- El Dorado, June 12 - 15
- Tuolumne, July 10 - 13
- Amador, July 24 - 27.

5-3: [Tuolumne County Fashion Revue](#)

5-31: [2014 State 4-H Presentation Day](#)

UCCE MFP Classes

Free Classes Offered by



[UCCE Master Food Preservers](#)

[Amador/Calaveras](#)

5-10: Tangy & Sweet Accompaniments - Calaveras

[See 2014 Class Schedule](#)

[El Dorado](#)

[See 2014 Class Schedule](#)

UCCE MG Classes

Free Gardening Classes offered by



[UCCE Master Gardeners](#)

[May Gardening Tips](#)

[Amador](#)

5-17: Gardening with Vertebrate & Invertebrate Pests: Wildlife Rescue

[Calaveras](#)

5-10: Art Among the Roses

5-24: Open Garden Day - Waterwise Gardening & Plant Sale

5-31: MG Kid's Day & Vegetable Plant Sale

Visit the Master Food Preservers at the Calaveras County Fair! Look for them next to the Master Gardeners in the Floriculture Building. Stop by and talk about a favorite topic - food! or your favorite plant! Or, What's BUGGING you.

Get some ideas on what to do with all the produce your garden will produce this year, or what your wallet provided when the supermarket had a great sale! Or, find out what is eating your fruit trees.

We will see you at the County Fair!

UCCE Central Sierra Centennial Celebration

4-H of El Dorado County

Round-Up Chili Cook-Off

Come out and learn about the wide programs and services the University California Cooperative Extension offers in the county, including; Master

Preservers, Master Gardeners, California Naturalist, and more.

UC variety of
CE of (UCCE)
Food



This year we have combined our UCCE Centennial Celebration of Science and Service with the UCCE 4-H of El Dorado County's Round Up. This 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!

In addition to all the 4-H activities, UCCE will be staffing information booths. Please stop by our booths and learn about the wide variety of programs and services that the University of California Cooperative Extension offers in the county including; Master Food Preservers, Master Gardeners, California Naturalist, and more.

Date: May 10

El Dorado

5-17: Orchids in the Home

5-31: Mini-Series: Miniature Greenhouses, Bucket Cloning & Compost Tea

6-7: Gardening Myths

Lake Tahoe

6-7: June Day Jamboree: Vegetable Gardening Seminar & Plant Sale

6-16: Green Thumb Garden Workshop Series begins

Tuolumne

5-3: Open Garden Day: Kids Day in the Garden

Planting, Flower Arranging, Face Painting & more!
Summer Vegetable Garden Planning & Planting.

UCCE 100 Year Celebration! Light refreshments will be provided.

5-17: Save Polystyrene (SPS) Day

6-7: Water-wise Vegetable Gardening

UC ANR Tidbits

UC IPM & more...



How to remove dandelions

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

Quick Links...

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.

Nutrition Workshops in South Lake Tahoe



Free Nutrition Workshops

5-20: Get Moving!!

5-27: Plan, Shop, \$ave

6-3: Vary Your Veggies... Focus on Fruits

6-10: Make Half Your Grains Whole

6-17: Build Strong Bones

6-24: Go Lean with Protein

7-1: Make a Change (oils, sugar and salt)

Location: Hope Lutheran Church of the Sierra, 930 Julie Lane, South Lake Tahoe, California

Time: Every Tuesday at 6:00 p.m.

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

Facilitation Tools for Collaboration

2- Day workshop series

Workshop Goal:

The goal of these workshops is to discuss facilitation skills and tools that can support your success during collaborative efforts. We will identify important processes that can support collaboration, share tools to prevent problems, and demonstrate interventions to support success when problems arise. These workshops are designed to help participants review the skills needed to support the mutual learning and discussion required in any truly collaborative effort. We have developed training modules to serve a wide variety of stakeholders



Dates: May 30 & June 25, 2014

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

[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.

Location: Acouffe Center, 9185 Marysville Road,
Dobbins/Marysville

Download [workshop flyer](#) for 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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