



University of California Cooperative Extension Central Sierra News

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

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Greetings,

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

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UCCE
Nutrition News

Back to School and Healthy Snacks

Kids love to snack. But snacking-if done right-doesn't have to be a bad thing. There are plenty of tasty and healthy options available that will help satisfy the snack-attack of even the pickiest eaters.



Incorporating fresh fruit, like watermelon, into after-school snacks is a great choice for kids who have a bit of a sweet tooth. And, as an excellent source of Vitamins A, B6 and C, a two-cup serving of watermelon packs a good nutritional punch that any parent can appreciate. For more creative ideas on how to serve this healthy treat, take a look at the US Department of Agriculture (USDA) [top ten ways to enjoy watermelon](#).

[\(Continue reading...\)](#)

UCCE 4-H Enrollment

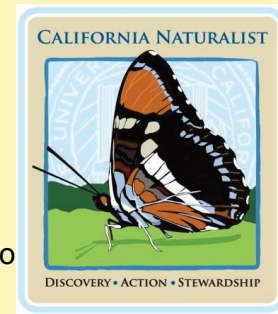
4-H Enrollment is open in your county



4-H open enrollment is going on now.

We have many projects to choose from; livestock, rocketry, photography, arts and

California Naturalist Program Registration



Registration for the California Naturalist - Central Sierra program is open. 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.

Two training programs are available:

The first is a **semester-length training** - held at New Melones visitor center on Highway 49 in Tuolumne County on Wednesday evenings, 6:30 - 9:00 p.m., September 17 to December 10, 2014.

The second is a **one-week, residential Yosemite Immersion Class** - being offered from Sunday, October 26 to Saturday, November 1, 2014 in Wawona Village, just inside the south entrance to Yosemite National Park.

Class descriptions, course syllabi and registration information can be found on our UCCE website: http://cecentralsierra.ucanr.edu/California_Naturalist/ The statewide California Naturalist website, <http://calnat.ucanr.edu/>, contains more information about what's expected from naturalists and other trainings offered around the state. The California Naturalist Handbook textbook and some field supplies are provided as part of the registration fee.

Looking forward to seeing you in the California Naturalist classes.

crafts, and many, many more.

See our [UCCE 4-H webpage](#) to see the many clubs and projects available in your county.

UCCE 4-H Events

UCCE 4-H Dates



[Enrollment Open](#) -

NEW YEAR BEGINS JULY 1ST - all counties

[Amador](#)

9-6: [Volunteer Development Day](#)

9-27: [Concours d'Elegance Antique & Classic Car Show](#)

[Calaveras](#)

9-27: [Concours d'Elegance Antique & Classic Car Show](#)

[El Dorado](#)

9-6: [Volunteer Development Day](#)

9:27: [Concours d'Elegance Antique & Classic Car Show](#)

[Tuolumne](#)

9-27: [Concours d'Elegance Antique & Classic Car Show](#)

UCCE MFP Classes

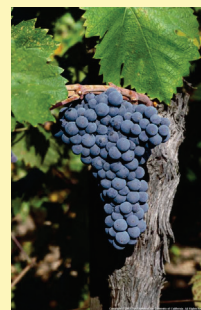
**Free Classes
Offered by**



[UCCE Master Food Preservers](#)

Calaveras Vineyard Tour 2014 Highlights: Grape to Glass

The annual Calaveras vineyard tour, co-sponsored by the Calaveras Wine Alliance (CWA) and UC Cooperative Extension, showcased vineyards with the wines they achieve with both vineyard managers and the winemaker commenting on challenges and opportunities for foothill growers. Local Central Sierra Farm Advisor Lynn Wunderlich was joined by UCCE Viticulture Advisor Glenn McGourty (Mendocino and Lake County) to help host the tour held on July 25, along with Calaveras vineyard managers Mark Skenfield and Stephen Collum.



The first stop on the tour was Chatom vineyards, where on site manger Dagan Robinson, vineyard consultant Carol Laubach, and winemaker Jason Lewis discussed vineyard renovation while we tasted Sauvignon Blanc and Syrah. Removing overextended cordons, deep ripping, and a fertilization program is rejuvenating Chatom, one of the oldest vineyards in Calaveras. McGourty discussed Sauvignon Blanc's tropical vs. grassy styles and the effect cane pruning can have on increasing yield for some varieties. ([Continue reading...](#))

[Amador/Calaveras](#)

9-13: [Preserving Late Summer Fruits](#)

[See 2014 Class Schedule](#)

[El Dorado](#)

9-2 & 9-6: [Pickles, Relishes & Sauerkraut](#)

9-9 & 9-13: [Vinegars, Condiments & Chutneys](#)

9-16 & 9-20: [Dehydrating & Freezing](#)

9-23 & 9-27: [Conserves, Butters & Marmalade](#)

9-30 & 10-4: [Apples, Pears & More](#)

[See 2014 Class Schedule](#)

UCCE MG Classes

Free Gardening Classes offered by



[UCCE Master Gardeners](#)

[September Gardening Tips](#)

[Amador](#)

9-6: [Pruning Fruit Trees](#)

9-13: [Planning Your Winter Vegetable Garden](#)

9-27: [Nourishing Your Soil](#)

[Calaveras](#)

9-13: [Family Harvest Day in the Garden](#)

9-27: [Open Garden Day - Cycles of the Garden & Plant Sale](#)

[El Dorado](#)

9-6: [Native Plants in the Garden](#)

9-13: [Planting Your Soup, Co-Presented by MGs & MFPs](#)

Community Gardens Help Stretch Food Dollars

Author: Pamela Kan-Rice, UCANR

Fresh fruits and vegetables are essential foods in a nutritious diet, but not everyone can afford or easily buy produce. As part of the local food movement, more and more people are growing food in neighborhood community gardens. While these gardeners are guaranteed fresh produce, a UC nutrition expert wondered how the cost of growing their own compared to buying from a store.



This month Susan Algert, UC Cooperative Extension nutrition advisor, published research that shows gardeners can save money by growing their own vegetables. ([Continue reading...](#))

Events & Workshops

Pasture Establishment Workshop

This workshop is being held to help you understand the strategies and steps to establishing and/or improving dryland range and irrigated pasture.

Workshop Agenda:

- Overview of different forages available for dryland range and irrigated pasture
- Fall and Spring Planting Strategies and Timelines
- Land Preparation and Seeding Techniques
- Fertilization Strategies
- Irrigation for New Plantings

Date: Thursday, September 18, 2014

9-27: [Living with Native Oaks](#)

[Lake Tahoe](#)

[Tuolumne](#)

9-6: [Open Garden Day:](#)
[Harvest Brunch & Fall](#)
[Container Planting](#)

UC ANR Tidbits

UC IPM & more...



**Distinguishing between
yellowjackets, wasps,
and look alikes**

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.

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

Location: UCCE Office, Placer County
11477 E Ave, Auburn, Ca 95603

Register on-line at:

<http://pastureworkshop.eventbrite.com>

The Great Sierra River Cleanup



Group poses with collection of trash.

The Great Sierra River Cleanup is scheduled every year for the third Saturday in September. This year it is scheduled for:

Date: September 20, 2014

Time: 9 a.m. - 12 noon

UCCE of Tuolumne/Calaveras counties will collaborate with the US Bureau of Reclamation, the Tuolumne County Resource Conservation District and the Tuolumne County Land Trust to focus on sites around New Melones Reservoir, as declining water levels caused by the severe California drought reveal more trash.

Participating in the Great Sierra River Cleanup is easy. Join volunteer groups-such as 4-H Clubs, high school Ecology Clubs, college Natural Resources Club, UCCE Master Gardeners and California Naturalists, Boy Scouts, businesses and others-or organize your friends and co-workers to demonstrate

your concern for clean water and healthy rivers. Sponsored by Sierra Nevada Conservancy. Call the UCCE Natural Resources Program at 209-533-6993 for more information.

For more information: see our [California Naturalist webpage](#).

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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