



University of California Cooperative Extension Central Sierra News

Serving Amador, Calaveras, El Dorado & Tuolumne counties, April 2015

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UCCE
Nutrition News

Greetings,

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

New Nutrition Educator for the Central Sierra!

Central Sierra welcomes Natalie Alfaro-Perez as our newest family nutrition educator! Natalie will be based at the UCCE Amador County office in Jackson and working in the UC CalFresh Nutrition Education Program. Natalie is a recent graduate of California State University, Sacramento with a degree in Health Science/Community Health Education. She has been working with the American Red Cross in community education for the past year. Natalie will be serving primarily in Amador and Calaveras counties and will be utilizing her bilingual skills to better serve our Spanish-speaking community members.



Natalie Alfaro-Perez

From fracking to water affordability, UC takes on new water-related research



Selling Healthy to Kids



Mike wanted his 14 year-old son to "eat healthy." Not only did he want this day-to-day action, Mike wanted his son to want to do it, too. That's a tall order for kids facing tempting food at every turn. So, how do you sell the idea of healthy to your child? And do it without overselling it?

To be successful at helping your child embrace healthy eating, it will take more than a rule from you, or a handful of nutritious items in the kitchen. Selling "healthy" to kids requires lifestyle and attitude shifts, not just a mandate of eating rules. With just a little insight, you can skip the pressure (and the mistakes) and let the model of healthful eating and healthy living sink in naturally. Continue reading [HERE](#).

[Subscribe to the CalFresh Monthly Nutrition eNewsletter](#)

UCCE 4-H Dates



[Enrollment Open](#) -
Open all year

[Amador](#)

4-7: 4-H Home Arts Expo registration deadline

4-18: [4-H Home Arts Expo](#)

Which California communities are more likely to vote down hydraulic fracturing? Are efforts to make safe, affordable drinking water more accessible working? These are among the questions University of California scientists are trying to answer with six new research projects funded by the [UC Agriculture and Natural Resources' California Institute for Water Resources](#).

Lake Mendocino in 1977.
Photo by Jack Kelly Clark.

High-volume hydraulic fracturing, or fracking, a form of natural gas and oil extraction, is water-intensive and could exacerbate water stress. [Gwen Arnold](#), professor in the Department of Environmental Science and Policy at UC Davis, is examining efforts to [locally restrict high-volume hydraulic fracturing](#). You can read more [on the website](#).

Nutrition Policy Institute urges USDA to make water "first for thirst"

The U.S. government should promote plain drinking water as the beverage of choice, according to comments submitted today by the University of California's Nutrition Policy Institute (NPI) at a public meeting for oral testimony on the Scientific Report of the 2015 Dietary Guidelines Advisory Committee. The institute also urged the U.S. Department



NPI urges the U.S. Department of Agriculture to add a symbol for water to its MyPlate graphic.

of Agriculture to add a symbol for water to its MyPlate graphic. You can read more [on the website](#).

UCCE Volunteer Training Announcements

Master Food Preserver Training 2015 in Amador and Calaveras counties.

The University of California Cooperative Extension is going to be training a new class of volunteers to be certified Master Food Preservers. Join us April 10th to find out more about this fun and exciting program.

Calaveras

4-7: [4-H Home Arts Expo Deadline](#)

4-18: [4-H Home Arts Expo](#)

El Dorado

4-4: [S.E.T. Field Trip - Syar Concrete Company](#)

4-11: [Home Arts Day](#)

4-11: [Junior Jams & Jellies](#)

4-19: [Round Up Horse Show](#)

5-9: [Round Up](#)

5-9: [Fair Forms Due](#)

Tuolumne

4-1: [Scholarship deadlines](#)

UCCE MFP Classes

Free Classes Offered by



[UCCE Master Food Preservers](#)

Amador/Calaveras

4-11: [Campers' Delight- Dried Foods](#)

5-2: [Jammin' Jam & Sassy Sauces](#)

El Dorado

4-11: [Junior Jams & Jellies](#)

[2015 weekly classes begin in July](#)

UCCE MG Classes

Free Gardening Classes offered by



[UCCE Master Gardeners](#)

[March Gardening Tips](#)



Come Preserve with Us!
Applications due April 13, 2015

Do you enjoy canning or drying food?

Do you enjoy teaching?

Do you want to meet new people who share your food passion?

Become a volunteer for the **UCCE Master Food Preservers of Amador/Calaveras county!**



Photo credit: Master Food Preservers of orange county

Learn It!

Attend the initial training series.

Preserve It!

Make jams & jellies, pickled fruits and veggies, sauerkraut, jerky, soups, and much more.

Teach It!

Educate your community at free public classes and events.

Learn about the UCCE Master Food Preserver Program, community involvement and participation requirements at one of our orientation meetings on **April 10**.

10-11: UCCE Office, Jackson or **2-3: Calaveras Senior Center, San Andreas**

RSVP for either meeting with Robin at rkcleveland@ucanr.edu or 530-621-5528.



9 Training Sessions: 9 am to 3 pm

Fridays: April 24, May 1, 15, 29, June 5, 12

Saturdays: May 2, 16, June 6

Cost: \$135 (includes class materials & supplies)

Class Locations: Jackson and Valley Springs

For more information, visit our webpage at http://ucanr.edu/be_acmfp.

Events & Workshops

California Statewide Agritourism Summit

The public is ready to visit California farms and ranches. Many California agricultural producers host a richness of opportunities for enjoyment and education for the public and are ready for visitors. This one-day Agritourism Summit will connect agritourism operators, organizers, regulators, educators and tourism professionals throughout California with each other. We will learn from each other and together plan the future for California agritourism.



Date: April 8, 2015

Time: 8:30 a.m. to 4:00 p.m.

[Amador](#)

4-18: [Grow Your Own Bean Soup](#)

4-25: [Plant Sale](#)

[Calaveras](#)

4-24: [Spring Plant Sale](#)

4-25: [Open Garden Day/Spring Plant Sale](#)

[El Dorado](#)

4-11: [Landscape Trees & Shrubs](#)

4-15: [Living with Oaks](#)

4-25: [Rainwater Harvesting/Greywater Use](#)

5-2: [Plant Sale](#)

[Lake Tahoe](#)

[Tuolumne](#)

4-11: [Open Garden Day](#)

4-11/12: [Home and Garden Show](#)

UC ANR Tidbits

UC IPM & more...

The UC Statewide IPM Program provides practical information on pest management techniques and identification for a broad range of California pests.

[Pests of homes, structures, people and pets](#)

[Wood-destroying, food, fabric, and nuisance pests](#)

[Vertebrate pests: Birds, mammals, and reptiles](#)

Location: Heidricultural History Center
1862 Hays Lane, Woodland CA 95776

Registration fee: \$20.00 pre-registration (until April 3, 2015) or \$30.00 at the door.

See the [Statewide Agritourism Summit 2015 Information page](#) for more details.

A Farmers' Market & Local Food Promotion Grant Writing Workshop

This workshop will focus on effective grant writing strategies for USDA Agricultural Marketing Service (AMS) programs such as the Farmers' Market Promotion Program and the Local Food Promotion Program. However, techniques and skills learned will be useful across USDA agencies. The workshop is open to all individuals and groups seeking to better connect agricultural producers and consumers through local food systems.



Objective: To teach participants techniques and skills to write effective grant proposals which will be useful across USDA agencies.

Who Should Attend:

Any farmers, ranchers, food producers, food and farming organization members or broader community members interested in learning about and applying for several food system grants.

Choose to attend a workshop in four locations:

April 8, Berkeley
April 10, Modesto
April 15, Davis
April 22, Redding

9 AM - 2 PM

Register [online](#) for this event.

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

Quick Links...

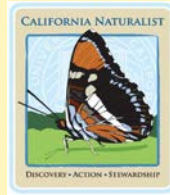
- [Our Website](#)
- [Events & Workshops](#)
- [Archived Newsletters](#)

Join Our Meeting List!



Accessibility

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



California Naturalist Advanced Training Save the Date! Wildfire and its effects on Sierran mixed conifer forests

Join University of California scientists as we examine the characteristics of wildfire and its impacts on the forests of the Sierra Nevada. We will look at land management practices used to affect fire behavior and how the landscape recovers from fire. We will take a field trip to the 2014 King fire area to see effects of high severity fire on forest regeneration and wildlife. The training will include nature journaling and an art session.

Date: April 25 & 26, 2015

Location: UC Berkeley's Blodgett Forest Research Station in Georgetown

See [California Naturalist Advanced Training Flyer](#) for details.

2nd Annual Mother Lode Farm to School Network Gathering

Come see first-hand this 138 acre working educational ranch and farm owned and operated by Sonora High School, and utilized by Tuolumne schools.

Date: April 25, 2015

Time: 9:00 a.m.-3:00 p.m.

Location: Wildcat Ranch, Sonora, CA

Register [online](#) for this FREE event!

Join Us for the 2nd Annual
Mother Lode Farm to School Network Gathering
...make connections, get inspired, join the effort!

Saturday, April 25, 2015
9:00 am - 3:00 pm
Wildcat Ranch, Sonora
Corner of Warren Ferry Rd. and Tuolumne Rd.

Attendees from 138 area working educational ranch and farm owned and operated by Sonora High School, and utilized by Tuolumne schools. [Register Here](#) for this FREE event!

Meet other stakeholders from El Dorado, Nevada, Nevada, Placer, Colusa, and Tuolumne counties working to reduce pesticides and other farm to school children. Join us to support a Mother Lode Region where all children learn about and provide access to healthy, locally grown food, creating future generations of healthy children and economically vibrant farms.

Schedule: Attend all or just what you are able to - please specify on your [registration](#)

9:00 am - 9:30 am: Registration
9:30 am - 10:30 am: Pre-gathering meal
10:30 am - 1:30 pm: Field Trip to Wildcat Ranch, Sonora, CA
1:30 pm - 2:30 pm: Lunch and Networking Session - 30 minutes for lunch
2:30 pm - 3:00 pm: Networking Session
3:00 pm - 3:30 pm: Closing Remarks
3:30 pm - 3:45 pm: Post-gathering activity: [Join Us at Blue Oak Farm](#)

All interested stakeholders are welcome!
Partners: FOCUS, UCCE, Sonora High School, Wildcat Ranch, Sonora, CA. [Registration](#) [Event Details](#) [Event Photos](#)

If you have any questions, please contact Linda Brown at linda@focusca.org. Please RSVP to the registration link above.

Master Gardener Garden Tour

The annual garden tour in Tuolumne County is scheduled for Sunday, May 31st. This year there will be six sites demonstrating three themes - home gardens, school gardens and public/education sites. Tickets will be available from any Master Gardener in Tuolumne County. Tickets can also be purchased online on our [website](#).



Date: May 31, 2015

Location: Tuolumne County

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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