



University of California Cooperative Extension Central Sierra News

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

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UCCE

Nutrition News

Summer Activity is Crucial for Children

A study in the July 2007 Archives of Pediatrics and Adolescent Medicine suggests physical fitness gains made by obese



Happy 4th of July,

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!

Stay cool and enjoy this hot weather.

News & Updates

Sierra Nevada Annual Range Forage Production, 2014-15 Summary

The University of California Cooperative Extension monitors annual rangeland forage production throughout the foothills to accurately gauge the total forage production on an annual

basis. Data is gathered at eight locations throughout the central Sierra Nevada foothills in El Dorado, Amador, Calaveras and Tuolumne counties.



For the 2014/15 season, our data showed that annual peak forage production (gathered May 15th, 2015) throughout the four county area was predominantly close to the long term average at each site. The Paloma site in Calaveras County was the only site significantly below the long term average. We attribute this difference to the local grazing practices the previous year. This site was overgrazed in the 2013/14

children who participated in a lifestyle-focused physical education class during the school year were lost after the three-month summer break.

Don't let your child spend his summer sitting on the couch. Teach him or her to enjoy the benefits of being physically active. Help your child stay fit this summer with these ideas: [Continue reading...](#)



Subscribe to the UCCE Central Sierra CalFresh Monthly Nutrition eNewsletter.

UCCE 4-H Events



UCCE

4-H Dates:

[Enrollment Begins July 1st](#)

Open all year

7-10 to 26: [CA State Fair](#)

[Amador](#)

7-23 to 26: [Amador County Fair](#)

7-23 to 26: [State Leadership Conference](#)

[Calaveras](#)

7-15: 4-H Record books due

season which resulted in less forage this year. [Continue reading...](#)

UCCE Master Food Preserver Training 2015 - Amador & Calaveras Counties

Do you like volunteering? Do you like preserving your harvested bounty? Do you like sharing your knowledge with your community?

Come learn what to do with all those fruits and vegetables you harvest from your garden or get from friends and at the same time, learn to teach others the latest safe scientific methods in doing so.



The UCCE Master Food Preservers of Amador/Calaveras Counties are about to begin recruiting for a new training class for anyone interested in becoming certified to carry out the mission of the UCCE Master Food Preservers of teaching others using research-based information. You will learn how to can, freeze, dehydrate, preserve jams and jellies, pickles and sauerkraut and more using the latest and safest methods according to UC Cooperative Extension. Classes begin in August.

If you are interested in learning the latest techniques and becoming involved in passing this knowledge on to the public, we will have two orientation meetings to explain our UCCE Master Food Preserver Volunteer Program, the training and volunteer time requirements.

- July 17, 3:30-4:30 pm, at the Calaveras Senior Center in San Andreas or
- August 4, 3:30-4:30 pm, at the UCCE Amador County office in Jackson

RSVP for either meeting [online](#), or contact Robin Cleveland, 530-621-5528 or rkleveland@ucanr.edu.

Go to [Becoming a Master Food Preserver webpage](#) to learn more. If you can't make this year's training and would like to be considered for future trainings enter your name on the interest list to receive information for the next training, or call the Master Food Preserver

7-18: Countywide Record Book Judging

7-23 to 26: [State Leadership Conference](#)

El Dorado

7-1: [4-H Enrollment Begins](#)

7-20 to 24: [4-H Camp Concord, Lake Tahoe](#) - registration ends 7-10.

7-23 to 26: [State Leadership Conference](#)

Tuolumne

7-10 to 12: [Tuolumne County Fair](#)

7-23 to 26: [State Leadership Conference](#)

UCCE MFP Classes



University of California
Cooperative Extension

**Master
Food
Preserver**

Free Classes Offered by

[UCCE Master Food Preservers](#)

Amador/Calaveras

7-11: [Pucker Power: Pickling & Fermenting](#) - Amador

El Dorado

7-7: [Of Course You Can! Basic Water Bath Canning](#)

7-18: [The Fickle Pickle](#)

7-21: [Spread the Love: All About Jams & Jellies](#)

8-1: [Tomatoes - Basic & Fancy](#)

8-4: [Pressure Canning: Confidently Can Soups, Broth, Meats, Vegetables and More!](#)

UCCE MG Classes

Certification Training Program at (530) 621-5528.

Events & Workshops

Gardening with Kids: We still have openings!

UCCE Master Gardeners of El Dorado County have created a series of "Gardening with Kids" classes. The next class is set for **July 8th**.

UCCE Master Gardeners of El Dorado County
311 Fair Lane, Placerville, CA 95667
530 621-5512
<http://ucanr.edu/edmg>

UCCE

**Gardening with Kids
... Raising Worms!**

July 8th, 2015

Cameron Park Community Center, 2502 Country Club Drive in Cameron Park
Taught by [[Master Gardener Cindy Young]]

- Kids will learn how worms turn kitchen scraps into valuable nutrients that makes garden plants strong.
- [Makes a shoebox-sized worm bin]
- Prepare the new worm home with bedding, and get a handful of worms to take home!

Ages 5-7, accompanied by an adult, or 8 and up on their own. Pre-registration along with a \$5.00 materials fee is required. Each class is limited to 12 kids. Class times: 9:00-9:45; 10:00-10:45; 11:00-11:45. Go to <http://ucanr.edu/edmg/raisingworms> to reserve your child's place today and make payment, or call 530 621-5512 to register.

****Please call the Master Gardener office at 530 621-5512 for latest class information as location can occasionally change****

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<http://cecentralsierra.ucanr.edu>

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 530-621-5500.

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It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities. Complete nondiscrimination policy statement can be found at <http://ucanr.edu/edmg/raisingworms/20150708.pdf>. Inquiries regarding ADA's nondiscrimination policies may be directed to Linda Hesse-Hanlon, Alternative Action Contact, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618 (530)285-2218

El Dorado - July 8

"Raising Worms!"

July 8 from 9:00 a.m. to noon. More details and registration: [Raising Worms Registration webpage](#).

Starting a Successful Specialty Food Business

Everyone considering bringing a new food product to the market is invited to one of two one-day intensive workshops, "Starting a SUCCESSFUL Specialty Food Business." The Modesto workshop is offered by the UC Small Farm Program and UC Cooperative Extension Stanislaus County on July 15, 2015. The Eureka workshop is offered by the UC Small Farm Program and UC Cooperative Extension Humboldt and Del Norte Counties on July 21, 2015.



Free Gardening Classes offered by

[UCCE Master Gardeners](#)

[July Gardening Tips](#)

Look for UCCE Master Gardeners at the Farmers Markets.

[Amador](#)

7-23 to 26: [Amador County Fair](#) - Visit us at the County Fair!

[Calaveras](#)

7-25: [Open Garden Day: Drought Tolerant and Deer Resistant Perennials](#)

[El Dorado](#)

7-8: [Kids' Gardening Class: Raising Worms](#)

7-18: [Lawn Removal](#)

8-8: [Fall & Winter Vegetables](#)

[Lake Tahoe](#)

Beginning June 1st: UCCE Master Gardeners of Lake Tahoe will be at Farmers Markets first & third Tuesdays of each month - 9:00 - Noon

7-25: [Tahoe in Bloom Garden Tour](#)

[Tuolumne](#)

7-11: [Open Garden Day: Fire Safety/General Gardening Questions](#)

In this workshop, you'll learn the fundamentals of the specialty food marketplace and how to start creating your own success story. You'll spend the day with specialty food business experts. Two specialty food producers will tell their stories. You will leave with a book, "Sell Your Specialty Food", a clearer understanding of the industry, and real-world answers to your questions. Lunch and snacks are included.

For more details see the [Small Farm Program website](#).

Modesto workshop:

Place: UCCE Stanislaus County

3800 Cornucopia Way, Harvest Hall, Modesto, CA

Date: Wednesday, July 15, 2015

Time: 8:30 a.m. - 4:30 p.m.

Download [Modesto workshop agenda](#)

Eureka workshop:

Place: UCCE Humboldt County

5630 South Broadway, Eureka, CA

Date: Tuesday, July 21, 2015

Time: 8:30 a.m. - 4:30 p.m.

Download [Eureka workshop agenda](#)

For more information, please contact Penny Leff, (530) 752-7779 or paleff@ucdavis.edu.

California Naturalist Certification Training

UC IPM & more...



Planting Tomato Seedlings

Are your Roses suffering this year? Check the [Rose Pest Management Guidelines](#) for information.

[Fruit, Nut, Berries & Grapes Pest Management Guidelines](#) for backyard growers.

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

Quick Links...

[Our Website](#)

[Events & Workshops](#)

[Archived Newsletters](#)

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Accessibility

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

Register Now!

California Naturalist
5 week certification training at
Calaveras Big Trees State Park



Sept. 11 & 12, Sept. 18 & 19, Sept. 24, Oct. 2 & 3, and Oct. 9 & 10
Calaveras Big Trees State Park, 1170 East Hwy 4, Arnold, CA 95223

Become a 'citizen-scientist' as we explore California's natural environment. Learn about opportunities that you can take on to share and engage others in natural resource stewardship through education and service.

Registration is required and participation is limited to 30. To register, please go to: http://ucanr.edu/cbt_canat_2015 Cost for this workshop is \$350.00 per person. There are a limited number of scholarships available. To apply for a scholarship, please go to: http://ucanr.edu/cbt_canat_scholarship_2015 For more information on the California Naturalist Program, please go to: <http://calnat.ucanr.edu/>





For more information, please contact Kim Ingram at kcingram@ucanr.edu

Click flyer for CA Naturalist webpage

Dates: Sept. 11 & 12, Sept. 18 & 19, Sept. 24, Oct. 2 & 3, and Oct. 9 & 10

Location: Calaveras Big Trees State Park, 1170 East Hwy 4, Arnold, CA 95223

[Webpage 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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