



University of California Cooperative Extension Central Sierra News

Serving Amador, Calaveras, El Dorado & Tuolumne counties, Dec. 2015

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UCCE Nutrition News

Happy Holidays,

As we reflect on the past year, we have a lot to be thankful for. We've been extremely fortunate to have hired some amazingly talented new staff this year. Over the next few months we will highlight each of them so you can get better acquainted. We have also been working hard to expand a number of new programs throughout the region. Our partnership with FoodCorp continues to grow and flourish. This year we have two service members in Calaveras County. Lucas Hill and Kim Oldham will be building upon the previous years' programs and continue to expand garden based nutrition education and local procurement of fruits and vegetables in school cafeterias.

We also have been extremely excited to bring forth a brand new program to the region. 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. We have offered three training programs throughout the region and have trained over 50 participants. Our 4-H youth development program is thriving. Our volunteers and staff continue to enrich the program with exciting curriculum, engaging activities, and overall making the program a place for youth to have fun and learn. Some new projects throughout the region include; GIS/GPS, robotics, rocketry, shooting sports, veterinary science, and viticulture. In addition there are dozens of animal related projects, cooking, cake decorating, sewing, and much more.

In September, the devastating Butte fire scorched over

New Garden and Nutrition Education Programs



Simply offering healthy options is not enough to motivate children to make healthy choices. Moreover, imposing restrictions rather than providing children with options to make healthy choices has long-term negative implications. With recent estimates of childhood obesity showing that approximately 32 percent of children are overweight or obese, it is clear a program that addresses multiple, obesity-related factors is necessary to successfully target this complex issue.

Central Sierra UCCE will be implementing the Shaping Healthy Choices Program (SHCP) which is a multi-component, school-based intervention composed of five components: 1) nutrition education and promotion, 2) family and community partnerships, 3) integration of regional agriculture, 4) foods available on the school campus, and 5) school wellness policies.

[Continue reading here](#)

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

70,000 acres across Calaveras and a portion of Amador County. Thousands of people were evacuated as the fire raged through the Mokelumne river watershed towards Mountain Ranch. In all, the fire burned 475 residences and 343 outbuildings. In October, we hosted a recovering from wildfire workshop to provide the community with the most recent science on post fire recovery. Scientists and experts throughout the state discussed post fire management issues, treatment options, rehabilitation, regulations, oak regeneration, reforestation and much more. All of the videos and workshop materials are on our website.

The UCCE Central Sierra staff would like to wish everyone a wonderful holiday season and a happy new year.

News & Updates

Recovering from Wildfire Resources online!

Thank you to Calaveras County Public Access Television for capturing all of the presentations from the Recovering from Wildfire workshop. As the videos become available they will be posted on the [UCCE website](#).



Check back frequently as the site will be updated regularly with new information.

UCCE Central Sierra Hires Two Nutrition Educators!

UCCE 4-H Events

UCCE
4-H Dates



[Enrollment Open](#) -
Open all year

[Amador](#)

12-17: [New Volunteer Orientation](#)

[Calaveras](#)

No scheduled events

[El Dorado](#)

12-5: [Club Officer Leadership Retreat](#)

12-14: [New Volunteer Orientation](#)

[Tuolumne](#)

12-2: [County Council Meeting](#)

UCCE MFP Classes

Free Classes
Offered by



[UCCE Master Food Preservers](#)

[Amador/Calaveras](#)

2016 Schedule coming soon

[El Dorado](#)

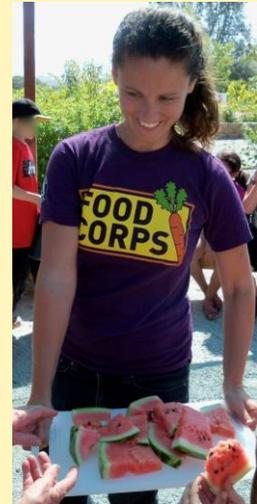
2016 Schedule coming soon

UCCE MG Classes

Emily Metzger joined UCCE as the UC CalFresh Nutrition Educator in Calaveras County. Emily was born and raised in Calaveras County and received her BA degree in Liberal Studies/Education at Westmont College in Santa Barbara. During college and after graduating, Emily taught for Mind Matters Clinic, interned at local farms, and spent a year interning on organic farms in the Western United States, including Alaska, through World Wide Opportunities on Organic Farms (WWOOF). She returned to Calaveras County and became the manager and event planner for a local winery. Beginning in September 2014, Emily served with FoodCorps and UCCE as a Service Member in Calaveras County specializing in garden-based nutrition education and capacity building. During this past year she has honed her passion for teaching, healthy foods and gardening. Emily is a UCCE Master Gardener and recently completed the UC California Naturalists certification program. With her knowledge of the local community and familiarity with the UC CalFresh Nutrition Education programs, Emily is diving right into her new position!



Monica Drazba was born and raised in Pinole, California. She graduated from UC Davis with a degree in Nutrition Science and a passion for growing food, tending gardens, and building community. After college, Monica served twenty-seven months in Fiji as a Community Health Promotion volunteer in the Peace Corps, where she collaborated with the Fijian Ministry of Health to design and implement an outreach program to deliver nutrition education to communities and establish vegetable gardens in villages, homes, health centers, and hospitals.



Upon returning to the United States, she continued her work with agriculture, food systems, and community service, working as a Food Justice Ally and as an Urban Permaculture Intern in the San Francisco Bay area. Armed with a desire to learn more about farming, Monica spent two years on the East Coast as a farm apprentice. Monica joined FoodCorps in September 2014 and landed in El Dorado County in the Sierra Nevada

Free Gardening Classes offered by



[UCCE Master Gardeners](#)

[December Gardening Tips](#)

[Amador](#)

2016 Schedule coming soon

[Calaveras](#)

2016 Schedule coming soon

[El Dorado](#)

12-5: [Planting Fruit Trees](#)

[Lake Tahoe](#)

2016 Schedule coming soon

[Tuolumne](#)

2016 Schedule coming soon

foothills. During the past year, she has collaborated with schools to build sustainable garden programs and designed cooking, nutrition and art lessons around gardening and nutrition. Monica will be building a new program on the El Dorado County "west-slope," complementing the UC CalFresh Nutrition Education program in South Lake Tahoe. Monica will begin her program with an emphasis on garden-based nutrition education, community building and piloting the Shaping Healthy Choices program.

Events & Workshops

California Small Farm Conference offering scholarships for upcoming conference

Change description to read: The California Small Farm Conference is accepting scholarship applications for the upcoming California Small Farm Conference in Sacramento, Ca scheduled for March 5-8, 2016. A scholarship is an affordable way for eligible recipients to attend the Conference. Small-scale farmers and ranchers, beginning farmer/ranchers, farmer/rancher employees and certified farmers market managers are encouraged to apply.



UC ANR Tidbits

UC IPM & more...

The UC IPM Weed Photo Gallery includes many, but not all, weed species commonly found in California farms and landscapes.

[Click here to find a list of weeds.](#)

The deadline for applications is 5:00 p.m. PST on December 4th, 2015.

Download the [CSFC press release](#) for more details.

Tuolumne County Agricultural Commissioner Continuing Education Workshop

December 4, 2015

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.



TUOLUMNE COUNTY AGRICULTURAL COMMISSIONER

DECEMBER 2015 CONTINUING EDUCATION WORKSHOP



Date: Friday, December 4, 2015

Time: 9:00 am – 12:00 pm

Location: Tuolumne County Emergency Operations Center
18440 Striker Court, Sonora, CA

9:00 am Personal Protective Equipment – New Regulations
Megan Bloodworth, Department of Pesticide Regulation

**10:00 am Laws & Regulations Surrounding Rodenticides, Vertebrate
Pest Detection and Control**
 *David Kratville, Department of Food and Agriculture*

10:30 am Emerging Weed Problems in California
David Kratville, Department of Food and Agriculture

11:00 am Biology and Control of Yellowstar Thistle
Scott Oneto, UCCE Farm Advisor

Call the Tuolumne County Agriculture Department (209) 533-5691
or e-mail AgCommissioner@tuolumnecounty.ca.gov to register (no
fee to attend)

*3 hours of Continuing Education credit approved by DPR (1 hour
Laws and Regulations, 2 hours other) Doors Open at 8:30 am.*

5th Annual Beef Improvement Symposium

January 9, 2015

Click flyer to download information.

FARM Club at UC Davis Presents:
5th ANNUAL BEEF IMPROVEMENT SYMPOSIUM
 January 9, 2016 • Gladys Valley Hall • UC Davis School of Veterinary Medicine

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| <p>7:30am Registration, Coffee & Doughnuts</p> <p>8:00am DEAN'S WELCOME DEAN LARGORE, UC DAVIS SCHOOL OF VETERINARY MEDICINE</p> <p>8:10am WHEN DISASTER STRIKES: WHAT RANCHERS CAN DO BEFORE, DURING, AND AFTER THE CRISIS DR. BENJAMIN OSBORN AND DR. MICHAEL PATRICK, WESTERN INSTITUTE FOR FOOD SAFETY AND SECURITY (WIFSS)</p> <p>9:10am RANCHING AS A BUSINESS DAVE PRATT, OWNER OF RANCH MANAGEMENT CONSULTANTS, RANCHING FOR PROFIT</p> <p>10:00am REFRESHMENT BREAK</p> <p>10:15am THE FUTURE IS HERE: APPLICATION OF GENOMIC TESTING ON THE RANCH DR. KASEY DEATLEY, PROFESSOR AT CALIFORNIA STATE COLLEGE OF AGRICULTURE</p> <p>11:00am PROMOTING LARGE SCALE RESTORATION OF THE WORLD'S GRASSLANDS CHRIS KERSTON, ALLAN SAVORY'S DIRECTOR OF PUBLIC OUTREACH AND RESEARCH</p> | <p>12:00pm LUNCH</p> <p>AFTERNOON SCHEDULE</p> <p>1:00pm THREE SECRETS FOR INCREASING PROFIT DAVE PRATT, OWNER OF RANCH MANAGEMENT CONSULTANTS, RANCHING FOR PROFIT</p> <p>2:00pm WORKING WITH YOUR VETERINARIAN TO EMPOWER CATTLE HEALTH DR. JESSICA LUTTIG, DVM, TECHNICAL SERVICES, ZOOPLUS</p> <p>3:00pm REFRESHMENT BREAK</p> <p>3:10pm DIAGNOSTIC INVESTIGATIONS OF FLECKED MORILLALLES DR. JESSIE WOODS, CALIFORNIA ANIMAL HEALTH AND FOOD SAFETY LABORATORY (CAHFS)</p> <p>4:10pm BULL PREVENTATIVE HEALTH: BSES AND TRICHOMONIASIS DR. BERT MCGARR, LUTZBUCK REPRODUCTION AND HERD HEALTH SERVICE, UC DAVIS</p> <p>** 3-4 pm Alternate Offerings: "Disaster preparedness: Large Animal Restraint" wet lab led by Dr. Eric Davis</p> |
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FEATURED SPEAKERS



Chris Kerston
Allan Savory Institute:
Director of Events and Public Outreach

Chris Kerston has been grazing cattle for over a decade. With a longstanding passion for alternative agricultural models, Chris has dedicated much of his life to helping connect ranchers with consumers in ways that create real value for both parties.

For 6 years, Chris co-managed a 2,000 acre diversified farm based on holistic grazing and permeability in the Sacramento Valley. The farm is comprised of old growth olive orchards, heirloom stonefruits and citrus groves, and also raises grass-fed cattle, sheep, goats, and pasture-raised chickens for both meat and eggs. Through creative positioning, the farm quickly attracted national notoriety and the attention from public figures such as Joel Salatin and Michael Pollan.

Chris has become a recognized public speaker championing for stronger connections between grower and eater and providing training to help build those connections. He has been on the forefront of the collaborative process with state and federal regulators, advocating for the recognition of alternative agricultural models as well as the consumer's right to access healthy local foods. Chris is also very enthusiastic about developing opportunities for young ranchers. Fostering creative solutions to removing barriers of available land and capital will ultimately help cultivate the next generation of holistic land stewards.



Dave Pratt:
Owner of Ranch Management Consultants, Ranching for Profit

Dave bought the Ranching Management Consultants in 2001. Dave, who had a history of innovative research and teaching in his 15 years in the University of California Cooperative Extension Service, had been teaching Ranching for Profit schools for 20 years since 1992. Today, Dave and Kathy run RMC from their office in Fairfield, California. They have maintained the same high standards of teaching and continued the mission to empower clients to achieve their goals.

The Beef Improvement Symposium will be running concurrently with the Livestock Symposium for veterinarians. FARM club will also be holding a raffle fundraiser! (Tickets sold at event)

Come Preserve With Us!

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 Preserver Program of El Dorado County!



University of California
Cooperative Extension
Master Food Preserver

UCCE Master Food Preserver volunteers educate our community about safe home food preservation at free public classes and workshops, through newspaper and newsletter articles, and at information booths at farmers markets and county fairs.

You are invited to an informational meeting to learn the requirements for volunteering as a UCCE Master Food Preserver and hear details about the selection and training process. Please join us on Saturday, January 23, from 10 - 11 am at the Bethell-Delfino Agriculture Building (311 Fair Lane) in Placerville. This UCCE Master Food Preserver training program is open to anyone in El Dorado County. Applicants from

neighboring counties will be considered if there is space. Applications are due by January 30, 2016.

The 2016 UCCE Master Food Preserver program training classes will be on Saturdays from 9 am -2 pm in Placerville February 27 through May 21. The cost is \$105 which covers class materials and lab expenses.

For more information about becoming a UCCE Master Food Preserver volunteer, please visit our website at <http://ucanr.edu/2016edmfp>.

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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