



University of California Cooperative Extension Central Sierra News

Serving Amador, Calaveras, El Dorado & Tuolumne counties, January 2016

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Happy New Year,

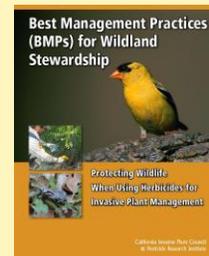
UCCE Central Sierra wants to keep you informed about what's happening! We host many workshops throughout the year, including free Master Gardener and Master Food Preserver classes open to the public. You will also find up-to-date 4-H news. Please read on for more information!

News & Updates

New Herbicide BMP Manual

The California Invasive Plant Council (Cal-IPC) has published a new manual on "Best Management Practices (BMPs) for Wildland Stewardship: Protecting Wildlife When Using Herbicides for Invasive Plant Management."

The 47-page manual includes field techniques from experienced land managers as well as risk charts for commonly used herbicides.



Available for free download at the [California Invasive Plant Council Website](#).

Drought Impacts on California Ranches

Drought is nothing new for ranchers; in fact, ranchers largely depend on dryland grazing and are among the first impacted

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UCCE Nutrition News

The Magic of Monday!



How many times have you heard or even said "I am going to start- my diet, to exercise, to quit smoking, to eat healthier on Monday!"

Research conducted by Johns Hopkins shows people view Monday - more than any other day of the week--as the best day to kick start healthier choices and behaviors. Monday represents a special unit of time in our culture, and is viewed as the start of a brand new week. And the best part--there are 52 chances to try to kick off your week right! Change takes time and small steps - sometimes three steps forward and two steps back. The "Healthy Monday Campaign" lets us know that we can be forgiven for falling off the wagon and that the critical component of change is to keep trying and keep those health goals in front of you."

Healthy Monday is a national initiative to help reduce chronic preventable diseases by

by drought. Over 90% of California has endured severe to exceptional drought since 2012. Given the extent, and severity of the current drought, we are interviewing livestock producers to learn more about the real impacts of this drought on their operations.

The Drought Impacts on California Ranches Survey is a collaboration between UC Davis, UC Cooperative Extension, the California Cattlemen's Association, and the California Wool Growers Association. We will conduct telephone surveys with ranchers to examine drought management strategies, economic and ecological impacts, and drought adaptation and recovery strategies resulting from one of our most severe droughts on record.

Project Outcomes:

- Compile expertise of experienced ranchers on effective drought planning and strategies for recovery.
- Quantify real-world economic, social, and ecological impacts of drought to inform future drought planning and policies.
- Develop a California Ranch Drought Hub that integrates existing research and outreach resources with survey information.

In winter of 2015, we will conduct ~200 interviews. Interviews will include questions on drought management strategies, economic and ecological impacts, drought recovery strategies, and general operation characteristics.

Interested in participating or want more information? Please contact Dan Macon (dmacon@ucdavis.edu; 530/889-7324), Leslie Roche (lmroche@ucdavis.edu; 530/752-5583), or Tracy Schohr (tkchohr@ucdavis.edu; 530/754-8766).

Sonora Tractor Supply Company
4-H Clover Promotion

offering weekly prompts and programs to support people and participating organizations in starting and sustaining healthy behaviors.

[Continue reading...](#)

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

UCCE 4-H Events

**UCCE
4-H Dates**



[Enrollment Open](#) -
Open all year

[Amador](#)

1-15: [Presentation Training](#)

1-30: [Amador County Presentation Day](#)

[Calaveras](#)

[El Dorado](#)

1-19: [Jr. Camp Counselor Applications due](#)

1-25: New Volunteer Orientation

[Tuolumne](#)

1-16: [43rd Annual 4-H Community Dinner](#)

UCCE MFP Classes

**Free Classes
Offered by**



The Sonora Tractor Supply Company (TSC) store was recently recognized for winning the "Class Champion" award for meeting the company goals during the 4-H/TSC Fall 2015 Paper Clover Promotion. Store employees at the Sonora TSC store had 65.8% of all transactions include a 4-H Paper Clover purchase and will be presented with a ribbon from 4-H to recognize this achievement.



The 4-H/TSC Paper Clover Campaign is a nationwide, in-store fundraiser that benefits 4-H programming in the communities where a TSC store is located. The campaign raised over \$893,000 that supports 4-H on the local, state, and national level. During the twelve day promotion, the Sonora TSC raised \$1,958 for 4-H in Tuolumne County.

The effort has provided direct support for local camps, after-school programs and other club activities. In Tuolumne County the Paper Clover funds support promotion of 4-H in the Community as a whole and help offset costs of bringing back 4-H Summer Camp.

For more information, visit www.tractorsupply.com/4h.

Events & Workshops

Nevada County's Sustainable Food & Farm Conference

Join us for Nevada County's Sustainable Food and Farm Conference January 8th-10th, 2016 where we'll bring together a diverse panel of speakers, farming related businesses and organizations, for a weekend full of informative lectures, a food and farming exposition, plus numerous workshops for all levels of farming and ranching. Speaker highlights include Paul Stamets, Gabe Brown and Jean-Martin Fortier. [Read more...](#)

[UCCE Master Food Preservers](#)

[Amador/Calaveras](#)

Classes begin in February

[El Dorado](#)

1-23: [Training Orientation Meeting](#)

1-28: [Fair Judging of Preserved Foods Workshop](#)

1-30: [Making Marmalade](#)

1-30: [Fair Judging of Preserved Foods Workshop](#)

UCCE Master Food Preserver Training in El Dorado County -

1-23: [Training Orientation Meeting](#)

UCCE MG Classes

Free Gardening Classes offered by



[UCCE Master Gardeners](#)

[January Gardening Tips](#)

[Amador](#)

1-16: [Living in the Forest and Fire Safe Landscaping](#)

1-30: [Nourishing and Rebuilding Your Soil](#)

[Calaveras](#)

Open Garden Days will start soon.

[El Dorado](#)

UCCE Master Gardeners of Tuolumne County Collecting Polystyrene

Saturday, January 16 & 23, 2016

Once again, Master Gardeners will be collecting Polystyrene in conjunction with Solid Waste Management. The collection days are on two different Saturdays in January - January 16 and 23, 2016. Collection times for each day are 9am to 4pm.



The collection site is located on Microtronics Way next to the Waste Management site, with two large open top dumpsters, and 2 large metal racks on which we will place your food grade and packing grade polystyrene separately.

For more details visit our [Classes & Events webpage](#) or call the UCCE Master Gardener of Tuolumne County Hotline at 209-533-5912 or email: mgtuolumne@ucdavis.edu.

California Rangeland Coalition 2016 Summit Friday, January 22, 9am - 3pm, Stockton, CA Optional Field Tour January 21

The Summit will address challenges and opportunities to improve rangeland management to reduce the incidence (scope and severity) of catastrophic wildfire. Two of the state's most devastating wildfires in history, the Valley and Butte Fire occurred in the past year and yet, the full impact of these fires to conservation interest and rancher sustainability is yet to be determined. Group discussions during the summit will consider lessons learned from recent fires and where we go from here.



1-9: [Pruning Fruit Trees](#)

1-9: [Saturdays with Barry in the Demonstration Garden](#)

1-23: [The Fire Wise and Water Wise Landscape](#)

1-30: [Shade Gardening](#)

2-6: [Spring & Summer Vegetables](#)

[Lake Tahoe](#)

[Tuolumne](#)

Open Garden Days will start soon.

UC ANR Tidbits

UC IPM & more...

UC IPM Website has a new [Seasonal Landscape IPM Checklist](#) to help landscape professionals use integrated pest management (IPM) to avoid and manage common pests of landscape trees, shrubs, and vines.

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

Quick Links...

[Our Website](#)

[Events & Workshops](#)

[Archived Newsletters](#)

[Join Our Mailing List!](#)

[Information and Registration webpage](#)

UCCE Master Food Preservers of El Dorado County - Announce 2016 Training

Want to know what to do with all those fruits and vegetables you have in your yard or get from friends and at the same time to learn to teach others the latest safe scientific methods in doing so? The UCCE Master Food Preservers of El Dorado County are starting a new training class for anyone interested in becoming certified to carry out the mission of the Master Food



Preservers of teaching others. 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. Our next classes will begin on February 27, with classes being held on Saturdays through May 21. If you are interested in learning the latest techniques and becoming involved in passing this knowledge on to the public, there will be an orientation meeting on January 23, 10:00 a.m. at 311 Fair Lane in Placerville.

Please email rkleveland@ucanr.edu to RSVP or go to our website: http://cecentralsierra.ucanr.org/Master_Food_Preservers/ for further information, or call the Master Food Preserver Certification Training Program at (530)621-5528.

What can California, Israel and Australia learn from each other about drought?

International group of drought management experts to meet on January 12 & 13 at the Modesto Centre Plaza at 1150 9th Street in Modesto. Growers, crop consultants, irrigation



Accessibility

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



practitioners, state agency members and others are invited to participate.

The two-day event, "Proven Solutions to Drought Stress: Water Management Strategies for Perennial Crops with Limited and Impaired Water Supplies," is designed to foster conversation on a variety of drought management aspects and strategies.

"California, Israel and Australia have all faced recurring drought conditions of varying severity and duration," said James Ayars, research agricultural engineer of USDA Agricultural Research Service in Parlier, Calif., who spearheaded the event to bring together this prestigious group of scientists. "In view of more frequent and more severe recurring droughts in the years to come, it makes sense for us to pool our knowledge and plan more strategically for the future."

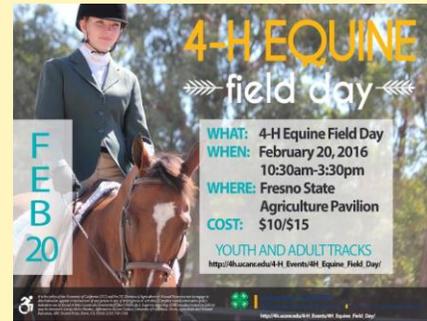
Over the past 20 years, USDA and University of California scientists have developed several new approaches to help growers adapt to using water more efficiently. Several UC Davis, UC Cooperative Extension and California Department of Water Resources scientists will discuss their research approach and findings in California.

Other speakers include Shabtai Cohn, head of Israel's Agricultural Research Organization Soil, Water and Environmental Sciences Institute, John Hornbuckle, associate professor at Deakin University in Australia, and other researchers from Israel and Australia.

For more information, to see the agenda and to register, please visit <http://www.droughtmgt.com>.

2016 4-H Equine Field Day- February 20, 2016

Registration for the 2016 Equine Field Day is now open! The Equine Field Day will be held at Fresno State on February 20, 2016. Workshops will be presented on various equine related topics. We will have both youth and adult tracks with five 45 minute sessions throughout the day. Youth and adults both need to register.



Register today at <http://ucanr.edu/survey/survey.cfm?surveynumber=16766!>

Early Bird Registration:

- \$10 fee for 4-H Members and active 4-H Volunteers
- \$15 fee for non 4-H Members and Adults
- *Early bird registration ends February 12, 2016.

Late Registration/Walk-ins:

- \$15 fee for 4-H Members and active 4-H Volunteers
- \$20 fee for non 4-H Members and Adults

For more information about the event, please visit http://4h.ucanr.edu/4-H_Events/4H_Equine_Field_Day/ or contact Alyssa Sankey, State Program Representative for Animal Science Education, ajsankey@ucanr.edu.

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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