



## University of California Cooperative Extension Central Sierra News

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

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### UCCE Nutrition News

#### CATCH

UC CALFRESH Nutrition Education program is very excited to now be teaching, training, supporting, and implementing the CATCH (Coordinated Approach to Child Health) physical activity program. CATCH is an all-inclusive physical activity program that teaches the students athletic skills



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, Family, and Consumer Sciences Advisor

We'd like to introduce our new Nutrition, Family, and Consumer Sciences Advisor Kara Lang. Lang has a PhD in Nutritional Biology and MS in Nutrition from UC Davis. Prior to joining UCCE, she served in concurrent positions as an Adjunct Professor at Fresno State University Department of Food Science and Nutrition and a researcher for the UC Davis California Institute for Rural Studies. Before that she focused the first part of her career working on clinical research projects for the USDA Western Human Nutrition Research Center. She has 15 years of experience in nutrition research and community nutrition working on food systems development projects, food policy, food access, and school nutrition. She has experience working on state level food policy issues as a member of the California Food Policy Council and with the California Farmers Market Consortium. She is excited to live in the Central Sierra region, back to her roots where she grew up in Jackson, California.

and gets them moving while all at the same time having fun. The non-elimination activities keep the kids vigorously moving more than 50% of the time. A lesson can be taught in 5 min or 50 min. It is truly a fun flexible physical activity program for all grade levels. Each CATCH kit comes with all the equipment and lesson plans an educator would need to implement the CATCH program with their students.

I have had the pleasure of teaching several CATCH program lessons. One lesson in particular focused on the skills of jump roping. When the third grade classes realized they would be jump roping half the students were excited and the other half not so much. A few boys in particular who usually are the more active students in the group flat out refused to participate. I quickly realized they didn't want to participate because they did not know how to jump rope. But, thankfully the CATCH program allows for this and breaks each skill taught down so that even those who do not yet have the coordination or the knowledge of the skill can soon have it mastered. Within 15 min I had those boys along with the rest of the students jumping rope. They were all having so much fun that they were disappointed when P.E. was over. Physical activity is not just about moving, it is about building self-confidence and mastering skills that carry over into other aspects of our lives. That day I was able to see the CATCH program at its best- learning and being active through fun!

If you are an educator interested in the CATCH program please contact your UC CalFresh Community Educator for training and equipment.

Feel free to visit [www.catchinfo.org](http://www.catchinfo.org) and view this lesson of an example on the CATCH program  
[www.youtube.com/watch?v=ygRTVgkElrk](http://www.youtube.com/watch?v=ygRTVgkElrk)

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

## Scientific consensus says U.S. Forest Service should implement proposed forest treatments

After conducting extensive forest research and taking into consideration all aspects of forest health - including fire and wildlife behavior, water quality and quantity - a group of distinguished scientists have concluded that enough is now known about proposed U.S. Forest Service landscape management treatments for them to be implemented in Sierra Nevada forests.



"There is currently a great need for forest restoration and fire hazard reduction treatments to be implemented at large spatial scales in the Sierra Nevada," the scientists wrote. "The next one to three decades are a critical period: after this time it may be very difficult to influence the character of Sierra Nevada forests, especially old forest characteristics."

To read more you can visit <http://ucanr.edu/News/?blogpost=19857&blogasset=44547>.

## State Board of Food and Agriculture to Discuss California's Organic Program

The California State Board of Food and Agriculture will bring together federal and state officials as well as organic stakeholders to discuss California's state organic program (SOP) on Tuesday, February 2, 2016 in Sacramento. The meeting will be from 10 a.m. to 3 p.m. at the California Department of Food and Agriculture, 1220 N Street - Main Auditorium, Sacramento, CA 95814.

The California State Board of Food and Agriculture advises the governor and the CDFA secretary on agricultural issues and consumer needs. The state board conducts forums that bring together local, state and federal government officials, agricultural representatives and citizens to discuss current issues of concern to California agriculture.

This meeting will be streamed online at:  
<http://www.cdfa.ca.gov/LiveMediaStream.html>

UCCE  
4-H Dates



[Enrollment Open](#) -  
Open all year

[Amador](#)

[Calaveras](#)

[El Dorado](#)

2-12: [Registration Deadline for El Dorado County 4-H Presentation Day](#)

2-21: [Fuzzy Wuzzy Horse Show](#)

[Tuolumne](#)

2:20-[Everything but Animals Field Day](#)

Events & Workshops

Tree Fruit Meeting

Lynn Wunderlich, local U.C. Cooperative Extension Farm Advisor for the Central Sierra, invites foothill fruit growers to a "Tree Fruit Meeting" to be held on Tuesday, February 9, 8:15 A.M. until 12:00 P.M. The meeting will take place in the Institute of Forest Genetics' conference room at 2480 Carson Road in Placerville. There is a registration fee of \$5 per person. 2.5 continuing education hours (2 "other" and 0.5 "laws") have been applied for.

The flyer for the UCCE Central Sierra Tree Fruit Meeting includes the following details:

- UCCE** | University of California Agriculture and Natural Resources
- UCCE Central Sierra Tree Fruit Meeting**
- Please join us on **Tuesday, February 9, 2016, 8:15 a.m. – noon**
- Location: Institute of Forest Genetics Conference Room, 2480 Carson Road, Placerville, California
- Sponsored by the University of California Cooperative Extension, Lynn Wunderlich, Farm Advisor, The University of California working in cooperation with County Government and the United States Department of Agriculture.

**8:15 Registration and Coffee**

**8:30-9:00 Welcome, Update on weather statistics & disease management.** (0.5 hour other)  
Lynn Wunderlich, UCCE Farm Advisor, Central Sierra

**9:00-9:30 How to count winter chill.**  
Katherine Pope, UCCE Orchard Systems Advisor, Sacramento-Solano-Yolo Counties

**9:30-10:10 Understanding how fruit trees work.** (0.5 hour other)  
Ted DeJong, Professor of Plant Science, UC Davis

**10:10-10:40 Ag. Commissioner Laws and Regs Update** (0.5 hour laws)  
Christine Corvick, El Dorado County Agriculture Commissioner

**10:40-11:00 Break**

**11:00-11:30 The Wild Farm Alliance promoting viable agriculture that restores and protects wild nature.** (0.5 hour other)  
Jo Ann Baumgartner, Wild Farm Alliance Director. Jo Ann will discuss the benefits of incorporating biodiversity on the farm, including pollination, pest control, water quality, and food safety.

**11:30-12:00 Apple Culture: Tricks of our Trade** (0.5 hour other)  
Jeff Colombini, Lodi Farming Inc., 2013 "Good Fruit" Grower of the Year. Jeff manages ~500 acres of apples. Jeff will discuss orchard culture, conversion to F'ville, use of sprayer, and overhead cooling.

**12:00 Program ends - Thank you for coming!**

**Free Fruit Meeting Registration Form**  
Please pre-register by Feb. 5<sup>th</sup> or RSVP to Robin Cleveland (530) 621-5528 to register at the door. Please call Robin for additional information.  
Register online at <http://ucanr.edu/uccecs-treefruitmtg>.

Name(s) \_\_\_\_\_ Please list all names attending meeting. **Dig Phone Number** \_\_\_\_\_  
Address \_\_\_\_\_ **City/Zip** \_\_\_\_\_  
\$5.00 per person x \_\_\_\_\_ = Total Amount Due **Email** \_\_\_\_\_  
 Yes! I use my email and do not need a hard-copy registration flyer mailed.

Click on flyer to view

UCCE MFP Classes

Free Classes Offered by  
[UCCE Master Food Preservers](#)



[Amador/Calaveras](#)

2-13: [Get Started Preserving Food](#)

[El Dorado](#)

2-6: [Fair Judging Workshop](#)

2-27: [Pressure Canning](#)

UCCE MG Classes

Free Gardening Classes offered by  
[UCCE Master Gardeners](#)



[February Gardening Tips](#)

[Amador](#)

2-6: [Grafting Fruit Trees](#)

2-20: [Raising Backyard Chickens](#)

2-27: [Plant Propagation Sexual/Asexual](#)

3-5: [Planting & Caring for Berries- Spring and Summer Vegetables](#)

Invited speakers include Jeff Colombini of Lodi Farming Inc. who was recently honored by "Good Fruit Grower" magazine as 2013 "Grower of the Year". Jeff grows about 500 acres of apples and 300 acres of cherries in the northern San Joaquin Valley and will discuss growing techniques Lodi Farming uses to produce premium apples. Other featured speakers include Katherine Pope, UC Cooperative Extension Farm Advisor in Sacramento-Solano-Yolo Counties, who will help growers understand how to count tree fruit chilling hours. UC Davis Professor and pomology expert Ted DeJong will give an overview of "how fruit trees work". El Dorado County Agricultural Commissioner will present an update on laws and regulations affecting farmers. Local Farm Advisor Lynn Wunderlich will provide an update on weather patterns and tree fruit disease management.

For an additional treat, attending growers will learn the benefits of incorporating biodiversity on the farm, including pollination, pest control, water quality, and food safety, from speaker Jo Ann Baumgartner of the Wild Farm Alliance.

Please pre-register by February 5th or RSVP to Robin Cleveland (530) 621-5528 to register at the door. Register online at <http://ucanr.edu/uccecs-treefruitmtg>







Workshop Details:  
 February 27, 2016  
 8:30 a.m. - 3:30 p.m.  
 Shingle Springs Rancheria  
 5168 Honpie Road, Placerville

Topics:  
 Backyard Chicken Behavior  
 Raising Healthy Chickens  
 Housing  
 Safe Egg Handling  
 Predator Exclusion

To register for this \$25.00 workshop which includes a light breakfast and box lunch, please call the UCCE office at 530-621-5512 or register online at <http://ucanr.edu/uccemg-backyardchickensworkshop>



Click flyer to view

## Learn to Preserve Food!

Want to learn about preserving your own food? The UCCE Master Food Preservers have two upcoming events to introduce you to core preservation techniques.



### Get Started Preserving Food

February 13, 10 a.m. -12 p.m.

Free  
 Jackson

Curious about preserving your own food at home? This class introduces a wide variety of home food preservation techniques: freezing and dehydrating as well as boiling water, atmospheric steam and pressure canning. Learn the most recent research-based techniques; watch several live demonstrations; and glean tips from experienced canners. Leave inspired and excited to try your hand at preserving food at home to enjoy all year!

## Pressure Canning Workshop

February 27, 9-4, \$60 (pre-registration required)  
Placerville

Does the thought of using a pressure canner scare you? It shouldn't! Learn about the multiple safety features included on modern canners as well as when and why you need to use a pressure canner; don't risk a case of botulism because you didn't practice safe canning. This is a hands-on workshop. You'll build your confidence by preserving three different products using three different types of pressure canners. Register at <http://ucanr.edu/pcanningworkshop>.

## Starting a Successful Specialty Food Business

Workshop Details:

March 6, 2016

8:30 a.m.- 3:30 p.m.

Double Tree Hotel,

2001 Point West Way

Sacramento, CA 95815

In this one-day intensive workshop, you'll learn the fundamentals of the specialty food marketplace and how to start creating your own success story.



Click flyer to view

Pre-registration and payment required- space is limited

Workshop Fee: \$75.00. Fee includes lunch and snacks.  
Vegetarian/vegan options available.

Register online: <http://bit.ly/1OTbCMc>

For more information, contact:

Shermain Hardesty, 530-752-0467

[shermain@primal.ucdavis.edu](mailto:shermain@primal.ucdavis.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

**The University of California working in cooperation with County Government and the United States Department of Agriculture.**

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