



University of California Cooperative Extension Central Sierra News

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

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Eating to Boost Energy



Let's face it, we are in an energy crisis. We, as a society, are busy, stressed, need more physical activity and sometimes have poor eating habits - all

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 Study Examining the Economic Impact of Local Food Marketing

by El Dorado County Producers in the Sacramento Region, Shermain Hardesty, Libby Christensen, Erin McGuire and Scott Oneto

Growing interest in local foods has raised questions about the extent to which local and regional food systems promote regional economic development. Consumers often cite supporting the local economy as a reason why they purchase locally produced foods. To find out whether there is such an impact and if there is, how much it amounts to, our University of California Cooperative Extension team interviewed producers engaged in direct marketing to measure the economic impact of local food marketing in the Sacramento Region (El Dorado, Placer, Sacramento and Yolo counties). We collected economic information through interviews with 88 local farmers and ranchers regarding their purchases of inputs such as fuel, packaging materials and labor, services such as insurance and bookkeeping, and the revenues generated from selling their products both direct to consumers and through other channels. We measured their sales and expenses during 2013, both within and outside of the Sacramento Region. Our key findings indicate that, for every dollar of sales, El Dorado County direct marketers are generating 83 percent more economic

contributing to low energy levels. One way to fix our energy deficit is how we eat. The right combinations of food can give you a boost. Follow these five strategies to maximize your energy.

Eat Often

Eating every three to four hours can help to fuel a healthy metabolism, maintain muscle mass and prevent between-meal hunger that can lead to unwise snacking. If you're currently only eating one to two meals a day, this will be an adjustment. As you're learning how to eat more frequently throughout the day, remind yourself that you will feel better and be more focused when you have fuel in your system on a regular basis.

Eat Light

Eating just enough, but not too much, helps to curb cravings and reduces chances of overeating. Keep in mind that portions are often too large. If your meal carries you five to six hours without hunger pangs, it's likely that you're eating too much. On a scale of 0 to 10 (where 0 is starving and 10 is painfully full), try eating to about a 5 or 6 level, where you are comfortably full but not stuffed.

[Continue Reading](#)

Source: Academy of Nutrition and Dietetics eatright.org; article by Tara Gidus, MS, RDN, LDN, CSSD.

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activity within the region, as compared to Sacramento Region producers who are not involved in direct marketing.

For the complete report, visit

<http://sfp.ucdavis.edu/files/243489.pdf>

UCCE Master Gardeners of Tuolumne County Want to Thank Tuolumne Utility District for their Support !

The University of California Cooperative Extension Central Sierra Master Gardeners of Tuolumne County would like to thank the Tuolumne Utility District for their support in helping to spread the word regarding water conservation.

- TUD and the UCCE Master Gardeners of Tuolumne County partnered to republished an informative brochure titled "How to Save Water", which has been distributed at all Master Gardener events.

UCCE Master Gardeners of Tuolumne County submitted a series of articles to the Union Democrat, high-lighting that July was "Smart Irrigation Month". All articles can also be found on the UCCE Tuolumne Master Gardener page of the Central Sierra Cooperative Extension website:

http://ucanr.edu/sites/Tuolumne_County_Master_Gardeners/Garden_Articles/

- On July 5th, Debbie Powell, UCCE Master Gardener Coordinator presented to the Board of Supervisors of Tuolumne County this valuable information.
- We would also like to thank TUD for giving the UCCE Master Gardeners of Tuolumne the opportunity to write water conservation articles for the TUD's newsletter which has been distributed to over 4,000 clients.

UCCE
4-H Dates



[Enrollment Open](#) -
Open all year

[Amador](#)

8-22: [Amador County Veterinarian Science](#)

[Calaveras](#)

[El Dorado](#)

8-16: [Community Club Leader Meeting](#)

[Tuolumne](#)

UCCE MFP Classes

Free Classes
Offered by



[UCCE Master Food Preservers](#)

[Amador/Calaveras](#)

8-5: [Learn How to Become a UCCE Master Food Preserver!](#)

8-10: [Boiling Water & Steam Canning Basics](#)

8-13: [Tomatoes All-Ways](#)

8-24: [Freezing Basics](#)

[El Dorado](#)

8-5: [Learn How to Become a UCCE Master Food Preserver!](#)

8-6: [In A Pickle: Pickling & Fermenting](#)

8-6: [Hot Salsa Nights](#)

8-9: [Tomatoes: Basic & Fancy](#)

8-13: [Pickling Workshop](#)

8-16: [Dress It Up! Vinegars-Chutneys & Condiments](#)

The UCCE Master Gardeners of Tuolumne County are Continuing to Spread the Word Regarding this Valuable Resource; Water.

Here is where you might find more information on conserving water:

UCCE Tuolumne Master Gardener Demonstration Garden-Open Garden Day is August 6th starting 10:00 to 1:00 pm. Presentations start at 10:30 am. The Demonstration Garden is located at 251 South Barretta Str., Sonora 95370. Usually Open Garden Days are on the first Saturday of the month except if it falls on a holiday.

UCCE Tuolumne Master Gardeners are at Sonora Certified Farmer's Market in Sonora. It is open to the public every Saturday morning from 7:30 a.m. until 11:30 a.m. The Sonora Farmer's Market is located on Theall and Stewart Street and is one block off of Washington St/HWY 49. You can find the Master Gardeners at the market through October 16th.

UCCE Tuolumne Master Gardener information booth at Orchard Supply is staffed every Thursday (until mid October) from 10:30 am to 3:30 pm. Orchard Supply is located at 750 Mono Way, Sonora 95370.

UCCE Tuolumne Master Gardeners can also be found at the Organic Farmer's Market in the Farmory located at 10800 Airport Road, in the old National Guard Armory building, next to the County Airport. Tuolumne Master Gardeners have information available every Wednesday and Saturday from 12:00 to 3:00 pm (the market is open until 6:00)

Learn How to Become a UCCE Master Food Preserver Volunteer!

Do you enjoy canning or drying food?

Do you enjoy teaching others how to learn new skills?

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

8-17: [Tomatoes: Basic & Fancy](#)

8-20: [Spread the Love: Butters- Conserves & Marmalades](#)

8-23: [Variety is the Spice of Life: Peppers & Spices](#)

8-24: [Apples & Pears: From Garden to the Table MFP/MG Combo Class](#)

UCCE MG Classes

Free Gardening Classes offered by



[UCCE Master Gardeners](#)

[Monthly Gardening Tips](#)

[Amador](#)

8-27: [Tomato Tasting](#)

[Calaveras](#)

8-10: [CalaverasGrown Farmers Market](#)

[El Dorado](#)

8-6: [Fall & Winter Vegetables](#)

8-10: [Orchids](#)

8-13: [Saturdays with Barry](#)

8-24: [Apples & Pears: From Garden to Table MFP/MG Combo Class](#)

8-27: [Rock Gardens](#)

[Lake Tahoe](#)

8-2: [Educational Booth- Farmers Market](#)

8-15: [Junior Master Gardener Summer camp](#)

8-16: [Educational Booth- Farmers Market](#)

8-30: [Educational Booth- Farmers Market](#)

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

At this one-hour informational meeting you'll learn about the mission of the UC Master Food Preserver program, the educational events we provide in our community, the training required to become certified, and the annual requirements for active members. New member classes start in September - be part of our team!

RSVP by calling 530-621-5528 or email Robin at rkcleland@ucanr.edu.

Bizarre Bacteria Causing Major Cattle Disease Named by UC Davis Researchers

After more than 50 years of research, the tick-borne bacterium responsible for one of the most troubling and economically devastating cattle diseases in the Western United States has been named and genetically characterized by researchers at the University of California, Davis.



Veterinary immunologist Jeffrey Stott has led efforts to characterize the bacteria that cause foothill abortion disease and to carry out vaccine trials. (Don Preisler/UC Davis)

"This is a most unusual bug, a 'Ripley's Believe It or Not' bacterium, and the tick that carries it is equally bizarre," said veterinary immunologist Jeffrey Stott, who has led the effort to develop a preventive vaccine for the malady that western ranchers know all too well as "foothill abortion disease."

Using an electron microscope, Stott and colleagues physically examined the bacterium in tissue sections taken during postmortem exams of aborted calves. They then characterized it by partially sequencing three of its genes and named it "Pajaroellobacter abortibovis," recognizing the Pajaroello tick that carries the bacterium as well as its

[Tuolumne](#)

8-6: [Open Garden Day- Building a Food Dryer/ Preserving your Harvest with UCCE Master Food Preservers](#)

UC ANR Tidbits

UC IPM & more...



Weed control using landscape fabric and mulch

New at IPM

[Lyme Disease in California](#)

[Plant Problem Diagnostic Tool](#)

Download the [Top 10 pests in gardens and landscapes and how to control them](#).

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

Quick Links...

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[Events & Workshops](#)

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Accessibility

abortion-inducing impact on infected cows and their fetuses.

The findings of this study are reported in the Aug. 30 issue of the journal *Veterinary Microbiology*, [now available through ScienceDirect](#).

Events & Workshops

Public Workshop on Tree Mortality in the Sierra Nevada

When: Wednesday, August 10, 2016

Where: Morning/Inside: Amador County Board of Supervisors, 810 Court Street, Jackson

Afternoon/Outside: Peterson Ranch, Subdivision County Roads, Pine Grove CA (behind Dollar General Store)



Tree mortality due to the extended drought, disease and insect attack is a state-wide issue that warranted the Governor's proclamation of a State of Emergency in 2015. There has been a dramatic increase in tree mortality throughout much of the Sierra Nevada on both public and private land. Recognition of this situation motivated local governments into taking action to both participate in statewide efforts to address the problem and to secure funding for treatments on county land. It also created the impetus to hold this workshop. The workshop is directed mainly at private landowners who have experienced significant mortality on their properties. It is also directed at landowners who need to know how to diagnose potential problems and if possible, take steps to reduce their risk.

The workshop will present information on the extent of tree mortality in the Sierra Nevada. It will include presentations by the Amador County Board of Supervisors, CAL FIRE, and specialists in financial and technical assistance available to private property owners. A field trip will be held to observe mortality and receive instruction on diagnosing problems.

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



Registration is mandatory. To register for the workshop contact Dr. Richard Harris at forestryhelp@gmail.com or by calling (707) 685-5508. Please contact Dr. Harris if you have any questions about the workshop.

See the [agenda](#) for more information on this workshop.

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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UC Cooperative Extension Central Sierra, 311 Fair Lane, Placerville, CA 95667

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