



University of California Cooperative Extension Central Sierra News

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

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In This Issue

Processed Foods: What's OK,
What to Avoid

UCCE Central Sierra 4-H
Dates of Interest

UCCE Master Food Preserver
Classes

UCCE Master Gardener
Classes

UC IPM Tidbits - New Plant
Problem Diagnostic Tool

UC CalFresh Program
Manager Position Vacancy

Foamy Bark Canker - A New
Disease found on Oaks in the
Foothills

Learn how you can become a
UCCE Master Food Preserver

Georgetown Students
Experience Healthy Living
with Experts

Giving Tuesday 2016 -
November 29th

Growing Grapes & Home
Orchards

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**Processed
Foods:
What's OK,
What to Avoid**



(Published on
eatright.org, Academy

Greetings,

UCCE Central Sierra hopes to find you well at the beginning of the holiday season. We want to continue to keep you informed about what we have going on in our programs. 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

UC CalFresh Program Manager Position Vacancy - Placerville, CA, Req 20160601

County Location: El Dorado County

Date Posted: November 4, 2016

Closing Date: November 18, 2016

Under the general direction of the Nutrition, Family and Consumer Science Advisor, the Community Education Supervisor 2 is responsible for overseeing the design, delivery, management, and evaluation of the Central Sierra MCP's UC CalFresh Nutrition Education Program for low income adults and youth.

This position will promote, in all ways consistent with other responsibilities of the position, the affirmative action goals established by the Division and the University as a contractor of the federal government. The position will also take all measures necessary to assure that any employee or intern supervised by the position fulfill their affirmative action responsibilities. The University of California is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability, age, protected veteran status or other protected categories covered by the UC nondiscrimination policy.

of Nutrition and Dietetics)

Processed food has a bad reputation as a diet saboteur. It's blamed for our nation's obesity epidemic, high blood pressure and the prevalence of Type 2 diabetes. But processed food is more than boxed macaroni and cheese, potato chips and drive-thru hamburgers. It may be a surprise to learn that whole-wheat bread, homemade soup or a chopped apple are also processed foods.

While some processed foods should be consumed with caution, many actually have a place in a balanced diet. Here's how to sort the nutritious from the not-so-nutritious.

What Is Processed Food?

"We have to determine what processed really means when we're talking about processed food," says Andrea Giancoli, MPH, RD, past spokesperson of the Academy of Nutrition and Dietetics. For example, Giancoli considers white bread refined since most of the healthy fiber has been removed during the processing. "It's also processed, but keep in mind, that as a cook you're doing processing yourself. Have you ever heard of something called a food processor? I think we get really caught up in the word processed without realizing what it truly means."

To apply, please visit us at:

<https://jobs.ucop.edu/applicants/Central?quickFind=59966>

Foamy Bark Canker - A New Disease found on Oaks in the Foothills

By Scott Oneto, Farm Advisor, University of California Cooperative Extension

Some recent finds in El Dorado and Calaveras County have landowners concerned over their oaks. There is no question that the ongoing drought has played a significant role in the mortality of pines throughout the state. Now the oaks are showing a similar demise. A new canker disease, termed foamy bark canker has been found in multiple locations throughout the region. The disease was first identified in Europe around 2005 and was later identified in Southern California in 2012. Since its discovery in Southern California, declining coast live oak (*Quercus agrifolia*) trees have been found throughout urban landscapes across Los Angeles, Orange, Riverside, Santa Barbara, Ventura and Monterey counties. Over the past year, the disease was found further north in Marin and Napa counties. This summer the fungus was isolated from interior live oaks (*Quercus wislizeni*) off Hwy 49 in El Dorado County and more recently from interior live oaks at a golf course in Calaveras County.



Interior live oak with foamy bark canker. Photo by Scott Oneto, UC Regents.



Western Oak Bark Beetle. Photo by Jack Kelly Clark, UC Regents.

The disease is spread by the western oak bark beetle (*Pseudopityophthorus pubipennis*). Native to California, the small beetle (about 2 mm long) is reported throughout California from the coast to the western slope of the Sierra Nevada and Cascade Range. It is common on various oaks, including coast live oak, interior live oak, California black, and Oregon white oak, but has also been reported on tanoak, chestnut and California buckeye. The beetles colonize trees or parts of

[Continue reading...](#)

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UCCE 4-H Events

UCCE
4-H Dates



[Enrollment Open](#) - All Counties

Open all year

[Amador](#)

11-10: [Beginning 4-H Project Meeting](#)

11-11: [State 4-H Leader's Forum](#)

11-17: [Volunteer Leader Orientation](#)

[Calaveras](#)

11-11: [State 4-H Leader's Forum](#)

[El Dorado](#)

11-11: [State Leader's Forum](#)

11-21: [Volunteer Leader Orientation](#)

[Tuolumne](#)

11-11: [State Leader's Forum](#)

11-12: [Teen Retreat](#)

UCCE MFP Classes

Free Classes
Offered by

[UCCE Master Food Preservers](#)



[Amador/Calaveras](#)

11-12: [Holiday Gifts from the Kitchen](#)

trees that are severely stressed, weakened, dying, or dead. Beetles may also colonize freshly cut firewood. Adults burrow through the bark to the sapwood and excavate shallow tunnels called galleries that are perpendicular to the wood grain. Eggs are laid in niches along the tunnels. Once the eggs hatch, the developing larvae then feed on the woody plant tissue until they pupate and emerge as adults. Depending on the location there may be two or more generations per year. The foamy bark canker disease is spread by fungal spores hitchhiking on the beetle and deposited into the trees vascular system where it rapidly grows and girdles the tree. [Continue reading...](#)

UCCE Master Food Preservers of El Dorado County - 2017 Training

Learn how to become a UCCE Master Food Preserver at our Information Meeting:



University of California
Cooperative Extension

**Master
Food
Preserver**

Date: November 17

Time: 10:00 - 11:00 a.m.

Location: Bethell-Delfino Agriculture Building,
311 Fair Lane, Placerville



Come Preserve with Us!
Applications due January 8, 2017

*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 Preservers of El Dorado County!



Photo credit: Master Food Preservers of Orange County

Learn It!
Attend the initial training series.

Preserve It!
Make jams & jellies, pickled fruits and veggies, sauerkraut, soups, and much more.

Teach It!
Educate your community at public classes and events.

Learn about the UCCE Master Food Preserver program, community involvement and participation requirements at one of our two program information meetings.

Thursday, October 27, 10-11 or
Thursday, November 17, 10-11 UCCE Office, Placerville

RSVP for either meeting with Robin at rkcleland@ucanr.edu or 530-621-5528.

Monthly Training Sessions
Second Thursdays & Saturdays, February - June
Orientation Class on February 2
Cost: \$125 (includes books & lab materials)
Class Location: Bethel-Delfino Ag Building, 311 Fair Lane, Placerville
For more information, visit our training site at http://ucanr.edu/be_edmfp.

Click flyer for details.

[El Dorado](#)

11-17: [Learn how to become a UCCE Master Food Preserver!](#)

UCCE MG Classes

Free Gardening Classes offered by



[UCCE Master Gardeners](#)

[Monthly Gardening Tips](#)

[Amador](#)

Check back in late December for the 2017 public gardening class schedule.

[Calaveras](#)

11-26: [Open Garden Day: Putting Your Garden to Bed](#)

[El Dorado](#)

11-5: [You too Can Grow Roses](#)

11-9: [Remove and Replace Your Lawn](#)

11-12: [Gardening with Greenhouses for the Home Owner](#)

11-12: [Saturdays with Barry](#)

11-19: [Composting](#)

12-3: [Growing Grapes in the Sierra Foothills](#)

[Lake Tahoe](#)

Check back in the spring of 2017 for their spring and summer schedule.

[Tuolumne](#)

11-5: [Open Garden Day - Family Day in the Garden & Holiday Crafts for All Ages](#)

Georgetown Students Experience Healthy Living with Experts

(As seen in THE WINDFALL 10/28/76)

Several dozen fifth and sixth-grade students made the trip from Georgetown to visit the Sherwood Demonstration Garden and Wakamatsu Tea and Silk Colony Farm in Placerville for a day of unique healthy living



Kids crushing grapes at the Sherwood Demonstration Garden

lessons. At the Demonstration Garden, children learned about native plants, crushed grapes with their hands, and took interesting pictures to express themselves in a PhotoVoice project. The trip was facilitated by teacher, Annie Brown, and Monica Drazba of U.C. CalFresh. "It is great for them to gain this type of knowledge outdoors and with their hands. Students have been working on their photo projects and are using tablets to capture images of their ideas on healthy choices," explained Mrs. Brown.

The Sherwood Demonstration Garden was created in 2008 in a partnership between El Dorado County Master Gardeners (through the Regents of the University of California Cooperative Extension) and the El Dorado County Office of Education (EDCOE). Their goal was to build and maintain a public, outdoor learning facility on property owned by EOCOE - project that would not only beautify a local area but would provide important educational and science-based horticultural programs to residents. This beautiful garden is located next to the Community Observatory at the El Dorado Center of Folsom Lake College. [Continue reading...](#)

Giving Tuesday 2016 - November 29th

You've heard of Black Friday and Cyber Monday. Well there's a new day in the Holiday Season - a day to give back! California 4-H is participating in [Giving Tuesday](#).



Join us November 29th, for the opening day of the giving season at www.ca4hfoundation.org. The California 4-H Foundation and an anonymous donor will donate up to

UC ANR Tidbits

UC IPM & more...

[Natural Enemies Gallery](#)

[Seasonal Landscape IPM Checklist](#)

[What is IPM?](#)

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...

[Our Website](#)

[Events & Workshops](#)

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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.



\$20,000 in matching gifts. Help give life skills to 4-H kids across California or to your specific county 4-H Youth Development Program. Or you can give back to your community by [becoming a 4-H volunteer](#).

If you would like to make a gift to the UC Cooperative Extension Central Sierra to support a specific program area such as Agriculture, Natural Resources, Master Gardeners or Master Food Preservers, to name a few, please see the "Make a Gift" button at the bottom of this newsletter.

Events & Workshops

Growing Grapes in the Sierra Foothills

Date: December 3, 2016
[Check out the details.](#)

Home Orchards

Date: December 10, 2016
[Check out the details.](#)

Both classes time and location.

Time: 9 a.m. to 12 p.m.
Location: Government Center
Hearing Room, Building C, 2850 Fairlane Court,
Placerville



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

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