

February 2018

UC Cooperative Extension
Central Sierra News

University of California
Agriculture and Natural Resources

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Serving Amador, Calaveras, El Dorado & Tuolumne counties

Your monthly news & event announcements

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Fanning out across California



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!

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Calaveras County Tree Mortality Program

Thousands of trees located on private property along County roads have died. Many of these trees have been dead for up to five years and are susceptible to failure during high winds, rain and snow storms. Governor Jerry Brown declared a State of Emergency in December of 2017 that has made grant funding available to the County to remove those trees that pose a threat to the County infrastructure and the traveling public. Trees on private property are currently being identified by foresters hired by TSS Consultants the County's Tree Mortality Program Manager. Letters and a Right of Entry Form (ROE) will be sent to those property owners who have trees that may qualify for this program. Those dead trees will be marked, cut down and removed at **no cost to the property owner, once the County receives signed ROE forms back from property owners.**

[You can read here for more information.](#)

4-H Paper Clover Campaign at local JOANN stores February 1-28

Support the 4-H Paper Clover Campaign by visiting your local store between February 1 and 28, 2018. Donate \$1 or \$4 at purchase, and you'll receive a clover featuring a special Valentine's Day craft from FamilyFun. With each \$4 donation, you'll get \$4 off your next purchase.

You can also Save 15% with JOANN 4-H Rewards!

Current & lifetime members, parents of members, volunteers and 4-H staff can save 15% off total in-store and online purchases every day with 4-H Rewards. JOANN will give a minimum of 2.5% of every eligible transaction to support 4-H programming.

Sign Up Today!

<http://www.joann.com/4-H/>



Welcome Our New Nutrition Community Education Specialist to Calaveras County

Lauren Borges graduated from California State University, Sacramento in 2017 where she received her B.S in Family and Consumer Sciences with a concentration in Nutrition. From a young age, Lauren had a passion for health and physical activity. She worked as a physical therapy assistant for two years, and during that time she also obtained a certification in personal training. She always knew she loved working out and the importance of eating right, but during her time as a physical therapy assistant, she realized the number of people who did not have a basic understanding of nutrition. During this experience, she decided she wanted to share the importance of eating wholesome foods as well as keeping our bodies healthy by being physically active. She has made it a goal of hers to help change lives by focusing on preventing and reversing the obesity epidemic. Lauren joined the Calaveras County team in December of 2017, and is already making a difference. Having the chance to make a real change in the world gives her the drive to continue doing what she loves. Lauren is very passionate and thankful that she has the opportunity to help change lives, just as she dreamed of doing since she was a little girl.



Lauren can be reached at laborges@ucanr.edu.

For more information see our [Nutrition, Family and Consumer Science Webpage](#).

UC Davis C-STEM Events

RoboPlay Video Competition

The RoboPlay Video Competition is designed for students to learn robotics while having fun and exploring their creativity in writing, storytelling, art, music, choreography, design, video editing and film production while at the same time seamlessly learning math and computer science.

The theme of 2018 RoboPlay is [Manufacturing and Automation](#). This year, Hewlett Packard Enterprise will sponsor one team to submit a video for the [2018 RoboPlay Video Competition](#) at each of the 100 California schools that have not previously participated. Teacher advisers for student teams can [submit their applications on-line](#).

GIRL Summer Camps

The [C-STEM GIRL \(Girls in Robotics Leadership\) Camps](#) in different regions are focused on motivating girls in middle school through peer mentoring by college girls to learn leadership and STEM concepts using a fun and exciting robotics-based curriculum. All GIRL summer camps are funded by various sponsors and **attendance is free for camp participants**. Lego Mindstorms NXT/EV3 and/or Linkbot robots can be used for the camps. Schools, districts, colleges, and non-profit organizations can apply to become C-STEM GIRL Camp Affiliates to host GIRL camps on their sites. Please contact us on how to host a GIRL Camp on your site.

Plant All Stars in Your Garden

By: Jim Gormely

With the California drought, our yards, gardens and forests are struggling to stay alive. I needed help in picking plants for my garden that were sustainable during the dry weather periods in California. I discovered a list of 100 Arboretum "All-Stars" that makes it easy to select plants that are "green" choices for your garden. The horticultural staff of the UC Davis Arboretum have identified 100 tough, reliable plants that have been tested in the Arboretum, are easy to grow, don't need a lot of water, have few problems with pests or diseases and perform beautifully in the garden. Many of these plants are California natives that attract birds and insects - all beneficial pollinators.

The goal of the Master Gardener program is to encourage gardeners to replace water-loving plants with California natives and other drought-tolerant plants. Most "All-Star" plants can be successfully planted and grown throughout California. Plants selected as "All-stars" are attractive most of the year and thrive in Central Valley conditions. The "All-Stars" were tested by Master Gardeners in eight California climate zones and found to be suitable for terrain below 4,000 feet.

In order for a plant to qualify for the "All-Star" list, it must be low maintenance, drought tolerant and attract beneficial wildlife, including pollinating insects. Most of the plants listed on this site require watering only once every one or two weeks. Some plants only need to be watered once a month. Here are some suggestions:

PERENNIALS, which can include ferns, bulbs and flowering plants. I suggest *Nepeta faassenti*-hybrid catmint. Also try *Achillea mille folium* "Island pink" yarrow.

GROUNDCOVERS are low growing, and fill in bare areas in the garden with color.: sp *Teucrium chamaedrys* Nanum – dwarf germander is a good choice.

VINES that climb fences to create a living screen give a different look to your garden. Many vines also grow on the ground. I suggest one that blooms in the winter: *Aristolochia California*, or California pipevine. It is a native plant. The leaves provide food for the pipevine swallowtail butterfly larva. This vine will grow on the ground as well as becoming a climbing vine.



SHRUBS are woody plants that grow less than 15 feet tall. They have a deeper root system, and many boast showy flowers. They form the foundation and structure of a drought-tolerant garden. I chose *Acacia boarmanii* – Snowy river wattle. This shrub also blooms in winter.

TREES grow more than 15 feet tall. Their water needs range from once a month to weekly during the dry season. *Acca sellowiana* – pineapple guava - is a small tree that can be used for hedging and attracts humming birds.

The UC Davis Arboretum is a searchable plant data base that lets you pick the perfect "All Stars" for your specific garden conditions. In addition to listing the plants by your individual criteria, the site lists the plant's pruning needs, sun exposure, water needs, blooming season and wildlife value of each plant that you select. Try it out for yourself and happy gardening!

Here is the All Starts Plant Search link: http://arboretum.ucdavis.edu/plant_search.aspx

Jim Gormely is a University of California Cooperative Extension Master Gardener of Tuolumne County.

Save the Date! Foothill Grape Day 2018

Foothill Grape Day is an annual educational event for wine grape growers sponsored and organized by the Central Sierra University of California Cooperative Extension. Foothill Grape Day features presentations by University of California Farm Advisors, Faculty and researchers on the latest information for successful wine grape growing. Growers have the chance to network with speakers during lunch and wine tasting following the program.

Save the date for March 29, 2018, at the Amador County Fairgrounds, Spur Emporium Building, 18621 Sherwood Street in Plymouth. The theme is Vine Balance and there are some great presenters lined up. You can check [our website](#) for more updated information as it becomes available.

UCCE Central Sierra CalFresh Team – Improving Health Through Snap-Ed

The UCCE Central Sierra CalFresh program is comprised of nutrition educators in five locations throughout the region; Amador, Calaveras, El Dorado (South Lake Tahoe and West Slope), and Tuolumne counties. In partnership with over 93 community-based agencies and organizations, we extend SNAP-Ed nutrition education to adults, teens, school-age youth and preschool children. The nutrition educators have become leaders in supporting local sustainability of garden enhanced nutrition education (GENE) programs, policy systems and environmental changes (PSE) and extender training.

Our programs have strong connections to local farms, gardens and fresh produce. UC CalFresh offers tastings in schools and communities using garden-grown and local produce. Workshop and classes include field trips to local farms and UC Master Gardener Demonstration Gardens.

The program and its educators are investing in the Central Sierra counties through active involvement with school districts, teachers, and extenders both inside and outside the school system. Their investment focuses on engaging the community and strengthening the capacity of local residents, agencies and organizations to work individually and collectively toward sustained community improvements. Central Sierra's "school as a hub model" has

UNIVERSITY OF CALIFORNIA
calFresh Nutrition Education
UCCE – Central Sierra

SUCCESSES

- Comprehensive programs addressing policy, systems and environmental strategies at 23 sites reaching 9,166 clients
- 95% of PSE sites successfully adopted one complementary strategy (marketing, evidence-based ed, parent community involvement and staff training)
- 15 of 23 sites reported implementing mechanisms to support sustainability of PSE changes over time

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

The Central Sierra Cooperative Extension serves Amador, Calaveras, Tuolumne and El Dorado counties and is the bridge between local issues and the research expertise of the University of California.

Serving Individuals and Communities

- Direct education: 561 children 0-4 ages, 6,821 school students and 503 adults
- Indirect education reaching over 5,389 youth and adults
- Twenty-five (25) of 27 students self-reported learning they can make a difference in their communities after participating in a youth-lead participatory action research project
- Thirteen (16) different types of means-tested sites e.g. Elderly Service Centers, Job Training Centers, Head Starts, Shelters, Adult Rehabilitation Centers and Schools

Providing Education

- Direct education utilizing 50 newly trained extenders in FFY 17
- Increased access to structured PA; improving cafeteria and playground environments
- Youth engagement, peer-to-peer teaching, volunteer interns

Helping to Make Organizational and Environmental Changes

- District and School Site Wellness Policies
- School Gardens
- Smarter Lunchroom Movement
- Farm to Cafeteria
- Improvement to Environments (Cafeteria, Playgrounds)
- Healthy Snack System Changes
- Youth-Lead Participatory Action Research Project
- Youth Engagement, Peer-to-Peer Teaching
- Increased Structured Physical Activities

Serving California Agriculture

Our programs have strong connections to local farms, gardens and fresh produce. UC CalFresh offers tastings in schools and communities using garden-grown and local produce. Workshop and classes include field trips to local farms and UC Master Gardener Demo Gardens.

Building Partnerships

- Family Resource Centers
- Boys & Girls Clubs - After-school Programs
- Head Start Early Childhood Education
- County Behavioral Health, Job Club, Tribal TANF, Independent Living Programs
- Food Banks and Pantries
- Senior Centers
- Elementary thru High Schools and Continuation High Schools
- Coloma and Lake Tahoe Community Colleges
- Collaborations – CHAP (3), Lake Tahoe Collective, CUSD Health Collaborative, Parents/Teacher Organizations, FoodCorp, Motherlode Farm to School Network
- Local Implementing Agencies - four (4) county public health department

RESULTS

Youth: "This class was super helpful. I learned how to read the nutrition facts and to shop with small amounts of money." Divide High School Student.

Adult: "I learned to give my family more than one serving of vegetables a day." -Healthy Happy Family Participant

Organizational: "Being serious at Tahoe Senior Plaza. It is important to resist our eating habits and which foods have which health effects. I read labels when I go grocery shopping now." Participant

UCCE-Central Sierra 891 Mountain Ranch Road San Andreas, CA 209.754.6474

provided a unique opportunity to reach youth, adults and senior populations in the rural Central Sierra setting. Examples of their progress in facilitating sustainable changes include:

- Special attention to connecting their Policy, System and Environmental change strategies to already existing or newly implemented direct education activities in the schools and in the communities.
- Calaveras High expanding their gardening program through UC CalFresh-trained extenders. The expansion included the addition of new edible and non-edible items, garden tours, and conducting joint activities with FFA's livestock program.
- Creation of a multi-district menu in Tuolumne County that was appealing to students and reduced overall costs for all the schools.
- Produce from the Calaveras County school gardens being used in school salad bars, for tastings in the cafeteria and for CSA boxes.
- Georgetown Elementary 5th and 6th grade students identifying "healthy school vending machines" as the environmental change they will bring to their school principle in 2018.
- Calaveras County UC CalFresh-trained teachers conducting a workshop for Tuolumne County teachers on Garden-enhanced Nutrition Education (garden layout, lessons, and design).
- Nutrition Busters in South Lake Tahoe's Sierra House promoting healthy eating habits to their peers and teachers.
- The ATCAA Homeless Shelter planted a garden with help of UC CalFresh and UCCE Master Gardeners, becoming a sustainable component of the agency's environment.

The efforts of Central Sierra's UC CalFresh educators and staff is creating environmental and system-wide changes that are foundational. Their work is developing the capacity of youth and adults to identify and access opportunities for healthier choices within their own communities. The program is developing future leaders that will sustain and promote healthy eating and physical activity as well as the environmental changes to support those behaviors well into the future. To read more about the successes of the CalFresh program you can click the flyer or click [here](#).

Conifer Seedling Giveaway- Calaveras County

The Calaveras Resource Conservation District (RCD) has hundreds of ponderosa pine, sugar pine and giant sequoia seedlings to be given out to landowners who lost trees to the Butte Fire and/or tree mortality in Calaveras County.

Come to the UCCE Master Gardeners Demonstration Garden between 10 am and 1 pm Saturday March 24th for up to 10 containerized seedlings.

Master gardeners will be on-site to give instructions on how to plant and grow these seedlings into tall trees! For more info, please call UCCE office @ 209-533-5695.

(Click the flyer to enlarge)



The flyer features a date stamp 'MARCH 24 2018' in the top left, a photograph of a person's hands holding a small conifer seedling in soil, and a photograph of a deer in a forest. The main title is 'CONIFER SEEDLING GIVEAWAY'. Below the title, it provides the location: 'UCCE Master Gardeners Demonstration Garden, County Gov'l Center, 891 Min. Ranch Rd., San Andreas 95249'. The text describes the event: 'The Calaveras Resource Conservation District (RCD) has been awarded hundreds of ponderosa and sugar pine and giant sequoia seedlings through CalFire, OneTreePlanted, and the El Dorado RCD to be given out to landowners who lost trees to the Butte Fire and/or tree mortality in Calaveras County. Come to the UCCE Master Gardeners Demonstration Garden between 10 am and 1 pm Saturday March 24th for up to 10 containerized seedlings. Master gardeners will be on-site to give instructions on how to plant and grow these seedlings into tall trees! For more info, please call UCCE office @ 209-533-5695'.

UCCE 4-H Youth Development



Enrollment begins for 2017-18 [Join Now](#)

Open to all Central Sierra 4-H

2-9: [Pistol Leader Training Registration for 2/17](#)

2-17: [Pistol Leader Training](#)

Amador

[Check their calendar of events](#)

Calaveras

2-10: [Presentation Day](#)

El Dorado

2-20: [Volunteer Management Board Meeting](#)

2-24: [El Dorado Presentation Day](#)

Tuolumne

2-24: [Everything But Animals Field Day](#)

3-4: [Hi 4-H Pancake Breakfast](#)



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**Master
Food
Preserver**

Classes & Events Offered by UCCE Master Food Preservers

Amador/Calaveras

[Check their Classes and Events webpage](#)

El Dorado

2-10: [Cheese; Make and Take Workshop-\\$20.00- SOLD OUT](#)

2-17: [Sauerkraut; Make and Take Workshop- \\$20.00](#)

Classes & Workshops Offered by UCCE Master Gardeners



Monthly Gardening Tips

Amador

2-10: [Grafting Fruit Trees-hands-on class](#)

2-24: [Plant propagation](#)

Calaveras

Check their [Classes & Events webpage](#).

El Dorado

2-3: [Spring and Summer Veggies](#)

2-3: [Pruning for that Fabulous Rose Display](#)

2-10: [2nd Saturday with Barry- Straw Bale gardening- Part 1](#)

2-14: [Eco-Gardening: Attracting Pollinators- Beneficial Insects and Other
Natural Predators](#)

2-24: [Backyard Chickens](#)

Lake Tahoe

Check their [Classes & Events webpage](#).

Tuolumne

2-3: [Spring and Summer Vegetables](#)

2-3: [Fruit Tree Pruning/Soil Prep for Spring Planting](#)

UC IPM and more...

[How to check your citrus trees for a deadly disease and the pest that spreads it](#)

[Dyer's Woad, UC ANR Publication 74175](#)

[Seasonal IPM](#)

[Recent Updates at IPM](#)

[UCIPM Weather Models & Degree Days webpage](#)

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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