

UC Cooperative Extension Central Sierra

Serving Amador, Calaveras, El Dorado and Tuolumne counties.



Greetings from UCCE Central Sierra!

We hope you're staying cool in the heat of summer. While we're still navigating the COVID-19 pandemic guidelines, many groups, meetings, and workshops are still being presented-sometimes in person and sometimes virtually. It's been an interesting year, and we're finding for some things, a virtual format works better for our clientele. Staff continue their commitment to bring researched based information to our community, regardless of format. Thank you for your continued interest in the UC Cooperative Extension Central Sierra's news, workshops, and events. Take care, stay cool, and stay healthy!

Sincerely,

JoLynn Miller
Director and 4-H Youth Development Advisor
University of California Cooperative Extension Central Sierra

**SUBSCRIBE TO THE UCCE
CENTRAL SIERRA NEWSLETTER**



UC ANR: Coronavirus and COVID-19

California is reopening all activities statewide, but it is important to remember that the pandemic is not over and COVID-19 remains a health threat. As we plan and implement a return to in-person ANR programs, we should stay informed about COVID-19 trends statewide and in our communities. Here are a few resources from the CDPH and other trusted sources:

- [Public Health Order](#)
- [Beyond the Blueprint](#)
- [Tracking COVID-19 in California](#)
- [COVID-19 Dashboards and Data](#)
- [Get Local Information](#)
- [COVID-19 Case Map](#)

UCCE Central Sierra Forestry

**USDA Announces Pandemic
Assistance for Timber Harvesters and
Haulers**

**Farm Service Agency Will Begin Accepting
Applications on July 22**



WASHINGTON, July 20, 2021 — The U.S. Department of Agriculture (USDA) is providing up to \$200 million to provide relief to timber harvesting and timber hauling businesses that have experienced losses due to COVID-19 as part of USDA's Pandemic Assistance for Producers initiative. Loggers and truckers can apply for assistance...[Read More](#)

Upcoming California Forest Stewardship Workshop: August 4 - September 29

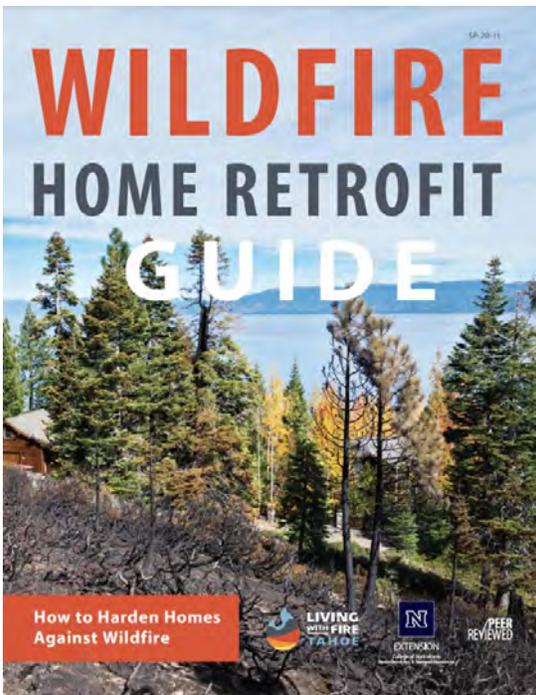
This workshop series will be held online and in-person in Tuolumne County to help landowners develop plans to improve and protect their forest lands in an ecologically and economically sustainable manner. The workshops will address management objectives and planning, forest restoration, fuels reduction...[Read More](#)

Cost for the workshop is \$60. [REGISTER HERE!](#)

For questions, contact Kim Ingram: kcingram@ucanr.edu



UCCE Central Sierra Living with Fire



A team of California and Nevada fire scientists have produced a booklet with step-by-step guidance on retrofitting an existing home to be more resilient to fire. [Read More](#)

The team also hosted three webinars to share home fire resilience information targeted to different audiences. Videos of the webinars are

Protecting Homes in Wildfire-Prone Communities

Are you prepared for fire season? There are many things that you can do to help make your home and property more fire resistant. Much of California faces increased fire risk during the summer months as the vegetation becomes dryer and dryer. Don't let your guard down!

Below are several resources to assist you in making your home more fire resistant:

[Landscaping Tips to Help Defend Your Home from Wildfire](#), UC ANR Publication 8322

[Fire Resistant Landscaping](#)

CalFire's fire-safe landscaping information

[The Combustibility of Landscape Mulches](#)

UNCE Publication

[Creating Defensible Space](#) and [Home Landscaping for Fire](#), UC ANR Publication 8228

Visit the [UCCE Living with Fire](#) webpage for additional information and resources.

available on the [Living with Fire YouTube Channel](#):

For the Public: [Watch Video](#)

For Building Professionals: [Watch Video](#)

For Fire Educators: [Watch Video](#)



Prescribed Burn Association Interest Meetings

Prescribed fire is a critical tool for managing working rangelands and forests in the Sierra Nevada. Meetings convene those interested in carrying out prescribed burns to discuss the next steps for forming a local prescribed burn association.

Meeting Topics Include:

- The definition a Prescribed burn association (PBA) and how it works
- Permitting and liability issues
- Tools and personal protective equipment
- Next Steps for forming a PBA
- Using prescribed fire on their own property
- Working with neighbors to increase the use of prescribed fire in the area

Online Meeting for Amador and El Dorado County Residents August 5, 2021 | 5:00 PM - 7:00 PM via ZOOM

[REGISTER HERE](#)

You will be emailed the link to join the online class once you have registered.

In-Person Meeting for Calaveras and Tuolumne County Residents

August 11, 2021 | 8:00 AM - 11:30 AM
Columbia College in Sonora, CA

[REGISTER HERE](#)



Please contact Susie Kocher, sdkocher@ucanr.edu or visit the California PBA website at <https://calpba.org> for more information.

UCCE Master Food Preservers of Central Sierra

Volunteers from the UCCE Master Food Preservers Program of Central Sierra are available to answer your questions online, by phone or email! When leaving a phone message, be sure to include your contact information so someone can get back to you with answers. You can also explore our online resources:

- [Food Safety and Coronavirus Disease](#)
- [Recorded Classes](#)
- [Archived Articles](#)
- [Recipes](#)



University of California
Cooperative Extension

**Master
Food
Preserver**

Connect with UCCE Master Food Preserver Program of Central Sierra

Ask a 
UC Master
Food Preserver
Central Sierra

Amador/Calaveras
(209) 223-6482

[✉ Email](#)

El Dorado
(530) 621-5506

[✉ Email](#)



Upcoming Events and Classes

Online Class: Ask a Master Food Preserver Wednesday, August 4 | 6:30 PM - 7:30 PM

This Q&A session will have an emphasis on preserving tomatoes and zucchini. Volunteers will share how they've preserved tomatoes and zucchini and are happy to answer any food preservation questions. Join us and tell us what you do with all your tomatoes and zucchini; let's chat!

[REGISTER HERE](#)



Variety is the Spice of Life: Herbs & Spices Saturday, August 7 | 10:00 AM - 12:00 PM

Join us for an in-person UCCE Master Food Preserver Class! You will learn the difference between herbs and spices, when to pick them, and how to dehydrate and freeze them. We will also teach you how to store your herbs and spices. We will finish up the day with some spice recipes. Pre-registration is required! Class is held at the El Dorado County Fairgrounds in Placerville. [REGISTER HERE](#)

9th Annual Jr.'s Jams and Jellies Class Saturdays, August 14 & 21 | 9:00 AM - 3:30 PM

Kids ages 5-18 can choose to make a jam (strawberry or peach) or a jelly (apple or grape) and enter 2 jars in the county fair the same day! Classes are 45-minutes long and limited to 6 participants. Participants will need to bring their own juice or fruit, everything else is provided! Ingredient quantities are given when registering online. Class is held at the UCCE Office in Placerville. Pre-registration required!

[REGISTER HERE](#)

Limit one class per person.



For more information about classes and events call (530) 621-5502 or emailed dmfp@ucanr.edu.

Sign up for the UCCE Central Sierra Master Food Preservers e-mail list!

Sign up to get e-news, event updates and class schedules delivered to your inbox each month.

Subscribe to UCCE Master Food Preserver Monthly Email Notification of upcoming events

UCCE Master Gardeners of Central Sierra

UCCE Master Gardeners are available to answer your questions online, by phone or email! When leaving a phone message, be sure to include your contact information so someone can get back to you with answers. You can also explore our online resources:

- [Monthly Gardening Tips](#)
- [YouTube Channel](#)
- [Over the Garden Gate](#)
- [UCCE Master Gardeners of Central Sierra Website](#)



Connect with UCCE Master Gardeners

Amador
(209) 223-6838



✉ Email



Calaveras
(209) 754-2880



✉ Email



El Dorado
(530) 621-5512



✉ Email



Lake Tahoe
(530) 314-8383



✉ Email



Tuolumne
(209) 533-5912



✉ Email



Upcoming Events and Classes

*Classes are free to residents of Amador, Calaveras, Tuolumne and El Dorado counties!
Pre-registration is required; you will be emailed a link to join the online class once you register.*

Online Class: Fall & Winter Vegetables August 7, 2021 | 9:00 AM - 10:30 AM

Would you like to continue to harvest luscious, home-grown vegetables even after the heat of summer subsides? If so, now is the time to plant for a fall and winter harvest. Learn how to grow a successful winter vegetable garden from UC Master Gardener Zack Dowell.

[Click Here to Register](#)



Online Class: Summer Pruning August 14, 2021 | 9:00 AM - 10:30 AM

Join the UCCE Master Gardeners of Amador County to learn all about summer pruning.

[Click Here to Register](#)

Open Garden Day at Heritage Rose Garden in Amador County August 21, 2021 | 10:00 AM - 12:00 PM

Come out and see the Heritage Rose Garden. UCCE Master Gardeners will be on site to give tours and discuss heritage roses and the other native and heirloom plants in the garden. The garden is located at 1334 Jackson Gate Road, Jackson, CA 95642.



Class Resources and Recordings

Use the links below to access presentations, handouts, and video recordings of classes presented by the UCCE Master Gardeners of

Central Sierra!

- [Amador County](#)
- [El Dorado County](#)
- [Tuolumne County](#)



UCCE Central Sierra 4-H Youth Development



Junior Livestock Auction back to business

Austin Ferry of Southside Topnotch 4-H directs his 265-pound Supreme Champion Market Swine. The hog sold for \$2,120. Mountain Democrat photo by Thomas Frey Roen Thuener of Gold Hill Toppers 4-H shows off his Supreme Champion Market Goat. The goat ...

[Read more](#)

www.mtdemocrat.com



COVID In-Person Activities Update

"...Beginning July 1, 2021 the University of California 4-H Youth Development has relaxed some of the guidelines for in-person 4-H activities in accordance with State of California and University of California. The limited resumption of in-person activities will ensure the 4-H program continues to provide safe learning environments to protect youth and adults, while at the same time allowing for increased engagement and opportunities to build relationships and engage our communities..."

Lynn Schmitt-McQuitty
Statewide 4-H Director
University of California, ANR
4-H Youth Development Program

Follow CA 4-H on social media for the latest updates!



4-H Enrollment for 2021-2022 Program Year begins August 15

Visit the [UCCE Central Sierra 4-H](#) website for more information about 4-H and how to enroll in 4 easy steps! You can pay your program fee [online](#) or to your [county 4-H office](#). 4-H Youth enrollment fee for the 2021-2022 program year is \$66.00. [REGISTER HERE](#)

New Adult Volunteer Virtual Orientation Wednesday, August 25 | 6:00 PM - 8:00 PM

All adults who apply to be an adult volunteer in the 4-H YD



Program must complete either an in-person or virtual New Adult Volunteer Orientation. Please check the New Adult Volunteer Orientation R.S.V.P. form for an orientation date and location that works for you and reserve your spot as soon as you can. If you have any questions, please contact Vera M. Bullard at (209) 223-6484 or ymbullard@ucanr.edu.
[REGISTER HERE](#)

Save the Date

El Dorado County Fair
September 23-26

Ironstone Concours d'Elegance
September 25

Connect with a 4-H Club in Your Area!



AMADOR COUNTY 4-H CLUBS CALAVERAS COUNTY 4-H CLUBS EL DORADO COUNTY 4-H CLUBS EL DORADO COUNTY 4-H CLUBS TUOLUMNE COUNTY 4-H CLUBS

[Amador](#)



[Calaveras](#)



[El Dorado](#)



[S. Lake Tahoe](#)



[Tuolumne](#)



UCCE Central Sierra Community Health & Nutrition



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

The UCCE Community Health & Nutrition program is part of the University of California Cooperative Extension operating in Amador, Calaveras, El Dorado and Tuolumne counties with a mission to make healthy eating and active living more accessible in the Central Sierra. Because good health should be within reach for everyone in our communities, focus areas include food security, garden-enhanced nutrition education, food literacy, and breastfeeding support. You can also explore our online resources:

- [COVID-19 Community Resources Page](#)
- [Recent Newsletter](#)
- [Online Nutrition Education](#)
- [CalFresh Healthy Living Website](#)

**SUBSCRIBE TO THE UCCE CENTRAL
SIERRA "NUTRITION NEWSLETTER"**

Join the Central Sierra "Nutrition News" email list to receive information about community resources in your area, the harvest of the month, and more!



Harvest of the Month: Summer Squash

Summer squash come in many varieties and can be substituted for each other in cooking. Each has subtly different flavors depending on the particular variety. Unlike winter squash, you can eat the skin and seeds in summer squash. Summer squash doesn't have as long of a shelf life as winter squash. Types of Summer Squash include Zucchini, Crookneck, Yellow Squash, Chayote, Carnival squash, Hubbard squash, Banana squash, and Sweet Dumpling squash... [Read More](#)

See below for Summer Squash recipe ideas to try this August, or learn more nutrition facts with the [USDA Seasonal Produce Guide](#).



Zucchini White Bean Salad
 Enjoy a variety of textures with this fresh summer salad.

[Click Here for Recipe](#)



Stuffed Summer Squash
 Brown rice makes this a hearty and filling dish.

[Click Here for Recipe](#)



Zucchini Muffins
 A treat the whole family is sure to love!

[Click Here for Recipe](#)

UC ANR Integrated Pest Management



University of California
 Agriculture and Natural Resources
 Integrated Pest Management Program

NEW! Urban and Community IPM Webinar Series

Join us at 1:00pm on the third Thursday of every month to learn more about pest identification, management, and using pesticides around the home and garden. Webinars will run for one hour. ***This series is free and open to the public but advance registration is required.***

August 19: Weed Identification
 Presenter: John Roncoroni, Weed Science Farm Advisor, Emeritus
[REGISTER HERE](#)

September 16: Identifying Insect Pests in the Home and Garden
 Presenter: Elaine Lander, UC Statewide IPM Program
[REGISTER HERE](#)



Pest Notes for Poison Oak Updated June 2021

Pest Notes are peer-reviewed scientific publications about specific pests or pest management topics for California's residential and community audiences. *Pest Notes* contain information on how to identify the pest, its biology and habitat, life cycle, damage and impact...[Read More](#)
[View Pest Notes for Poison Oak](#)

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[Oaks & Rangelands](#)



[UC California Naturalist Program](#)



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

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

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>). Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance & Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

Quick Links...

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