



UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources

UC Cooperative Extension

# Central Sierra

April 2022

Amador County | Calaveras County | El Dorado County | Tuolumne County

Greetings from UCCE Central Sierra!

It's April and Spring is well underway. We have several upcoming events for this month including the annual Spring Plant Sale by our UCCE Master Gardeners as well as our free Cabbage Commotion public class from our Master Food Preservers. We have so much more to offer, so please read on and find something that sparks your interest.

Hoping for sunny days and rainy nights!

Sincerely,  
JoLynn Miller



**JoLynn Miller**  
Director & 4-H Youth  
Development Advisor

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University of California  
Cooperative Extension  
Central Sierra Nevada  
Multi-County Partnership

## UCCE Central Sierra Employment Opportunities

*We're*  
**HIRING**

4-H COMMUNITY EDUCATION  
SPECIALIST 2

PLACERVILLE, CALIFORNIA

**Apply Here:**  
[ucanr.edu/About/Jobs/?jobnum=2049](http://ucanr.edu/About/Jobs/?jobnum=2049)

**UNIVERSITY OF CALIFORNIA**  
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UC ANR is an equal opportunity provider and employer

### UCCE Local Employment Opportunities

Community Nutrition & Health Advisor, CalFresh Program Coordinator, Community Education Manager, CalFresh Healthy Living Community Education Specialist, 4-H Community Education Specialist, UC Master Gardeners Program Education Specialist...

[Read more](http://centralsierra.ucanr.edu)  
[centralsierra.ucanr.edu](http://centralsierra.ucanr.edu)

## Establishing SNAC Clubs at Local Boys & Girls Club of Lake Tahoe

### SUMMARY

CalFresh Healthy Living, UCCE (CFHL, UCCE) and 4-H programs provided eight weeks of nutrition education, cooking lessons, and youth leadership opportunities to nearly 40 youth by establishing Student Nutrition Advisory Council (SNAC) Clubs at the Boys and Girls Club of Lake Tahoe (BGCLT). The goal of SNAC Clubs is to create opportunities for youth in low-income communities to develop life and leadership skills in cooking, nutrition, gardening, and healthy living. Plans have been set to provide SNAC Club members opportunities to impact their peers by developing leadership skills in planning accessible events with nutrition information and food tastings. These activities will attempt to further reach about 190 younger peers in two BGCLT sites.

### BACKGROUND

The BGCLT provides life-enhancing programs to its members. They have helped over 200 families and provided over 640 hours of academic support in a year's span. In response to reopening their site after the COVID-19 pandemic, the BGCLT was seeking innovative programming to offer to reengage their club members.

CFHL, UCCE and 4-H partnered with the BGCLT to offer its first in-person SNAC Club, an interactive, program that educates participants about nutrition, gardening, and youth leadership. Using research-based curricula educators provided 8 to 9 sessions of hands-on, experiential learning programs to 11 middle school and high school youth and 40 elementary school students reaching a total of 51 youth for the first year of the SNAC Club program

### SOLUTION

In the summer 2021, the first SNAC Club launched at the BGCLT. There was one SNAC Club offered to 11 students in middle and high school. SNAC Club participants engaged in eight sessions consisting of nutrition education, cooking, and community service projects. The students expressed they enjoyed learning knife skills and getting to create their own dishes/meals from participating in their first SNAC Club.

Due to the success of the first SNAC Club, the BGCLT partnered with CFHL, UCCE and 4H to offer three SNAC Clubs over the 2021 – 2022 school year. Through their involvement with SNAC



**"I liked SNAC Club because I got to cook and have a fun experience with older kids!"**

*-Max Smith, 4<sup>th</sup> grade student, making Pumpkin Spread on the first day of SNAC Club.*

### OUTCOME

Since starting in summer 2021, the amount of participants has steadily grown from 11 to nearly 40 SNAC Club members. The 40 participants are distributed between two BGCLT sites which extends the reach of their three community service projects. By the end of FFY 22, SNAC Club members will have completed combined, 55 hours of cooking and nutrition education and will have completed three service learning projects. In addition, by the end of the 2021-2022 school year, this program will have reached nearly 230 students.

Future plans include SNAC Club members having the opportunity to use a brand new campus garden space to grow their own produce and teach peers about nutrition and gardening simultaneously. During this summer, CFHL, UCCE educators plan to introduce the idea of stenciling the playground blacktop with designs that encourage physical activity (PA). Youth leaders would be able to promote PA with a stenciling project and leading CATCH activities for other BGCLT members. All in all, establishing SNAC Clubs at the BGCLT has empowered youth to make informed decisions about their health and their physical environments.

For more information or to get involved, contact Carmela Padilla Program Supervisor for the CalFresh Healthy Living, University of California Cooperative Extension in the Central Sierra at [cmpadilla@ucanr.edu](mailto:cmpadilla@ucanr.edu)

## UCCE Central Sierra Agriculture

The Central Sierra foothill region produces a wide variety of agriculture commodities. The University of California brings research and outreach to area farms to assist with growing and cultural practices, pest and disease management, and more!

*Staff Spotlight:* Lynn Wunderlich, Farm Advisor



# UCCE and Delta College present the 2022 Grazing School



**April 8-9, 2022**  
**Delta College Farm,**  
**Manteca, CA**



All Delta College COVID protocols will be followed.

UCCE Presents a FREE Webinar Series:  
**Managing Land and Livestock on Small Acreages**

Wednesdays, April 20, 2022 to June 1, 2022

6:00 – 7:00 PM via Zoom



Register here:

<http://ucanr.edu/acreages>

Join us to learn all about:

Irrigated Pasture Planning and Nutrition

Weed ID and Management

Backyard Poultry Production

Outdoor Hog Production

Small Flocks of Sheep and Goats

Marketing Small-Scale Production

Livestock Forensics: Mortality Diagnosis



Questions? Contact Julie at

[jafinzel@ucanr.edu](mailto:jafinzel@ucanr.edu)



**Rangeland and Livestock Management 101**  
Thursday, May 5 | 8:00AM - 5:00PM  
Friday, May 6 | 8:00AM - 4:00PM  
Merced, CA

The goal of this course is to provide ranchers and land managers a solid foundation of science-based information in rangeland ecology and livestock management principles combined with hands-on skills that enhance sustainability and economic viability. This comprehensive course will improve the understanding of mechanisms driving changes and in turn promote proactive and adaptive management. Cost is \$75 per person and pre-registration is required. Contact the Mariposa UCCE office at (209) 966-2417 or email [dswass@ucanr.edu](mailto:dswass@ucanr.edu) to register.



Topics Will Include:

- Rangeland vegetation and plant ID
- Grazing management
- Herd health and disease prevention
- Rangeland monitoring and assessment
- Rangeland stewardship and ecosystem services
- Rangeland soil characteristics and soil health
- Drought management
- Animal and foraging behavior
- Low stress animal handling, and facilities design
- Weed management

**UCCE Central Sierra Forestry & Natural Resources**

Forests and woodlands in the Central Sierra Nevada are beautiful, extensive, diverse and owned by both public and private landowners. Active management is needed to reduce forest density and to help forests recover after wildfire. The goal of

the Central Sierra forestry program is to empower landowners to overcome these challenges.

**Staff Spotlight: [Kim Ingram, Forest Stewardship Education Coordinator](#)**



### **Motherlode Prescribed Fire Workshop April 22 & April 23 | 9:00AM - 4:00PM Columbia College, Sonora**

Prescribed fire is a critical tool for managing working rangelands and forests in the Sierra Nevada. This multi-session, hands-on workshop will focus on landowner-led efforts to reintroduce good fire into working ranchland and timber land. The workshop will include development of burn plans for your properties, hands-on burn preparation field day, and participation in a broadcast burn (weather permitting). Cost is \$20 per person; pre-registration required as space is limited. [REGISTER HERE](#)

#### **Workshop Topics**

- Benefits of prescribed fire
- Permitting
- Planning your burn
- Liability issues
- Tools and equipment
- Burn planning and site preparation
- Personal protective equipment
- Working with neighbors

## **UCCE Central Sierra 4-H Youth Development Program**

The 4-H Youth Development Program offers educational opportunities for children, teens, families, and adults. 4-H helps young people to reach their full potential as competent, confident, leaders of character who contribute and are connected to their communities.



### **Tuolumne County Welcomes New 4-H Program Representative**

**Erika Armstrong** moved to Tuolumne County last year after spending most of her life in Monterey County. She holds a Bachelor's Degree in Collaborative Health and Human Communication and has spent her career working with non-profit agencies and managing volunteer programs. She enjoys cooking, traveling, music, treasure hunting, and spending time with her daughters. Welcome, Erika!

### **Amador County Avian Bowl Team Wins 2022 Junior Championship**

Saturday, February 26 marked the first time the California 4-H Avian Bowl hosted a team from Amador County. This event was created in 1989 and has been held

nearly every year since, alongside a spectacular poultry show in Fresno, CA. Amador County was well represented by their junior team, **High Eggspectations**, consisting of Cecilia O'Geen (Mountain Ranch 4-H Club), Lexi Himmel and Lily Himmel (both of Blue Ribbon 4-H Club) and coach Dr. Kelsi Williams.



This fast-paced, intense competition required months of game preparation through studying poultry terminology, diseases, breeds and much more. **High**

**Eggspectations** won each of their four rounds leading them to become the 2022 California State Avian Bowl Junior Champions! The senior champion team will go on to represent California at the National 4-H Poultry and Egg Conference in Louisville, Kentucky this summer.

If you know youth that love chickens, ducks, geese, turkeys or game birds and would be interested in being a part of this and other wonderful poultry events please see the [Amador County 4-H website](#) for details on joining today.



It's never too late to join 4-H!

Visit the UCCE Central Sierra 4-H Website

Have questions about 4-H? Contact [centralsierrafourh@ucanr.edu](mailto:centralsierrafourh@ucanr.edu)



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4-H Youth Development Program



## UCCE Master Gardeners of Central Sierra

UCCE Master Gardeners are community members who have been trained under the direction of the University of California Cooperative Extension. Each volunteer has completed more than 50 hours of formal classroom training to provide practical scientific gardening information to the home gardeners.

**Staff Spotlight:** [Mary Wall, Master Gardener Program Coordinator](#)

### **Congratulations to Our Master Gardener Graduating Class of 2022!**

On March 24th, thirty-three new Master Gardeners graduated from training in the Amador and El Dorado Counties and were granted the title, **First Year UC Master Gardeners**. These volunteers took part in a rigorous 18-week course and learned topics relating to home landscape, sustainability and home gardening.

If you are interested in becoming a UC Master Gardener in Amador or El Dorado County [click here to learn more](#).

**Questions about your home garden or landscape?  
Interested in upcoming classes and events?**



UCCE Master Gardeners are available to answer your questions!

**Grow n' Show**  
Your Plants at the Fair

FREE KID'S CLASS

Saturday, April 9, 2022  
9:00 a.m. - 11:00 a.m.  
Sherwood Demonstration Garden  
Pre-registration Required

**Youth Grow n' Show!**  
Saturday, April 9, 2022  
9:00AM - 11:00AM

Students will pot and care for a plant to show at the El Dorado County Fair in June. **Pre-registration is required as space is limited!** [Sign up online](#) or call the UCCE Master Gardeners office at (530) 621-5512. [Event Details](#)

## Mark your calendars for Spring Plant Sales!



**Saturday, April 16, 2022**  
**8:00AM - 2:00PM**  
**Edible Plants**  
Sherwood Demonstration Garden  
Placerville, CA



**Saturday, April 30, 2022**  
**8:00AM - 2:00PM**  
**Ornamental Plants**  
Sherwood Demonstration Garden  
Placerville, CA



**Saturday, May 7, 2022**  
**9:00AM - 3:00PM**  
**All Plants**  
ACRA Community Garden  
Jackson, CA

### **Calaveras Master Gardeners** **Online Plant Sale**

Master Gardeners are offering a selection of edible, native, pollinator, shade and drought-tolerant plants chosen to thrive in our region.

Beautiful plants and all at great prices!  
[Read More](#)



### **Celebrate Earth Day** **Saturday, April 23** **10:00AM - 2:00PM** **Amador Community Garden**

- Community Garden Cleanu
- Heritage Rose Garden Tours
- Fruit tree planting
- Wildflower seed giveaways
- Master Gardener planting advice **and more!**

## **UCCE Master Food Preservers of** **Central Sierra**

The UCCE Master Food Preserver program trains dedicated volunteers to assist the county UC Cooperative Extension staff provide up-to-date food preservation information. Our current program is active in El Dorado, Amador, Tuolumne, and Calaveras counties.



University of California  
Cooperative Extension

**Master  
Food  
Preserver**

# Ask a UC Master Food Preserver Central Sierra

## Questions About Food Preservation?

Ask a UC Master Food Preserver online, any time!

Plus sign up to get e-news, event updates and free class schedules delivered to your inbox each month. [Subscribe Here](#)



[Amador / Calaveras County Website](#)



[El Dorado County Website](#)



### **In-Person Class: Cabbage Commotion** **Saturday, April 9, 2022** **10:00AM - 12:00PM**

In this class we will discuss the ins-and-outs of preserving cabbage. Cabbage can become strong and overpowering when canned on its own, but there are a lot of ways to pickle cabbage that we all love. In this class we will present cabbage relishes your family and friends will enjoy. We will also show you how to ferment and preserve sauerkraut. We are excited about our first in-person demonstration class at our Placerville office since the pandemic started. The class is FREE, but registration is required due to limited space. [REGISTER HERE](#)



### **Online Class: Night of Fermenting** **Wednesday, April 20, 2022 | 6:30PM - 8:00PM**

Join the UC Master Food Preservers of Sacramento County for another fun filled evening of preserving food safely. We'll show you what you need to know to ferment cheese, yogurt and sauerkraut. Find details for what we'll be demonstrating and the link to register for this Zoom event, via [our Monthly Demonstrations site](#).

## UCCE Central Sierra Community Nutrition

Through the CalFresh Healthy Living (CFHL) UCCE Central Sierra program, we teach free classes in local schools, community centers, libraries, and other public locations. Our classes show people how to choose, grow, cook, and enjoy affordable healthy foods, and how to make physical activity a regular and fun part of life. We also work to create environments where it's easier for people to make healthy choices, by supporting school wellness policies, community and school gardens, walking clubs, and more.



**Staff Spotlight:** [Katy Munniks, UC CalFresh Nutrition Educator](#)



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### **Harvest of the Month: Peas**

Snow peas have edible flat pods and very small seeds, while sugar snap peas have larger and sweeter seeds and a thicker pod. Shapes vary from thin, such as the green beans, to wide. When buying peas choose firm, deeply colored peas that are not soft and wrinkled.

If you steam peas, be careful not to overcook them. You'll know they're overcooked if they're mushy. Peas are great because they contain Vitamins A, B, C, and K. They are also a good source of fiber, protein, folate, potassium, iron, and zinc!

Check out the [Top 10 Way to Enjoy Peas](#).

[SUBSCRIBE TO THE UCCE CENTRAL SIERRA  
"NUTRITION NEWSLETTER"](#)



## More UCCE Central Sierra Programs



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[Oaks & Rangelands](#)



[UC California Naturalist Program](#)



#NeighborCA

## 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](#)



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