



University of California Cooperative Extension Central Sierra News

Serving Amador, Calaveras, El Dorado & Tuolumne counties January 2014

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Happy New Year,

University of California Cooperative Extension (UCCE) 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

Impacts of Winter Drought and Oak Toxicity to Livestock

Driving around the foothills the lack of winter rain is clearly evident from the extremely dry rangelands still brown and dry from summer to the obvious shortage of water in the lakes and reservoirs. The extremely dry winter is turning out to have a critical impact on our local ranchers. Many ranches have turned to buying hay, lots of hay, as they wait anxiously for green grass to grow. In addition to the lack of winter feed, another concern ranchers are dealing with is the potential for oak toxicity.



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UCCE 4-H Happenings in Our Communities



November and December proved to be exciting months for Belleview School's 6th, 7th, and 8th grade students enrolled in PM Club and 6th, 7th, and 8th grade students who attend Jamestown Youth Center after school. UC Cooperative Extension's Nutrition and 4-H programs partnered with the youth to provide training on curriculum intended to have youth "ReThink Your Drink".

Staff from the Health Education Council came after school to lead youth in activities which taught them how much sugar is in some of the refreshments they drink every day. Youth learned how to calculate the teaspoons of sugar in energy drinks, soda, and juice and then measured sugar into baggies as a visual representation. Students then worked together to organize the information into a Prezi Presentation, posters,

There are more than 50 common species of oak trees in California and all contain some levels of the toxic tannins and phenols that can cause problems in cattle. The buds, young leaves, and fresh acorns have the highest level of toxins. There is considerable variation in the concentration of toxins in the plant tissues and is dependent on (1) the species of oak trees, (2) the season of the year, and (3) the climate of the year in question. [Continue reading...](#)

How to Attract & Maintain Pollinators in Your Garden

Did you ever wonder what would happen to our food supply if there weren't any bees buzzing around? Or, how many different kinds of pollinators there really are buzzing about. About three-quarters of all flowering plants rely on insects or birds for pollination, and that includes one-third of all crop plants. This [publication](#) shows you how to create a landscape that is welcoming for bees and many other pollinators. It's free to download on the [ANR Catalog website](#).



How to Attract & Maintain Pollinators in Your Garden, ANR Publication No 8498

Become a Master Food Preserver

Would you like to teach others how to safely preserve food at home using USDA recommended procedures? The UCCE Master Food Preservers of El Dorado County are starting a new training class for anyone interested in becoming certified to carry out the mission of the University of California of teaching others. You will



Canned peppers

and a short video.
[Continue reading...](#)

UCCE Nutrition News

The Magic of Monday!



How many times have you heard or even said "I am going to start- *my diet, to exercise, to quit smoking, to eat healthier...* on Monday!"

Research conducted by Johns Hopkins shows people view Monday - more than any other day of the week--as the best day to kick start healthier choices and behaviors. Monday represents a special unit of time in our culture, and is viewed as the start of a brand new week. And the best part--there are 52 chances to try to kick off your week right! Change takes time and small steps - sometimes three steps forward and two steps back. The "Healthy Monday Campaign" lets us know that we can be forgiven for falling off the wagon and that the critical component of change is to keep trying and keep those health goals in front of you."

[Continue reading...](#)

UCCE 4-H Events

learn how to can, freeze, dehydrate, preserve, and pickle using the latest and safest food preservation techniques. Our next training class will begin on February 22, with classes on either Tuesdays or Saturdays through May 17th from 10 a.m. to 2 p.m. If you are interested in becoming a certified Master Food Preserver with the University of California Cooperative Extension and sharing safe food preservation techniques with the public, email [Robin Cleveland](#) or visit our [Becoming a Master Food Preserver webpage](#) for more information. Call the UCCE Office at (530)621-5528 if you have questions.

UCCE Master Food Preservers of Amador/Calaveras counties will begin their training in March. Place your name on our [Master Food Preserver Training interest list](#) to receive an email when we are ready to begin the recruitment process.

Events & Workshops

Nutrition Workshops in South Lake Tahoe

Do you want to stretch your food dollars?
Would you like to make healthier, tasty meals?



Attend any or all of the 6 weekly nutrition workshops. Cooking demonstrations, tasting and gifts at every workshop!

Workshops

- 1: Enjoy Healthy Food that Tastes Great
- 2: Quick, Healthy Meals & Snacks
- 3: Eat Healthy on a Budget
- 4: Tips for Losing Weight & Keeping It Off
- 5: Making Healthy Eating Part of Your Total Lifestyle
- 6: Physical Activity is Key to Living Well

Location 1: Live Violence Free (2941 Lake Tahoe Blvd, South Lake Tahoe, CA 96150).

Dates: Every Monday, January 13 - March 3 at 10am.
Workshops are in English.

Dates: Every Friday, January 17 - February 28 at 12pm
Workshops are in Spanish.

Contact Christina Zepeda at 530-544-2118 x7650 or Kathy

UCCE
4-H Dates



[Enrollment Open](#) - all counties

[CA 4-H Night at the Kings](#) - 1-24 at 7pm - open to all counties

[Amador](#)

1-18: [Amador County Presentation Day](#)

2-22: [Livestock Ethics & Best Practices Seminar](#) - open to all counties

[Calaveras](#)

1-22: [Best Practices Presentation](#)

2-1: [Calaveras County Sub Regional Presentation Day](#) - open to all counties

[El Dorado](#)

1-12: [4-H Turkey Meat Pen Workshop](#)

[Tuolumne](#)

1-18: [Community Dinner](#)

2-8: [Livestock Field Day](#)

UCCE MFP Classes

Free Classes Offered by UCCE Master Food Preservers



[Amador/Calaveras](#)

1-11: [Core Canning Techniques](#) - Calaveras

[El Dorado](#)

Martinez at 530-543-2312 x238.

Location 2: Family Resource Center (3501 B Spruce Blvd, South Lake Tahoe, CA 96150). All workshops are in Spanish. No need to register.

Dates: Every Thursday, January 16 - February 20 at 4pm

Dates: Every Friday, January 17 - February 21 at 9:30am.

9th Annual

California Rangeland Conservation Summit

With California rangelands returning as little as \$1 per acre per year, ranchers and grazing are being replaced not only by ranchettes and shopping malls but by tree crops, vineyards and other types of agriculture. This conversion is particularly evident in the San Joaquin Valley.



The Fogarty family has been in the cattle ranching business in Stanislaus County since the 1870s. In recent years, they've seen rangeland around them converted to housing and orchards. "With the conversion around us, we are affected with a declining water table and increased traffic" said Bill Fogarty. Ranchers, researchers, managers, agency representatives and conservationists will gather in January to discuss challenges and opportunities in maintaining rangelands.

Keeping rangelands and ranches viable for wildlife, wetlands and water will be discussed at the 9th annual California Rangeland Conservation Coalition Summit set for Jan. 21-22 at the Oakdale Community Center in Oakdale, 16 miles northeast of Modesto. The summit is sponsored by the California Rangeland Conservation Coalition and the University of California Cooperative Extension. [Continue reading...](#)

Dates: January 21-22, 2014

Location: Oakdale Community Center

See [workshop flyer](#) for more details.

Mitigating Drought

Optimizing pasture, supplemental feed and managing risk

1-30: [Judging Preserved Foods at County Fairs](#)

2-1: [Judging Preserved Foods at County Fairs](#)

UCCE MG Classes

Free Gardening Classes offered by UCCE Master Gardeners



[January Gardening Tips](#)

[Amador](#)

1-11: Mastering Foothill Gardening Basics

[Calaveras](#)

2-22: Open Garden Day

[El Dorado](#)

1-11: Greenhouse Gardening for the Home Owner

1-18: Rose Pruning (at the new Demonstration Garden)

1-25: Pruning Fruit Trees

[Lake Tahoe](#)

No classes scheduled - check back this spring.

[Tuolumne](#)

2-1: Open Garden Day

UC ANR Tidbits

UC IPM & more...



With the worsening drought conditions the University of California has organized a meeting on January 29 entitled "Mitigating Drought - Optimizing Pasture and Supplemental feed and Managing Risk". The meeting is designed to provide ranchers with information to assist them managing their herd during periods of low feed supply. The meeting will be held at the UC Sierra Foothill Research & Extension Center in Browns Valley.



See [workshop flyer](#) and [agenda](#) for details.

For those that cannot attend, the program will be broadcast on the web. To register to attend or register for the webcast go to <http://ucanr.org/sites/sfrec/>.

Judging Preserved Foods at County Fairs Workshop - Presented by

UCCE Master Food Preservers of El Dorado County

Do you want to be a county fair judge for preserved foods?

Do you want to learn how county fair judges evaluate your preserved food so you can improve the quality of your fair entries?

Come to this all day workshop/lab and learn the guidelines for preserved food judging at fairs and other competitive events, including the rules used at our California State Fair.

Dates:

Thursday, January 30, 2014 or

Saturday, February 1, 2014

Time: 9am-4pm

Location: El Dorado County Fairgrounds, Marshall Building, 100 Placerville Dr. Placerville

Fee: \$50 - no refunds, Lunch included - turkey or vegetarian sandwich.

Register online at

<http://ucanr.edu/survey/survey.cfm?surveynumber=12027> or call 530-621-5528 by January 26, 2014

Aphid-eating Insects in Action!

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

Quick Links...

[Our Website](#)

[Events & Workshops](#)

[Archived Newsletters](#)



Accessibility

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

UCD Goat Day 2014

Date: Saturday, February 1, 2014

Location: UC Davis Central Campus



Dairy Goat kids. Photo property of UCANR library.

See [UCD Goat Day Flyer](#) for details and directions.

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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