



University of California Cooperative Extension Central Sierra News

Serving Amador, Calaveras, El Dorado & Tuolumne counties, Sept. 2015

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Nutrition News

Breaking Your Grade-schooler's Unhealthy Food Habit

Just like any good investment, teaching your child healthy habits now will pay off in the long run. Kids who nibble on nutrient-rich foods from a young age are more likely to maintain those good habits



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!

News & Updates

Video series with water saving tips debuts

The University of California Master Gardener Program offers simple tips for saving water in home landscaping in a six-part video series that debuts today, Aug. 24.



In the first episode, embedded below, UC Master Gardener director Missy Gable tells viewers about prioritizing plants in the landscape when making irrigation decisions. Because of the four-year drought, most California residents are required to reduce their water use 25 to 36 percent. Gable recommends making trees and shrubs a top watering priority in your home landscape because they take longer to become established and are more costly to replace, while inexpensive and easily replaced annual plants are a lower water priority.

Each Monday for the next six weeks a new water-

later in life. Research shows that children who become overweight are more susceptible to weight-related health issues as adults. Although it can be easy for families to slip into unhealthy food habits, with some practice, you can steer your child toward healthier choices. [Continue reading...](#)



Subscribe to the UCCE Central Sierra CalFresh Monthly Nutrition eNewsletter.

UCCE 4-H Events



UCCE

4-H Dates:

[Enrollment Begins July 1st](#)

Open all year

9-29:

[2015 National 4-H Shooting Sports Workshop](#)

10-7: [National 4-H Youth Science Day](#)

[Amador](#)

9-17: [New Volunteer Orientation](#)

9-26: [Ironstone Concours d'Elegance](#)

[Calaveras](#)

9-26: [Ironstone Concours](#)

saving video tip will be released on the UC Agriculture and Natural Resources (UC ANR) YouTube channel, in the UC Green Blog, and on UC ANR's Facebook page. Topics will include irrigation timing, the importance of mulch, use of fertilizers, weed removal and adding compost. [Continue reading...](#)

International and California water conferences shine new light on lingering drought

The gauge reads 105 degrees in California's state capital as this article is being drafted. The four-year drought has baked itself into



the landscape, with dead lawns crunching under feet and trees wilting under the heat, and has so far stolen a year's worth of precipitation. Deprived of moisture, the state has lost to wildfires three times the acreage of an average year. The once green valleys are now murky fishbowls of haze.

The total cost to the state, according to a new report released Tuesday by the Center for Watershed Sciences (CWS) at the University of California, Davis, is now \$2.74 billion and 21,000 jobs. [Continue reading...](#)

2016 UCCE Master Gardeners of El Dorado County Training

- Do you enjoy getting your hands dirty?
- Do you enjoy sharing your knowledge?
- Do you want to meet new people who share your gardening passion?

The UCCE Master Gardeners of El Dorado County are announcing their 2016 Training. If you would like to train to become a UCCE Master Gardener, please attend the orientation meeting to learn about

[d'Elegance](#)

[El Dorado](#)

9-15: [New Volunteer Orientation](#)

9-26: [Ironstone Concours d'Elegance](#)

[Tuolumne](#)

9-21: [New Leader Orientation](#)

9-26: [Ironstone Concours d'Elegance](#)

UCCE MFP Classes



University of California
Cooperative Extension

**Master
Food
Preserver**

**Free Classes Offered by
[UCCE Master Food Preservers](#)**

[Amador/Calaveras](#)

9-12: [Ethnic Edibles](#) - Amador

[El Dorado](#)

9-1: [Apples, Pears & More: From Garden to Table](#) - MFP/MG Combo Class

9-12: [Your Just Desserts: Dessert Sauces & Juices](#)

9-17: [Holiday Gifts from the Kitchen & Garden](#) - MFP/MG Combo Class

9-19: [Grapes: Propagation/ Care to Juicing & Jamming](#) - MFP/MG Combo Class

9-26: [Fruits, Nuts & Scurvy: Butters, Conserves & Marmalades](#)

10-3: [Dress It Up!: Vinegars, Chutneys & Condiments](#)

UCCE MG Classes

the UCCE Master Gardener Program, our community involvement, your participation requirements, and the training requirements.

Date: Tuesday, September 15, 2015

Time: 3:00 to 5:00 p.m.

Location: UCCE Office, 311 Fair Lane, Placerville

RSVP: 530-621-5528

See the [2016 UCCE Master Gardener of El Dorado County Training webpage](#) for more information.

Events & Workshops

2015 UC Spray Application Training

Farmers, Pest Control Advisors, Pesticide Applicators and others who use agricultural spray equipment are invited to attend an agricultural spray



application workshop on Sept. 22 and 23. The two-day workshop, hosted by UC Agriculture and Natural Resources, will be held at the Western Center for Agricultural Equipment at 154 Hills Drive in Davis.

Program Goal: Participants attending this class will be able to identify the appropriate spray equipment components, practices, and conditions necessary to deliver effective, efficient, and safe agricultural pest control to a particular location, timing, and crop.

Who Should Attend: UC ANR advisors, specialists, and staff as well as private industry including Pest Control Advisors, Qualified Applicators and crew who engage with clientele who use spray application equipment

[Continue reading for registration information...](#)



Free Gardening Classes offered by

[UCCE Master Gardeners](#)

[September Gardening Tips](#)

[Amador](#)

9-12: [Late Summer Fruit Tree Pruning](#)

9-26: [Living in the Forest](#)

[Calaveras](#)

9-26: [Open Garden Day / Think ahead to Winter / Plant Sale](#)

[El Dorado](#)

9-1: [Pears, Apples & More: from Garden to Table](#) - MG/MFP Combo Class

9-9: [Seed Saving & Journaling](#)

9-17: [Holiday Gifts from the Kitchen & Garden](#) -

MG/MFP Combo Class

9-19: [Grapes: Propagation & Care to Juicing & Jamming](#) - MG/MFP Combo Class

9-26: [Orchids](#)

10-3: [SHERWOOD DEMONSTRATION GARDEN GRAND OPENING](#)

[Lake Tahoe](#)

[Tuolumne](#)

9-13: [Open Garden Day - Topics: Invasive Plants & Weed ID - Bring your weeds!](#)

UC ANR Tidbits

UC IPM & more...

Dates: September 22 (Noon-9pm) through 23 (8am-2pm)

Location: Western Center for Agricultural Equipment, UC Davis

Ironstone Concours d'Elegance



The Ironstone Concours d'Elegance is an antique and classic car show that takes place each year at the Ironstone Vineyards, just outside Murphys CA. Some 300+ antique and classic cars participate in the Ironstone Concours d'Elegance. This classic car and automobile show also features vintage trailers, motorcycles and wooden boats.

Proceeds from the Ironstone Concours d'Elegance benefit Central and Northern California youth in agriculture, notably FFA and 4-H in the foothill counties- Amador, Calaveras, El Dorado, Mariposa, and Tuolumne. Additionally, the non-profit Ironstone Foundation has helped fund the California State FFA headquarters in Galt, scholarships in partnership with the California State Fair, and the Calaveras County Fair Scholarship program.

Date: Saturday, September 26, 2015

Time: 10 a.m. - 4:30 p.m.

Location: 1894 Six Mile Road, Murphys CA 95247

Visit the [Ironstone Concours d'Elegance webpage](#) for ticket information.

**2015 4-H Paper Clover Campaign
October 7 - 19, 2015**



Prioritize Your Plants During Drought

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

Quick Links...

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[Events & Workshops](#)

[Archived Newsletters](#)

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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.

The fall 2015 4-H Paper Clover Campaign will take place October 7-19, 2015. Shoppers at Tractor Supply Company Stores will have the opportunity to support 4-H in the county that the store resides in by choosing to purchase paper clovers for a \$1 or more at check out. All funds raised will be donated to their county 4-H to support events and projects in the county.



"For many years, the fundraising event has allowed us to provide thousands of 4-H youth across the country greater access to 4-H programs," said Jennifer Sirangelo, president and CEO, National 4-H Council. "We are thrilled about our continued partnership with Tractor Supply Company as it drives the excitement of local community participation and support for 4-H programs, and therefore the success of the 4-H Paper Clover Campaign."

"The Paper Clover fundraiser is a significant part of Tractor Supply Company's support of 4-H programs throughout the 1,300 communities we serve," said Christi Korzekwa, vice president, Marketing, Tractor Supply Company. "We are proud to be able to provide essential funding to more than 1,000 county 4-H programs. These programs make a positive impact on young people that last a lifetime. The continued success of the Tractor Supply Paper Clover fundraisers demonstrate the importance of our 4-H partnership with our customers, team members and communities."

Tuolumne County 4-H Youth Development demonstrations:

Dates: October 10 & 18, 2015 from 10am to 3pm.

Location: Tractor Supply Company, Sonora, CA.



UCCE MASTER GARDENERS OF El Dorado County
Invite You to Our

Sherwood Demonstration Garden

GRAND OPENING

Saturday, October 3, 2015 • 10:00 - 3:00
6699 Campus Drive, Placerville, CA 95667

The vision of the Sherwood Demonstration Garden is to provide a place where the latest UC research blends with our state of the art gardens featuring sustainable practices in a hands on learning environment for El Dorado County residents and visitors.

16 Individual Gardens

| | |
|--------------------|-----------|
| All Stars | Rock |
| Bog | Rose |
| Butterfly | Shade |
| Children's | Succulent |
| Cottage | Vegetable |
| Japanese | |
| Mediterranean | |
| Native | |
| Orchard | |
| Ornamental Grasses | |
| Perennial | |

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Call our office at 916-623-3182
Tuesday-Friday 9-12 for more information
Or visit us at http://ucanr.edu/sites/EDC_Master_Gardeners/Demonstration_Gardens/

Sherwood Demonstration Garden Grand Opening

October 3, 2015 from 10:00 a.m. to 3:00 p.m.

See the [Sherwood Demonstration Garden webpage](#) for a look at all of the gardens.

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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