



University of California Cooperative Extension Central Sierra News

Serving Amador, Calaveras, El Dorado & Tuolumne counties, March 2016

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UCCE Nutrition News

March is National Nutrition Month 2016!



National Nutrition Month® is a nutrition education and information

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

Is Glyphosate a Carcinogen? And Bacon Too!

by Scott Oneto, Farm Advisor, University of California Cooperative Extension

Last year, the International Agency for Research on Cancer (IARC) made a determination that glyphosate...the active ingredient in Roundup® and other similar herbicide products... "is probably a human carcinogen." IARC placed the herbicide in its 2A...probable human carcinogen...group along with other compounds such as grapefruit juice, apples, UV light, red meat, some occupations including hair dressers and those jobs that include working a night shift. IARC's determination of listing glyphosate as a probable carcinogen was based on "limited evidence of carcinogenicity in humans and sufficient evidence of carcinogenicity in experimental animals."



How does IARC make a determination? IARC has a team of scientists from around the world that searches through existing literature to evaluate scientific research that has been conducted on a specific chemical, product, occupation, etc. It is important to point out that IARC's conclusions are based on assessing the hazard. A

campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day, also celebrated in March, increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDs for their commitment to helping people enjoy healthy lives. Read more on www.eatright.org website

[36 Ideas to Get Involved with National Nutrition Month 2016!](#)

[Subscribe to the UCCE Central Sierra CalFresh Monthly Nutrition eNewsletter](#)

UCCE 4-H Events

UCCE
4-H Dates



[Enrollment Open](#) -
Open all year

[Amador](#)

3-12: 4-H Lego Build Up Challenge - open to all

hazard assessment simply states that a certain chemical, environmental element or behavior is somehow related to cancer. IARC will then make a determination whether something "is," "is probable," "is possible," or "isn't," carcinogenic. This type of hazard evaluation does not tell you how likely you are to get cancer. That's done by a risk assessment, which will use the same words-"is," "probable" and "possible"-but in a very different way. Risk is a measure of toxicity and exposure. A certain product may be very carcinogenic but if you are not exposed to it or if you are exposed to at very low levels, your risk of getting cancer will be low.

Take bacon and other processed meats. IARC recently classified these as category 1, "carcinogenic to humans." Does this mean we should all stop eating hot dogs, salami and bacon? Perhaps, if this is all you ate. But when consumed in moderation, your exposure is low, conversely your risk is low.

[Continue reading...](#)

Twelve and Counting



Hard to believe that the UCCE Master Gardeners of El Dorado County are hard at work preparing for their 12th Plant Sale. It seems like just yesterday that the first sale was held in September 2009 in the parking lot of the El Dorado County main library in Placerville.

The driving force behind our plant sales was the need for the Master Gardeners to raise funds for development of the now-named Sherwood Demonstration Garden (SDG) and other Outreach events. When the first sale was held, the SDG was nothing more than a dream and a location.

The first sale was successful enough to allow for the original groundbreaking of the SDG but it became rapidly

children. Registration due 3-6

3-26: [North Central Section Presentation Day](#)

Calaveras

3-12: [4-H Lego Build Up Challenge](#) - open to all children. Registration due 3-6

3-26: [North Central Section Presentation Day](#)

El Dorado

3-12: [4-H Lego Build Up Challenge](#) - open to all children. Registration due 3-6

3-12: [2016 El Dorado County 4-H Youth Program Skills Day](#)

3-26: [North Central Section Presentation Day](#)

4-30: [Color Me Green 5K Run](#)

Tuolumne

3-12: [Tuolumne County 4-H Presentation Day](#)

3-12: [4-H Lego Build Up Challenge](#) - open to all children. Registration due 3-6

4-2: [Tuolumne County 4-H Livestock Field Day](#)

4-9: [South Central Section: Northern Region Presentation Day](#)

UCCE MFP Classes

Free Classes Offered by



UCCE Master Food Preservers

Amador/Calaveras

3-12: [Preserving Fish & Game \\$5 - Amador](#)

obvious that much more fund-raising would be needed. And so it began: Sale 2 and every sale through sale 11 was held in the parking lot of the Veterans Memorial Building in Placerville. The Vets were kind enough to give us free rein of their property not just on sale day but also 2 days in advance of the sale. The Vets were good partners for which we are thankful.

This year, with the opening of the SDG on October 3, 2015, we are going to move the sale venue to the SDG. We want our loyal plant sale customers to see just what their plant purchases have brought about.

The SDG opens April 1, 2016 and will be open from 10:00 am to 2:00 pm, Wednesdays, Fridays and Saturdays through October.

The plant sale will be held on an open day so you can enjoy the beauty of the SDG, learn something about the plants and development, and purchase some plants for your own garden.

Plants that are in place in one of the 16 themed gardens will be for sale, along with a wide variety of vegetables (especially heirloom tomatoes), other trees, shrubs, CA natives, and perennials.

Date: April 23, 2016

Time: 8:00 am - 3:00 pm

Location: [Sherwood Demonstration Garden](#), 6699 Campus Drive, Placerville, CA It is just past the college and is below the Cameron Park Rotary Observatory

Parking is available in the parking lot of the El Dorado Center of Folsom Lake College. A special pick up area will be designated to make it easier for purchasers to get their plants into their vehicles. Hope to see you there!

Events & Workshops

Kids' Class! Grow n' Show Your Plants at the Fair

[El Dorado](#)

3-12: [Make Your Own Sauerkraut - Placer County](#)

3-19: [Tomatoes from Seed to Table - MFP/MG Combo Class](#)

UCCE MG Classes

Free Gardening Classes offered by



[UCCE Master Gardeners](#)

[March Gardening Tips](#)

[Amador](#)

3-5: [Planting & Caring for Berries/Spring & Summer Vegetables](#)

3-19: [Celebrating Flowers](#)

3-26: [Building Hoop Houses](#)

[Calaveras](#)

3-26: [Open Garden Day: Critters - Good & Bad and Plant Sale](#)

[El Dorado](#)

3-5: [Propagation from Seed](#)

3-5: [Kids' Class: Grow n' Show Your Plants at the Fair](#)

3-9: [Flowering Native Plants](#)

3-12: [Saturdays with Barry](#)

3-12: [Backyard Beekeeping](#)

3-19: [Tomatoes: from Seed to Table - MG & MFP Combo Class](#)

4-2: [Making Worms Work for You](#)

The fun of growing plants, and then showing them at the El Dorado County Fair, is the topic of a simple and engaging hands-on class being presented especially for school-age kids by the UCCE Master Gardeners of El Dorado County.

Date: March 5, 2016

Time: 10:00 to 11:00 am

Location: El Dorado County Fairgrounds Floriculture Building



Click flyer for information.

[Pre-registration is required.](#) See the [Grow n' Show webpage](#) for details and registration information.

4-H Lego Build Up Challenge - March 12 **Open to all children. Registration due March 6**

Click flyer to download registration form.

**4-H LEGO BUILD UP CHALLENGE
REPLY FORM**
To be held March 12th, 2016
Calaveras Fairgrounds
Becky Thatcher Building
10 am

Please return by **March 6, 2016**
Or email jggoerlitz@ucanr.edu
Or call us at 209/754-6474 or
fax this form to 888/764-9669

THANK YOU!

Yes, I would like to my child to enter the 4-H Lego Build Up Challenge
(Children outside of 4-H are welcome to join in the fun!)

Grade _____
Name (Please Print): _____
Address _____
Telephone _____ Email _____

Awards will be prize ribbons, and the first place winners in each category will receive a Legos Kit!

UC ANR is an equal opportunity provider and employer.

[Lake Tahoe](#)

[Tuolumne](#)

3-5: [Rose Pruning & Bare Root Planting/Grapevine Care & Maintenance / Seed Starting & Spring Vegetables.](#)

UC ANR Tidbits

UC IPM & more...



Pruning Hybrid Tea Roses.

UC IPM Website has a new [Seasonal Landscape IPM Checklist](#) to help landscape professionals use integrated pest management (IPM) to avoid and manage common pests of landscape trees, shrubs, and vines.

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

Quick Links...

[Our Website](#)

[Events & Workshops](#)

[Archived Newsletters](#)

[Join Our Mailing List!](#)

Preserving Fish and Game

Do you want to broaden your options beyond the freezer when it comes to preserving the bounty of your successful hunting and fishing trips? Join UCCE Master Food Preservers Dennis Miller and Robert Sinclair as they share safe (and delicious) methods to safely preserve your catch in this class by curing and smoking, dehydrating, and pressure canning fish and game. Dennis and Robert are very experienced fisherman and hunters locally and in Alaska. They will discuss the benefits of dry rubs and brining and you'll learn to make your own venison jerky. Arrive early as this has been one of our best-attended classes in past years.



Note: In response to previous class feedback, we've increased the class length from two hours to three hours to give a more in-depth educational opportunity.

Date: Saturday, March 12, 2016, 10 am - 1 pm

Fee: \$5 payable at the door; No reservations required

Location: Amador County GSA Building, 12200-B Airport Road, Jackson

Open Garden and Plant Sale - Calaveras County

UCCE Master Gardeners of Calaveras County's Demonstration Open Garden & Plant Sale



Date: Saturday, March 26, 10AM - 2PM

Spring plant sale is 10 to 12

Location: Calaveras County Government Center, 891 Mountain Ranch Road, San Andreas

Are there critters in your garden? We discuss the impacts of gophers, chickens and deer in the garden. How we can work with them and out wit them to realize bountiful harvests and glorious landscapes.



Accessibility

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



Find answers to your home gardening questions, including plant and pest problems. When the garden is not open, home gardening assistance is offered by Master Gardeners through the help line at: 209-754-2880. The public may leave a message regarding a problem and a Master Gardener will return the call.

The Demonstration Garden is a project of the University of California Cooperative Extension Master Gardeners of Calaveras County. The primary goal is to educate the public about home gardening. Proceeds from plant sales support the Master Gardener's education programs and maintenance of the Demonstration Garden. For additional details contact the UC Cooperative Extension office at (209) 754-6477 or visit the [UCCE Master Gardeners of Calaveras County website](#).

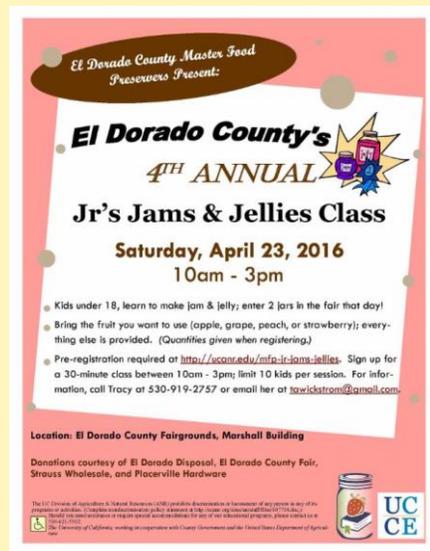
4th Annual Jr.s' Jams & Jellies

Kids under 18, learn to make jam & jelly; enter 2 jars in the fair that day!

Bring the fruit you want to use (apple, grape, peach, or strawberry); everything else is provided. (Quantities given when registering.)

Pre-registration required at <http://ucanr.edu/mfp-jr-jams-jellies>. Sign up for a 30-minute class between 10am - 3pm; limit 10 kids per session.

For information, call Tracy at 530-919-2757 or email her at tawickstrom@gmail.com.



Color Me Green 5K Run

Benefitting 4-H Positive Youth Development Program

Date: April 30, 2016 - race starts at 9:00 am

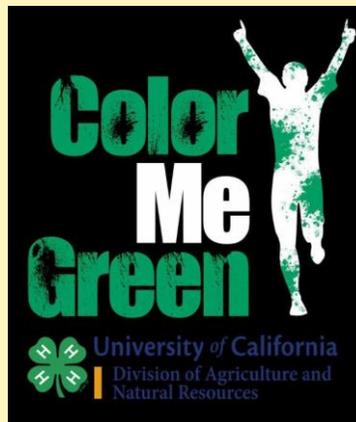
Location: Shingle Springs Rancheria

Cost: \$25 per runner ages 5-99 for 5K

Includes: Race t-shirt, green color packet, run packet, parking and after race fun.

Cloverbud Dash: \$5 for 1K Youth ages 0-5 can put on their lucky green and ride bikes, trikes or wagons in celebration of good health!

Pre-registration is encouraged. See the [Color Me Green webpage](#) for more information and registration.



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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