



## University of California Cooperative Extension Central Sierra News

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

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### UCCE Nutrition News

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



### UCCE 4-H Events

UCCE  
4-H Dates



[Enrollment Open](#) -  
Open all year

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

#### UCCE Central Sierra- El Dorado County

We are very happy to announce that UCCE Central Sierra - El Dorado County, has facilitated the first-in-the-state UC CalFresh-supported mural.

Great job Hector Ochoa and the Sierra House Elementary School team!

This school is very active in a myriad of nutrition and PA offerings - school garden domes, garden-enhanced nutrition education with UC CalFresh curricula in K-5 classrooms, food from the garden used in the salad bar, at tastings and at the annual Farmer's Market. In addition, there is a strong movement to work with the Smarter Lunchroom Movement and update the School Wellness Policy. Work at the school is led by an amazing group of stakeholders including parents, administration, staff, UC CalFresh/UCCE and UC Master Gardeners.

The artist, Shelley Zetner did a beautiful job incorporating student ideas including fruits and vegetables, the school garden (note the garden dome-middle, near the mountain) and physical activity.



## [Amador](#)

[4-10: 4-H Home Arts Exposition](#)

## [Calaveras](#)

[4-10: 4-H Home Arts Exposition](#)

## [El Dorado](#)

[4-2: Latrobe Outlanders 4-H Club: Inagural Spaghetti Feed](#)

[4-4: Quality Assurance & Ethics Training](#)

[4-9: Home Arts Day](#)

[4-16: 4-H Market Goat & Market Lamb Field Day](#)

[4-18: Informational Fair Meeting for Parents](#)

[4-23: 3rd Annual High 4-H Bonfire](#)

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

## [Tuolumne](#)

[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](#)

[4-9: Survival & Camping Foods](#)

## [El Dorado](#)

[4-9: Of Course You Can! Boiling Water & Atmospheric Steam Canning Workshop](#)

## **FORESTRY INSTITUTE FOR TEACHERS**

The Forestry Institute for Teachers is a multi-day residence workshop developed by the Northern California Society of American Foresters, University of California Cooperative Extension, Shasta County Office of Education, The California Department of Forestry and Fire Protection, and Project Learning Tree. The FIT Program is underwritten by a consortium of public and private sources. Since 1993, over 2,300 teachers have graduated from the program.

The goal of FIT is to provide K-12 teachers with knowledge, skills and tools to effectively teach their students about forest ecology and forest resource management practices. The program brings together natural resource specialists and teachers from rural and urban settings for one week, working side by side to gain a deeper understanding of forest ecosystems and human use of natural resources.

FIT is highly regarded professional development program that emphasized California Department of Education Content Standards including Common Core and Next Generation Science Standards.

FIT is offered at four locations across the state. Our local FIT will be held, June 19th - 25th at the Sierra Outdoor School in Sonora. Teachers interested in attending FIT, can find out more at <http://www.forestryinstitute.org>.



Click flyer for more information

## **Events & Workshops**

4-23: [Jr.s' Jams & Jellies](#)

4-27: [All Dried Up!  
Dehydrating & Freezing](#)

## UCCE MG Classes

**Free Gardening  
Classes offered  
by**



**[UCCE Master Gardeners](#)**

### [April Gardening Tips](#)

#### [Amador](#)

4-9: [Tackling Common Pest Problems](#)

4-24: [Annual Plant Sale](#)

#### [Calaveras](#)

4-23: [Open Garden Day](#)

#### [El Dorado](#)

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

4-9: [MG/MFP Combo Class - Salsa Gardening](#)

4-9: [Saturdays with Barry](#)

4-13: [Sustainable Gardening](#)

4-16: [Landscaping with Trees & Shrubs](#)

4-23: [Spring Plant Sale](#)

4-30: [Water Efficient Gardening](#)

#### [Lake Tahoe](#)

4-26: [Asparagus Phenology Study](#)

4-28: [Our Climate is Unhealthy--but We Have the Power to Heal](#)

#### [Tuolumne](#)

4-2: [Berry Care- Maintenance & Bare-root Planting/How to Manage & Care for Your Trees](#)

## Sherwood Demonstration Garden

The Sherwood Demonstration Garden Is Reopening for Spring-2016



UCCE Master Gardeners of El Dorado County are pleased to announce that our new demonstration garden will reopen on Friday, April 1 (no fooling). The Sherwood Demonstration Garden (SDG) will be open on Wednesdays, Fridays and Saturdays from 10-2, weather permitting. There will be trained docents at the garden on those days to talk with visitors about the garden and answer questions.

Guided tours can be arranged for small or large groups by contacting Sheri Burke at 530-676-1009.

The garden is on property owned by the El Dorado County Office of Education at 6699 Campus Drive, Placerville. It is located between Folsom Lake College-El Dorado Center (FLC-EDC) and the Cameron Park Community Observatory.

Parking in the FLC-EDC parking lot is \$2.00 on weekdays but is free on Saturday.

For more information about the SDG, please call the Master Gardener office at 530-621-5512 (T-F from 9-12) or check out the SDG pages on our website at

[http://mgeldorado.ucanr.edu/Demonstration\\_Garden/](http://mgeldorado.ucanr.edu/Demonstration_Garden/).

## National Paper Clover Campaign Continues To Support Local 4-H Youth

National 4-H Council has announced the launch of the spring 2016 4-H Paper Clover Campaign in partnership with Tractor Supply Company (TSC). This event marks the sixth year of collaboration between the organizations on the national in-store fundraiser, benefiting state and local 4-H programming in each of the communities where a TSC or Del's Farm and Feed Supply store is located.



4-H members in Tuolumne County handing out paper clovers

## UC ANR Tidbits

### UC IPM & more...



Check your citrus trees for Asian citrus psyllid

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!



#### Accessibility

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

The spring 2016 4-H Paper Clover Campaign will take place April 13-24, 2016. Shoppers at the Amador, El Dorado, and Tuolumne Tractor Supply Company stores will have the opportunity to support 4-H by choosing to purchase paper clovers for a \$1 or more at checkout. All funds raised will be donated to 4-H, and will support local 4-H youth development programs.

In Tuolumne County, on April 24th, the 4-H members and volunteer leaders will have displays and hands on activities that help show the public all of the different aspects that 4-H has to offer our youth. For more information call Kelsey at 209-533-6990 or email [kmmarkus@ucanr.edu](mailto:kmmarkus@ucanr.edu).

For more information about activities in Amador or El Dorado please contact Vera M. Allen, 209-223-6484 or [vmallen@ucanr.edu](mailto:vmallen@ucanr.edu).

## Irrigation Efficiency Tailgate Meeting

Are You Ready for the Irrigation Season Ahead?

Brian Hockett is one of the few professionals in the state who evaluate irrigation systems for Distribution Uniformity (DU). Brian will discuss what DU means, why it is important and problems he's encountered in evaluating hundreds of irrigation systems annually.

Daniele Zaccaria joined UCCE several years ago and is engaged in numerous irrigation trials throughout the state. He is an expert in irrigation management.

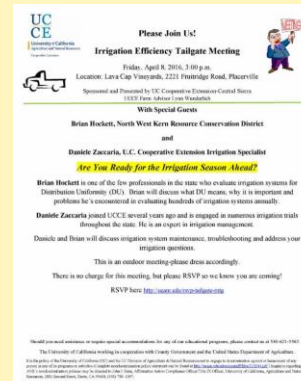
Daniele and Brian will discuss irrigation system maintenance, troubleshooting and address your irrigation questions.

This is an outdoor meeting-please dress accordingly.

There is no charge for this meeting, but please RSVP so we know you are coming!

RSVP here <http://ucanr.edu/rsvp-tailgate-mtg>

When: April 8, 2016, 3:00 p.m.



Click flyer for more details

UC  
CE **MAKE A GIFT**

UCCE Central Sierra  
Fund

Where: Lava Cap Vineyards, 2221 Fruitridge Road  
Placerville, CA 95667

## 4-H Animal Science Symposium Registration

The Animal Science Symposium is a train-the-trainer professional development conference with educational sessions on animal welfare and animal health led by specialists on animal welfare, animal health, and species-specific issues.

Day Two features a foundational training on Animal Welfare Proficiencies, a new research-based curriculum on animal welfare developed by the UC Davis Veterinary Medicine Extension.

The ultimate goal is to augment the 4-H and FFA experience for youth by training leaders on opportunities to develop advanced problem-solving skills and enhance scientific literacy.

When: May 23-25, 2016

Where: UC Davis School of Veterinary Medicine  
One Shields Avenue, Davis, CA 95616

Register [here](#) by May 15th, 2016



Click flyer for more  
information

## 4th Annual Jr.s' Jams & Jellies

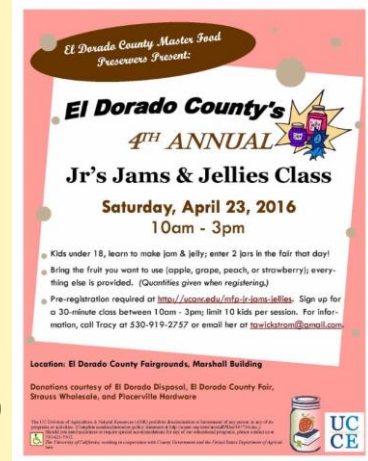
Kids under 18, learn to make jam & jelly; enter 2 jars in the fair that day!

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

### Pre-registration required.

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](mailto:tawickstrom@gmail.com).



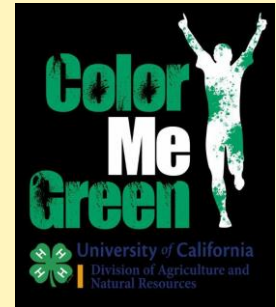
## Color Me Green 5K Run

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.

Find the event on [Facebook](#) to invite and share with all of your friends!

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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UC Cooperative Extension Central Sierra, 311 Fair Lane, Placerville, CA 95667

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