



University of California Cooperative Extension Central Sierra News

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

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Teach Your Teen



Greetings,

UCCE Central Sierra hopes the end of summer finds you well. We want to keep you informed about what we have going on in our programs. 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

Forestry Advisor completes sabbatical studying wildfire response and planning in south of France

Susie Kocher, forestry advisor for the Central Sierra, has returned from 7 months in Provence in the south of France. Kocher was stationed at a national wildfire response center in Aix en Provence at the invitation of the French Ministry of Interior. Southern France and California's Sierra Nevada have similar climate and vegetation and so similar wildfire issues. This part of France has a lot of



housing built within a fire adapted forested landscape (mostly of Aleppo pine and green and pubescent oaks). Many French responses to the wildfire threat are similar to ours including fire suppression strategies and enforcement of rules for defensible space. However, some go farther - the French keep aircraft full of retardant in the air patrolling during periods of extreme fire weather so they can respond immediately to ignitions. They also

About Food Labels

If decoding the information on a food package is a challenge for adults, think of how hard it is for teens who are just beginning to make choices for themselves. Give your teens help as they become more aware of what they're putting in their bodies.

Narrow the Focus

A wealth of information greets a health-conscious label reader in the Nutrition Facts portion of a food package. Janelle McLeod, RD, LDN, who counsels teens in the weight management clinic at the Penn State Milton S. Hershey Medical Center, teaches her patients to zero in on several key pieces. "I like to encourage higher fiber foods for fullness and foods that have some protein for longer satiety," she says. Foods with added sugar and salt should be limited as much as possible. Candy, soda, baked goods, chips and other popular snack foods have few valuable nutrients.

[Continue reading...](#)

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

UCCE 4-H Events

UCCE
4-H Dates



[Enrollment Open](#) -

prohibit people from entering the forest altogether during periods of high fire weather danger and can prohibit construction of housing in areas declared to have too high of a wildfire threat. Things the French do less of than in California include managing fuels and prescribed fire. Kocher is finalizing a manuscript comparing land use planning and wildfire threats in France and California with assistance from colleagues in France and Berkeley. She is also trying to wean herself off all the great bread and croissants.

Full report will be available on our [UCCE Central Sierra website](#) in September.

Italian Expert Recommends Grape Varieties for California

Dr. Vittorino Novello tours Sierra Nevada foothills, recommends several varieties that could flourish

Plymouth, Calif.-After touring Sierra Nevada foothills vineyards in El Dorado and Amador Counties and sharing information with growers on viticultural practices for Italian winegrape varieties, Professor Vittorino Novello of the University of Turin, Italy, suggested seven Italian varieties for growers to try that he believes offer potential for quality production in California.



[Continue reading this article on Wines & Vines Magazine website.](#)

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Become a UCCE Master Gardener of Amador County - Training in Winter through Spring of 2017

Open all year

[Amador](#)

[Open Enrollment](#)

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

9-24: [Concours D'Elegance - Classic Car Show](#)

10-2 thru 10-8: National 4-H Week

10-5 thru 10-16: [Tractor Supply Co. Paper Clover Sales](#)

[Calaveras](#)

[Open Enrollment](#)

9-24: [Concours D'Elegance - Classic Car Show](#)

10-2 thru 10-8: National 4-H Week

[El Dorado](#)

[Open Enrollment](#)

9-19: [Volunteer Leader Orientation](#)

9-24: [Concours D'Elegance - Classic Car Show](#)

10-2 thru 10-8: National 4-H Week

10-5 thru 10-16: [Tractor Supply Co. Paper Clover Sales](#)

[Tuolumne](#)

[Open Enrollment](#)

9-22: [Need Enrollment Help?](#)

9-24: [Concours D'Elegance - Classic Car Show](#)

9-28: [Need Enrollment Help?](#)

9-29: [Voluneer Informational Meeting](#)

Do you enjoy gardening? Do you love to teach others about your passion of gardening? Do you have time to volunteer with a great group of people? Think about becoming a UCCE Master Gardener volunteer of Amador County. Training is open to Amador and El Dorado County residents. Training will be on 15 Mondays, January 23 - May 15, 2017, 9-2:30 pm.

There will be an orientation meeting on October 18 at 4:00 pm in our Jackson UCCE Office at 12200 Airport Road. Learn about the application process, training and volunteer requirements at this meeting.

The [application process](#) will open up on September 1st.

Once More With Feeling



The UCCE Master Gardeners of El Dorado County are at it again, working hard to prepare for the 13th plant sale. The Master Gardeners of El Dorado County discovered with the spring sale that the ideal venue for all future sales is the Sherwood Demonstration Garden.

Most of the previous plant sales were held at the Veterans Memorial building parking lot in Placerville. The Vets were gracious enough to let us have the use of their lot for 11 sales; many thanks go to them for being such good partners.

With the opening of the Sherwood Demonstration Garden in October of 2015, we knew we had found the perfect

9-29: [Volunteer Leader Orientation](#)

10-2: [Tuolumne County 4-H Achievement Night](#)

10-2 thru 10-8: National 4-H Week

10-5 thru 10-16: [Tractor Supply Co. Paper Clover Sales](#)

UCCE MFP Classes

Free Classes Offered by

[UCCE Master Food Preservers](#)



[Amador/Calaveras](#)

9-10: [Fall Fruits](#) - Amador

9-14: [Pressure Canning Basics](#) - Amador, Wed. Eve. - Pre-Registration

9-28: [Dehydrating Basics](#) - Amador, Wed. Eve. - Pre-Registration

[El Dorado](#)

9-7: [Grapes: from garden to table](#) - MFP/MG Combo

9-21: [Olives: from garden to table](#) - MFP/MG Combo

9-28: [Sausages & Deli Meats](#)

UCCE MG Classes

Free Gardening Classes offered by

[UCCE Master Gardeners](#)

[Monthly Gardening Tips](#)

[Amador](#)



spot. What better way to attract visitors to the garden than by offering for sale many of the plants already in place at the garden? The spring sale was very successful and brought many new people to the garden to enjoy its splendor.

And now we are working on the first ever fall sale at the Sherwood Demonstration Garden which in the author's mind is more significant than the fact that it will be the 13th plant sale. Every time we offer an event at the Garden, we provide another good reason for people to visit there. The Sherwood Demonstration Garden is not just an almost-2 acre garden. It is actually 16 separate and distinct gardens, each highlighting a different aspect of what can be achieved in the diverse micro-climates seen in El Dorado County.

So mark your calendars for September 24th and plan on coming to see what the UCCE Master Gardeners of El Dorado County have available at the fall plant sale.



Whether you are looking for Herbs, Perennials, Ornamental Grasses, Succulents, or Shrubs and Trees, you can find them at our sale. In addition to finding what you want for your gardens, the variety you can see at the Sherwood Demonstration Garden will inspire you to expand your gardening horizons into areas you might not have thought of without viewing them in multiple settings.

Online Seminars on Animal Science Topics

The UC Davis Department of Animal Science has an extensive archive of seminars going back to 2007. The seminars are roughly an hour in length and cover a multitude of topics pertaining to animal husbandry, genetics, reproduction, disease, and much more. Many of the presenters are UC Davis faculty and graduate students in addition to a number of visiting faculty from across the globe.

9-10: [Summer Fruit Tree Pruning](#)

9-17: [Winter Gardening](#)

9-24: [Building Soil - Garden Clean-Up - Tool Care](#)

Calaveras

9-14: [CalaverasGrown Farmers Market](#)

9-24: [Open Garden - Vegetable Gardening](#)

El Dorado

9-7: [Grapes: from garden to table](#) - MFP/MG Combo

9-10: [Saturdays with Barry](#)

9-14: [Putting Your Garden to Bed](#)

9-17: [Successful Gardening with Flowering Native Plants](#)

9-17: [Seed Saving & Journaling](#)

9-21: [Olives: from garden to table](#) - MFP/MG Combo

9-24: [Fall Plant Sale](#)

Lake Tahoe

9-13: [Allium Phenology Study](#)

9-13: [Planting Fall Bulbs](#) - SLT Farmers Market

Tuolumne

9-10: [Open Garden Day - Learn About Invasive Plants/All About Native Plants](#)

UC ANR Tidbits

UC IPM & more...

The videos are available online at:

<http://animalscience.ucdavis.edu/ens/seminars/index.html>

Why Pop Tabs?

Collecting pop tabs is a great way to teach kids about philanthropy and the importance of recycling while raising funds to help children and their families at the same time.



Why save pop tabs?

Ronald McDonald Houses collect pop tabs instead of entire aluminum cans because it is more hygienic to store tabs than cans, and collection and storage is easier. The program allows people of all ages to support Ronald McDonald House Charities and know they are making a difference for families and children.

What do we do with the pop tabs?

The pop tabs collected are turned in and weighed to determine their value. The proceeds collected from recycling helps fund the programs supported by Ronald McDonald House Charities Northern California.

What does it take to collect pop tabs?

It's so easy! While we encourage you to recycle your entire can, we ask you to save the tabs for RMHCNC! A simple sandwich bag in your kitchen is enough to get your family started. For larger groups, we suggest containers with wide mouths such as paper milk cartons or coffee cans. When your storage is full, you can turn them into the House.

El Dorado County 4-H has been collecting the pop tabs for years now. To find out how your 4-H Club or Project can be involved call Nancy at our El Dorado County Office 530-621-5503.

Events & Workshops



Finding Pocket Gopher Tunnel Systems.



Planning a Low Water Landscape

New at IPM

[*Tree Squirrel Management](#)

[*Asian Citrus Psyllid and Huanglongbing Disease](#)

Download the [Top 10 pests in gardens and landscapes and how to control them.](#)

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

Quick Links...

[Our Website](#)

[Events & Workshops](#)

[Archived Newsletters](#)

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Accessibility

Save the Date for the UCCE Master Gardeners of El Dorado County's Fall Plant Sale

When: September 24, 2016

Where: Sherwood Demonstration Garden located behind Folsom Lake College El Dorado Center, 6699 Campus Drive in Placerville, CA.

Hours: 8 am to 2 pm

You are invited!! If you haven't been to one of our plant sales before, be sure to come to this one. If you have been to prior sales, then you won't want to miss this one.

Master Gardeners have been working hard to have plenty of plants for your fall planting and to keep the Sherwood Demonstration Garden looking its best, you will have lots of examples of what to plant, what to pair plants with and where is the best location for the plants you bring home.

Mark your calendar and we'll see you then!!



Click flyer to download.

Secrets of the Soil - Save-the-Date

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



In-depth workshop sponsored by UCCE Master Gardeners of El Dorado County. Join University of California experts, Chuck Ingels, Amanda Hodson and Rei Scampavia as they unearth the keys to building healthy soil and growing healthy plants.



Save the Date: November 1, 2016

Download the [Secrets of Soil workshop flyer](#).

A flyer for the "Secrets of the Soil" workshop. The flyer has a green border and contains the following text:

Secrets of the Soil
Unearth the key to healthy soil, healthy plants.

In-depth workshop presented by UCCE Master Gardeners of El Dorado County

A teaspoon of soil teems with life and activity. Thousands of microbes, fungi, mycorrhizae, protozoa – each invisible to the native eye – work together with roots, air, water, insects, earthworms and other creatures to give soil structure and to create a dynamic soil web.

Join **University of California** experts and the UCCE Master Gardeners of El Dorado County as we explore the vitality of soil and unearth the keys to sustaining this marvelous environment in our own gardens.

This workshop is essential for every gardener.

When: Tuesday, Nov. 1, 2016; 8:30-2:30
Where: Cameron Park Community Center
Registration: \$25.00 until Oct. 17. \$30 from Oct. 18 to Oct 28.
Details: includes coffee with snacks, light bag lunch, class materials, informational tables, Q&A with presenters and Master Gardeners.
For more information and to register: <http://ucanr.edu/secretsofsoil>

Chuck Ingels As a UCCE Farm Advisor, Chuck Ingels understands the inter-relationships of soil, roots, air and water. He will illustrate how they interact to promote the growth of healthy soil, healthy plants.	Amanda Hodson A recent PhD post doc at UC Davis, Amanda Hodson's research has focused on soil ecology and the relationships among soil organisms, especially nematodes and earthworms.	Rei Scampavia A doctoral candidate in entomology at UC Davis, Rei Scampavia researches the affect of farming practices, such as tillage and irrigation, on the reproductive behavior of native ground nesting bees.
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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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