

December 2019

UC Cooperative Extension
Central Sierra News

University of California
Agriculture and Natural Resources

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Serving Amador, Calaveras, El Dorado & Tuolumne counties

Your monthly news & event announcements

Join our mailing list.

Greetings!

It is finally raining (and snowing) in the Central Sierra region! Prescribed burn workshop participants are able to participate in fire activities now that the humidity is up. Master Gardeners are ready to help you make holiday wreaths and have lots of information for you about cranberries, winterizing your garden and more. 4-H activities are in full swing as kids throughout the area begin their projects, and the community nutrition educators are busy providing delicious food tastings to area students and other community members.

We hope you get to spend time this month visiting friends or family and celebrating some of the many holidays on the way. In these dark evenings and cold weather, spend some time exploring the different areas of our website; you can learn about everything from healthy forests to healthy snacks and even listen to a radio show about gardening.

Thank you for your ongoing interest and support of UCCE Central Sierra.

JoLynn Miller

Director and 4-H Youth Development Advisor

University of California Cooperative Extension Central Sierra

Visit our Website

UC
CE UC Cooperative Extension
Central Sierra on Facebook



TOMORROW IS GIVING TUESDAY!

Join us at midnight and be the first to give—or visit us anytime tomorrow as we highlight the impact of our programs across the state.

Your gift to UC ANR and UCCE Central Sierra has the chance to be **DOUBLED** thanks to generous donors who have committed to the first \$15,000 raised.

So what's all this again?

Tomorrow, as people around the world support important causes, donate to UCANR and UCCE Central Sierra to invest in research, education, and services in your community—to be

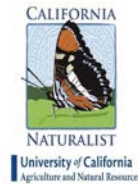
It's a MATCH!



#GIVINGTUESDAY™

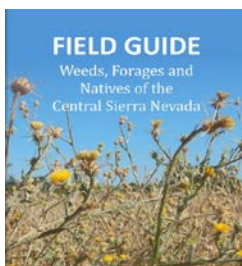
a neighbor in times of need. By donating to UC ANR, you support programs for a healthier California. Spread the word to friends and family who also want to make an impact.

We'll be in touch again soon to ring in Giving Tuesday. Stay tuned via our Facebook page for exciting updates! And if you are reading this after Dec. 3, it's not too late! You can donate to our various programs any time of year!



Donate to your favorite UCCE Program today! #GivingTuesday

The perfect gift or stocking stuffer - and it's free!



Free copies are available now at our UCCE County offices. Or click image for eBook.

Amador Office - Monday - Thursday, 9am - 1pm: 209-223-6482

Calaveras Office - Monday - Friday, 8am - 4:30pm: 209-754-6477

El Dorado Office - Monday - Friday, 8am - 5pm: 530-621-5502

Tuolumne Office - Monday - Friday, 9am - 5pm: 209-533-5695

UCCE Central Sierra Agriculture

DECEMBER 4 - Continuing Education Workshop

***** REGISTER TODAY *****

Tuolumne County Agricultural Commissioner
Continuing Education Workshop



December 4, 2019

9:00am - 12:15pm

Doors open @ 8:30 - No fee to attend

18440 Striker Court, Sonora

To register call (209) 533-5681 or email
gshutler@co.tuolumne.ca.us

Agenda:

- Top 10 Violations
- Noxious Weed, Forages and Natives of the Sierra Nevada

[Download the event flyer](#)

Principles of Fruit & Nut Tree Growth, Cropping & Management - Registration now open!

March 23 - April 2, 2020 - University of California, Davis campus



This course is very unique and perfect for new orchard farmers.

For more information, see the [online workshop brochure](#) or go to the [Principles of Fruit & Nut Tree Growth, Cropping & Management webpage](#).

Please address any questions to fruitsandnuts@ucdavis.edu

UCANR Green Blog

Early UC hemp research already yielding results

Published on: October 29, 2019 For the first time ever, UC Agriculture and Natural Resources (UC ANR) researchers harvested an industrial hemp crop at one of its nine research and extension centers this fall. "It's an interesting crop," said UC...
[Read more](#) ucanr.edu



UCCE Central Sierra Forestry

Videos from the Shaver Lake Prescribed Burn Workshop Day 2
Learn more on the [UCANR Central Sierra Forestry Page](#)



Last week, I sent a survey to area ranchers to help get a handle on the impacts from the public safety power shutoffs. While I'm still collecting data (**if you're a rancher and have not yet participated in the survey, click on this link: <http://ucanr.edu/oct19livestockwatersurvey>**), I wanted to share some preliminary results.

[Continue reading "Public Safety Power Shutoffs - Preliminary Results from Rancher Survey" blog](#)

UCCE Central Sierra Master Food Preservers



While our Master Food Preservers are taking a much needed December break, we invite you to visit our [UCCE MFP website](#) to learn more about food safety, pressure canners, and lots more

Coming in 2020 - Master Food Preserver Training

There's not much that's better than seeing the excitement on someone's face when they learn something new. Jaws drop when people learn how to make jelly from corn cobs that taste like honey; how to dry tomato skins and grind them into a flavorful seasoning powder; why their low-sugar jam molded in the fridge and how to prevent it in the future; how to make mozzarella cheese from scratch; how to pickle just about any fruit or vegetable; and how to easily preserve delicious homemade soup in a pressure canner.



If you'd like to be part of our UC Master Food Preserver Volunteer Program to help educate people in our community, come to one of our training information sessions to learn about our program and the training we offer to become a certified agent of the University of California. Master Food Preserver volunteers teach research-based food preservation techniques at classes that help families stretch their food dollars, reduce food waste, and understand the food safety issues with various preservation techniques. Aside from all this, it's just fun to learn new preservation techniques, try new recipes, make fun meals, and get to know "your people" – others with a passion for food and community involvement.

Both the Amador/Calaveras and El Dorado programs are leading training programs for their counties early in 2020. Visit our training website at http://ucanr.edu/be_mfp for details about upcoming training information meetings and to apply.

UCCE Central Sierra Master Gardeners

[Amador Master Gardeners](#)

12-7: [Holiday Wreath Workshop](#) - [Download flyer](#) - [Register](#)

[Calaveras Master Gardeners](#)

[Master Gardener Articles](#)

[December to-do list](#)

[El Dorado Master Gardeners](#)

[Master Gardener Articles](#)

12-7: [Garden Tour and Solar Viewing](#)

12-14: [2nd Saturdays Open Garden Day](#)



Lake Tahoe Master Gardeners

[Master Gardener articles](#)

Tuolumne Master Gardeners

[Master Gardener Articles](#)

[Master Gardener Radio Show](#)

Weekly information table:

- The Columbia Farmory - Year round 1800 Airport Road, Columbia - Wednesdays from 11:00 am - 3:00 pm

UCCE Central Sierra 4-H Youth Development

GivingTuesday Donors to Tuolumne and Calaveras County 4-H programs can double and triple their gifts on December 3!

On GivingTuesday, California 4-H supporters will have an opportunity to double and triple their impact with a gift in support of 4-H youth in Calaveras and Tuolumne counties.

"4-H is the number one youth leadership program in the country, and we consistently hear from 4-H alumni that they attribute their college and career successes to the skillsets they learned in 4-H," said Rosemary Giannini, 4-H community educator for Calaveras and Tuolumne counties.



GivingTuesday is a global generosity movement, unleashing the power of people and organizations to transform their communities and their world. GivingTuesday will kick off the generosity season this year by inspiring people to give back on Dec. 3, and throughout the year.

This year, Calaveras and Tuolumne County 4-H is asking local businesses and individuals to consider supporting their 4-H programs when making their year-end gift.

"Our goal is to raise \$30,000 in support of the Calaveras and Tuolumne County 4-H program. With these funds, we will be able to provide more youth in our county with the skillsets that will set them up for life," said Giannini. "We will use the funds to offset enrollment fees, purchase supplies, provide livestock loans, and offer fee waivers to camp and the state leadership conference."

"We are thrilled and grateful to kick off this year's giving season with a \$15,000 gift for Calaveras County 4-H from a generous couple whose mothers were involved in 4-H and want to see the program grow. This lead gift gets us halfway to our fundraising goal for Calaveras County, and will serve as a 1:1 match for all donors who make a gift to Calaveras County 4-H on Giving Tuesday," said JoLynn Miller, UC Cooperative Extension 4-H youth advisor for the Central Sierra Multi-County Partnership.

Tuolumne County 4-H donors will also have the opportunity to double their impact! The California 4-H Foundation is participating with a \$25,000 match offered to all 4-H programs throughout California. Each year, the California 4-H Foundation Board works to raise funds to offer a 1:1 match for the 4-H program.

"This is such a wonderful opportunity," Miller said. "Calaveras County 4-H donors could triple their impact between the two match challenges."

Those who are interested in joining Calaveras and Tuolumne counties' GivingTuesday initiative can visit <http://donate.ucanr.edu>, click on the 4-H tile, and choose "Calaveras County" or "Tuolumne County."

UCCE Central Sierra Community Health & Nutrition

Nutrition News for the Central Sierra

A monthly newsletter about food, nutrition, and healthy living in the Central Sierra.



Welcome to the re-launch of our monthly newsletter from the Nutrition, Family and Consumer Sciences program of the University of California Cooperative Extension! To read [this month's newsletter](#), or peruse past issues, visit our [website](#), or click below to subscribe and never miss a quarterly issue!

[Click here to join the Nutrition Newsletter Mailing List.](#)

Harvest of the Month



During the month of December, cabbage has had a chance not only to grow to its full size and density, but also to experience some cool weather which helps it become sweeter and mellow in flavor. Regular green cabbage, red cabbage, and crinkly savoy cabbage varieties are all full of vitamin C, which can help boost the immune system during short, cool winter days. Cabbage is also a good source of fiber, and is a versatile ingredient in many dishes, both raw and cooked. See below for healthy

recipe ideas starring cabbage, or learn more about cabbage and view its nutrition facts at [Harvest of the Month](#).

Recipe Ideas:

[Chicken & Cabbage Salad](#)

[Red Potato and Cabbage \(Colcannon\)](#)

[Tangy Cabbage](#)

[Fruit and Nut Slaw](#)

Healthy Central Sierra Blog

Farm to Camino Elementary - Author: Katie Johnson

During the 2018–2019 school year, UCCE CalFresh Healthy Living Nutrition Educators and El Dorado County farms partnered to bring local produce to Harvest of the Month tastings with kindergarten through 5th grade students at Camino Elementary School. For seven months, 290 students participated in 30-minute lessons and tastings about an in-season crop. Of the seven tastings, three were donated by local farms and one lesson was led by a local farmer.

[Continue reading the "Farm to Camino Elementary" blog](#)



UCCE Integrated Pest Management and more...

The truth about turkeys

It has been rumored that Ben Franklin proposed the turkey as the national bird and symbol of our nation. Whether this is true or not, there is evidence that Franklin thought highly of this holiday bird. In a letter to his daughter, Franklin...

[Read more](#)
ucanr.edu



[Plant problem diagnostic tool](#)

[Natural Enemies Gallery](#)

[Weed Identification and Photo Gallery](#)

[Seasonal IPM](#)

[Recent Updates at IPM](#)

[UCIPM Weather Models & Degree Days webpage](#)

Thank you for your continued interest in the UC Cooperative Extension Central Sierra's news, workshops, and events.

Sincerely,

JoLynn Miller

Director and 4-H Youth Development Advisor

University of California Cooperative Extension Central Sierra

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