

January 2020

UC Cooperative Extension  
Central Sierra News

University of California  
Agriculture and Natural Resources

PRACTICAL • CONNECTED • TRUSTED

Serving Amador, Calaveras, El Dorado & Tuolumne counties

## Your monthly news & event announcements

Join our mailing list.

Greetings!

Welcome to the new year! If you have visited our [website](#) recently, you may have noticed it has a new look. Throughout the state, UCANR is transitioning to a more accessible and (hopefully) more user-friendly website platform. Visit the Calendar page to find out about upcoming classes, workshops, volunteer trainings and continuing education opportunities. Explore the various Program pages for detailed information and resources about all the things we do; from Agriculture to Rangeland, and everything in between, our staff members and volunteers work hard every day to help you help yourself and your community.

JoLynn Miller  
Director and 4-H Youth Development Advisor  
University of California Cooperative Extension Central Sierra

Visit our Website



## Welcome our new staff members

### Welcome our newly hired UC CalFresh Nutrition Educator in South Lake Tahoe: Alejandra Giron



Alejandra has joined the CalFresh Healthy Living team, and is also working on integrated healthy living projects with the UC 4-H program. Alejandra was raised in South Lake Tahoe and has worked for the Lake Tahoe Unified School District for the past three years as a bilingual instructional assistant in the two-way immersion school. She also worked for the past four years for the Boys and Girls Club of Lake Tahoe as a program leader. Alejandra is very passionate about teaching. She has associates degrees in Spanish, Social Science and Liberal Arts. She enjoys hiking, road trips, beach days and whenever

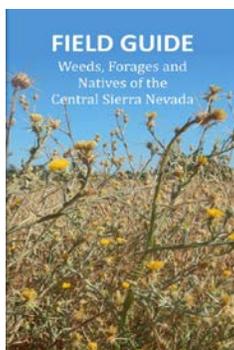
she can she LOVES being at the ocean, which she would call her happy place. Alejandra is very excited to have joined the team and is looking forward to working with everyone!

### Welcome our newly hired Administrative Assistant in Amador County: Erica Malaspino

Erica is a 7th generation Amador County resident. She is thrilled to join the UC Cooperative Extension after working for almost a decade in special education for the school districts in Amador and Lodi Unified. Community outreach and education is her passion so being able to continue being involved in her new role is satisfying. In her free time she can be found volunteering with her church, Soroptimists, Amador Senior Center (with her 87 yr old grandmother) and the countless activities and sports her 3 boys are involved in.



### Get a head start on spring: Identify and eradicate those noxious weeds!



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

Amador Office - Monday - Friday, 8am - 5pm: 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

**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](mailto:fruitsandnuts@ucdavis.edu)

**UCANR Blog:  
Safeguarding abundant and healthy food for all Californians**

**Where there is fire, is there smoke flavor in winegrapes?**

By the time the Mendocino Complex Fires were officially contained on Oct. 4, 2018, five weeks after igniting, they had burned approximately 450,000 acres in Colusa, Lake, Glenn and Mendocino counties, making it the largest wildfire in California history, according to CalFire.

The fire not only destroyed 280 homes and other buildings, its smoke destroyed the market for wine grapes grown in vineyards near burned areas.

Fearing grapes near the fire would impart smoke flavors to the wine, some wineries rejected all fruit from nearby regions of Lake County and Potter Valley, leaving grape growers to hastily find new destinations for their 2018 crop.

“It can be difficult to determine if fruit has been compromised in quality when exposed to wildfire smoke, and whether or not smoke flavors will result in wine when fermented,” said Glenn McGourty, UC Cooperative Extension advisor in Mendocino County.

A new UC Cooperative Extension study shows wind direction and speed, temperature and a vineyard’s proximity to an active fire are factors that can help growers and winemakers predict smoke damage to fruit.



[Continue reading Where there is fire, is there smoke flavor in winegrapes?](#)

**UCANR Blog:  
Building climate-resilient communities and ecosystems**

**Turn food and garden waste into rich fertilizer with worms**



UC Master Gardeners in Stanislaus County presented an all-natural, sustainable solution to disposing garden and food waste during a session for the community on worm composting, reported John Holland in the [Modesto Bee](#).

All it takes is an 18-inch deep bin, equipped for drainage, and a supply of red worms. Provide the worms a substrate that contains a mix of high carbon materials - like shredded paper, dry leaves or sawdust - and kitchen scraps - such as fruit and vegetable cores and peels, leftover grains and coffee grounds. A few months later, the worms will have transformed the contents into a rich organic fertilizer ready to be applied to garden plants.

[Continue reading Turn food and garden waste into rich fertilizer with worms](#)

**UCCE Central Sierra Forestry**

**California Forest Stewardship 3-Day Workshops**

[Registration now open](#)

January 11th, 12th & 25th: UC Coop Extension Office, Ukiah

February 1st, 2nd, 8th: University of California, Berkeley

March 7th, 8th, 14th: Shasta College, Redding

This workshop series will help landowners develop plans to improve and protect their forest lands in an ecologically and economically sustainable manner. The workshops will address management objectives and planning, forest restoration, fuels reduction, project development, permitting, and cost-share opportunities. Participants will connect with other landowners and learn how to collect information to develop their own management plans.

Visit the [UCANR Forest Stewards Workshop page](#) for more information

[Download the workshop flyer](#)



## Forest Stewardship Education Initiative



Forest Stewardship Education Initiative is a *CAL FIRE* funded contract (8CA04547), awarded July 1, 2019 through June 30, 2021, to help landowners learn about and develop forest management plans.

The Forest Stewardship Education Initiative is an educational program for private forest landowners in California to increase capacity to manage forests for resilience from wildfire, insect outbreaks and other disturbances. The program will provide education on forest restoration, fuels reduction project development, permitting, and cost-share opportunities. The program will include development of curriculum on forest stewardship, dissemination by multiple electronic formats, and in person stewardship workshops.

Download and continue reading the [Forest Stewardship Education Initiative document](#)

## UCCE Central Sierra Master Food Preservers



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](http://ucanr.edu/be_mfp) for details about upcoming training information meetings and to apply.

## Amador/Calaveras Master Food Preservers

1-11: [Preserving Food for Infants & Toddlers](#)

## El Dorado Master Food Preservers

1-11: [Kombucha](#)

1-30: [Spirited Preserving](#)

## Central Sierra Master Food Preservers

1-15: [Citrus: Preserve it - Serve it](#) (Fairfield)

1-16: [Citrus: Preserve it - Serve it](#) (Napa)

1-21: [Citrus: Preserve it - Serve it](#) (Chico)

1-22: [Citrus: Preserve it - Serve it](#) (Yuba City)

1-23: [Citrus: Preserve it - Serve it](#) (Grass Valley)



## UCCE Central Sierra Master Gardeners

### Amador Master Gardeners

1-18: [Understanding and Improving Your Soil](#)

1-25: [The Selection & Care of Roses](#)

### Calaveras Master Gardeners

[Master Gardener Articles](#)

[January Gardening Tips](#)

### El Dorado Master Gardeners

[Master Gardener Articles](#)

1-11: [2nd Saturday Open Garden Day](#)

1-25: [Spring and Summer Vegetables](#)

### Lake Tahoe Master Gardeners

[Master Gardener articles](#)

### Tuolumne Master Gardeners

1-18 & 1-19: [Annual Save Our Polystyrene recycling event](#)

[Master Gardener Articles](#)

[Master Gardener Radio Show](#)

Weekly information table:

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



## UCCE Central Sierra 4-H Youth Development

**Head, Heart, Hands, Health. Growing Youth who Thrive.**

The 4-H Youth Development Program offers educational opportunities for children, teens, families, and adults. 4-H helps young people to reach their full potential as competent, confident, leaders of character who contribute and are connected to their communities.

When you join a community club, you make new friends, learn about raising animals, get involved in making a difference in your community, be a leader, learn about public speaking and record keeping skills, participate in county fair and 4-H camp, create things for everyone to enjoy, and go on exciting trips!



4-H members choose projects that interest them. A variety of projects are offered including;

- animal care
- arts & crafts
- community service
- leadership, and much more.

#### 4-H in your community

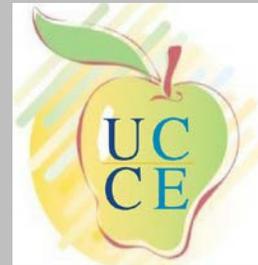
Each of the foothill counties offer a variety of experiences. To find out what is going on in your 4-H community visit your county's 4-H Program page:

[Amador 4-H Program](#)  
[Calaveras 4-H Program](#)  
[El Dorado 4-H Program](#)  
[South Lake Tahoe 4-H Program](#)  
[Tuolumne 4-H Program](#)

## 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 Nutrition, Family and Consumer Sciences program of the University of California Cooperative Extension! To read [this quarter'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



The month of January is a good time to eat winter squash, which come in different shapes, sizes, colors and flavors. Some of the most common types of winter squash include butternut squash, acorn squash and pumpkins, although there are many other varieties available. While all varieties of squash plants grow best during warmer months and won't tolerate freezing temperatures, winter squash develop hard rinds that allow the squash to be stored for months. This means the squash can be eaten into the wintertime, long after the plants that grew them are gone. Winter squash is a good source of vitamin A, vitamin C and fiber, and is a naturally sweet

vegetable that can be enjoyed in many different ways. See below for healthy recipe ideas, or learn more about winter squash and view its nutrition facts at [Harvest of the Month](#).

Recipe Ideas:

[Spicy Apple-Filled Squash](#)

[Winter Vegetables in Coconut Sauce](#)

[Squash Bisque with Ginger](#)

[Pumpkin Oatmeal](#)

## [UCCE Integrated Pest Management and more...](#)

### **UCANR Blog: Safeguarding abundant and healthy food for all Californians**

#### **Help keep spotted lanternfly out of California**

The spotted lanternfly (SLF) is a new invasive pest that has recently arrived in the United States. This planthopper has a wide host range of more than 70 plant species, including grapevines, apples, cherries, stone fruits and ornamentals. It's preferred host is the tree of heaven. SLF lays their eggs on inanimate objects such as railway cars, outdoor furniture, stones, wood pallets and vehicles which aids in their ability for wide dispersal.

[Click here to learn about spotted lanternfly lifecycle, preferred hosts and potential for damage.](#)

Early detection is key to keeping the spotted lanternfly out of California. Everyone - growers, pest control advisers, field workers and home gardeners - can play an important role in keeping the spotted lanternfly out of the state by being the eyes and ears needed for early detection. Take the time to become aware of how to identify this new exotic pest and report any suspected sightings to your local Agricultural Commissioner's office right away.



Together we can help keep the spotted lanternfly out of California!

[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



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

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[Our Website](#)  
[Events & Workshops](#)  
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UC Cooperative Extension Central Sierra | 311 Fair Lane, Placerville, CA 95667

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