

April 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

As the State of California has issued a shelter-in-place order to reduce the spread of COVID-19, UC Cooperative Extension in the Central Sierra is now working remotely. We are still here to answer your questions and address needs during this unprecedented situation.

[Join our mailing list.](#)

Dear UC ANR Stakeholder:

As you all know, national, state and local agencies have been implementing various measures to reduce the rate and risk of community spread of COVID-19. Many California counties, businesses, and school districts have implemented remote working protocols as California remains under shelter in place orders.

We wanted to update you on protective measures being taken by the University of California, including all UC ANR locations. In the last three weeks, all UC campuses, the Office of the President and UC ANR offices in Davis, Berkeley and Oakland began implementing telecommute and limited on-site operations protocols, and all UC Agriculture and Natural Resources county offices, research and extension centers and statewide programs are implementing similar protocols. As of Friday, March 20, all UC ANR employees are now working remotely, with the exception of designated essential on-site staff/academics.

Being mindful of official guidance concerning social distancing, all UC ANR functions, events, activities, meetings, etc. will also either be postponed, cancelled or moved to Zoom video conferencing through April 30, or until the guidance is modified. This directive also includes all volunteer-led youth or adult programming, meetings, or gatherings.

During this telecommute status, **I want to emphasize that we are still working and available to assist our partners and stakeholders across the state.** Critical research projects are being maintained and program delivery is taking place online. There is no impact to your ability

to connect with us by email, phone or Zoom video conferencing. We will work to find solutions to support our stakeholders throughout any possible scenario that the virus may bring.

We know that every organization we serve is facing unprecedented challenges at this time. UC ANR is happy to provide **free access to Zoom video conferencing tools and training**. Please contact your local Program Representative or Advisor if you would like assistance in accessing and using Zoom technology to support your activities. Zoom is also hosting daily trainings online:

https://livetraining.zoom.us/webinar/register/8915786869708/WN_Qkc7KpkNSFOdITwpZkGFIQ.

If you have any questions or issues regarding potentially impacted meetings, events, research, programs, etc., please do not hesitate to [contact your local UCCE office](#). We are here and available to assist you during this uncertain period.

Sincerely,

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

Visit our Website



While our in person events have had to be cancelled or postponed, we are working hard to create alternative ways to share information and resources with you. Many events and meetings have been converted to webinars or virtual meeting formats; visit the [UCCE Central Sierra Events & Workshops](#) page for more information.

ANR is still working for Californians

Author: Jeannette E. Warnert

UC Agriculture and Natural Resources is available to assist Californians across the state during the new coronavirus crisis. We are working differently, but we are still working to help residents improve their lives and businesses with resources on growing food in a garden, preserving food, entertaining kids with educational activities and many other useful topics at ucanr.edu.



We are finding opportunities to make life easier for communities...

[Read more](#)

UCCE Central Sierra Agriculture

Foothill Grape Day 2020: Happening Now!

We are pleased to offer [Foothill Grape Day 2020](#) FREE as a series of Zoom meetings during the week of March 30th.

You can connect via Zoom with an internet connection (audio and visual) or just with your phone (audio only).

Each session will include time for questions and answers from the audience via Chat.

Tuesday, March 31 - 11:00 – 11:45 am

Vineyard Weed Management: Highlights and Take Homes from My Career
John Roncoroni, UC Cooperative Extension North Coast Weed Science Advisor

Tuesday, March 31 - 1:00 – 1:45 pm

Smoke exposure and its related effects on wine.
Glenn McGourty, UC Cooperative Extension Viticulture Advisor, Lake/Mendocino

Wednesday, April 1 - 9 - 11:00 am Red Blotch Virus and Suspect Vectors (sign up once for all below)

- 9:00-9:15 am An overview of red blotch symptoms and spread in the foothills. *Lynn Wunderlich, UC Cooperative Extension Farm Advisor, Central Sierra*
- 9:15-10:15 am Investigation into the biology and behavior of the three-cornered alfalfa hopper and their relationship with vineyards. *Dr. Cindy Kron, UC Cooperative Extension North Coast IPM Advisor*
- 10:15-11:00 am Three-cornered Alfalfa Hopper and Other Potential Vectors of Red Blotch. *Dr. Houston Wilson, UC Asst. Cooperative Extension Specialist Kearney Agricultural Research and Extension Center, Dept. Entomology, UC Riverside*

Thursday, April 2 at 11:00am–Noon

Source-sink relationships in grapevine: Storage reserves and fruiting
Dr. Kaan Kurtural, Extension Viticulture Specialist; UC Davis Department of Viticulture and Enology & UC Oakville Experiment Station

Friday, April 3 at 11:00-11:45am

Grapevine trunk diseases in California: Research updates. *Dr. Akif Eskalen, UC Cooperative Extension Plant Pathology Specialist; UC Davis Department of Plant Pathology*

Register for one or more of these topics at <http://ucanr.edu/fgd2020zoom> to receive an invitation with a link to participate.

Urban Farms, Food Safety, and Food System Resilience During COVID-19

Author: Jennifer Sowerwine

As our world grapples with the containment of the novel Coronavirus (COVID-19), essential services including food provisioning remain vital to the health and well-being of our communities. Yet, many small farms are struggling as they face rapid decline in sales as restaurants, schools and other farm-to-institutions programs close. Many urban farms and community gardens who share the mission of providing fresh, health and affordable food to some of our most vulnerable community members are trying to decide whether and how their operations can stay open, as Shelter-in-Place orders mandate social distancing in many of our counties.

The good news is that many Shelter-in-Place Orders list farms, farm stands and farmers' markets as "essential businesses" and are therefore exempt from the Shelter-in-Place orders. However, there are some key [guidelines from the CDC](#) regarding social distancing, heightened health and hygiene practices and cleaning and disinfecting procedures that can help minimize exposure and risk of spreading of the virus. The other good news is that there is no evidence to date of Coronavirus spreading through food and food packaging. The virus is thought to be spread mainly from person to person, however there is evidence that it can last for days on surfaces, thus the need to ramp up good health and hygiene practices, social distancing and cleaning & sanitizing of surfaces.

University of California research and extension faculty have compiled a list of valuable fact sheets and resources for farmers, community gardeners and other food system actors on the [UC Davis Food Safety website](#) to ensure that we can continue supplying fresh, healthy and affordable food to communities across our state... [Read more](#)



Agriculture to take a hit, but people still need to eat during coronavirus crisis

Author: Jeannette E. Warnert



The shut downs and self isolation sweeping across the country to curb the spread of coronavirus likely will not impact agricultural staple foods, but high-end wines and specialty ag products grown in California may suffer, reported Tim Hearnden in Western Farm Press.

Hearnden interviewed Dan Sumner, director of [UC Agriculture and Natural Resources' Agricultural Issues Center](#).

He said some California agricultural products see demand increase during tough economic times, such as less expensive wines.

“Central Valley grapes are nearly recession-proof,” he said. “When the stock market collapses or the dot-com busts, nobody’s buying \$200 bottles of wine anymore.”

Sumner said Midwestern corn and grains will hold their own, however California products... [Read more](#)

UCCE Central Sierra Forestry

Save the Date: California Forest Stewardship Workshops

Workshop dates: June 27th, 28th, & July 11th
Location: Blodgett Forest, Georgetown

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.

See the [Forest Stewardship Workshops](#) webpage for more details.

Forestry Institute for Teachers (FIT)



The Forestry Institute for Teachers is high-quality professional development that provides cross-curriculum (Math, Language Arts, Science, History, etc.) training that emphasizes and models Next Generation Science Standards, STEAM and Common Core while examining current forestry issues.

The Forestry Institute for Teachers is a multi-day residence workshop developed by the 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 2,700 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 using award winning environmental education curriculum; [Project Learning Tree](#) and [Project WET](#). 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.

2020 FIT Sessions

June 14-20, Plumas County
June 21-27, Tuolumne County
July 5-11, Shasta County
July 12-18, Humboldt County

See the [FIT webpage](#) for more information.

UCCE Central Sierra Livestock

Ranching - and Farm Advising - During a Pandemic

Author: Dan Macon

As I write this post on the morning of March 19, 2020, several of the counties surrounding Placer County, where I live, work, and ranch, have issued "shelter in place" orders in an effort to limit the spread of COVID-19. The only order I've actually read, from Sutter and Yuba Counties, specifically notes that the following "essential businesses" are among those exempted from the shelter in place order:

- Food cultivation, including farming, nurseries, livestock, fishing, and businesses necessary to support those industries;
- Food and agriculture processing and distribution facilities including those facilities on farms and those use to conduct related research.



In other words, I can continue doing most of what I do, but I will need to change some of the ways in which I work.

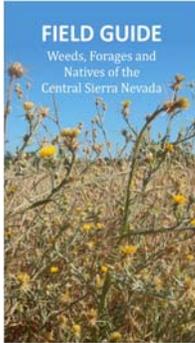
We are in the midst of lambing season, which means the sheep need to be checked 2-3 times a day (and more frequently during stormy weather). Fortunately, sheepherding is naturally socially distanced - even in normal times, we usually work independently. As the Sutter-Yuba order acknowledges, the work of farming - especially at this time of year - doesn't shut down. Animals need to be fed, crops need to be planted - the work goes on.

We farmers and ranchers - and agricultural researchers - still need to take precautions, though. We need to avoid large gatherings, maintain social distancing, WASH OUR HANDS FREQUENTLY! Our farms and ranches, and the communities who depend on the food and fiber we produce, are depending on us to stay healthy.

I can't speak for others, but at times the news has been a bit overwhelming.....

[Read more](#)

FREE UCCE Central Sierra Weed Guide



Free copies are available 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 Master Food Preservers

Per the State of California's shelter-in-place order to reduce the spread of COVID-19, we canceled all face-to-face classes and events through April 30th, 2020 and will continue to adjust our schedules to follow CDC and UC ANR recommendations. The health and safety of UC Master Food Preserver volunteers, staff and our extended community is our number one priority.



We are still here to answer your questions and address needs during this unprecedented situation. Use our "[Ask a Master Food Preserver](#)" link or call 530-621-5506 to leave a message and someone will return your call.

Thank you for your understanding.

UCCE Central Sierra Master Gardeners

While all of our gardens are currently closed due to the current COVID-19 situation, our UCCE Master Gardeners are still available to answer your questions! When leaving phone messages, be sure to include your contact information so they can get back to you with answers. You can also explore our online resources, including [monthly gardening tips](#), original articles written by UCCE Master Gardeners in [Amador](#), [Calaveras](#), [El Dorado](#), and [Tuolumne](#) Counties, and even a [gardening radio show](#), by visiting our [UCCE Master Gardeners of Central Sierra website](#) anytime!

Amador Master Gardeners

- Phone: 209-223-6838
- Email: mgamador@ucanr.edu
- On-line: [Ask a Master Gardener](#)

Calaveras Master Gardeners

- Phone: 209-754-2880
- Email: calaverasmg@ucanr.edu
- Online: [Ask a Master Gardener](#)

El Dorado Master Gardeners

- Phone: 530-621-5512
- Email: mgeldorado@ucanr.edu
- Online: [Ask a Master Gardener](#)

Lake Tahoe Master Gardeners

- Phone: 530-314-8383
- Email: laketahoemg@ucanr.edu

Tuolumne Master Gardeners

- Phone: 209-533-5912
- Online: [Ask a Master Gardener](#)



UC ANR COVID-19 Update: Master Gardener volunteer hours, extension resources

Given the tremendous impact COVID-19 is having on planned spring UC Master Gardener events and gardening activities across the state, program leadership has determined that all UC Master Gardener volunteers who choose to remain active and reappoint during the upcoming reappointment period (June 1 – July 31) will be approved, regardless of the number of volunteer or continuing education hours completed this program year. Further, volunteers will not be responsible for making up any incomplete volunteer and continuing education hours in the following program year. Read the message to volunteers at <https://conta.cc/2Jh4pMc>.

Sherwood Demonstration Garden Author: Sue McDavid, UCCE Master Gardener of El Dorado County



As I write this, the COVID-19 virus has greatly impacted what we as Master Gardeners like to do . . . interact with the public. However, this too shall pass and in the meantime, there are many solo activities we can do to pass the time and, of course, getting out in your own gardens is one of them.

The demonstration garden was due to reopen to the public again in April, but this is on hold until further notice. Fortunately, before restrictions were put in place, one project in the garden was able to be completed – our pergola/outdoor classroom. As you can see from the accompanying photo, this 24' x 35' structure was an ambitious undertaking and one we hoped to have 100% ready to use by the end of April. However, the basic structure was finished near the end of February. Many, many thanks to Master Gardeners, Paul Brink, Cheryl Turner and Sheri Burke for climbing up and down those tall ladders to place string lines, measure level grades over and over, guide the beams into place and put in dozens of screws. Jan Sherwood and I stayed on the ground being the go-fors and tool gatherers. Most importantly, this structure could not have been built without the expertise of Mike Burke, Sheri's husband, coming out numerous times with his backhoe to dig footings, hoist all the heavy beams up in the air to be placed into position and general knowledge of so many construction issues. He even helped build the retaining wall in front of the pergola after digging the footing for it!



The pergola/outdoor classroom is going to be a huge asset for us in presenting our public education classes, hands-on demonstrations, hosting various tour groups and the like. When totally completed, there will be pavers on the floor, electrically-operated side screens, a weather-resistant fabric roof, equipment for PowerPoint presentations and tables that can be converted to benches; the seating capacity will accommodate approximately 80 people. We are very excited about this and hopefully, it won't be long before we're in business and open again to the public.

Gardening provides stress relief in trying times

Author: [Jeannette E. Warnert](#)



With many schools are closed due to the coronavirus crisis, families are educating and entertaining children at home. Susan Schena of [The Patch](#) provided nine enriching activities for housebound kids; for the third one she turned to UC Master Gardener Louisa R. Cardenas from the Los Angeles County University of California Cooperative Extension for advice.

"There are numerous free sites with kids' gardening and environmental activities," said Cardenas, who chairs the Los Angeles County Master Gardener

Program School Garden Network. "While most resources focus on school-yard gardening, many activities may easily be applicable to home gardens or apartment living."

According to a [Los Angeles Times](#) article, gardening does more than keep the kids busy and enriched. It can relieve stress associated with trying times. The article cited [research in the Netherlands](#) in which a test group performed a stressful activity for 30 minutes, and then were

randomly assigned them to garden outside or read a book indoors. The study found that both activities reduced the cortisol levels that trigger stress, but the people who gardened saw much lower cortisol levels and their positive mood restored, as opposed to the readers, whose moods got worse.... [Read More](#)

UCCE Central Sierra 4-H Youth Development

Join us on social media & follow 4-H from home!

Watch our live virtual embryology project!



Setting Up the Incubator

JoLynn Miller is livestreaming embryology lessons on [FaceBook](#) for 4-H youth in Amador, Calaveras, El Dorado and Tuolumne counties. Get caught up by watching the videos from last week, and then follow along each day as we try not to count our chickens before they are hatched!

Visit your county's Facebook page for updates and activities to help keep us all connected:

[Amador 4-H](#)
[Calaveras 4-H](#)
[El Dorado 4-H](#)
[South LakeTahoe 4-H](#)
[Tuolumne 4-H](#)



Calaveras 4-H and Tuolumne 4-H are also officially on instagram! Follow [@tuolumne4h](#) and [@calaveras4h](#) to keep up to date on what's happening in your county! We will be posting fun activities and resources - be sure to check it out!



Camp dates: July 13th - 17th, 2020

[El Dorado 4-H Camp](#)

[Tuolumne 4-H Camp](#)

4-H summer camps are county-based programs that foster healthy living in the outdoors. Camp offerings differ in each county and each facility that has its own unique amenities - swimming pools, fishing ponds, waterfronts, campfire amphitheater, and more. Participating in camp programs help youth build self confidence, meet new people, and experience new opportunities.

Check the [Central Sierra 4-H Camps webpage](#) for updates; currently we are moving forward as if we will be able to have our summer camps as planned! Find specific information for your area's camp, including dates, schedules and contact information, by visiting the camp pages above.

[UCCE Central Sierra Community Health & Nutrition](#)

Visit our [UCCE Central Sierra COVID-19 Community Resources page](#) for the latest information about food resources and topics in your area.

Food Safety and Coronavirus Disease 2019 (COVID-19)

Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets. Currently there is no evidence to support transmission of COVID-19 associated with food. Before preparing or eating food, it is important to always [wash your hands](#) with soap and water for

20 seconds for general food safety. Throughout the day, wash your hands after blowing your nose, coughing or sneezing, or going to the bathroom.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

In general, because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from food products or packaging that are shipped over a period of days or weeks at ambient, refrigerated, or frozen temperatures.



CDC and Food Safety
www.cdc.gov/foodsafety

You should always handle and prepare food safely, including keeping raw meat separate from other foods, refrigerating perishable foods, and cooking meat to the right temperature to kill harmful germs. See CDC's [Food Safety site](#) for more information.

For more information on COVID-19, visit CDC's [FAQ page](#).

For more information on COVID-19 and food, see FAQ pages from the [U.S. Food and Drug Administration](#) and the [U.S. Department of Agriculture](#).

Nutrition News for the Central Sierra

Welcome to our monthly newsletter about food, nutrition, and healthy living in the Central Sierra.

To read [the most recent newsletter](#), or peruse past issues, visit our [website](#), or click below to subscribe.

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



Harvest of the Month



March is a great time to begin eating the many types of greenery that emerge in Springtime. Chard, often called Swiss chard or rainbow chard depending on the color of the plant stems, is a versatile ingredient to include in meals this month. Chard is related to both spinach and beets, and is a good source of iron, potassium, and fiber. See below for health recipe ideas, or learn more about chard and view its nutrition facts at the USDA's [Seasonal Produce Guide](#).

Recipe Ideas:

[Rainbow Chard with Pumpkin Seeds](#)

[Swiss Chard Pinwheel Bread](#)

[Chard Gratin](#)

[Lentil Soup with Swiss Chard and Lemon](#)

UCCE Integrated Pest Management and more...

A Message From the UC Statewide IPM Program: Pests and COVID-19

Author: [Karey Windbiel-Rojas](#)

Like you, we at the UC Statewide IPM Program are responding to the COVID-19 situation in ways that help protect ourselves, our families, and our communities. While much of the world's normal human activities have largely come to a halt, pests such as insects, rodents, weeds, and plant diseases are not affected by the virus and continue to impact our homes, gardens, landscapes, structures, crops, trees, and natural areas.



The University of California is committed to assisting you with your pest management needs. Although we are all working from home like many others, our staff are still working hard on updates to existing resources and creating new content. The [UC IPM website](#) contains a vast amount of information to help you identify a pest and find solutions that fit your situation. If you are using any [pesticides](#), please pay special attention to the label and make sure that you are protecting your health by wearing protective equipment and using the product as directed. This includes bleach and other sanitizing products.

Please visit the [UC IPM website](#) for all your pest concerns in California. For individual pest questions, you may also wish to contact your local [UC Master Gardener program](#).

We hope you stay safe, healthy, productive, and pest free during this difficult time.

New additions to the UC IPM website.

[Citrus Pest Management Guideline revisions](#) are now online. General revision of the general information, diseases, nematodes, plant growth regulators, and weeds sections. New sections for Huanglongbing and Hyphoderma gummosis. Dothiorella gummosis section now called Bot gummosis.

[Walnut Blight](#) - Update to the walnut blight section of the Walnut Pest Management Guidelines is now online.

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

The University of California working in cooperation with County Government and the United States Department of Agriculture.

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>). Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance & Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

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