

May 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 still working remotely. We are 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 implemented various measures to reduce the rate and risk of community spread of COVID-19. Many California counties, businesses, and school districts are following remote working protocols as California remains under shelter in place orders.

We wanted to give you an update on the protective measures put in place by the University of California, including all UC ANR locations. 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 on March 20, and all UC Agriculture and Natural Resources county offices, research and extension centers and statewide programs are implementing similar protocols.

Being mindful of official guidance concerning social distancing, all UC ANR functions, events, activities, meetings, etc. have been cancelled or moved to Zoom video conferencing through May 31, 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 to our**

**collaborators and partnering agencies.** 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\\_Qkc7KpkNSFOdlTwpZkGFIQ](https://livetraining.zoom.us/webinar/register/8915786869708/WN_Qkc7KpkNSFOdlTwpZkGFIQ).

If you have any questions or concerns 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.**

## **UC ANR extends information to more Californians online while social distancing**

Author: Pamela Kan-Rice

As Californians stay home to avoid the new coronavirus COVID-19, UC Agriculture and Natural Resources is working differently to continue delivering research-based information to Californians across the state. Many educational events are being moved to online venues, where some UC Cooperative Extension scientists are finding larger audiences.



“A group of us are retooling our workshops for online delivery and have seen tremendous interest,” said Yana Valachovic, UC Cooperative Extension forest advisor in Humboldt County. “We have been blown away by the interest in this approach. The April oak health workshop has over 452 people registered after a week of advertising. We probably would have only had 40 people for an in-person event.”

[Read more](#)

## California Oak Health Recorded Webinars

Mendocino County recently recorded a set of Oak Health presentations. They are grouped by topic and they discuss the different workshops during the Q&A Session (below). The resources the presenters recommended are listed with the talk. See all of the webinars and additional oak resources on the [California Oak Health webpage](#).



## UCCE Central Sierra Agriculture

### Foothill Grape Day 2020 Presentations

The Foothill Grape Day presentations are available to download and view at your leisure.

This year's topic: [Vineyard Pest Management](#)

### Soil health for the common good



Though humans thrived here for millennia without planting seeds or herding animals, the phenomenal success of California's short-lived agricultural experiment is staggering on a planetary scale, and represents barely over a century of building the highly productive food systems that benefit us all today. The farmers who manage the fields, orchards and vineyards of our Golden State contribute greatly to the common good by providing abundant food from an astonishing variety of crops.

Yet, present and looming challenges of water supply, climate change, air quality and the long-term fertility and sustainability of California's agricultural soils threaten continued productivity. Such challenges compel farmers, researchers and the private sector to pursue creative soil management innovations that harmonize with the biological

foundations of resource use efficiency if California agriculture's future productivity is to be safeguarded.

Continue reading the [Soil health for the common good article](#).

## PPE in short supply for farm work during the COVID-19 Crisis

Author: Katrina Hunter, UC Integrated Pest



While most Californians are staying home to slow the spread of the novel coronavirus, California farmers, farmworkers and other agricultural professionals are out in the fields and packing houses working to produce food. With increased demand for personal protective equipment, or PPE, to protect against COVID-19, these essential workers are facing shortages. Agricultural commissioners in 28 counties are hearing from farmers who are having trouble getting PPE for their employees and farmers in another 11 counties who are worried about running out of PPE in the next month or two, according to a California Department of Pesticide Regulation survey.

Continue reading the [PPE in short supply for farm work blog...](#)

## Why are farmers destroying crops while store shelves are empty?

Empty grocery store shelves are troubling enough to California consumers who are accustomed to abundant supplies. To hear about farmers dumping milk, crushing eggs and plowing under crops when demand for food is strong just doesn't make sense to most consumers. Although the new coronavirus crisis has currently derailed the connection between supply and demand, "the food system in the United States is resilient and there is little reason for alarm about food availability," write University of California agricultural economists.



Overall, neither food consumption nor the amount of food supplied by farms have changed much, they write in a new article published by UC's Giannini Foundation of Agricultural Economics. The authors explain that the sudden closure of schools, restaurants and other institutions, coupled with residents in many states sheltering in place to reduce the spread of COVID-19, has disrupted normal patterns of where people buy food.

Continue reading [Why are farmers destroying crops while store shelves are empty?](#)

## UCCE Central Sierra Forestry

### California Forest Stewardship Workshops

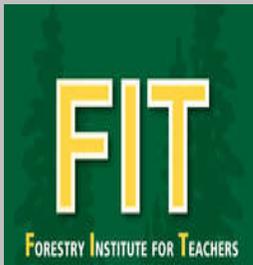
**Workshop dates: June 27th, 28th, & July 11th**

**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)



Update 2020: FIT has been Cancelled.

With considerable regret we have determined that we should cancel given the uncertainty and challenges brought on by the COVID Pandemic.

Check our [FIT webpage](#) next winter for information about the 2021 season..

## UCCE Central Sierra Livestock

### LIVESTOCK & RANGE NEWS SERVING VENTURA AND SANTA BARBARA COUNTIES

We recognize as this newsletter goes to press, that we are living through strange and unprecedented times. As you know, the State of California has issued an order to shelter-in-place to help reduced the spread of COVID-19, and all UCCE academics and staff are now working remotely. Despite that, we are still here to answer your questions and address your needs during this time. Matthew can be reached at [mwkshapero@ucanr.edu](mailto:mwkshapero@ucanr.edu) and 805-645-1475.

#### **The cow size of the future**

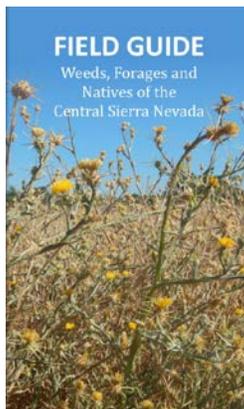
This past January and February were bleak. While we had a strong start to the rain year (in Los Alamos, for example, rainfall for November and December was 158% of normal), our historically two wettest months (Jan & Feb) were the second driest in the 110 years since records have been taken. It was hard not to begin to fear the worst—and there was drought on the mind. In mid-February, after six nearly rainless weeks, I was at a talk in Denver at the annual meeting for the Society for Range Management. The subject was how cow-calf producers could and would need to adjust their operations in the future, to respond to



seasonal weather patterns becoming increasingly more extreme and variable. There was talk of rethinking range cow size, and reference was made to research out of Wyoming that examined how cows of different size classes performed during different rain years. While March brought some good storms here locally and washed away for most the threat of catastrophic drought, the Wyoming paper still holds some valuable lessons for the future that I think are worth summarizing here.

[Continue reading the Livestock & Range News.](#)

## 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 May 31st, 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. Check out our [webiste](#), or 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.

## **Boiling Water and Steam Canning Basics: Pickling**

***Live class record April 22, 2020***

The UCCE Master Food Preservers of Amador/Calaveras County have held their first ever online LIVE class. This took place on April 22 and as a helper of logistics, I thought this first ever class went very well. This is a learning process, but the attendees seemed to login and

stay till the end, we had a question and answer session set up, handouts and a great presenter and the live demonstration was great. We even had a class evaluation survey for the attendees to fill out and give us comments on what we could do better. This will be another venue for the UCCE Master Food Preservers to get their public education classes out to the community.

If you would like to check this class out, the recording is available on the [Classes and Events webpage](#).

## UCCE Central Sierra Master Gardeners

While all of our gardens are currently closed due to the current COVID-19 situation, and our activities remain halted through May 31st, 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](mailto:mgamador@ucanr.edu)
- Online: [Ask a Master Gardener](#)
- Look for us on [Facebook](#).

### Calaveras Master Gardeners

- Phone: 209-754-2880
- Email: [calaverasmg@ucanr.edu](mailto:calaverasmg@ucanr.edu)
- Online: [Ask a Master Gardener](#)
- Look for us on [Facebook](#).

### El Dorado Master Gardeners

- Phone: 530-621-5512
- Email: [mgeldorado@ucanr.edu](mailto:mgeldorado@ucanr.edu)
- Online: [Ask a Master Gardener](#)
- Look for us on [Facebook](#)
- Follow us on [Instagram](#)

### Lake Tahoe Master Gardeners

- Phone: 530-314-8383
- Email: [laketahoemg@ucanr.edu](mailto:laketahoemg@ucanr.edu)
- Look for us on [Facebook](#).
- Follow us on [Instagram](#)

### Tuolumne Master Gardeners

- Phone: 209-533-5912
- Online: [Ask a Master Gardener](#)
- Look for us on [Facebook](#).



## Central Sierra Victory Garden Project

In addition to Plant a Row for the Hungry which Master Gardeners in El Dorado county have been doing for many years, Central Sierra has launched a new Victory Garden Project. This project includes Tuolumne, Calaveras, Amador and El Dorado Counties. Volunteers were concerned that the more folks stay at home the more they may need to participate with others and connect. The goal is to get information on creating home gardens to the public through social media. Master Gardeners will share public education on gardening using UC resources, videos and collaboration throughout the four counties to educate the public.

Join the [Central Sierra Victory Gardens 2020 Facebook Group](#).



## UCCE Central Sierra 4-H Youth Development



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

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](#)

[California 4-H](#)



## [California 4-H at Home webpage](#)

[Amador 4-H](#), [Calaveras 4-H](#), [El Dorado 4-H](#), and [Tuolumne 4-H](#) are also officially on instagram! Follow [@tuolumne4h](#) to keep up to date on what's happening in their county! Or [@California4H](#) to see whats happening around the state. We will be posting fun activities and resources - be sure to check it out!

## 4-H Camp Update



### Tuolumne County 4-H Camp

Due to COVID-19 restrictions, we have postponed our overnight Tuolumne 4-H Summer Camp to 2021. In lieu of the overnight camp, we are set to host a day camp July 13-17, 2020 at the Calaveras County Fairgrounds. The day camp will be \$50 for the week and include lunch everyday. If there are still gathering restrictions in place at this time, we will be hosting a virtual camp during this week for free. Please check out our [Tuolumne County 4-H Facebook page](#) for more information.

[Tuolumne 4-H](#) is hosting a virtual 4-H Fest this year! This event will include a foods competition, judging classes and the skillathon competition. There will also be online demonstrations from the various projects throughout the county!

Everyday we are posting a new activity on Facebook ([Calaveras FB](#), [Tuolumne FB](#)) and Instagram ([Calaveras](#), [Tuolumne](#))! These activities are all easily done at home and with the whole family. Each activity is based off of the National 4-H activity guides or peer reviewed curriculum. Even though we are all working from home, we never stop learning by doing!

### El Dorado County 4-H Camp

Camp is still scheduled and the price of \$250 will not increase this year helping with, ie. financial effects to families from the COVID stay-at-home directives. We will update everyone as we get our news. If you have questions, please email [Denise Veffredo](#).

## Calaveras County Fair Hosting a Virtual Junior Livestock Auction - May 17th at 9:00 am

**Calaveras County Fair Virtual Livestock Auction powered by Show Circuit Online Sales sponsored by the Bank of Stockton and Calaveras Cattlemen's Association.**

Many of our Calaveras 4-H members are participating in the virtual junior livestock auction due to the cancellation of the 2020 Calaveras County Fair and Jumping Frog Jubilee. If you would like more information about how to support these youth, go to [frogtown.org](#).

## County Fair Information

[Amador](#), [El Dorado](#) and [Tuolumne](#) County Fairgrounds are planning on moving forward with their fair dates at this time. Please keep up-to-date by checking their perspective websites linked above. If they have to cancel, the communities will find a way for our youth to market and sell their projects through venues such as online auctions.

## UCCE Central Sierra Community Health & Nutrition

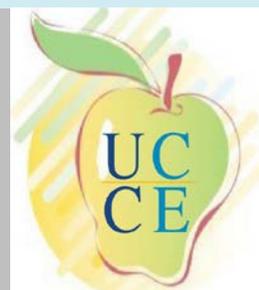
Visit our [UCCE Central Sierra COVID-19 Community Resources page](#) for the latest information about food resources and topics in your area.

### 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.](#)



### Creating family home cooking memories with love and gratitude

Growing up in a traditional Asian Indian household, home cooking was a part of the daily routine and a cultural practice. At the time, acquiring cooking knowledge and skills was an expectation and considered normal. When I moved to the United States, I added new knowledge about diverse cultural values and norms surrounding food and home cooking practices.

Today, with millions of people nationwide facing stay-at-home and social distancing guidelines, home cooking has found new meaning for many families. Navigating through this new normal, I feel blessed to have the cooking knowledge and skills that empower me to cook basic pantry food items into diverse cultural food recipes from across the world. Thanks to my family for keeping the passion of home cooking alive.

Continue reading the [Creating family home cooking memories with love and gratitude article](#).



## Harvest of the Month



May is one of the best months to eat the many varieties of lettuce that grow this time of year, from crunchy heads of butter lettuce to tender mixes of young multi-colored baby lettuces. Lettuce is an excellent source of Vitamin A and also provides some Vitamin C, folate, fiber, potassium, and other trace minerals. Different types of lettuce contain different amounts of these nutrients, but all types of lettuce make a healthy and delicious base for salads made with seasonal produce. Lettuce is known as an easy way to add a fresh crunch to sandwiches, wraps and others meals, but if you find yourself with an overabundance of lettuce this time of year, try something different and make lettuce soup! See below for recipe ideas, or learn more about lettuce and view its nutrition facts at the USDA's [Seasonal Produce Guide](#).

Recipe Ideas:

- [Romaine, Mango and Jicama Salad](#)
- [Asian Turkey Lettuce Wraps](#)
- [Spring Green Salad](#)
- [Hot or Cold Creamy Lettuce Soup](#)

## UCCE Integrated Pest Management and more...

### **New additions to the UC IPM website.**

[What is Integrated Pest Management \(IPM\)?](#) - Integrated pest management, or IPM, is a process you can use to solve pest problems while minimizing risks to people and the environment. IPM can be used to manage all kinds of pests anywhere—in urban, agricultural, and wildland or natural areas.

[Green Bulletin, Winter 2020 Issue](#) - Information for pest management professionals and pesticide applicators.

[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.

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#### Quick Links...

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[Events & Workshops](#)

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