

February 2021



UC Cooperative Extension Central Sierra

Serving Amador, Calaveras, El Dorado and Tuolumne counties.

Your monthly news & event announcements

Join our mailing list.

Greetings UCCE Central Sierra,

Finally, we get some moisture. Whether you got rain, hail, or snow I am sure you were as happy to see it as I was. Here's to hoping for much much more to help ease up on the drought we are in! We have lots of online classes and webinars coming up and a new online series of videos teaching forest landowners how to survey the trees on their property. There is a Lodi Virtual Grape Day, California Statewide Pear Research webinar and a couple of health and safety webinars for our agricultural community. An online Beef Quality Assurance Training and Certification for our livestock ranchers, this is February 2, so register fast if you would like to attend. And, if you haven't thought about firesafe landscaping since last summer, there is an online class on February 27. Registration is required, so check it out if this is on your todo list. So read on, I am sure you will find something to spark your interest.

Please take care and stay healthy.

Sincerely,

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

Visit our Website



2020 in Review: Serving California



UCANR - Coronavirus and COVID-19

As the State of California remains in the shelter-in-place order to help slow the rise of COVID-19 cases and give the vaccine time to reach everyone, UC Cooperative Extension Central Sierra will remain closed to the public until further notice. We continue to work remotely and are always here to answer your questions and address your needs. While we regret the inconvenience, our events will remain online for the near future. Please see our [calendar](#) or call us to learn more about the wonderful virtual classes we have coming in this month.

You can contact us at our main phone number, (530) 621-5502, or by email at cecentralsierra@ucdavis.edu.

Agricultural News

Virtual Lodi Grape Day - February 2, 2021

Tuesday, February 2 from 1:00 to 4:00 pm.

[Register Today!](#)

Lodi Grape Day is FREE to attend and open to everyone thanks to the support of our fantastic sponsors. Grape Day originated in 1952 and was created by a Lodi Chamber of Commerce Agribusiness Chairman, Calvin Mettler, and UC Davis Extension agent Gordon F. Mitchell to provide the latest information and thinking around grape culture to harvest. For this year's virtual event and in the absence of a Lodi Viticulture Farm Advisor, Kari Arnold, PhD (UCCE Area Orchard and Vineyard Systems, Stanislaus County) and Kamyar Aram, PhD (UCCE East Bay Specialty Crops Advisor, Alameda and Contra Costa Counties) will moderate the sessions, which include time for Q&A. Come with your questions!



UC Statewide IPM Project
©2000 Regents, University of California

Lodi Grape Day will be recorded and available online afterward at lodichamber.com and logigrowers.com with closed captioning, thanks to UC-ANR Program Support and sponsorships.

[View detailed agenda here.](#)

2021 California Statewide Pear Research Webinar

February 10 & 11, 2021

Sponsors: UC Cooperative Extension, Lake and Mendocino County Departments of Agriculture, California Pear Advisory Board, and Pear Pest Management Research Fund.

Wednesday, February 10, 8:00 am to 12:00 Noon &

Thursday, February 11, 8:00 am to 12:15 pm

1 hour Laws and Regulations, 3 hours Other of Continuing Education Units requested.

Download agenda.

Register by February 8th at <https://ucanr.edu/survey/survey.cfm?surveynumber=32841>.

Zoom link provided to registrants.

Western Center for Agriculture Health & Safety Webinars for February

Monthly Seminar Series: Frontline Leaders: Enhancing a Culture of Safety

Monday, February 1, 2021, 4:00 to 5:00 pm.

Webinars in English and Spanish. [Go to the Registration page.](#)

Reduce the Risk of COVID-19 in your Workplace / Reduciendo el Riesgo de COVID-19 en su Lugar de Trabajo

Friday, February 19, 9:00 am to Noon

Webinars in English and Spanish. [Go to the Registration page.](#)

Department of Pesticide Regulation Presents:

2020 Integrated Pest Management Achievement Awards

View webcast during the ceremony here: <https://video.calepa.ca.gov>

DEPARTMENT OF PESTICIDE REGULATION PRESENTS:

2020

INTEGRATED PEST MANAGEMENT
ACHIEVEMENT AWARDS

Thursday, February 18, 2021 at 1:30 p.m.

Join us to congratulate the 2020 IPM Achievement Award recipients for advancing reduced-risk pest management practices in California.

View webcast during the ceremony here: <https://video.calepa.ca.gov>

Visit us on the web at: www.cdpr.ca.gov

Email us at: achieve@cdpr.ca.gov



DEPARTMENT OF PESTICIDE REGULATION PRESENTS:

2020

PREMIOS A LOGROS EN IPM

Jueves 18 de febrero de 2021 a las 1:30 p.m.

Acompáñenos para felicitar a los ganadores del 2020 Premios a Logros en IPM por avanzar las prácticas de manejo de plagas de riesgo reducido en California.

Vea el webcast durante la ceremonia aquí: <https://video.calepa.ca.gov>

Visítanos en la web en: www.cdpr.ca.gov

Envíanos un email a: achieve@cdpr.ca.gov



Forestry News

Forest Stewardship Workshop

February 2 - April 13, 2021

Join the workshop to understand and protect your forests by developing a Forest Management Plan. Topics include:

- Forest management objectives and planning
- Forest health, insects and disease
- Forest and fire ecology, wildlife, watersheds
- Fuels reduction and forest resource marketing
- Mapping, inventory and silviculture
- Project development & permitting
- Getting professional help and cost-share opportunities
- Native American cultural vegetation management practices
- Bureau of Indian Affairs allotment and tribal lands information

Participants will utilize online resources on their own time to complete learning modules and short activities. Zoom meetings with all participants and presenters will take place once a week on Tuesdays, 6-7:30pm. The in-person field day will cover silviculture, forest inventory and

mapping activities. Participants who complete the workshop will be **eligible for a free site visit** with a California Registered Professional Forester.

Registration for the workshop is \$60. Sign up now at: <http://ucanr.edu/forestryworkshops/>

For additional information or questions, please contact Kim Ingram, Forest Stewardship Coordinator at kcingram@ucanr.edu or Sue Carter, Assistant Tribal Administrator/Environmental Director, Big Sandy Rancheria at suecarter@bsrnation.edu.

New videos demonstrate techniques and tools to survey forestland trees

Author: Jeannette E. Warnert



Forestland owners can learn how to survey the trees on their property from four new videos produced by UC Cooperative Extension, setting them on a course for sustainable management of their forestland. The videos are available on the [UC ANR YouTube channel](http://youtube.com/UCANR) (<http://youtube.com/UCANR>).

Learning the tools and techniques used for centuries by professional foresters and research scientists allows private forest owners to collect data that paints a picture of the land and trees' current condition.

"Whether it's managing to reduce wildfire, control invasive species, protect the nature beauty or maximize timber harvest, you need to know what you have so you can select the right actions to achieve your goals," said [Kimberly Ingram](#), UC

Cooperative Extension forest stewardship education academic coordinator.

[Continue reading the New videos demonstrate techniques and tools to survey forestland trees article...](#)

Livestock & Rangeland News

Beef Quality Assurance Training and Certification

February 2, 2021

UC Cooperative Extension in collaboration with the California Beef Council is excited to offer an online Beef Quality Assurance Training and Certification on **Tuesday, February 2, 2021, at 5:30-7:00 pm**. The online training will include presentations on antibiotic stewardship, vaccine administration and handling, record keeping, and carcass quality. There will also be a Question and Answer session with Dr. Gabriele Maier, DVM, Cooperative Extension Specialists in Veterinary Medicine.

This session will be live and will include lots of visuals. It is recommended you log in from a location with reliable internet and be a few minutes early!

Attendees will be required to complete a short online quiz post-training to receive your Beef Quality Assurance Training Certificate. The link to the test will be shared with attendees following the event.

The event is FREE to participate in. **Registration is required.** [Click here to register.](#)

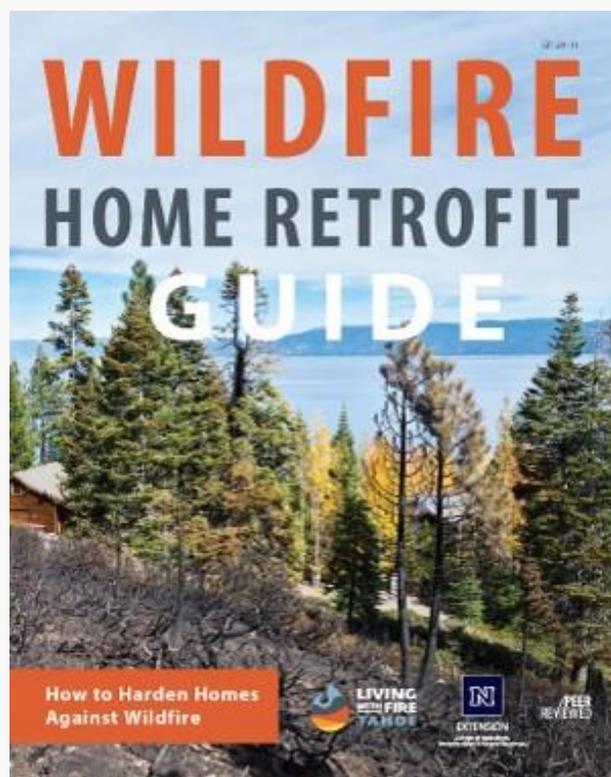
For questions or assistance please contact Tracy Schohr, livestock and natural resources advisor for Plumas, Sierra and Butte Counties at tk schohr@ucanr.edu or 916-716-2643.

Living with Wildfire

Just Published

Wildfire Home Retrofit Guide: How to Harden Homes Against Wildfire

Just Published! This guide includes specific recommendations for how to retrofit existing components of a home to withstand wildfire. Each section contains an explanation of how the component is vulnerable to wildfire and what can be done to improve that component.



[View the Home Retrofit Guide Here.](#)

Fire Preparedness for Farmers

by Ben Faber

Agricultural Wildfire Refresher Webinar

Wednesday, February 10th, noon to 1:30

This free webinar with OSU Extension will cover wildfire safety and prevention for agricultural operations and small landowners. The Lone Pine Rangeland Fire Protection Association and their partners will discuss their fire prevention plan. In addition, the webinar will feature a roundtable discussion with local fire managers in North Central Oregon on what producers should do when they have a wildfire and how they can collaborate with first responders in suppression efforts. This webinar is one option for producers to attend an annual agricultural wildfire refresher in 2021 to meet Oregon OSHA requirements for producers with employees who engage in fire suppression on their property. Certificates will be available for attendees. Additional requirements are for producers and employees to receive some sort of initial wildfire training, along with having an emergency action plan for medical and fire emergencies, fire prevention plan, and Job Hazard Analysis form.

Register online at: <https://beav.es/Jqy> (After registering, you will receive a link to join this free webinar.)

For questions and information, contact jacob.powell@oregonstate.edu.

UCCE Master Food Preservers

As we create a plan to return to work we are still working remotely to answer your questions and address needs during this time. We are working to provide more virtual presentations for our communities to learn safe home food preservation. Check out our [website](#), we have many [articles](#) and tested [recipes](#) for you. Or, if you have a food safety or food preservation question, see our "[Ask a Master Food Preserver](#)" webpage or call 530-621-5506 to leave a message and someone will return your call.

Thank you for your understanding.



Upcoming Food Preservation Classes

Master Food Preserver Programs in our area have been working on presenting live, online food safety and preservation classes. They are working on their 2021 schedule now. You must register to get the link to join the classes and in most cases any residents of Amador, Calaveras, El Dorado and Tuolumne counties may attend these classes:

2-3: [Ask a UCCE Master Food Preserver - Online](#)

UC Master Food Preservers invite you to an Ask a UC Master Food Preserver Q&A session with an emphasis on preserving winter foods. We'll have a team of volunteers who will share how they've

preserved citrus, broth, soups and cabbage. They're also happy to answer any food preservation questions.

This month's main topic for "Ask A Master Food Preserver" will be pressure canning soups. We will talk about processing soups and then open up the discussion for general preserving questions. This is your chance to chat directly with Master Food Preservers to answer your personal questions about safe home food preservation.

UCCE Master Food Preservers of El Dorado County is partnering with Amador County and Sacramento County in this "Ask A UC Master Food Preserver" series which are presented on Zoom the first Wednesday of each month from 6:30pm-7:30. Topics range from the basics of preserving to fun seasonal home-preserved products.

Join us and tell us what you want to preserve this winter; let's chat!

Free! [Registration required](#) any time before and during the session. You will receive the link to the session in the registration confirmation email.

[Check their online calendar for upcoming classes to be posted soon.](#)

UC Master Food Preserver Program Training

Want to Become a UC Master Food Preserver Volunteer?

The University of California Master Food Preserver Program invites adults interested in helping others learn about safe home food preservation to apply for certification as a UC Master Food Preserver volunteer in the following counties: Amador, Calaveras, Del Norte, El Dorado, Humboldt, Inyo, Modoc, Mono, Orange, San Bernardino, San Francisco, San Mateo, Solano, Sonoma, and Yolo.

UC Master Food Preserver volunteers learn research-based food preservation techniques and then share that knowledge with their local community at online and in-person public demonstrations and guest speaker presentations, through social media, and at information booths at farmers markets, county events and the California State Fair.

Attend the next online informational meeting to learn more about the volunteer requirements as well as the selection and training process. Each session lasts one hour and will be recorded. Attendance or viewing of the information meeting is a mandatory pre-requisite to apply.

Friday, February 5: 12:00 Noon—1:00 pm

Please rsvp online to attend the training information meeting at <http://ucanr.edu/2021-mfp-training-mtg> or [view the recording of the previous meeting](#).

The 2021 UC Master Food Preserver program online training classes will be on 18 Fridays from 2 pm - 4 pm on the following dates: March 5, 19; April 2, 9, 16, 23, 30; May 14, 21; June 4, 11, 18, 25; July 9, 16, 23; August 6, 13. Hands-on lab classes will be scheduled once in-person activities resume.

The UC Master Food Preserver training program consists of over 40 hours of intensive training. Costs vary by county depending on lab expenses. The fee for the Central Sierra counties (Amador, Calaveras and El Dorado) is \$150. This price covers three training manuals, class materials, and all lab expenses.

The 2021 Training Program is now open for applications at <http://ucanr.edu/2021ucmfp>. Prior food preservation experience is not required. Applications are due by the end of **Sunday, February 7, 2021**. A background check including fingerprinting is required upon acceptance.

For more information please visit <http://ucanr.edu/be-mfp> or contact Sue Mosbacher at smosbacher@ucanr.edu.

Follow Us Online

UCCE Master Food Preservers of Central Sierra

Amador/Calaveras

- Phone: **209-223-6482**
- Email: acmfp@ucanr.edu
- Online: [Ask a Master Food Preserver](#)
- Look for us on [Facebook](#)

El Dorado County

- Phone: **530-621-5506**
- Email: edmfp@ucanr.edu
- Online: [Ask a Master Food Preserver](#)
- Look for us on [Facebook](#)

UC Master Food Preserver Program

[Publications Library](#)

[Recipe Card Library](#).

[Video Library](#)

UCCE Master Gardeners

As we begin to plan more online learning opportunities for the 2021 year, our UCCE Master Gardeners are available to answer your questions!

When leaving phone messages, be sure to include your contact information so we 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 [South Lake Tahoe](#), and [Over the Garden Gate](#), a radio show presented by the UCCE Master Gardeners of Tuolumne County's, by visiting our [UCCE Master Gardeners of Central Sierra website](#) anytime!



Gardening Classes & Events Calendar

Master Gardener Programs across our 4 county area have been hosting live online gardening classes. You must register to get the link to join the classes in most cases and any residents of Amador, Calaveras, El Dorado and Tuolumne counties may attend these classes (registration is required):

2-6: [Fruit Tree Pruning Virtual Open Garden Class](#), hosted by the UCCE Master Gardeners of Tuolumne County.

2-10: [Dormant Rose Pruning - Online Class \(1:00 - 2:30 pm\)](#), hosted by UCCE Master Gardeners of El Dorado County

2-13: [Fruit Tree Grafting - Online Class](#), hosted by UCCE Master Gardeners of Amador County

2-27: [Fire-wise Landscaping - Online Class](#), hosted by UCCE Master Gardeners of El Dorado County

Online Class Recordings

Amador County's [Handouts and Presentations webpage](#).

El Dorado County's [Presentations and Handouts webpage](#).

Tuolumne County's [Presentations and Class Recordings webpage](#).

Tuolumne County's [Over the Garden Gate Master Gardeners' local broadcast](#).

Check out our [YouTube videos](#) to find more...

Grafting Fruit Trees for Orchard Success

UCCE Master Gardeners of Amador County

Many home gardeners and backyard orchardists get excited about the idea of grafting but might also feel intimidated by it. UC Master Gardeners of Amador County are here to show you how. We will be teaching a virtual class on February 13 which will be free and open to the public. The recording can be found on our public website after the class, so you can refer back as needed.

Let's start with some basics. What is grafting? Grafting is the process of joining a part of one plant to another plant in such a way that the two will unite and continue to grow as a single unit. A scion refers to the branch, shoot or a bud removed from one plant and grafted onto another plant. The scion remains true to its origin.



Why graft? There are many benefits to grafting that make it appealing to home owners. These benefits include;

- Combined traits such as disease resistance & winter hardiness.
- Repair damaged trees.
- Put new life into old trees.
- Different variety scion becomes a pollinizer for the host tree.
- Several varieties of scions will extend the harvest period.

When to graft? Scion wood is taken when the trees are dormant, typically in December and January in the foothill counties. Store the wood in damp newspaper, place in plastic bag and store in your meat drawer in the refrigerator. Scion wood can be grafted onto your fruit trees in dormancy through late Spring.

There are many different grafting techniques and each has been developed to perform a different function. We will be reviewing each of these techniques at our class. While it is fun to graft using illustrations from a book, the best method is to work with someone who has done a lot of it.

If you are interested in learning more about grafting, please join us on February 13, 2021 from 9:00 a.m. to 10:30 a.m. for a virtual class on Grafting led by expert grafter and Master Gardener, Dennis Miller. To register for this class go to our [Classes & Events webpage](#). You will find a video on how to collect scion wood for grafting at <https://youtu.be/EkrUKlvEmpg>.

Over the Garden Gate Weekly Broadcast

UCCE Master Gardeners of Tuolumne County

The Tuolumne Master Gardener have been fortunate enough to have been involved with the volunteers at what was formerly called Sonora Community Radio and is now called Mother Lode Community Radio-KAAD-LP. Earlier this year, KAAD-LP completed the requisite three-year broadcast period. They applied for their own non-profit status and it was granted. If you are looking for the Tuolumne Master Gardener radio show called "Over the Garden Gate" you can find it on the same website, just with at new name. "Over the Garden Gate is a weekly broadcast and is also available streaming online at kaad-lp.org. every Thursday at 10:30 am and then rebroadcast on Saturday and Sunday at 9:30 am. Archived shows can be found both at Kaad-lp website and also at the [UCCE Master Gardener of Tuolumne County website](#).

We are celebrating our 200th radio show which will be broadcast on Thursday, February February 4th. The 200th show will be a re-broadcast of the 100th show. This show was a wonderful interview that our Tuolumne Master Gardener Linda Reavley did with Ellen Stewart and Dave Purdy. If you had ever wondered how the radio show and station came to fruition this is the show to listen to. We would like to thank all our volunteers, UCCE staff, UCCE advisors, and all the wonderful volunteers at the Mother Lode Community Radio that made these radio shows possible. Thank you also to our listeners. This really is a community effort and we really appreciate it. Stay tuned!

Follow us on social media!

[Find Our Class Recordings on YouTube](#)

[Master Gardeners of Amador County](#)

- Phone: 209-223-6838
- Email: mgamador@ucanr.edu
- Online: [Ask a Master Gardener](#)
- Look for us on [Facebook](#)

[Master Gardeners of Calaveras County](#)

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

[Master Gardeners of El Dorado County](#)

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

[Master Gardeners of Lake Tahoe](#)

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



Master Gardeners of Tuolumne County

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

Join us on Facebook for our Victory Gardens 2020 community! Click the link and click JOIN.

<https://www.facebook.com/groups/2869134093201149/>

Open to ANY resident of Calaveras, Amador, El Dorado or Tuolumne Counties.

UCCE 4-H Youth Development News

4-H Youth Development Calendar

Enrollment is open for the 2020/2021 Program Year.

Join 4-H Now

Check your county 4-H website for details about the 4-H Youth Development Program in your area. There you will find information about joining 4-H and becoming a member, the clubs and projects available and the calendar of events.

Amador County website

2-6: [Presentation Day](#) - Virtual Event

Calaveras County website

3-6: [Presentation Day](#) - Virtual Event

El Dorado County website

2-6: [Presentation Day](#) - Virtual Event

Tuolumne County website

2-27: [Presentation Day](#) - Virtual Event

El Dorado and Amador counties are looking for evaluators and judges and (virtual) training will be provided. You do not need to be a 4-H member. Here is a link to learn what is "[Presentation Day](#)" is all about. This is a great community opportunity to support our local youth. [Sign up to be an evaluator of presentations.](#) It's fun and a great way to help out your 4-H community.

Virtual 4-H Baking Project - Starting February 15th

Do you like baking? You should join our short course baking project!

All meetings will be through zoom and we will meet on Mondays for six weeks starting February 15 at 5:30pm.

This is open to all 4-H members in Amador, Calaveras, El Dorado and Tuolumne Counties.

Register at the link: <http://ucanr.edu/bakingproject>



Statewide 4-H Events

Save the Date: California Youth Summits

The California 4-H Youth Summits are three-day leadership development conferences hosted in four locations across the state. Youth Summit programs are designed to grow the leadership abilities. Participants are mentored by senior 4-H'ers and caring adult volunteers. Younger members develop stronger relationships with their older peers as they both develop their leadership skills.

In a safe camp-like atmosphere, 4-H'ers will:

- Learn and practice personal leadership skills
- Learn about career pathways and college
- Build connections with 4-H members, volunteers, and staff throughout the area

Who should attend?

Intermediate 4-H'ers (ages 11-13). Senior 4-H members, ages 14+, can sign up as facilitators (staff).

Registration is open for [4-H Virtual Youth Summits](#).

4-H STEM project takes students to Mars

As part of a science lesson, sixth-grade students at Avery Middle School took a virtual trip to Mars on January 14. The other worldly experience is made possible with Mars Base Camp 4-H STEM Challenge kits donated by the University of California's [4-H Youth Development Program in Calaveras County](#).

Ali Heermance, Avery Middle School sixth-grade teacher, had her students assemble their Mars Rovers for their space lesson. The Rover kit includes parts to build a battery-powered vehicle to explore Mars and took about 30 minutes to construct.

BACKGROUND:

There are four activities for students: [Landing Zone Surveyor](#), [Crop Curiosity](#), [Red Planet Odyssey](#) and [Insight from Mars](#). Three of the activities don't require internet service, but Insight from Mars requires a computer, laptop or tablet and internet for the coding activity.

"A generous donation to 4-H in Calaveras County made it possible to buy 450 of the Mars Base Camp 4-H STEM Challenge family kits for local school children," said JoLynn Miller, UC Cooperative Extension 4-H advisor. The kits retail for \$17.95 at <https://shop4-h.org>.

"I was able to buy enough of the 4-H STEM kits for every sixth-grader in Calaveras County and, with the help of Calaveras County Office of Education, send them to their teachers," said Miller, who hopes the activities spark an interest in science, technology, engineering and math in the students. "The activities show kids how STEM skills can be applied to the world around them and because the family kits can be used by three or four people, they can share the experience with their parents and siblings."

Sixth-grade math and science teacher Michelle Olivarria's hybrid and 100% distance-learning students at Toyon Middle School have already used the kits.

"The kids enjoyed the activities and were very engaged," Olivarria said.

For the Red Planet Odyssey, each kit contains a vinyl [map of Mars](#) and parts for the students to build a Rover vehicle to explore the planet.

Crop Curiosity is a card game that has students growing plants on Mars in an artificial environment, where they may encounter natural disasters and sabotage. Participants can win items such as soil, containers and grow lights to grow plants.

“One student told me that his family played it and it was fun,” Olivarria said.

Using the program Scratch, students can program their own animated interactive games and stories for Insight from Mars.

“Another one of my students is still using the website to code,” Olivarria said. “He shows me a new coding clip every week. It was wonderful to get the students engaged in hands-on learning and so nice that every student had their own supplies.”

MORE INFORMATION:

JoLynn Miller, UC Cooperative Extension 4-H advisor, jlmiller@ucanr.edu, (209) 588-6757.

Watch the KCRA news item: <https://www.kcra.com/article/sixth-graders-calaveras-county-get-hands-experience-building-mars-rovers/35220966>

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 [@California4H](#) to see what's happening around the state. We will be posting fun activities and resources - be sure to check it out!



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.](#)

Harvest of the Month



In February fresh produce is not as abundant as other months of the year, particularly fresh fruit. But this is an excellent time to embrace the many different types of dried fruits that are available throughout the whole year. California is the largest producer of raisins in the country, and many of the other fruits grown in the state are also available in dried forms, including apricots, cherries, plums/prunes, figs, pears, apples, and more. The process of drying fruits concentrates their nutrients, which makes them good sources of fiber and other vitamins or minerals, depending on the type of fruit. One caution, however, is that the natural sugars in fruits also become concentrated when dried. It's recommended to enjoy dried fruits in moderation, and to choose dried fruits that don't contain added sugar. One serving of dried fruit is 1/4 cup, or a small handful. See below for healthy ideas to add dried fruit to your recipes, or learn more about dried fruit at [Harvest of the Month](#).

Recipe Ideas:

[Brown Rice Pilaf with Sage, Walnuts and Dried Fruit](#)

[Curried Waldorf Salad](#)

[Tropical Fruit and Nut Snack Mix](#)

[Celery with Apricot Blue Cheese Spread](#)

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

[Natural Enemies Gallery](#)

[Plant problem diagnostic tool](#)

[Recent Updates at IPM](#)

[Seasonal IPM](#)

[UCIPM Green Bulletin - Fall 2020](#)

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

[Weed Identification and Photo Gallery](#)

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

530-621-5502 | 888-764-9669 | cecentralsierra@ucdavis.edu | cecentralsierra.ucanr.edu



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and the United States Department of Agriculture.**

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Quick Links...

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