

July 2021



UC Cooperative Extension Central Sierra

Serving Amador, Calaveras, El Dorado and Tuolumne counties.

Your monthly news & event announcements

Join our mailing list.

Greetings from UCCE Central Sierra,

Welcome to summer! Hope you're staying cool and beating the heat. As COVID restrictions loosen, you will begin to see more in person programming. We're excited to see you all again. Please be patient with us as we try to navigate all the Cal OSHA, CDC, and California Public Health Guidance.

Feel free to contact me if you have any questions. 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



UCANR - Coronavirus and COVID-19

We are currently in the process of returning to the office and beginning in-person activities. Our office in Placerville is open and staff will begin to return to office, so please call ahead if you plan on meeting with someone. We are always here to answer your questions and address your needs. Please see our [calendar](#) or call us to learn more about the wonderful virtual and in-person classes we have coming up.

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

Welcome Angela Johnson to Our UCCE Group

June saw the end of an era with our Administrative Assistant Nancy Starr retiring after 20+ years with UCANR. Congratulations on your retirement Nancy. We wish you the



best.

On that note, we'd like to introduce you to Angela Johnson. Angela will serve as Administrative Assistant for the four counties, but will be based in El Dorado. Angela starts on July 15th. She comes to UCANR from the Amador County Office of Education where she administered the Extended Learning Program for the past seven years. She graduated from American River College with degrees in Spanish and Geology and looks forward to continuing her education. She is an El Dorado County 4-H alumni and has enjoyed volunteering as a leader in her children's 4-H projects. She also enjoys hiking, camping, and fishing with her family.

Welcome Angela! Glad to have you with us.

Forestry News

California Forest Stewardship Workshop

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

Online beginning August 4, 2021 - September 29, 2021, and

In-person Saturday, August 28th

Location: Tuolumne County, CA.

Registration Fee: \$60.00

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

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 Wednesdays, 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.

Check the [Forestry Stewardship Workshop webpage](#) for workshop dates.

For additional information or questions, please contact Kim Ingram, Forest Stewardship Coordinator at kc Ingram@ucanr.edu.

Living with Wildfire

Prescribed Burn Association Interest Online Meeting

Thursday, August 5th, 2021 - 5:00 to 7:00 pm

Zoom Meeting (Link will be sent upon Registration)

Prescribed Burn Association Interest In-Person Meeting

Wednesday, August 11th, 2021 - 8:00 to 11:30 am

Meeting Description:

Prescribed fire is a critical tool for managing working rangelands and forests in the Sierra Nevada. This online meeting will convene those interested in carrying out prescribed burns in Tuolumne and Calaveras counties to talk about the next steps for forming a local prescribed burn association.



Who should attend:

August 11th Workshop: Tuolumne or Calaveras county residents interested in:

- Using prescribed fire on their own property
- Working with neighbors to increase the use of prescribed fire in the area
- Finding out more about prescribed burn associations

August 5th Workshop: El Dorado or Amador county residents interested in:

- Using prescribed fire on their own property
- Working with neighbors to increase the use of prescribed fire in the area
- Finding out more about prescribed burn associations

Meeting Topics:

- How a Prescribed burn association (PBA) works
- Permitting and liability issues
- Tools and personal protective equipment
- Next Steps for forming a PBA

Registration:

Please register for either of these meetings.

August 5th online meeting: <http://ucanr.edu/EDApbameeting>

August 11in-person meeting: <http://ucanr.edu/pbameeting>.

A zoom link to join the meeting will be sent to you at a later time.

Download [Calaveras/Tuolumne - Sonora Location workshop flyer](#).

Download [El Dorado/Amador Online workshop flyer](#).

Please contact Susie Kocher, sdkocher@ucanr.edu. Also, please check out the California PBA website at <https://calpba.org>.

Be Prepared for Fire Season!

Are you prepared for fire season? There are many things that you can do to help make your home and property more fire resistant. We all face these challenges every summer as the vegetation becomes dryer and dryer. Don't let down your guard. Visit the UCCE [Living with Fire webpage](#) for information and resources.

Publications that can aid you on your endeavor of becoming more fire resistant:

[Wildfire Home Retrofit Guide](#), UNCE Publication SP-20-11

[Landscaping Tips to Help Defend Your Home from Wildfire](#), UC ANR Publication 8322 Fire

[Resistant Landscaping](#) - CalFire's firesafe landscaping information.

[The Combustibility of Landscape Mulches](#), UNCE Publication

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:

7-21: [Stone Fruits - Online Class](#) presented by the UCCE Master Food Preservers of Sacramento County

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

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: edmp@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

We are getting ready to start in-person classes again and are so excited. UCCE Master Gardeners are always 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, by visiting our [UCCE Master Gardeners of Central Sierra website](#) anytime!

Gardening Classes & Events Calendar

Master Gardener Programs across our 4 county area are hoping to return to in person classes very soon and may continue hosting live online gardening classes as well as in-person classes. You must register to get the link to join the online classes in most cases

and any residents of Amador, Calaveras, El Dorado and Tuolumne counties may attend these classes (registration is required for the July 24th class):

7-17: [Heritage Rose Garden Open Garden Day](#), presented by the UCCE Master Gardeners of Amador County

7-24: [Home Grown Habitat - Enhancing Habitat One Yard at a Time](#), presented by UCCE Master Gardeners of El Dorado County County

Online Class Recordings

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

El Dorado County's [Class Recordings and Handouts](#).

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...

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 2021 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.

Enrollment will open for the 2021/2022 Program Year mid August

Check the [UCCE 4-H Central Sierra webpages](#) for 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.

4-H Fair Dates to Note

7-29 - 8-1: [Amador County Fair](#)

9-23 - 9-26: [El Dorado County Fair](#)

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



During the heat of summer, blackberries ripen on vines throughout California. While blackberries grow well in many regions of the state, the types that grow in wilderness areas tend to be smaller and contain more seeds than the large, sweet berries grown in gardens and on farms. These cultivated blackberries come in many different varieties, including Marionberries and Olallieberries, but all should be a dark purple or black when fully ripe. They get this rich color from a type of antioxidant called anthocyanins, which may support cardiovascular health. Blackberries are also an excellent source of Vitamin C and fiber, and contain magnesium, calcium, Vitamin A, iron, and potassium. Like all berries, blackberries are highly perishable and should be eaten or preserved quickly after picking or purchasing them. See below for healthy blackberry recipe ideas, or learn more about blackberries and view their nutrition facts at the USDA's [Seasonal Produce Guide](#).

Recipe Ideas:

[Blackberry Muffins](#)

[Mixed Berry Crisp](#)

[Ginger Berry Smoothie Bowl](#)

UCCE Integrated Pest Management and more...

The Dangers of Homemade Pest Control Remedies

Author: Karey Windbiel-Rojas

Author: Belinda J. Messenger-Sikes

Instructions for making homemade mixtures to control pests are easy to find online and in social media, and it's tempting to make your own home remedy when pests invade. Doing so may seem like a natural, organic, and non-chemical solution, but did you know that what you are mixing is considered a pesticide? A pesticide is any mixture used to kill, destroy, repel, or mitigate a pest.

Pesticide mixtures of household ingredients like dish soap, garlic, and vinegar (Figure 1) may seem harmless and safer than storebought formulated pesticides, but they can actually pose unrealized risks.

What is the Concern with Homemade Pesticides?

While ingredients in home remedies are items we might eat or use in the kitchen, the mixture of them is not tested for efficacy, health, or safety, so their impacts are unknown. Because of this, homemade pesticides have the potential to harm human health, damage plants, be toxic to pets and wildlife, and pollute the environment.

[Continue reading The Dangers of Homemade Pest Control Remedies blog...](#)

**Another New Tool from UC ANR IPM
Weed Control User Tool (WeedCUT)**

UC ANR Integrated Pest Management team has been busy during the shut-down! Here's a new tool they've announced called [WeedCUT](#) (Weed Control User Tool). This decision support tool provides land managers with guidance on a range of methods for managing invasive plants in wildlands using non-chemical approaches exclusively for situations when use of herbicides is restricted or not desired.

[Take a look...](#)

More IPM Tidbits

[Natural Enemies Gallery](#)

[Plant problem diagnostic tool](#)

[Recent Updates at IPM](#)

[Seasonal IPM](#)

[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



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.

Quick Links...

[Our Website](#)

[Events & Workshops](#)

[Archived Newsletters](#)