

Quarterly News & Events **March 2022**

UCCE San Mateo and San Francisco Counties



Visit our website!

DID YOU KNOW?

Mistletoe: parasite or a natural element of our local ecosystem? (hint: replace 'or' with 'and!')

by Urban Forestry Advisor Igor Lacan



Broadleaf Mistletoe - photo by
Jack Kelly Clark

Mistletoes are arboreal parasites of woody plants – sounds scary, doesn't it? It is true that mistletoes damage trees (to a greater or lesser extent), but they also provide food for birds and even are considered attractive by some people. In our new publication (<http://ipm.ucanr.edu/PMG/PESTNOTES/pn7437.html>), **UCCE Advisor Igor Lacan** with colleagues from Marin County (Steven Swain) and Stanislaus County (Ed Perry), review the issues associated with mistletoe, their biology, and management. We start the PestNote by covering the basics: "What kind of a life-form are mistletoes?" **READ MORE...**

PROGRAM HIGHLIGHTS

4-H





Composting at Crystal Springs 4-H Farm

Our county leased Crystal Springs 4-H farm has rolled out its new composting facility, with training and eager members already underway composting, turning, watering and monitoring temperature.

A big thanks to the **San Mateo County Office of Sustainability (OOS)** for providing a grant to fund this project. In addition, many thanks to the **San Mateo Resource Conservation District (RCD)** for their consultation on composting systems. The project experienced some delay due to the pandemic, but the wonderful volunteers from the Belmont and Burlingame-San Mateo 4-H clubs made it happen!

More photos...

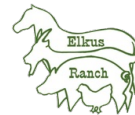


Every day is a good day to plant a tree!

Our **4-H Million Tree (4HMT)** project continues, holding their first tree planting on January 29, 2022 at Sanchez Adobe Park in Pacifica, CA. We had a great turnout with 4-H members and their families across our county planting trees and shrubs to beautify the park and help with slowing climate change. Thanks to the **San Mateo County Park Rangers** and volunteers for providing tree planting tips and guidance as well as giving us a history lesson on the Sanchez Adobe Historical Site. There will be one more planting event to complete the project on **Saturday, March 19 from 9:00 – 11:00 AM.**

More photos...

Elkus Ranch



Elkus Ranch Welcomes a Few New "Kids" on the Block!



It's that time at the ranch when we are graced by the tender bleats which signal the arrival of our new baby goat "kids" of the year! So far we have (3) little cuties with more on the way :)

We are booking up quickly for our **educational programs** and **private tours** - with summer camp already sold out - so, if you are interested in a first hand look at our newest members, please make plans for a visit soon!

Contact: lkjensen@ucanr.edu

Hope to see ya at the ranch...

Master Food Preservers



MFP's Surfeit of Citrus



In continued partnership with the **San Mateo County Library System**, Master Food Preservers hosted another tasty presentation on Feb. 15th entitled "Surfeit of Citrus". MFP Maeve Knoth presented multiple techniques for the preservation of lemons, grapefruit, oranges, and other seasonal fruit that are so bountiful in our region. Recipes included *Traditional Preserved Lemons*, *Grapefruit Marmalade*, and *Honey Orange Slices*.

Master Gardeners



Tompkins Stairway Project

The **Tompkins Stairway Garden** is our newest SM/SF UC Master Gardener project, located in SF. Master Gardeners and community volunteers focused on cleaning up and pruning the **calandrinia**, which have overrun the hill, to open up more space for planting natives, to follow. Over 20 bags of undesired weeds were removed! MG Nancy Lewis demonstrated how to plant native **clarkias** and irises.

Photos by MG Patty Sigman

[More photos...](#)

Nutrition

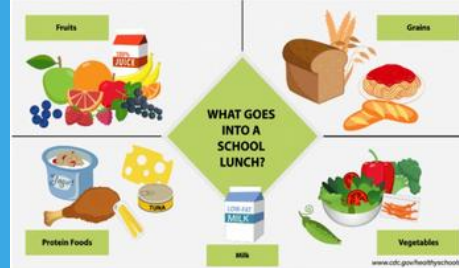


CalFresh Healthy Living (CFHL)
Educators lead physical activity lessons at Pescadero Elementary

Universal Meals are Coming to California!



Educators Marisela Ceron and Will Easlea encourage Pescadero Elementary School students to be physically active by providing structured physical activity lessons every Wednesday both at lunch recess and afterschool. **The Coordinate Approach to Child Health (CATCH)** physical activity lessons are designed to promote students' enjoyment and participation in moderate to vigorous physical activity. In addition to encouraging the entire school's student body to be more physically active, the age-appropriate **CATCH** lessons are helping students to build important social skills while they re-adjust to in-person learning.



All public school children in California can eat school meals - totally free of charge! School meals support student learning and health. Universal meals, where all students can eat school meals for free, have been shown to improve student diet quality, academic performance, attendance, and to reduce food insecurity.

Learn more about California's new universal meal program, the school nutrition environment and the meal standards, and see answers to frequently asked questions for parents and caregivers here:

<http://ucanr.edu/cesanmateo.ucanr.edu/schoolmeals>

UPCOMING EVENTS

- **4-H: Presentation Day Event & Interviews | March 12th, 10am-3:30pm**
- **MG's: Growing Summer Vegetables | March 17th, 4pm-5:30pm**
- **Growing Native Garden Tour | April 2nd, 10am-4pm**
- **MFP's: Food Preservation to Prevent Food Waste | April 2nd, 2pm-3pm**
- **MG's Spring Garden Market | April 9th, 9am-1pm**
- **MFP's: Dehydrating for Backpacking | May 24th, 4-5pm**
- **California 4-H State Field Day (in-person @ UC Davis) | May 28th**
- **Elkus Ranch "Sheep to Shawl | June 4th (more info later)**
- **San Mateo County Fair | June 4th-12th**
- **MFP's: Fermenting Cucumber Pickles | June 25th, 2pm-3pm**

HEALTH & SAFETY RESOURCES

- **Center for Disease Control Center (CDC)**
- **California Dept. of Public Health (CDPH)**

- **UC ANR Mask Protocol (revised 3/4/2022)** pdf
- **County specific links:** [San Mateo County](#) and [San Francisco County](#)

UC Cooperative Extension San Mateo / San Francisco Counties

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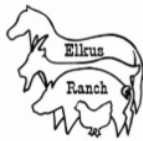
Master Gardener Helpline:

The Master Gardener Helpline continue to operate remotely per their regular (Mon, Wed,Thurs) volunteer schedule.

Please submit all Helpline inquires to:

Email: mgsmsf@ucanr.edu

Phone: 650-276-7430



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