



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Cooperative Extension

Quarterly News & Events June 2022

UCCE San Mateo and San Francisco Counties



Visit our website!

PROGRAM HAPPENINGS

4-H



4-H in Action!



Our **4-H program** offers projects through (8) community clubs that focus on **STEM** (Science, Technology, Engineering, Mathematics), **Healthy Living, Civic Engagement** and **Leadership** areas. Youth members participate by selecting projects that interest them starting in August.

To help our 4-H'ers showcase what they have learned, we hold three county events in March and April: **Presentation Day /**

Interview Contest, Life Skills Festival, and Animal Field Day / Open House.
READ MORE...

Elkus Ranch



Something to Crow About!

It has been a wonderful spring at Elkus. School field trips have been booked to capacity, our Sheep to Shawl event and all summer camp sessions are full (sorry if

you missed out). We will welcome back **Range Camp** and **Tinkering Camps** starting in June and are thrilled to have them returning!

New in the goat yard is a beautiful, custom climbing structure for our goats built as an Eagle Scout project by Jacob Frans. The goats are loving it!

We are currently planning our schedule for fall, including **Preschool Days** (dates tbd). October school groups will have the option to purchase pumpkins. Reservations for summer and fall are filling up so contact us if you want to book a date. Our Fall Camp will be happening again, November 21-22nd, with a notice being sent as soon as registration is open. **MORE PICS...**

Water Wizards Visit Elkus Ranch



On May 15th and 16th, (2) groups of participating youth from the **Alameda County 4-H Water Wizards Program** had the opportunity to visit Elkus Ranch as part of their program and experiential learning experience. This in-school pilot program is an 11-week science education program teaching middle school students about water and its importance in our environment. **READ MORE...**

Master Food Preservers



MFP New Graduates!

A fantastic new class of **Master Food Preservers (MFPs)** graduated on May 7, 2021 at Elkus Ranch! The volunteers were welcomed to the MFP community and presented with their official aprons, badges, and certificates along with a big round of applause for their accomplishments. **READ MORE...**

Other recent activities include a fantastic presentation on **Dehydrating for Backpacking** (May 24th) and **Food Preservation to Prevent Food Waste** (April 2nd) as well as several other presentations earlier in the year, all through our partnership with the **San Mateo County Library System**.



Master Gardeners



Annual Spring Garden Market

On April 9, 2022, the **UC Master Gardeners** of San Mateo and San Francisco Counties, hosted their



annual **Spring Garden Market & Educational Fair**. 120 volunteers grew veggies, prepared talks, and participated in the market that was widely publicized through UC MG social media channels.

Live presentation topics included: *Controlling Gophers, Success with Tomatoes, Irrigation, Enjoying Herbs, Edible Pest Control, and Planting Young Trees*. UC MG

partners also set up information tables: Each **Green Corner, Lyngso Garden Materials, San Mateo Consolidated County Fire Department, UC Master Food Preservers, The Office of Sustainability, and the San Mateo County Event Center**. Other informational tables provided by our Master Gardeners included: *Growing Tomatoes, Gopher Control in the Garden, Seed Starting, IPM/Plant Diagnostics, Roses, Native Plants, and Herbs*. Approximately 700 people attended this event. **More pics...**

Nutrition



CalFresh Healthy Living



On April 22, 2022, **CalFresh Healthy Living Educators** are happy to have resumed in-person programming in San Mateo County school cafeterias. They offered students at **Sunshine Gardens Elementary School** in South San Francisco tastings of yellow, green, and red bell peppers. After trying the peppers, students were given the opportunity to “vote” on the bell peppers by placing their empty cup in one of three buckets labeled “Loved It,” “Liked It,” or “Not Today.”

Before trying them, many of the students were concerned that the peppers might be spicy and were pleasantly surprised to find that they were very sweet! Many said they would like to eat the peppers again, and results showed 74 “Loved It,” 70 “Liked It,” and 27 “Not Today” votes. All the students walked away happy with the sticker they received for trying a new produce item. **MORE PICS...**



Evaluating Food Packaging Waste in Schools: A Systematic Literature Review

Heiges J, Lee DL, **Vollmer L**, Wobbekind K, Thompson HR, Gosliner W, Madsen KA, O'Neill K, Ritchie LD. International Journal of Environmental Research and Public Health, 5 May 2022, volume 19, issue 9, page 5607. DOI: <https://doi.org/10.3390/ijerph19095607>

Public schools – and school meal programs, in particular – seem to generate a lot of food packaging waste but little has been done to reduce it and measurement is the first step. In this paper, researchers from UCCE, UCANR, and UC Berkeley reviewed existing methodology for assessing food packaging waste in school food service and found large variation in the settings, participants, designs, and methodologies. Lack of standardization was observed even within each methodology (e.g., waste audit).

The paper also proposed and shared a new instrument to support comprehensive

and replicable data collection, to further the understanding of school foodservice food packaging waste in the U.S., and to reduce environmental harms. In California, more students are expected to participate in the school meal program as all children can now eat for free, and understanding the scope and impact of packaging waste is more important than ever. **Laura Vollmer is the Nutrition Family and Consumer Sciences Advisor for San Mateo, San Francisco, and Santa Clara Counties.**

MORE INFO...

UPCOMING EVENTS

- [San Mateo County Fair | June 4th-12th](#) Come see our 4-H Youth in action, and Master Gardener Exhibits.
- [MFPs: Fermenting Cucumber Pickles | June 25th, 2pm-3pm](#)
- [San Mateo Arboretum Society Plant Clinic | July 10th](#)
- [Elkus Summer Camp | in June and July](#) (all sessions FULL)
- [4-H Summer Camp July 17th-22nd](#) (registration still OPEN)

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:

We have resumed in-person hours.

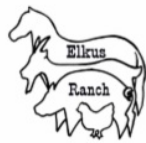
*See our **website** for details or send us an email with your questions:*

Contact Us:

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