

Quarterly News & Events

December 2022

San Mateo and San Francisco Counties

With Gratitude and Thanks

In reflecting on our UCCE program work and impact in 2022 we have much to be grateful for. This year we reached thousands of people through our youth and adult education programs offering researched-based information on home horticulture, home food preservation & food safety, positive youth development, and nutrition knowledge. We owe our success and thanks to our incredible volunteers, partners, donors and supporters, the guidance of our academic advisors and university, and of course the communities we are privileged to serve.



Wishing you a peaceful holiday season with hopefulness for the coming year!

Our Partners and Supporters



Institute for Civic & Community Engagement

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The

SOBRATO

Organization



Fresh

Approach



SECOND HARVEST

of SILICON VALLEY



SAN BRUNO

Community Foundation



FY21-22 in numbers...

21,468

Volunteer

Hours

91 School

& Group Field

Trip Visits

49 Public

Workshops &

Presentations

Total UCCE

Reach

= 11,267

Youth & Adults

35 Days of

Youth Camps

Nutrition &

Physical Activity

Education to

1,898 youth

& adults

36 New

UC Program

Trained

Volunteers

# PROGRAM HAPPENINGS

## Elkus Ranch



As 2022 winds down, we would like to thank all the wonderful people who have supported Elkus Ranch; the students, teachers, volunteers, donors, camp attendees, special event attendees, and of course our wonderful staff, including our friendly ranch animals.

We had a busy Fall with many school groups visiting. A big draw in October is our pumpkin patch where students are able to pick a small pumpkin to take home. Our animals are always thrilled to get the leftovers for a little snack!

[READ MORE & PHOTOS...](#)

## Master Food Preservers



### Quick Pickling at the Alemany Farm Harvest Festival

On October 22, our **Master Food Preservers** participated in the Harvest Festival at **Alemany Farm**, hosted by the **Friends of Alemany Farm** and the **San Francisco Recreation and Parks Department**. Hundreds of people came out to celebrate and we were able to teach a quick pickled carrot recipe to over 150 people! Participants who visited our table learned about the quick pickling process and created their own jar of pickled carrots to take home. Thank you to our MFP volunteers: Candace Bowers, Nancy Murphy, Michele Maia, and Jen Dobrowolski for volunteering their time for this wonderful community event and thank you to **San Francisco Rec and Park** for supplying the materials and ingredients for the pickled carrots!... **Quick Pickled Carrots Recipe**.

## Nutrition







## CFHL Conducts "CATCH Kids Club" Training at the YMCA

On November 10th and 17th, **CalFresh Healthy Living, UCCE** Community Education Specialists Marisela Ceron, Elaine Silver, and Julie Lefko in partnership with Angie Cavazos, Community Program Specialist with the **San Mateo County Public Health Department**, had the pleasure of training 15 after school leaders and directors from the **Sequoia YMCA** in Redwood City on **CATCH Kids Club Activity Box K-5** and **CATCH Kids Club Healthy Habits & Nutrition Grades K-5**. The YMCA staff lead after school programming at Adelante Selby, Rocketship, KIPP Excelencia and KIPP Valiant schools. **READ MORE...**

Here are some **Holiday Eating tips** from **www.ChooseMyPlate.gov** to make small changes on the road to healthier holiday eating!

4-H



## 4-H Day of Service and Awards Ceremony

On November 13, 2022, 4-H'ers from across San Mateo/San Francisco Counties came together for a **Day of Service**. 4-H'ers and members of the community participated in several service projects, making bags of toiletries for homeless shelters, bookmarks for seniors, cat toys for animal shelters and so much more.

**and**

**Congratulations to 4-H volunteers and award winners!** 4-H would not exist without a team of dedicated volunteers.

The annual Award Ceremony on November 28, 2022, recognized twenty-one such wonderful volunteers, contributing from 5 years of volunteer service all the way to 40 years of service!

Twenty-five 4-H youth earned awards in the County Record Book competition and Star Rankings. **EVENT PHOTOS...**



## Master Gardeners



## Gardening to Mitigate Climate Change



The **UC Master Gardeners** are looking to the future. Their recent member education event on Oct. 15th in San Francisco focused on climate change issues. Entitled 'Gardening to Mitigate Climate Change' this climate conversation included guest panelists Janet Hartin, UCCE Environmental Horticulture Advisor and Frank Niccoli, Director of Horticulture at

Foothill College, and masterfully moderated by Nick Landolfi, MG Volunteer.

The recorded presentation is available on our YouTube channel via the following link: **Gardening to Mitigate Climate Change Part I**

Outcomes of this educational experience were the formation of a Master Gardener Climate Study Group to develop public workshops and materials on the subject.

## UPCOMING EVENTS...

- **4-H Winter Craft Fair** | **Sunday, Dec. 11, 2022 - 10am-1pm** | at the 4-H San Bruno Farm
- **Bare Root Fruit Trees - Selection and Planting** | **Dec. 14th, 2022 - 1pm-3pm** | at Lyngso Garden Materials in San Carlos (registration req'd.)
- **MG School Garden Leaders Workshop** | **Jan. 21, 2022 - 10am-11:30am** (virtual)
- **MFP Training Program Class** | starts **Jan. 27, 2023** (online)
- **Houseplant Basics** | **Feb. 5th, 2023 - 1pm-2:30pm** | at the SF Mission Bay Branch Library
- **Growing Orchids – Tips for the SF Bay Area Climate** | **Feb. 11th, 2023 - 11am-12:30pm** | at the SF Sunset Branch Library
- **How to Create Stunning Container Gardens** | **Feb. 11th, 2023 - 1pm-2:30pm** | at the SF Richmond Branch Library
- **Basics of Fresh Sausage Making** | **Feb. 16th, 2023 - 4pm-5pm** | virtually via the San Mateo County Library System.
- **Succulents in Pots and in the Garden** | **March 12th, 2023 - 2pm-3:30pm** | at the SF Mission Bay Branch Library

### UC Cooperative Extension Offices San Mateo / San Francisco Counties

**Main Office:** (click for directions)  
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**Master Gardener Helpline:**  
Open for in-person, walk-in visits per below. See our **website** for more details or submit any questions via the following:  
[https://ucanr.edu/mg\\_helpline](https://ucanr.edu/mg_helpline)

- Monday: 10am-1pm | **HMB**
- Tuesday: 10:30am-1:30pm | **SF**
- Thursday: 1pm-4pm | **RWC**



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