



Quarterly News & Events **December 2023**

San Mateo and San Francisco Counties

From our County Director: Looking back at 2023

2023 has been an eventful year at UC Elkus Ranch and the Cooperative Extension! The **bridge over Purisima Creek** (our only way to the Ranch) **was washed out on the first day of the year**, and for subsequent five months, our Ranch staff worked tirelessly to steward our animals, repair the bridge and other damaged infrastructure, and even deliver some educational programming directly to schools. Thanks to the invaluable help from our UC colleagues, the new bridge was installed in late May, and we immediately sprung back into on-Ranch action: school programs, Range Camp, summer camps, and public programs all resumed, helping hundreds of children, youth and adults learn about farming and the environment, nutrition, food preservation and gardening, and to meet once again our Ranch animals. Our **UCCE Open House Event** in September attracted over 160 visitors, showcased all of our Cooperative Extension programs, and reconnected us to our San Mateo County community. But the action was not all at the Ranch: mid-year our **Community Nutrition & Health** program moved into a new office in South San Francisco, and welcomed two new nutrition educators. Our team expanded at the Ranch as well, where we welcomed two new Ranch educators, and a new UCCE office assistant. As we look back with gratitude for community engagement, for the important support from our County partners, and for the resources provided by our UC network, we wish everyone **Happy Holidays** and we look forward to more adventures in 2024!



Pictured above: Dr. Igor Lacan leads an aquatic insect session at our Sept. 2023, UCCE Open House

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4-H



4-H Day of Service

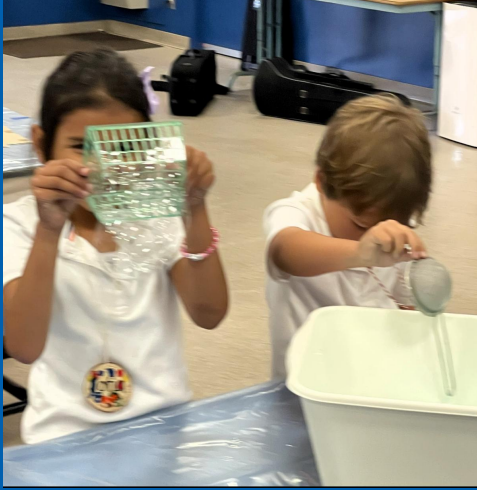
4-H'ers from across San Mateo County came together for a Day of Service in November, making bookmarks and cards for seniors, care packages for military service members and so much more. It was an afternoon of fun, community building and service.

BOLD Presentation Workshop

In November, 4-H youth participated in an interactive workshop focused on public speaking skills. The 'Breathe, Organize, Leverage, Deliver' workshop prepared youth to compete in 4-H's Presentation Day – a public speaking showcase where presentations are judged on subject knowledge, presentation, organization, voice, manner and appearance, clarity and the ability to answer questions.

4-H Partnership with the Boys and Girls Club

The 4-H Youth Development Program is pleased to announce that it has joined forces with the Boys and Girls Club of the Peninsula to offer after school enrichment programming. The Boys and Girls Club of the Peninsula provides free after school programming to school aged youth at



twenty-five sites across San Mateo county. In September, 4-H staff began leading the **4-H Water Wizards** and **Youth Experiences in Science (YES!)** programs at Boys and Girls Club sites. The Water Wizards curriculum focuses on water science for upper elementary students. A key component of the curriculum is a youth-led service project. In the first cohort at Susan B. Anthony Elementary, students identified flooding on campus as being campus as a key issue. To address this, they planted a native garden that will help encourage groundwater percolation. **READ MORE...**

Photos: (#1) 4-H Day of Service; (#2) Boys & Girls Club youth engaged in water science activities

Elkus Ranch



As the year draws to an end, we are truly grateful at **Elkus Ranch** for our staff, the new bridge, and the return to normal programming as of June. It has been a very busy summer and fall with our camps, education programs and the upcoming winter camp sessions on Dec 19th - 20th and Jan 4th - 5th. The two separate sessions allow us to accommodate both Coastside schools and those over the hill with different winter breaks. We look forward to the New Year and continue to work improving the ranch and programs.

Pictured above: Elkus Educator, Doug, demonstrates wool carding to youth visitors.

Happy Holidays to you and yours!

~ The Elkus Ranch Staff ~

Master Food Preservers



The **Master Food Preserver** volunteers were busy throughout the summer and fall at events across the Bay Area. In addition to our popular monthly online workshops with the **San Mateo County Library System**, MFPs helped over 300 people consider what foods to include in their emergency kits at the **San Mateo County Disaster Preparedness Day**. In collaboration with our Master Gardener Program, we also led a workshop for school garden leaders on how to incorporate dehydration lessons into their classroom curriculum. In October, we demonstrated the quick pickle process at Sports Basement's "Picklefest" - a pickleball enthusiast day – and recently, on Dec. 1st, introduced the science of pickle making to families at the **Randall Museum Crafts Fair (SF)**. More than 100 families made their own quick veggie pickles to take home! In 2024, we look forward to continuing our partnerships with community organizations across the Bay Area and introducing more

people to the wonderful science of food preservation!

Pictured above: MFPs with a hands-on quick pickle table at the Randall Museum

Master Gardeners



UC Statewide IPM Project
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The Master Gardeners have been especially busy this year, having given 95 educational classes and workshops to the public while logging almost 15,000 volunteer hours!!

Following is a Master Gardeners personal learning experience in attending a recent MG workshop:

Gopher and Mole Abatement

Got Gophers? I did – I once had a gopher cat, she was good and never bothered the birds. Since I won't use poison I tried traps a number of times, but I never caught a gopher. In fact, I lost two or three Macabee-style traps, which in theory, are retrievable from deep within the hole. So when I saw that (MG's) Janice Moody and Judith Dean were teaching a class on how to lethally trap gophers, I signed up for it. **READ MORE...**

Nutrition



CalFresh Healthy Living, UCCE in San Mateo and San Francisco Counties has had an exciting start to the school year! The program has continued cafeteria promotion tastings in four school districts in San



Mateo County. During a cafeteria promotion tasting, students try local produce items and give their feedback to the school cafeteria. Community Nutrition Educators have led nutrition, gardening, and physical activity lessons in preschools and schools across San Francisco and San Mateo counties. Various adult education workshops have been held for job training sites, CalWORKS, and family resource centers. CalFresh Healthy Living, UCCE is excited to continue programming in 2024!

Pictured: Preschool students participating in a garden lesson at Izzi Early Childhood Education Center in East Palo Alto

UPCOMING EVENTS...

- **Thursday, December 7, 2023 | 12pm-5:30pm**
Master Gardener Education Table at the Serramonte Farmers' Market
- **Sunday, December 10, 2023 10am-1pm**
4-H Winter Craft Fair at the 4-H San Bruno Farm
- **Saturday, December 16, 2023 | 12pm-5:30pm**
Master Gardener Info Table: "Gifts at the Garden" - SF Botanical Garden
- **Tuesday-Wednesday, December 19th-20th, 2023 | 9am-3pm**
Elkus Ranch Winter Camp - Session 1
- **Thursday-Friday, January 4th-5th, 2024 | 9am-3pm**
Elkus Ranch Winter Camp - Session 2
- **Saturday, January 20, 2024 | 10am-12pm**
Master Gardener School Garden Leaders Workshop
- **Wednesday, January 24, 2024 | 1pm-2pm**
MGs - Succulent Container Gardening - From Funky to Fab!
- **Saturday, February 3, 2024 | 10am-12pm**
Fruit Tree Grafting in Your Garden
- **Thursday, February 15, 2024 | 4pm-5pm**
MFP Soupapalooza Virtual Workshop

UC Cooperative Extension Offices

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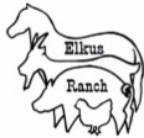
Website: <http://cesanmateo.ucanr.edu>

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

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



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