

July 2020

UC Cooperative Extension
Central Sierra News

University of California
Agriculture and Natural Resources

PRACTICAL • CONNECTED • TRUSTED

Serving Amador, Calaveras, El Dorado & Tuolumne counties

Your monthly news & event announcements

As the State of California has issued a shelter-in-place order to reduce the spread of COVID-19, UC Cooperative Extension Central Sierra is still working remotely. We are here to answer your questions and address needs during this unprecedented situation.

Join our mailing list.

Welcome to summer!

It has been an interesting few months to say the least. There is a lot of ever changing information regarding reopening that UCANR is reviewing at the statewide and local levels. Our commitment is to keep our employees and participants safe and as such we still have not opened our offices to the public. Please know that while our UCCE offices in the Central Sierra remain closed, **we are still working and available to assist you!** Most of our programs have transitioned to delivering online content when appropriate and we continue to find ways to innovate. Don't hesitate to reach out to your local office via phone/email.

Wishing you a safe, socially distanced, and cool summer.

Sincerely,

JoLynn Miller
Director and 4-H Youth Development Advisor
University of California Cooperative Extension Central Sierra

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Central Sierra on Facebook



UCANR - Coronavirus and COVID-19

As plans for moving forward are being developed, we continue to create alternative ways to share information and resources with you. Many events and meetings have been converted to webinars or virtual meeting formats; visit the [UCCE Central Sierra Calendar](#) for more information.

CalFresh Healthy Living UC Program

The Central Sierra CalFresh Healthy Living-UC program is very excited to welcome Willow Thorpe as the team's new Program Supervisor!



Willow was born and raised in Tuolumne County, leaving to attend college in 1989. Shortly after, she got married, and put college on hold as her husband's career in the Air Force took them overseas to Germany, Italy and then Japan. During this time, they had two children, and Willow ran an in-home childcare business in Germany, then worked as an English teacher in a preschool in Japan. She moved back to the area in 1999 as a single mom, taking classes at the local community college while working for the local community action agency doing childcare, in the business office for behavioral health, and eventually running her own housekeeping and home organization business.

Willow earned her Bachelor's Degree in Psychology at CSU Stanislaus in 2002 and discovered she had both talent and passion for administrative work, serving as Quality Improvement Coordinator, System Analyst, and Mental Health Services Act Coordinator while working for Tuolumne County's Behavioral Health Department. Throughout, she continued her education, finally receiving her Master's Degree in Psychology from CSU Stanislaus in 2012, and shifting focus to her career as her kids grew and went off to college themselves.

She embraced the opportunity to participate in a shared-leadership experiment with a non-profit agency in the domestic violence field, serving as Operations Director for 18 months over the fiscal department, fundraising, and agency operations, and helping refine the leadership model. After that, she served for three years as Executive Director with a nonprofit agency providing family support and childcare assistance, overseeing all aspects of the agency during a time of tremendous change and expansion in the field.

In May of 2019, Willow began working for UCCE in the Tuolumne office, providing administrative support to both the Central Sierra MCP and the CalFresh Healthy Living Program; it was a refreshing transition into work that is focused on education and the resources and needs in our unique Central Sierra region. Willow now lives in Calaveras County and, in her free time, enjoys gardening, photography, paddle boarding, kayaking, snow skiing, hiking, camping, travelling, visiting her now grown-up children, and spending time with friends and family. She is excited to work with the CalFresh Health Living UC Central Sierra in this new role, and happy to remain a part of the UCCE Central Sierra Team!

UCCE Central Sierra Agriculture

UC Davis Viticulture and Enology Extension

Recorded Zoom Meetings with Viticulture Specialists

Recorded Zoom meetings are available for wine grape industry to review (they can also watch live) Office hours with Dave Block, Chair of UC Davis Viticulture and Enology Department and Anita Oberholster, UCANR Enology Specialist at the following link: <https://video.ucdavis.edu/channel/channelid/164627702>.

What Are the UC Ag Experts Talking About?

A series of 1-hour webinars, designed for growers and pest management professionals,

highlighting various pest management and horticultural topics for citrus, avocados, and other subtropical crops. Master Gardeners can benefit from participating, but the pest management methods presented, especially the pesticides, are not to be followed without a clear understanding of their legal use by homeowners.

The series began with a focus on citrus and avocado, but there are many applicable seminars to foothill agriculture. Look under “**other topics.**”

To see these talks go to the [What Are the UC Ag Experts Talking About?](#) website

UCCE Central Sierra Forestry

SAVE THE DATE

[Register now for a California Forest Stewardship Workshop](#)

September 12th, 13th and 26th, 2020

UC Berkeley Forestry Camp, Meadow Valley, Plumas County



Days one and two will consist of classroom and forest-based instruction on ecological concepts and measurement skills. After a week's break to collect information, participants will return on day three to write up a personalized management plan. Participants who develop a plan will be eligible for a free site visit with a California Registered Professional Forester.

Registration for the workshop is \$60. [Sign up now!](#)
For questions, contact Kim Ingram, kcingram@ucanr.edu.

Please note, this workshop may move to an online format depending on any COVID-19 restrictions.

UCCE Central Sierra Livestock & Rangelands

Controlling Yellow Starthistle (*Centaurea solstitialis*) in California Rangelands using the CAL FIRE Vegetation Management Program (VMP)

Scott Oneto, University of California Cooperative Extension

Yellow starthistle (*Centaurea solstitialis*) first invaded rangelands in California sometime before 1869 when a specimen was collected in Oakland. Native to Europe and Asia, it was apparently introduced in association with livestock use during the Mexican and post-mission period. It is believed that it was introduced as a seed contaminant in alfalfa. A fast-growing, aggressive annual plant, yellow starthistle often grows in dense stands, mainly in grasslands. It rapidly crowds out less-aggressive natives. At present it is the most widely distributed weed in California and cover approximately 10 percent of the total surface area of the state. Infestations of yellow starthistle can have devastating effects on both natural and agricultural ecosystems under certain conditions. It is of economic importance where it invades grainfields, orchards and vineyards, pastures, roadsides and wastelands. In pasture lands, starthistle can lower forage yield and quality, interfere with grazing, cause problems in harvesting of forage and crops, and cause "chewing disease" in horses. In natural areas,



UC Statewide IPM Project
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yellow starthistle reduces wildlife forage and habitat, displaces native grassland plants and decreases native plant and animal diversity.

[Continue reading the Controlling Yellow Starthistle using Cal Fire Vegetation Management Program...](#)

Watch the video below for more information.



Short-Term Impacts of COVID-19 for the Beef Industry

Post by Tina L. Saitone, Cooperative Extension Specialist in Livestock and Rangeland Economics

Highlights

- **How will changes in consumer buying patterns impact wholesale beef prices?** Spikes in consumer grocery purchases caused wholesale beef prices to rise rapidly; moderating more recently as grocery retailers have restocked and schools and food service operations have shuttered.
- **Are beef packers using their market power and this black swan event to take advantage of cattle producers?** There is no evidence this is occurring; packers increased their slaughter volumes and simultaneously paid producers premiums for the fed cattle they procured.
- **Why are wholesale beef prices increasing while live cattle prices are falling?** Beef prices and cattle prices are correlated over longer periods of time; prices for calves and yearlings today are more influenced by buyer expectations than current beef prices.
- **If beef packing plants are temporarily shut down due to employee health concerns, how will that impact beef and cattle prices?** Past events suggest that the closure of an individual packing plant will cause temporary market-wide disruptions, increasing wholesale beef prices and causing live cattle prices to fall.

[Continue reading Short-Term Impacts of COVID-19 for the Beef Industry article...](#)

UCCE Central Sierra Living with Fire

Prescribed Fire on Private Lands Spring Workshops Recordings now available online.

More recordings from this webinar series hosted by the UCCE designed to help landowners and land managers gain skills in prescribed fire planning and implementation are available online at



http://cemariposa.ucanr.edu/Fire_Information/Events/Workshop_Resources/.

These workshops were to be held in person in March 2020 throughout the Sierra Nevada but were cancelled due to shelter in place requirements. The workshop planning team instead reorganized the content and held the workshops as an online webinar series in May and June.

Five sessions, each an hour and a half long, were held on the use of prescribed fire to manage private lands. Sessions included content on fire ecology, fuels and fire behavior, using fire to control invasive plants and promote cultural understory plants, permitting and planning, technical assistance and cost-share programs, and local prescribed burn associations forming across California to help landowners work together to carry out burns.

Speakers were from UCCE, CalFire, the USDA Natural Resources Conservation Service, the Mariposa County Air Pollution Control District and Planning Department, the Humboldt County Prescribed Burn Association, the North Fork Mono Tribe, and the newly forming Sierra-Sequoia Burn Cooperative. Over 300 people from across the state and several foreign countries signed up for the webinar, and over 200 regularly attended each session.

The webinar series was held to help maintain the momentum for expanding the use of prescribed fire on private lands in California. *“There is real progress being made across the state in the use of prescribed fire by private landowners”*, said Susie Kocher, Forestry Advisor for UCCE in the Central Sierra. *“Most exciting is the grassroots formation of prescribed burn associations (PBAs) which are really community based, mutual aid networks that help private landowners put “good fire” on their land. Being a part of a local PBA is similar in concept to a barn-raising or a calf-branding: neighbors help neighbors implement burns by providing labor, equipment and skills. The PBA can help with burn planning and organization, and provide additional prescribed fire equipment and specialized expertise.”*

Information on local PBAs forming in California can be found at <https://www.calpba.org/>. Landowners interested in forming a PBA in El Dorado and Placer counties should contact Susie Kocher at 530-542-2571 or sdkocher@ucanr.edu.

A Day in the Life with Susie Kocher, Forestry/Natural Resources Advisor UC Cooperative Extension Central Sierra

June 11, 2020

By: Jessica Sabine Brothers & Susie Kocher

Topic: Collaboration Learning Networks Type: Interview

This month, we connected with Susie Kocher, Forestry & Natural Resources Advisor for the University of California Cooperative Extension, to learn more about her role connecting community members to research-based information and education about forest and fire management. We were excited to learn more about Susie’s prescribed fire work with landowners in California and some of her more recent wildfire risk reduction

projects and partnerships. Enjoy a 'day in the life' with Susie!

Jessica: *First things first: Please tell us about your role with Cooperative Extension in California and where your job takes you!*

Susie: Well, like most people, right now my job takes me into my spare bedroom to work in my home office and not many other places. But back in the before times, my job took me to forested areas around the state to host workshops on forest management, prescribed burns, wildfire recovery, defensible space and home hardening. As an extension forester, my job is to connect the University of California and research-based information to local communities. That means I conduct applied research, outreach and education about forest management issues for communities in the Sierra Nevada. It's hard for me to believe that I've already been doing this work for 24 years, first in Plumas county in the northern Sierra and now in the central Sierra Nevada. I guess time flies when you're having fun.



Continue reading the [A Day in the Life with Susie Kocher interview](#).

Central Sierra Living with Fire website

Central Sierra Living with Fire website has recently updated. There you will find information on preparing for the wildfire season ahead. Defensible space, fire resistant construction material and design information, fire resistant landscaping tips, as well as wildfire recovery information, plus publications and website resources. Take a look.

UCCE Central Sierra Master Food Preservers

As we create a plan to return to work we are still working remotely to answer your questions and address needs during this unprecedented situation. Check out our [website](#), or our "[Ask a Master Food Preserver](#)" link or call 530-621-5506 to leave a message and someone will return your call.

Thank you for your understanding.



University of California
Cooperative Extension

**Master
Food
Preserver**

Tomatoes, Tomatoes, Tomatoes!

By Sue Mosbacher, UCCE Master Food Preserver Coordinator

If you are also finding the silver lining of staying/working at home this summer is having the time to plant and tend to your garden, you may be wishing for a bumper crop of tomatoes. What happens if you get what you asked for and your tomato plants are prolific producers?

Preserve those tomatoes!

The easiest way to preserve tomatoes is to freeze them. You don't need to blanch them, you don't need to peel them. Just rinse, dry, core, and put them on a small tray or plate in the freezer. Once frozen solid, move them to a freezer bag, removing as much air from the bag as possible before closing. Pull them out of the freezer when you're ready to use them. To peel, let them thaw just a little and then run under warm water to slip off the skins. It's that easy.



Don't throw away those skins! Or soft tomatoes. If you have a dehydrator, lay the tomato skins on the tray and sprinkle with your favorite spice mix (garlic salt works well). Dry until crispy and you have a tomato skin chip! Some heirloom tomato skins are bursting with flavor. Or instead of chips, toss tomato skins and soft tomatoes into a freezer bag; keep adding to it until you fill the bag. Thaw and puree the bag's content and dry it on your dehydrator tray until it is a crisp leather. Grind the leather to make a tomato powder to use for camping soup mixes, dehydrated salsa mix, to make one tablespoon of tomato powder, to sprinkle on scrambled eggs for tomato flavor without the extra moisture, to enhance the flavor of meatloaf or burgers, to flavor soups – get creative!

If you're a canner, there are lots of options. Many people don't think of tomatoes as a basis for jam or jelly, but with the right spices and some sugar, the flavor profile changes significantly. We served [Spiced Tomato Jam](#) in a blind taste test with third graders a few years ago and they guessed they were eating apple pie and pumpkin pie because of the nutmeg, cinnamon and allspice. It's delicious!

[Continue reading the Tomatoes, Tomatoes, Tomatoes! article...](#)

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: edmfp@ucanr.edu
- Online: [Ask a Master Food Preserver](#)
- Look for us on [Facebook](#)

UCCE Central Sierra Master Gardeners

While we work on plans for resuming meetings or small classes, our UCCE Master Gardeners are still available to answer your questions! When leaving phone messages, be sure to include your contact information so they 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's, by visiting our [UCCE Master Gardeners of Central Sierra website](#) anytime!



Sherwood Demonstration Garden in El Dorado County

Located at 6699 Campus Drive in Placerville, this beautiful garden is open to the public, from 9 AM to noon on Fridays and Saturdays. State and county public health guidelines require us to limit visitors to ten at a time (including our docents) and ask that they practice social distancing and wear face coverings. Restrooms will not be open.

Check http://mgeldorado.ucanr.edu/Demonstration_Garden for more information. Take a look at the Japanese Garden slideshow below.



Heritage Rose Garden in Amador County

Take a virtual tour.

UCCE Master Gardeners hosted a virtual tour of the Heritage Rose Garden located off Jackson Gate Road in Amador County. You can enjoy this tour from the comfort of your home!



Heritage Garden in Bloom Susan Price, UCCE Master Gardener of Amador County

It's amazing to consider how far the Heritage Rose Garden (HRG) has come in such a short time. The project, a partnership between the Master Gardeners of Amador County and the Motherlode Land Trust, has become just what the project team had envisioned just over two years ago.

The idea was to create a public garden that would showcase the old roses that were lovingly collected and nurtured over the years by Judy and Bob Dean of Mountain Ranch. The 2015 Butte Fire burned part of their property making it evident that a "backup" garden would be needed to ensure these old and rare varieties could be enjoyed by future generations. These roses, unlike many modern roses sold today, are grown on their own rootstock. They are easy care plants, with many offering intense fragrance, cold tolerance, and disease resistance with little need for chemicals.



[Continue reading the Heritage Rose Garden in Bloom article...](#)

Online Class Recordings

[Fire Wise Landscaping online class recording](#), (54:32) presented by UCCE Master

Upcoming Online Gardening Classes

Master Gardener Programs across our 4 county area have been hosting live online gardening classes. You must register to get the link to join the classes in most cases and any residents of Amador, Calaveras, El Dorado and Tulumne counties may attend these classes:

7-8: [All About Lavender](#), hosted by UCCE Master Gardeners of El Dorado County

7-11: [Starting a Winter Vegetable Garden](#), hosted by the UCCE Master Gardeners of Tuolumne County

7-15: [Waterwise Gardening - Part 1](#), hosted by UCCE Master Gardeners of El Dorado County

7-22: [Waterwise Gardening - Part 2](#), hosted by UCCE Master Gardeners of El Dorado County

Farmers Markets

The University of California Cooperative Extension Master Gardeners of Calaveras County are hosting a Calaveras Grown Certified Farmers Market at the Master Gardener Demonstration Garden located at 891 Mountain Ranch Road in San Andreas on the third Thursday of every month from 4:00 pm to 6:00 pm through October.

The CalaverasGROWN Certified Farmers Markets offers a wide variety of products from local farmers and artisans based right here in Calaveras County. "Local produce is closer to the source, so it is fresher, tastier and more nutritious than produce that has traveled further to reach your plate. Dollars spent at the market are an important source of income for local farmers and tend to recirculate locally," emphasizes CalaverasGROWN President, Sean Kriletich.

Eating healthy is easier when you have access to fresh, affordable choices. The market accepts EBT and offers Market Match, which doubles shoppers' EBT nutrition benefits, enabling them to purchase even more healthy fruits and vegetables. So, if a customer spends \$10 of their allotted benefit, they are given an extra \$10 in market tokens to spend on fruits and vegetables. This includes P-EBT benefits being issued in response to the current health crisis. More details about P-EBT at <https://ca.p-ebt.org/en/>. Market Match is made possible by a grant to CalaverasGROWN from the Ecology Center.

Customers can also use their WIC checks and WIC and Seniors FMNP fruit and vegetable checks at the market.

Look for UCCE Master Gardeners at your local Farmers Market.

Follow us on social media!

[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](#)

Master Gardeners of Lake Tahoe

- Phone: 530-314-8383
- Email: laketahoemg@ucanr.edu
- 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 2020 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

UCCE Central Sierra 4-H Youth Development

County Fairs and Junior Livestock Auctions

Tuolumne County Jr. Livestock Auction Information

The Junior Livestock and Small Livestock Auctions ONLINE! All species, beginning at 3 PM on Friday, July 3rd.

The auction will begin closing at 9 AM Sunday, July 5th and will close sequentially one lot at a time.

For more information, visit: <https://motherlodefair.org/mother-lode-fair/junior-livestock-auction/>

Amador County Jr. Livestock Auction Update

Due to the cancellation of the 2020 Amador County Fair (26th DAA), is tentatively scheduling dates for the **Junior Livestock and Small Livestock to hold ONLINE Auctions.**

Tentative Show Dates:

- Small Animals: Thursday, July 23
- Sheep & Market Goats: Thursday, July 23
- Market Beef and Replacement Heifers: Friday, July 24

- Swine: Saturday, July 25

Tentative Livestock Sale Dates: Friday, July 24 and Saturday, July 25.

The format of the livestock show hasn't been determined yet. There are two formats being planned for:

- A live market show for all species spread over 3 days with exhibitors
- A virtual market show

For more information, visit: <https://www.amadorcountyfair.com/livestock-information>

4-H Sews Face Masks



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 [@tuolumne4h](#) to keep up to date on what's happening in their county! Or [@California4H](#) to see whats 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



In July many areas of the Central Sierra can expect to see tomatoes beginning to appear in local markets or ripening in gardens. This much-awaited crop is one of the best foods to enjoy in season, when its flavor is truly at its peak. Tomatoes need warm weather and plenty of time to ripen fruit, but cherry tomatoes are often one of the earliest types of tomatoes to begin ripening. Look for tomatoes in all different sizes and colors this summer to enjoy a range of different textures, tastes, and nutrients. A good source of Vitamin C and Vitamin A, tomatoes also provide dietary fiber and other trace nutrients. Red tomatoes contain lycopene, an antioxidant that is better absorbed by our bodies when tomatoes are cooked. Whether eaten fresh or cooked into dishes, tomatoes pair well with many different herbs, including basil, cilantro and thyme, and with most other foods that grow alongside tomatoes in the garden. See below for fresh tomato recipe ideas to try this July, or learn more about tomatoes and view their nutrition facts at [Harvest of the Month](#).

Recipe Ideas:

- [Mini Caprese Salad Bites](#)
- [Quinoa Veggie Salad](#)
- [Pico de Gallo](#)
- [Baby Tomato Bites](#)

[UCCE Integrated Pest Management and more...](#)

[What is Integrated Pest Management \(IPM\)?](#) - Integrated pest management, or IPM, is a process you can use to solve pest problems while minimizing risks to people and the

environment. IPM can be used to manage all kinds of pests anywhere—in urban, agricultural, and wildland or natural areas.

[Green Bulletin, Winter 2020 Issue](#) - Information for pest management professionals and pesticide applicators.

[Plant problem diagnostic tool](#)

[Natural Enemies Gallery](#)

[Weed Identification and Photo Gallery](#)

[Seasonal IPM](#)

[Recent Updates at IPM](#)

[UCIPM Weather Models & Degree Days webpage](#)

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.

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