

December 2020



## UC Cooperative Extension Central Sierra

*Serving Amador, Calaveras, El Dorado and Tuolumne counties.*



Thank you to all who participated in #GivingTuesday. However you participated, your support of those causes that are close to your heart will benefit greatly and be able to continue the work in our communities that we have come to know.

## Your monthly news & event announcements

***As the State of California remains in the shelter-in-place order to keep cases of COVID-19 from the continued rise we are seeing, UC Cooperative Extension Central Sierra continues to work remotely. We are always here to answer your questions and address your needs during this time.***

[Join our mailing list.](#)

Happy Holidays,

This holiday season finds us working remotely, with hope we will be able to get back to our offices soon. We are working on many virtual aspects of getting our classes and workshops out to our communities. And, there may even be some long term effects that come out of this, such as online food safety and preservation videos, master gardener classes, 4-H projects, that will create more opportunities for people to attend or view at a later time. As you can see,

our commitment to bringing research-based learning to you remains the mission of our UC Cooperative Extension offices. And, while we continue most of our outreach in a virtual format, we continue to conduct research that benefits our communities. Please don't hesitate to reach out to our team should you have questions.

Please take care and stay healthy.

Sincerely,

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

Visit our Website



## UCANR - Coronavirus and COVID-19

In cooperation with COVID-19 precautions from the State of California, our UCCE offices will be closed to the public until further notice. While we regret the inconvenience, our in-person events will be limited for the near future. Please see our [calendar](#) or call us to learn more about virtual and in-person opportunities to connect with us.

You can contact us by our main phone number at (530) 621-5502, or by email at [cecentralsierra@ucdavis.edu](mailto:cecentralsierra@ucdavis.edu).

## UC ANR Things of Interest

### Poinsettia--How to Select and Care for a Healthy Poinsettia

*By Scott Oneto, Farm Advisor, University of California Cooperative Extension*

The poinsettia (*Euphorbia pulcherrima*) is the most popular Christmas season plant. It was introduced into the United States in the late 1820's from its native Mexico by our first ambassador to that country, Joel Robert Poinsett. The plant was first known and probably is still best known for the bright red leaves or bracts that surround the inconspicuous, small, yellow, true flowers. Poinsettias may be purchased in colors ranging from white and cream through the various shades of pink and red. The following hints will help you choose a healthy poinsettia plant and how to care for it.

Choose a plant that hasn't shed pollen yet. To check, look for yellow pollen showing on the petal-like red and green bracts. Poinsettias showing pollen grains don't stay nice as long as those that haven't yet released pollen. Pay attention to the conditions where poinsettias are being sold. Poinsettias offered in stores during the holidays have been raised in a greenhouse at 60 to 70 degrees, in high humidity and maximum sunlight or growing lights. Store displays



that mimic these growing conditions closely may contain healthier poinsettias than those for sale in hot, dry, and low-light conditions.

[Continue reading How to Select and Care for a Healthy Poinsettia article.](#)

## UCCE Central Sierra Agriculture

### **Christmas Tree Stump Culture: Mimicking Nature for Choose n' Cut Success**

*Author: Lynn Wunderlich, UC Cooperative Extension Farm Advisor*

The holidays are here Fodder Family! For those of you who enjoy a living Christmas tree, perhaps you will try a stump cultured tree this year from one of the many [foothill Christmas tree farms](#). I often am asked which is more environmentally sustainable, a live Christmas tree or an artificial tree? A found that REAL trees, though not perfect, have fewer impacts on climate change and resource depletion than artificial trees. Stump culture is the practice of cutting a tree leaving the stump with whorls of lower branches to regenerate new sprouts that will grow into a harvestable tree. It is an old technique ([coppicing](#), a similar practice used in European woodlands, is thought to be thousands of years old) that can provide Choose n' Cut Christmas tree growers with several harvests off of the same stump, saving time and money, and using fewer resources. Some consumers like the stump culture concept since they consider the tree is not “killed,” it is “renewed.”



Mike McGee grows Christmas trees in El Dorado county and has been using stump culture on his 19 acre [Choose n' Cut Farm](#) for 36 years. According to Mike, stump culture reduces the time to harvest for a White Fir from 8-10 years to 5-7 years. One stump can provide as many as eight harvested trees.

[Continue reading the Christmas Tree Stump Culture: Mimicking Nature for Choose n' Cut Success blog.](#)

## UCCE Central Sierra Forestry

### Your Family Forest

**Sharing the vision and passion of California forest landowners**

**University of California Cooperative Extension** works collaboratively with California landowners to support responsible forest stewardship. This website contains information, big

ideas and stories from people who share a vision and a passion for their family forest. Explore the links below to learn more about how you too can be a responsible forest steward.

## Home Retrofit Workshop for Fire Professionals and Educators - December 15, 9am to 12pm

### Details:

- Title: Home Retrofit Workshop for Fire Professionals and Educators
- December 15<sup>th</sup> from 9AM-12PM
- Registration link: <https://bit.ly/HomeRetrofitEducators>
- Pre-homework is watching previous workshop (attendees should enter workshop with basic understanding)

### Objectives:

- Practitioners understand the ways homes are threatened
- Practitioners are able to identify weak points on homes and prioritize retrofits based on cost, effort and scenarios
- Practitioners can effectively communicate home hardening techniques to homeowners

### Workshop Outline:

- Icebreaker and welcome (**Carlie/Amanda**)
- Importance of home hardening and main components of a home (**Steve**)
- Q&A using FAQ from homework to start (**Steve/Carlie/Amanda**)
- Breakout rooms with photos for groups to discuss (**All**)
- Follow-up Q&A using fishbowl experience (**Steve/Carlie/Amanda**)
- Discussion on how to communicate home hardening effectively (**Christina/Susie**)

**More information: Carlie Murphy, Fire Adapted Communities Coordinator**

Office: **530-543-1501 ext. 114**

## Home Retrofit Workshop for Fire Professionals and Educators - Online Workshop Recording



## Project Learning Tree California

NATIONAL PROJECT LEARNING TREE has been busy developing new materials for educators! Check out what's new from PLT at [plt.org](http://plt.org).

- A new HS Module to explore Forest Careers and Green Jobs.
- Theme based Activity Collections- Trees, BioDiversity, and Urban Forests.
- Teaching with the online tool: iTree- What ecosystem services do Trees provide?
- Nature Activities for Families- get outdoors and explore!

[CA Project Learning Tree Professional Development Opportunities](#)

## UCCE Central Sierra Livestock & Rangelands

### Compost on Rangelands - Studying the effects of a one-time application of compost to annual rangelands

*by Scott Oneto, University of California Cooperative Extension Farm Advisor*

As gardeners, we know the value of compost. Many of us use it every day. From saving kitchen scraps to raking leaves and saving every green and brown material in our yard, nothing goes to waste. Why, because these are the ingredients of compost. Compost is like gold to a gardener. We rely on it for enriching our soil and making our plants thrive. Even farmers know the value of compost as many of them use it in row crops and in perennial crops like orchards and vineyards.

There is one sector of agriculture where we are just beginning to understand the potential value of using compost and that is rangelands. Rangelands cover more than half of California's land mass. These grasslands are comprised of mostly exotic annual grasses and forbs from the Mediterranean and are often



some of the poorest agricultural soils in terms of fertility. Recent studies have shown a direct benefit from the one-time application of compost to rangelands, including increases in water holding capacity, forage productivity, and carbon sequestration (Silver et al 2010, Ryals and Silver 2013). Based on these preliminary studies, this project is testing the one-time addition of compost to annual rangelands in an area that currently lacks localized data. By adding compost to the soil, we hope to see an increase in both soil fertility and water holding capacity which will ultimately increase the ability of desirable vegetation to be more resilient to climate variability and better able to compete against noxious weeds. In addition, the added fertility will make desirable forage more nutritious and more abundant for livestock, ultimately resulting in a financial benefit to the producer.

[Continue Reading to see research results...](#)



## October 2020 Webinars Now Available on YouTube!

If you missed any of these webinars, or if you would simply like to go back and review what you learned, I've loaded the videos of each session onto my YouTube channel! You can simply click the links below to watch the webinars!

- [An Introduction to Targeted Grazing](#) (October 6) – learn the basics about managing targeted grazing for fuel load reduction and weed management.
- [Cattle Health](#) with Dr. Gaby Maier and Dr. Becky Childers (October 15) – this webinar covers managing internal and external parasites, developing a vet-client-patient relationship, and how NOT to get fired by your veterinarian!
- [Beef Business Basics](#) with Judd Tripp and JC Baser (October 20) – learn the basics of how to analyze your livestock business and learn from the experiences of veteran Placer County ranchers.
- [Grazing Management Basics](#) with Greg Lawley and Joe Fischer (October 22) – foothill ranchers discuss the art and science of managed grazing on rangeland and irrigated pasture.
- [The Business of Targeted Grazing](#) with Bianca Soares (October 27) – learn about the business of targeted grazing, complete with tools for analyzing your own economic



viability. The second half of this webinar features a question-and-answer session with an established targeted grazing contractor.

- [Beef Cattle Nutrition](#) with Dr. Pedro Carvalho (October 29) – UC Davis/UCCE Feedlot Management Specialist Dr. Pedro Carvalho provides a basic overview of beef cattle nutrition in this final webinar.
- And be sure to check out my [Sheep Stuff Ewe Should Know](#) podcast with fellow shepherd Ryan Mahoney – available on Spotify and Apple Podcasts! While our focus is on sheep, we cover topics of interest to most livestock producers!

If you have any questions, or ideas about future webinar or workshop topics, you can always contact me at [dmacon@ucanr.edu](mailto:dmacon@ucanr.edu) or at (530) 889-7385.

## UCCE Central Sierra Living with Fire

Our forested areas remain dry as there hasn't been much moisture in the air. The potential for wildfire is still out there. So be safe and prepared! Be safe when participating in outdoor activities. Get a boost on next summer's heat and prepare your home and landscape for wildfire protection now.

## 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 time. We are working to provide more virtual presentations for our communities to learn safe home food preservation. Check out our [website](#), we have many [articles](#) and tested [recipes](#) for you. Or, if you have a food safety or food preservation question, see our "[Ask a Master Food Preserver](#)" webpage or call 530-621-5506 to leave a message and someone will return your call.

Thank you for your understanding.



## Upcoming Food Preservation Classes

Master Food Preserver Programs in our area have been working on presenting live, online food safety and preservation classes. They are working on their 2021 schedule now. You must register to get the link to join the classes and in most cases any residents of Amador, Calaveras, El Dorado and Tuolumne counties may attend these classes:

[Check their online calendar for details \(schedules should be up by the end of December or early January\).](#)

## Follow Us Online

[UCCE Master Food Preservers of Central Sierra](#)

## Amador/Calaveras

- Phone: 209-223-6482
- Email: [acmfp@ucanr.edu](mailto: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](mailto:edmfp@ucanr.edu)
- Online: [Ask a Master Food Preserver](#)
- Look for us on [Facebook](#)

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## UC Master Food Preserver Program

[Publications Library](#)

[Recipe Card Library](#).

[Video Library](#)

## UCCE Central Sierra Master Gardeners

As we begin to plan more online learning opportunities for the 2021 year, our UCCE Master Gardeners are available to answer your questions! When leaving phone messages, be sure to include your contact information so we 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!



## Garden Journaling

### UCCE Master Gardeners of Calaveras County

*Learn from the past  
to Profit by the present,  
and from the present,  
to Live Better in the future.*

William Wordsworth

Do you learn from your gardening successes and failures?

Have you given thought to recording your observations as you continue to improve your knowledge of your microclimate and how it affects your garden?

I guarantee if you watch our Garden Journaling class on YouTube (<https://youtu.be/aM6br-OIZUQ>) you will learn something new about considerations of what is valuable to record and how to record it. For instance, have you thought of recording when pests and diseases appear in your garden so that you can mark your next year's calendar to be ready? Do you have goals for your garden that you record and work towards? What are you interested in and do your notes reflect your interests?



Some people favor computer spreadsheets while others revel in bound paper books. For those who prefer paper, The UCCE Master Gardeners of Calaveras County have created a 'print your own' version that they walk through here: <https://youtu.be/-a6uyfABsjw>. For the full story, it's best to watch Part 1 linked above first. Their printable garden journal file contains 30 pages that allow you to customize it to be exactly what you'd like to use to record your garden notes.



## Getting to know Mistletoe

by Bobbie McCaffrey, UCCE Master Gardener of El Dorado County

Mistletoe is a fascinating plant held in esteem throughout history for its magical properties and now widely used as a traditional holiday decoration. The myths, legends, and customs connected with mistletoe are many. The Druids revered mistletoe, believing that it had been planted by the gods because it grew without its roots in the ground. They searched for the sacred plant and gathered it in a special ceremony, cutting it with a golden knife and then hanging it



up to ward off evil. It was thought to bring good fortune, help fertility, and cure illness.

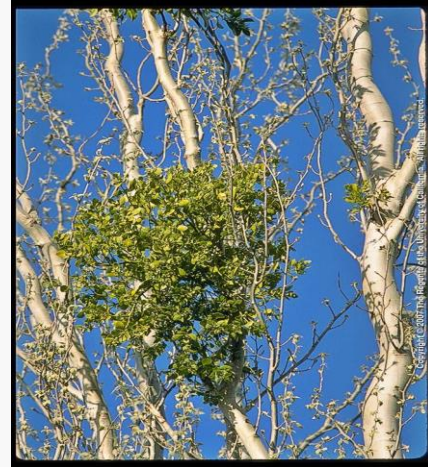


There are several myths that may have led to the present-day custom of kissing under the mistletoe. One is a Scandinavian legend in which Balder, the god of peace, was killed with an arrow made of mistletoe. His mother, Frigga, the goddess of love, shed tears that turned into mistletoe berries and brought him back to life. From that time on, Frigga kissed anyone who stood under a mistletoe bough. (To learn more about mistletoe lore, dip into *The Golden Bough* by James Frazer, Penguin Books, 1996.)

In contrast to the lore and romance, and a bit more sinisterly, mistletoe is actually an evergreen parasite, drawing its nutrients at the host's expense. Hundreds of mistletoe species grow throughout the world. In California, broadleaf mistletoe (*Phoradendron macrophyllum*) grows on a number of host trees, including alder, ash, birch, and cottonwood.

Other species of mistletoe include *P. villosum*, which infects only oaks, and a European variety, *Viscum album*, which is found only in Sonoma County, where it was introduced around 1900 by the pioneer horticulturalist, Luther Burbank. Dwarf mistletoe (*Arceuthobium spp.*) infests conifers. (See [ipm.ucanr.edu/QT/mistletoecard.html](http://ipm.ucanr.edu/QT/mistletoecard.html))

Mistletoe plants are either male, producing only pollen, or female, producing berries which contain seeds. The seeds are covered with a glue-like substance, so they adhere to whatever they land on. Mostly they fall on branches higher in the tree canopy, because the berries provide a delightful snack for birds, who then excrete the seeds on the branches where the birds roost. Wiping seed-covered beaks against a tree's bark also aids in dispersing the seeds. Somewhat diabolically, dwarf mistletoe uses hydrostatic pressure to launch seeds into trees 30 to 40 feet away. As mistletoe seeds germinate, they form a thread-like root that eventually pierces the tree bark and forms a strong root system which taps into the host's nutrients.



Broadleaf mistletoe will form a pendant-shaped bush up to two feet or more in diameter, with green stems and tongue-shaped, leathery leaves. Flowers appear in late spring, followed by the familiar round white berries that begin to ripen in October. Clumps of mistletoe are readily visible in winter after the trees have lost their leaves. Mistletoe can seriously weaken or kill host branches and compromise the overall health of a tree. The most effective control measure is complete removal.

Fads and fashions may come and go in the plant world, but mistletoe has been celebrated for centuries. Once linked with the power of magic, it is today linked to the power of love—and can be equally troublesome!

## [Gardening Classes & Events Calendar](#)

Master Gardener Programs across our 4 county area are planning next year's classes and events. December is the time they take to reflect on the past year and gear up for the next. Check their calendars for class dates as we start up again in January. In the meantime, if you missed a class, check the online class recordings below.

## **Online Class Recordings**

Amador County's [Handouts and Presentations webpage](#).

El Dorado County's [Presentations and Handouts webpage](#).

Tuolumne County's [Presentations and Class Recordings webpage](#).

Tuolumne County's [Over the Garden Gate Master Gardeners' local broadcast](#).

Check out our [YouTube videos](#) to find more...

## **Follow us on social media!**

## [Find Our Class Recordings on YouTube](#)

### [Master Gardeners of Amador County](#)

- Phone: 209-223-6838
- Email: [mgamador@ucanr.edu](mailto: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](mailto: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](mailto:mgeldorado@ucanr.edu)
- Online: [Ask a Master Gardener](#)
- Look for us on [Facebook](#)
- Follow us on [Instagram](#)
- Follow us on [Pinterest](#)

### [Master Gardeners of Lake Tahoe](#)

- Phone: 530-314-8383
- Email: [laketahoemg@ucanr.edu](mailto:laketahoemg@ucanr.edu)
- Online: [Ask a Master Gardener](#)
- 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](#)

### **More Virtual Projects coming in 2021**

#### **Food - Preservation: Central Sierra Virtual 4-H Project**

Coming early 2021

The Food Preservation project provides opportunities for members to learn safe food preservation; practice techniques in canning, freezing, and drying of foods; and use preserved foods creatively in meals and snacks.

#### **Health and Physical Fitness: Central Sierra Experience Mindfulness Virtual 4-H Project**

Coming early 2021

This project places an emphasis on stress management taught through practical and interactive mindfulness-based activities to facilitate experiential learning.

To learn more <http://ucanr.edu/csvirtualprojects>. If you have any questions, please contact Nancy Starr, [njstarr@ucanr.edu](mailto:njstarr@ucanr.edu).

## 4-H Wants You!

4-H volunteers are important to help our youth "learn-by-doing". You will work side-by-side with 4-H youth in youth-adult partnerships, where you grow together in shared responsibility and decision-making. Volunteering in 4-H will not only benefit the youth you are working with, but you will also be able to learn and practice personal leadership skills. You will learn about and practice positive youth development and can take advantage of county and state leadership development conferences each year. Volunteering in 4-H is flexible and rewarding. The minimum hours required for a project is only 6 hours total. We're being creative in how we deliver 4-H experiences during COVID and hope to include your expertise and experience! Contact us (530-621-5503 or [njstarr@ucanr.edu](mailto:njstarr@ucanr.edu)) today for more information.



## 4-H Youth Development Calendar

**Enrollment is open for the 2020/2021 Program Year.**

### [Join 4-H Now](#)

Check your county 4-H website for details about the 4-H Youth Development Program in your area. There you will find information about joining 4-H and becoming a member, the clubs and projects available and the calendar of events.

[Amador County website](#)

[Calaveras County website](#)

[El Dorado County website](#)

[Tuolumne County website](#)

## 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 Lake Tahoe 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 [@California4H](#) to see what's 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



During December and the cooler months of the year, turnips are at their best. Experiencing cold temperatures while growing helps the roots stay mild in flavor, and in cool weather turnips can last for an extended time, meaning they are available during the winter when few other fresh vegetables still are. Different varieties of turnip roots come in different colors, including white, purple and white, or yellowish orange. The turnip tops or leaves are also a delicious cooking green, and can be prepared similarly to mustard greens or kale. Turnips are an excellent source of vitamin C, with one serving containing more than 40% of the daily recommended intake, and they also provide dietary fiber, vitamin B-6, and potassium. See below for turnip recipes ideas, or learn more about turnips and view their nutrition facts at the USDA's [Seasonal Produce Guide](#).

**Recipe Ideas:**

- [Maple-Glazed Turnips](#)
- [Turnip Pancakes \(Latke-style\)](#)
- [Turnip Pancakes \(Okonomiyaki-style\)](#)
- [Potato Turnip Gratin](#)
- [Triple Header Greens](#)

## UCCE Integrated Pest Management and more...

### **UC Cooperative Extension studies organic herbicides for weed control in landscapes**

*Author: Jeannette E. Warnert*

The safety of the weed killer glyphosate, the active ingredient in some well-known Roundup products, has been the subject of attention recently because of lawsuits that connected the chemical to cancer in humans.

Based on extensive scientific research, U.S. regulatory agencies have not banned glyphosate, but the publicity has increased interest in alternatives to the herbicide, which is the most widely used pesticide in the world.

“Everybody is really clamoring for information,” said area integrated pest management advisor Karey Windbiel-Rojas. “Efficacy of organic herbicides is one of the most popular talks I am giving at the moment.”

Windbiel-Rojas and former UC Cooperative Extension environmental horticulture advisor Maggie Reiter launched research projects in 2019 to help fill knowledge gaps on the effectiveness of organic herbicides in urban landscapes – such as lawns, golf courses, parks, cemeteries and

school grounds. (Reiter has since taken an extension educator position at the University of Minnesota.)

[Continue reading Studies for organic week control in landscapes article.](#)

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[Natural Enemies Gallery](#)

[Plant problem diagnostic tool](#)

[Seasonal IPM](#)

[Recent Updates at IPM](#)

[Seasonal IPM](#)

[UCIPM Green Bulletin - Fall 2020](#)

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

[Weed Identification and Photo Gallery](#)

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](mailto:cecentralsierra@ucdavis.edu) | [cecentralsierra.ucanr.edu](http://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.

**The University of California working in cooperation with County Government and the United States Department of Agriculture.**

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>). Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance & Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

#### Quick Links...

[Our Website](#)

[Events & Workshops](#)

[Archived Newsletters](#)

UC Cooperative Extension Central Sierra | 311 Fair Lane, Placerville, CA 95667