

Monthly Newsletter, Events & Announcements | October 2021

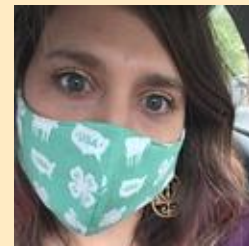


UC Cooperative Extension Central Sierra

Serving Amador, Calaveras, El Dorado and Tuolumne counties.

Greetings from UCCE Central Sierra!

Welcome to autumn--a time for harvest, watching the changing fall colors, and enjoying cooler weather. This month, [watch a Master Food Preserver workshop online](#), where you can learn about preserving all the wonderful things you've grown, and visit the local farmers markets for delicious fruits, vegetables, nuts, and all the other local goodies they have to offer. The Master Gardener demonstration gardens are all offering online workshops, events and plant sales this month, and have great information about caring for your garden through the cold season ahead. Now that students are back to school, our nutrition educators will be teaching them, as well as other community groups, about healthy eating. October means it's time for 4-H club and project meetings to begin--it's never too late to join, follow the links below to sign up! [Visit our UCCE Central Sierra website](#) for more information on all of these programs, as well as pest management, fire preparedness and much, much more. May you have a festive and colorful fall!



Sincerely,

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

**SUBSCRIBE TO THE UCCE
CENTRAL SIERRA NEWSLETTER**

**UC
CE** UC Cooperative Extension
Central Sierra on Facebook



UCCE Central Sierra Welcomes New Staff

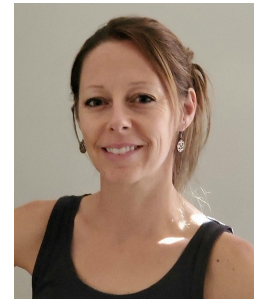
Mary Wall, Program Coordinator - UC Master Gardeners, South Lake Tahoe

Mary Wall spent most of her career at UC Davis in a wide array of positions starting as a bench chemist in an Environmental Toxicology laboratory, and then as the assistant coordinator of two federal research grants. During her employment she earned an MBA through the staff part-time degree program. She left the university for several years to become an entrepreneur by co-founding a private technology business incubator. Mary returned to the university to join UC Davis Extension first as a financial analyst, then as chief financial officer. Her last position before retiring was the Director of UC Davis Summer Sessions. She retired in July 2014, moved to South Lake Tahoe, and took coursework to become a Master Gardener in 2015. Of course, she loves gardening, but also enjoys off road wheeling, RVing, traveling, hiking, and cooking.



Dr. Kelsi Williams, Community Education Specialist II - 4-H YDP, Amador County

Kelsi Williams is an active community member, serving as a board of director for multiple organizations in Amador County. She holds a doctorate degree in Organizational Leadership, is a professional educator, and operates a small family farm outside of Jackson. Kelsi has been a 4-H parent and a volunteer for over 10 years. She is ethical, dedicated, and committed to getting every job done well!



UCCE Central Sierra Agriculture

Registration Open for Winter Grape Day 2021 | November 10, 2021

Presented by the Department of Viticulture and Enology at UC Davis

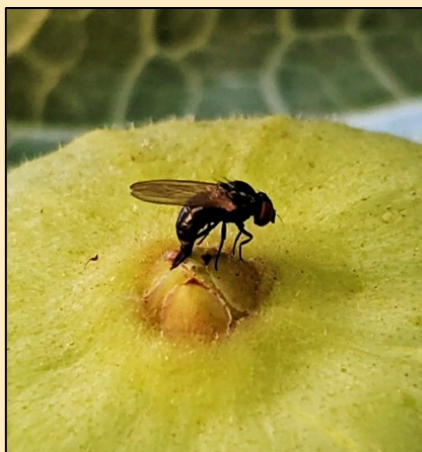
The UC Davis Winter Grape Day will provide instruction to attendees on issues faced by the growers in the previous season. It will help them gain knowledge to be prepared for the upcoming season, featuring topics related to plant protection, water relations and management, soil fertility and mineral nutrition, soil health and alley management, as well as heat wave mitigation.



For a complete agenda including times and presenters, please [click here](#). This page also includes a list of current safety protocols and requirements for event attendees as they relate to COVID-19.

This is a hybrid event. Attendees have the option of attending in-person at the Conference Center on the UC Davis Campus, or by live stream. Cost is \$250 for in-person or live-stream. [REGISTER HERE](#)

UC ANR Integrated Pest Management



Pest Alert: Black Fig Fly

Fig growers need to be aware of the black fig fly (BFF), an invasive insect that was recently discovered infesting figs in multiple counties in southern California. The BFF has been reported in the following counties: Los Angeles, Orange, Riverside, Santa Barbara, San Bernardino, San Diego and Ventura. Movement of figs from these counties is not recommended, as it may lead to additional artificial spread of BFF to other areas of the state. University of California Cooperative Extension personnel are currently working with the California Department of Food and Agriculture to further delineate populations, as well as develop improved monitoring and management strategies. [Read More](#)

UCCE Master Gardeners of Central Sierra

UCCE Master Gardeners are available to answer your questions online, by phone or email! When leaving a phone message, be sure to include your contact information so someone can get back to you with answers. You can also explore our online resources:

- [Monthly Gardening Tips](#)
- [YouTube Channel](#)
- [Over the Garden Gate](#)
- [UCCE Master Gardeners of Central Sierra Website](#)



UCCE Master Gardener Training Class 2022

Do you enjoy getting your hands dirty? Do you enjoy sharing your knowledge? Do you want to meet new people who share your gardening passion? Then you may be the ideal candidate to become a UCCE Master Gardener. You will be trained by the University of California Cooperative Extension in science-based horticulture and then volunteer to teach others about sustainable gardening practices.

Want to learn more about the 15-Week Master Gardener Volunteer Training course?

RSVP to attend one of the mandatory orientation meetings:

- Tuesday, October 19 at 4:00 pm (in Amador County)
- Thursday, October 21 at 5:00 p.m. (Online via Zoom)

Link to RSVP: <https://surveys.ucanr.edu/survey.cfm?surveynumber=35604>

UCCE Master Gardener Training Class 2022

Come Grow with Us!

Learn 40: Attend the online 15-week training series. Attend regular continuing education classes. Attend monthly general meetings.

Grow 40: Get your hands dirty by volunteering in the Demonstration Gardens. Develop plans for the annual plant sale.

Teach 40: Utilize knowledge at farmers markets, workshops, and meetings. Be the Master Gardener "Hot Date." Meet or assist with public education classes.

Do you enjoy getting your hands dirty? Do you enjoy sharing your knowledge? Do you want to meet new people who share your gardening passion? Do you want to be the ideal candidate to become a UCCE Master Gardener? You will be trained by the University of California Cooperative Extension in science-based horticulture and then volunteer to teach others about sustainable gardening practices.

15-Week Master Gardener Volunteer Training

Participants receive an online package, receive monthly newsletters, receive site, volunteer time, continuing education. For assistance and/or more information, please call or email the UCCE Master Gardener Program.

Amador and El Dorado County Training Begins January 2022

Want to learn more? You will find contact information for you can join the UCCE Master Gardener Program, our continuing education, your participation requirements, and the training opportunities.

All activities are administered by the cooperative meetings of these counties. For more information, please contact the UCCE Master Gardener Program, Amador County, 1200 N. Main Street, Marysville, CA 95901. Or contact the UCCE Master Gardener Program, El Dorado County, 1200 N. Main Street, Marysville, CA 95901. Or contact the UCCE Master Gardener Program, El Dorado County, 1200 N. Main Street, Marysville, CA 95901. Or contact the UCCE Master Gardener Program, El Dorado County, 1200 N. Main Street, Marysville, CA 95901.

More information: Register here for orientation: <https://surveys.ucanr.edu/survey.cfm?surveynumber=35604>

Address: 1200 N. Main Street, Marysville, CA 95901. Phone: (916) 438-7300. Email: mastergardener@ucanr.edu

Upcoming Online Class

*Classes are free to residents of Amador, Calaveras, Tuolumne and El Dorado counties!
Pre-registration is required; you will be emailed a link to join the online class once you register.*



Online Starthistle Management Class

October 30 | 9:00 - 11:00 AM

Control of yellow starthistle cannot be accomplished with a single treatment or in a single year. Effective management requires control of the current population and suppression of seed production. Learn various management techniques for this landscape pest. [Register Here](#)

Connect with UCCE Master Gardeners

Amador
(209) 223-6838



✉ Email



Calaveras
(209) 754-2880



✉ Email



El Dorado
(530) 621-5512



✉ Email



Lake Tahoe
(530) 314-8388



✉ Email



Tuolumne
(209) 533-5912



✉ Email



Class Resources and Recordings

Use the links below to access presentations, handouts, and video recordings of classes presented by the UCCE Master Gardeners of

Central Sierra!

- [Amador County](#)
- [El Dorado County](#)
- [Tuolumne County](#)



UCCE Central Sierra [4-H Youth Development](#)

Fall for 4-H

Become a 4-H Volunteer

Click to find your county and get started!

Youth Retention Study: Keeping Members in 4-H



Keeping Members in 4-H: A Look at Why They Join



[4-H Enrollment for 2021-2022 Program Year Now Open](#)

Visit the [UCCE Central Sierra 4-H](#) website for more information about 4-H and how to enroll in 4 easy steps! You can pay your program fee [online](#) or to your [county 4-H office](#). 4-H Youth enrollment fee for the 2021-2022 program year is \$66.00. [REGISTER HERE](#)



[4-H Adult Volunteer Orientation](#) [October 27 | 6:00 - 8:00 PM](#)

All adults who apply to be an adult volunteer in the 4-H YD Program must complete either an in-person or virtual New Adult Volunteer Orientation. If you have any questions, please contact Vera M. Bullard at (209) 223-6484 or ymbullard@ucanr.edu. [REGISTER HERE](#)



Connect with a 4-H Club in Your Area!



[Amador](#)



[Calaveras](#)



[El Dorado](#)



[S. Lake Tahoe](#)



[Tuolumne](#)



UCCE Central Sierra Community Health & Nutrition



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

The UCCE Community Health & Nutrition program is part of the University of California Cooperative Extension operating in Amador, Calaveras, El Dorado and Tuolumne counties with a mission to make healthy eating and active living more accessible in the Central Sierra. Because good health should be within reach for everyone in our communities, focus areas include food security, garden-enhanced nutrition education, food literacy, and breastfeeding support. You can also explore our online resources:

- [COVID-19 Community Resources Page](#)
- [Recent Newsletter](#)
- [Online Nutrition Education](#)
- [CalFresh Healthy Living Website](#)



Harvest of the Month: Pears

Pears are sweet and juicy fruits with mild flavor and loads of vitamin C and fiber. When ripe, a pear feels soft and a little grainy on your tongue. Asian pears are more crunchy, like a mix between an apple and a pear. They are also very juicy and sweet. Store at room temperature for 3-5 days to ripen pears, or keep in the refrigerator if already ripe and use within 5-7 days. [Read More](#)

See below for pear recipe ideas to try this November, or learn more nutrition facts with the [USDA Seasonal Produce Guide](#).



Fruit Crisp

This fresh fruit crumble is scrumptious and nutritious.

[Click Here for Recipe](#)



Pear, Grape & Cucumber Salad

Enjoy this salad for a satisfying afternoon snack.

[Click Here for Recipe](#)



Baked Pears with Yogurt

Packed with protein, yogurt is a great way to start the day.

[Click Here for Recipe](#)

[SUBSCRIBE TO THE UCCE CENTRAL SIERRA "NUTRITION NEWSLETTER"](#)

Join the Central Sierra "Nutrition News" email list to receive information about community resources in your area, the harvest of the month, and more!

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

Volunteers from the UCCE Master Food Preservers Program of Central Sierra are available to answer your questions online, by phone or email! When leaving a phone message, be sure to include your contact information so someone can get back to you with answers. You can also explore our online resources:

- [Food Safety and Coronavirus Disease](#)
- [Recorded Classes](#)
- [Archived Articles](#)
- [Recipes](#)



University of California
Cooperative Extension

**Master
Food
Preserver**

Connect with UCCE Master Food Preserver Program of Central Sierra

Ask a 
**UC Master
Food Preserver
Central Sierra**

Amador/Calaveras
(209) 223-6482

 [Email](#)



El Dorado
(530) 621-5506

 [Email](#)



Sign up for the UCCE Central Sierra Master Food Preservers e-mail list!

Sign up to get e-news, event updates and class schedules delivered to your inbox each month.

Subscribe to UCCE Master Food Preserver Monthly Email Notification of upcoming events

Pressure Canner Testing

Pressure canners with only a dial gauge need to be tested annually to ensure dial gauges are accurate. If your dial gauge is not accurate, it is not correctly reading pressure which may result in under or over processing and unsafe food.

UCCE Master Food Preservers of El Dorado, Amador/Calaveras and Tuolumne Counties have devices to test Presto Brand pressure canner gauges and offer free pressure gauge testing at our offices. Call the office nearest you to set up a drop off of your canner and you will reserve a phone call when it has been tested and is ready for pickup. Usually testing can be done within a week. Please contact the Master Food Preservers nearest you for more information.



More UCCE Central Sierra Programs



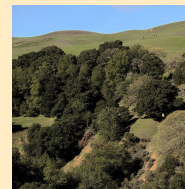
[Living with Fire](#)



[Livestock](#)



[Natural Resources](#)



[Oaks & Rangelands](#)



[UC California Naturalist Program](#)

UC ANR [Coronavirus and COVID-19](#)

California is reopening all activities statewide, but it is important to remember that the pandemic is not over and COVID-19 remains a health threat. As we plan and implement a return to in-person ANR programs, we should stay informed about COVID-19 trends statewide and in our communities. Here are a few resources from the CDPH and other trusted sources:

- [Public Health Order](#)
- [Beyond the Blueprint](#)
- [Tracking COVID-19 in California](#)
- [COVID-19 Dashboards and Data](#)
- [Get Local Information](#)
- [COVID-19 Case Map](#)

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.

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

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Quick Links...

[Our Website](#)

[Events & Workshops](#)

[Archived Newsletters](#)