

UC Cooperative Extension Central Sierra

Serving Amador, Calaveras, El Dorado and Tuolumne counties.



Greetings from UCCE Central Sierra!

September finds schools back in session, summer coming to an end, and autumn days on the horizon. Enrollment for the 4-H Youth Development Program is in full swing and clubs across the Central Sierra are offering a wide range of both in-person and virtual projects for the upcoming program year. Meanwhile, the UCCE Master Gardeners and UCCE Master Food Preservers continue to host a variety of events and online classes relevant to the changing season. Our thoughts are with those who have been impacted by the recent fires in our region. Important work is being done to research, educate, and support the needs of our community members, and our commitment in doing so is stronger than ever. Please do not hesitate to reach out should you have questions. Take care and stay healthy.

Sincerely,

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

**SUBSCRIBE TO THE UCCE
CENTRAL SIERRA NEWSLETTER**



UCCE Central Sierra Welcomes Lauren Griffith

Lauren serves as one of the administrative assistants for UCCE Central Sierra and is located in Tuolumne County. She comes to UCANR from Mother Lode Job Training where she led the Prison to Employment grant for the past two years. While at MLJT she helped provide career services to Justice-involved individuals. Lauren participated in FFA in high school, showed pigs at her local fair, and was a State Champion Vine Pruner. She has lived in Tuolumne County for 8 years with her husband and two children, who can't wait to start 4-H. Lauren enjoys time on the lake, cheering on her children at their many sporting events and ANYTHING Disney. Welcome, Lauren!



UCCE Central Sierra 4-H Youth Development

Fall for 4-H



Become a 4-H Volunteer

Click to find your county
and get started!

Ways You Can Volunteer

***Lead a Club**

Provide support for a 4-H club.

***Teach a Skill**

Share your expertise with 4-H youth.

***Judge Projects**

Evaluating 4-H competitions.

***Help with Events**

Support 4-H'ers as they plan events.

***County or State Committees**

Help shape 4-H in California!

Help Youth Learn and Practice New Skills

As a 4-H volunteer, you are important to help youth to "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.

Improve Your Own Leadership Skills

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 leadership development opportunities.

[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](#) [September 29 | 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 vmbullard@ucanr.edu. [REGISTER HERE](#)



Connect with a 4-H Club in Your Area!



AMADOR COUNTY 4-H CLUBS CALAVERAS COUNTY 4-H CLUBS EL DORADO COUNTY 4-H CLUBS EL DORADO COUNTY 4-H CLUBS TUOLUMNE COUNTY 4-H CLUBS

[Amador](#)



[Calaveras](#)



[El Dorado](#)



[S. Lake Tahoe](#)



[Tuolumne](#)



UCCE Central Sierra Forestry & Living with Fire

Wildfire Recovery Resources

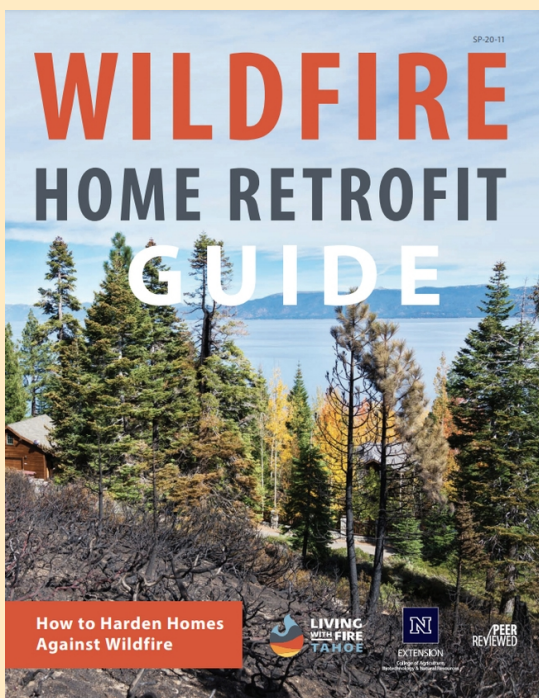
The host of emotions following a disaster can leave one feeling overwhelmed and wondering what to do next. Wildfire recovery does not happen overnight. It is a steady process of assessing damage, evaluating new conditions, and deciding on what to do next. The ultimate goals of renewal, rehabilitation, and re-vegetation can be attained, but will take patience and persistence.

The journey ahead is not easy, but the information provided via the links below will help you get started.

- [UCCE Fire in California : Wildfire Recovery Website](#)
- [Recovering from Wildfire: A Guide for California's Forest Landowners](#)



- [Take Care of Yourself](#)
- [Assess Home Damage](#)
- [Assess Resource Damage](#)
- [Secure Finances](#)
- [Prepare for the Future](#)



Protecting Homes in Wildfire-Prone Communities

Are you prepared for fire season? There are many things that you can do to help make your home and property more fire resistant. Much of California faces increased fire risk during the summer months as the vegetation becomes dryer and dryer. Don't let your guard down!

Below are several resources to assist you in making your home more fire resistant:

[Landscaping Tips to Help Defend Your Home from Wildfire](#), UC ANR Publication 8322

[Fire Resistant Landscaping](#)

CalFire's fire-safe landscaping information

[The Combustibility of Landscape Mulches](#)

UNCE Publication

[Creating Defensible Space](#) and [Home Landscaping for Fire](#), UC ANR Publication 8228

Visit the [UCCE Living with Fire](#) webpage for additional information and resources.

[California and Nevada fire scientists](#) have produced a booklet with step-by-step guidance on retrofitting an existing home to be more resilient to fire. The free 20-page publication, includes recommendations for 12 vulnerable components of homes in wildfire-prone areas... [Read More](#)

The team also hosted three webinars to share home fire resilience information targeted to different audiences. Videos of the webinars are available on the [Living with Fire YouTube Channel](#):

For the Public: [Watch Video](#)

For Building Professionals: [Watch Video](#)

For Fire Educators: [Watch Video](#)



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](#)



Upcoming Events and Online Classes

*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.*



Landscape Transformation Class
September 11, 2021
9:00 - 10:30 AM



Successful Gardening with Native Plants
September 25, 2021
9:00 - 10:30 AM

Open Garden Day at Heritage Rose Garden in Amador County September 18, 2021 | 10:00 AM - 12:00 PM

Come out and see the Heritage Rose Garden. UCCE Master Gardeners will be on site to give tours and discuss heritage roses and the other native and heirloom plants in the garden. The garden is located at 1334 Jackson Gate Road, Jackson, CA 95642.



Connect with UCCE Master Gardeners

Amador
(209) 223-6838



✉ Email



Calaveras
(209) 754-2880



✉ Email



El Dorado
(530) 621-5512



✉ Email



Lake Tahoe
(530) 314-8383



✉ 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 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: Tomatoes

Tomatoes come in different varieties and are most often red. They can be eaten raw or cooked and are used in many dishes, sauces, and soups. When buying tomatoes look for bright red color and smooth skin. Store tomatoes in a cool, dark place, stem-side down. Storing in the refrigerator will change the taste. Tomatoes contain Vitamin A, Vitamin C, fiber, potassium and lycopene. [Read More](#)



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



Baby Tomato Bites

A delicious combination of fresh tomatoes, basil, and mozzarella.

[Click Here for Recipe](#)



Southwest Tomato Salad

Enjoy this salad with chips for a satisfying afternoon snack.

[Click Here for Recipe](#)



Chicken and Vegetable Tapsi

Try this flavorful Iraqi version of a chicken stew for a filling dinner.

[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!

UC ANR Integrated Pest Management



University of California
Agriculture and Natural Resources
Integrated Pest Management Program

NEW! Urban and Community IPM Webinar Series

Join us at 1:00pm on the third Thursday of every month to learn more about pest identification, management, and using pesticides around the home and garden. Webinars will run for one hour. ***This series is free and open to the public but advance registration is required.***

September 16: Identifying Insect Pests in the Home and Garden

Presenter: Elaine Lander, UC Statewide IPM Program
[REGISTER HERE](#)



UC Weed Science: Have you heard of WeedCUT?

A [recent blog](#) posted by Tunyalee Martin with UC IPM announces a new online interactive tool for controlling wildland weeds with non-Chemical methods. This project was spearheaded by Cheryl Wilen (UC IPM) and Jutta Burger (CAL IPC) who worked with a team to develop a [Best Management Practices](#) for non-chemical weed control and worked with Tunyalee and UC IPM to build the online interactive interface to access the information. [Click here](#) to read the informative blog, and [click here](#) to check out the new tool!

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

Upcoming Events and Online Classes



Ask a Master Food Preserver
September 1, 2021
6:30 - 7:30 PM



Cucumbers and Zucchini
September 15, 2021
6:30 - 8:00 PM



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

UC Master Food Preserver Program



Preserved Food Competition

Open to Alpine, Amador, Calaveras and Tuolumne County Residents

October 2, 2021

Entries Due: Sunday, September 19



El Dorado County Fair

"Stars and Stirrups"

September 23 - 26, 2021

12:00 PM - 10:00 PM

El Dorado County Fairgrounds



Ironstone Concours

"Driven to Support Youth in Agriculture"

September 24 & 25, 2021

9:00 AM-4:00 PM

Ironstone Vineyards

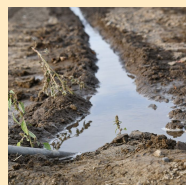
More UCCE Central Sierra Programs



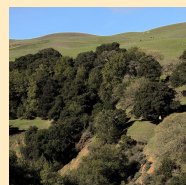
Agriculture



Livestock



Natural



Oaks &



UC California

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.

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](#)