



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



Message from The County Director

The University of California Cooperative Extension (UCCE) is the public service and applied research division of the University of California. UCCE is a cooperatively supported effort between county and federal government, and the University of California. The University of California provides program staff, while Shasta County provides support services (vehicles, office, support staff, utilities, etc.). At UCCE, we conduct applied research and hold educational events pertinent to Shasta County Agriculture, Natural and Human Resources. This partnership enables the intellectual resources of the University of California to address critical issues such as rangeland and forest production, water quality, food safety, chronic disease, wildfire, oak woodland management and youth development.

I am excited to share that for the first time in many years, the UCCE Shasta office is fully staffed. We recruited and hired Camila Quintana as the new Forestry and Natural Resource Advisor and Justin Vigil as the Livestock and Natural Resource Advisor. Both Camila and Justin were top candidates in their respective applicant pools.

Our staff are dedicated to conducting research and extending results to farmers, ranchers, forest landowners, students, teachers, health professionals and interested citizens. We have shown this dedication in the following ways.

- UCCE participated in the 11th annual "Farm Camp" program which is a partnership with City of Redding Parks and Recreation, Shasta College and Shasta Union High School.
- Under the leadership of Erin Paradis, over 600 youth and 120 Adult Leaders enrolled in the 4-H Youth Development program. She also focused on growing the countywide "Cloverbud" project as an introduction to the 4-H program for primary members. Erin's local efforts led to her presenting her work and its results at a conference held on the East Coast.
- This year we again participated in the Forestry Institute for Teachers (FIT) held at Elevate Camp in Viola.
- Janessa Hartmann, our Community Health and Nutrition Advisor continued to lead the Master Food Preserver Program as well as serving as Chair of Healthy Shasta Coalition.
- Nate Caeton, our Youth Development Advisor, worked with Simpson College on delivery of Green Jobs Curriculum, developed drone curriculum and continues to co-coordinate the Statewide 4-H Shooting Sports program.
- Under the leadership of Shawnice Fisher, CalFresh staff provided lessons to over 4,800 youth and 270 adults. This year the federal budget eliminated funding for this program. On September 30, 2026 the program will sunset. This program delivered nutrition, physical and garden education locally for more than 30 years. We are grateful for our many partners and residents who have participated over the years

For information about our local University of California Agriculture and Natural Resource Division, visit our website at <https://ucanr.edu/county/shasta-county>.



Community Nutrition and Health

Advisor

Janessa Hartmann is the Advisor for the Community Nutrition and Health program for Shasta, Trinity and Tehama Counties. This program is rooted in community-identified needs, addressing the social determinants of health and improving the quality of life of our residents. Areas of focus are healthy families, active living, enhancing the human-built environment and improving our community.

Healthy and Connected Communities Highlights

These projects collaborate with professionals and community members to improve the built environment, local systems and policies that improve residents' quality of life.

- Served as the Healthy Shasta Steering Committee Chair: The coalition is a made up of 26 organizations which aim to improve health outcomes in Shasta County. This year, we celebrate 20 years through a countywide Golden Shoe Scavenger Hunt (over 3,100 entries) as well as a school-based scavenger hunt (over 6,100 students), and a fun walk (over 900 people).
- Disseminated the second edition of the North State Picnic Newsletter which highlights UCCE's Community Nutrition and Health work across the North State.
- Provided local oversight for the UCCE CalFresh Healthy Living program.

North State Food System Highlights

These projects are focused on providing education to residents with the goal of improving healthy and safe food access, reducing food waste, and improving household and producers' financial wellbeing.

- Held second Master Food Preserver Program (MFP) volunteer training. The program trains dedicated volunteers to provide outreach on safe home food preservation practices.
- Initiated the Shasta Grower's Association Shasta Market Match. This 3-year grant program for CalFresh matches up to \$15 in CalFresh recipient funds to purchase fruits and vegetables at the farmers markets.
- Worked with First 5 Shasta on the Farm-to-Early Childhood project. This 2-year grant project taught nutrition and garden education to preschoolers, trained Shasta College students and provided local produce to family childcare providers. In 2025, this project provided education to over 100 youth and supported 12 family childcare providers.





CalFresh Healthy Living



Program Goals

The CalFresh Healthy Living, University of California Cooperative Extension program aims to inspire and empower under-resourced Shasta County residents, through diverse partnerships focused on healthy eating and active living. Our program promotes awareness, education and community changes to improve the health of our citizens. Shawnice Fisher manages this dynamic USDA grant funded program, and Chanelle Vincelli supervises staff and programming.

The CalFresh program delivers research and evidence-based comprehensive programming to youth and adults, with a focus on direct education to improve the diet and nutrition related skills of CalFresh Food recipients and their families.

Program Efforts

In order to address nutrition and health challenges locally, staff collaborated with key partners including the Healthy Shasta Movement, the Shasta County Growers Association, the cities of Redding and Anderson, along with many schools and community agencies.

Program efforts provided essential knowledge and skills to increase consumption of healthy foods and beverages, increase food resource management, improve food security, and support access to physical activity which will lead to healthier lifestyles.

Activities and focuses last year included:

- Nutrition education series
- Improvement and expansion of school gardens
- Supported school wellness policies, Walk to School Day, Bike to School Day campaigns,
- Physical activity lessons and program training
- Supporting healthy living campaigns such as Rethink Your Drink and Healthy Snack Days

Important Note

On July 4, 2025, reconciliation Bill (H.R. 1), was signed into law, eliminating funding for the UCCE CalFresh Program ending nearly 30 years of grant funding. On October 1, 2026 the UCCE CalFresh Program will come to an end. We are grateful for the collaboration to deliver nutrition, physical activity, and garden education as well as the support for healthy policies, systems and environmental improvements that reached thousands of residents.



Shasta CalFresh Statistics

- 4800+ Children in 17 schools/preschools
- 270+ Adults and families in 12 non-profit organizations and agencies
- 1,350+ hours of direct education classes
- 13,500+ Individuals reached through community events, fairs, and newsletters
- 7,700+ Local youth reached through policy, systems and environmental change initiatives





4-H Youth Development

Advisor

Nate Caeton serves as the 4-H Youth Development Advisor for Shasta, Trinity, and Tehama counties. His work focuses on delivering extension education programs that strengthen and expand 4-H initiatives while fostering positive youth development. Key areas of emphasis include STEM education and scientific literacy, outdoor and environmental education, college and career readiness and youth disaster preparedness. Additionally, Nate co-chairs the statewide 4-H Camping Advisory and Shooting Sports committees, further contributing to youth enrichment efforts.

Experiential Learning and Youth Development Highlights

- Collaborated with the Shasta County Office of Education to bring environmental education training to local teachers. This workshop series featured Project Learning Tree's *Trees and Me*, Project WILD's *Growing Up WILD*, and Project WET's *Getting Little Feet Wet*, inspiring hands-on learning for early learners.
- Taught "Introduction to Natural Resources and Youth Disaster Preparedness" at Shasta View Academy, expanding 4-H's hands-on learning opportunities for youth.
- Brought the *Ag From Above - Ag For All* curriculum to Shasta County teens. This partnership with Turtle Bay taught safe drone operation and hands-on applications in agriculture and natural resources, and engaged teens both in and outside of 4-H.
- Continued service as a California 4-H Shooting Sports Co-Coordinator. This year, Nate was invited by the California Department of Public Health to speak at the 2025 Public Health Convening on Strategies for Firearm Violence Prevention.
- Participated in the Collaboration to bring Youth Mental Health First Aid (YMHFA) training to 15 Northern California counties. This training provided tools to identify and respond when young people face mental health challenges, and connect them with the support they need.
- Participated in the Plant the Moon Challenge with Shasta County 4-H youth. This global science experiment invited participants to test how vegetables grow in simulated lunar soil.





4-H Youth Development - Continued

4-H Community Education

Erin Paradis serves as the 4-H Community Education Specialist for Shasta and Trinity counties. She is responsible for day-to-day operation of the 4-H program, providing training and support to volunteers and club leaders. She actively promotes the 4-H program throughout the local community.

Highlights Over the Past Year

- Participated in numerous community events and outreach opportunities such as: Mr. Rogers Day, Week of the Young Child activities, City of Redding Parks and Recreation's Farm Camp and other community events.
- Partnered with Waste Management to provide an annual service-learning project focused on environmental stewardship.
- Delivered programming in the afterschool setting as well as summer day camps.
- Focused on growing the countywide "Cloverbud" project which is an introduction to the 4-H program for youth aged 5-8 years old.
- Provided in-person Youth for Quality Assurance (YQCA) training. The in-person training provides mandated training to meet fair requirement for 4-H youth.
- Participated in the implementation and evaluation of the "Animal Poo & You" curriculum focused on zoonotic disease prevention.
- Coached a team for the "Plant the Moon Challenge" where members design their own experiments to grow crops in lunar soil simulants.

As we approach the new year, Shasta County 4-H continues to create a "hands on learning" atmosphere, where members explore, share ideas, grow skills, and identify their spark. If you are interested in helping our youth "learn by doing" and would like to share your expertise and experiences, or you have a youth who is interested in joining, please contact the Shasta County 4-H office at (530) 224-4900.



Shasta County 4-H Statistics

- **606 Youth Members, 123 Adult Volunteers**
- **18 Organized 4-H Clubs**
- **155 Projects**
- **3 Special Interest Programs**





Livestock, Range & Natural Resources

Advisor

Justin Vigil is the newly hired Livestock and Natural Resource Advisor for Shasta and Trinity Counties. He obtained his bachelor's degree in business economics from California State University, East Bay and his master's degree in interdisciplinary studies with a focus in regenerative agriculture from Chico State University.

Justin grew up on a large commercial beef cattle ranch in western Lassen County where he learned all aspects of cow/calf and stocker beef production in a rangeland and irrigated pasture context. He plans to create applied research in the areas of ranch/farm economics, beef cattle production, rangeland production, and irrigated pasture production. Much like his predecessor, Larry Forero. Projects will likely fall into one of two major themes: Livestock Production or Natural Resources.

He has begun his role as Livestock and Natural Resource Advisor by collaborating with the State Water Board and the Northeastern Water Association in their efforts to hold a meeting in the intermountain area which was attended by local residents and UC ANR personnel. He also organized and executed the Intermountain Fair Steer Carcass Contest in collaboration with the Fall River - Big Valley Cattlemen's Association.

As the new year approaches, Justin plans to continue building connections with clientele in Shasta and Trinity Counties. He hopes to gain understanding of local issues that impact the residents in these counties and build research opportunities around these needs.





Forestry & Natural Resources

Advisor

Camila Quintana Del Carpio is the newly hired Forestry and Natural Resources, servicing Shasta, Trinity and Siskiyou counties. She is a Registered Professional Forester (RPF) and licensed Pest Control Advisor (PCA) with a passion for connecting people, science and the land.

Camila completed her undergraduate degree at UC Berkeley in 2018, double majoring in forestry and environmental science. After graduation, she marked timber and flagged watercourses before managing the reforestation program on 168,000 acres in Siskiyou and Shasta counties.

She is involved with the Forest Vegetation Management Conference and the California Forest Pest Council, where she's helped lead field tours and explore new opportunities for engagement. Her fluency in Spanish helps her connect with migrant reforestation workers and will expand the reach of workshops hosted across California's forestry community.

In 2025, Camila earned her master's in forest resources from the University of Georgia with an emphasis on forest business. Her graduate work deepened her understanding of the economic side of forestry and strengthened her ability to connect sound science with practical management.

Camila aims to address the key challenges facing local forest landowners and land managers. Over the next year, she will meet with community members, listen to their priorities, and build a program rooted in local needs—one that supports better forest management, expands access to natural resource education, and strengthens collaboration across Shasta, Trinity, and Siskiyou counties. Camila is excited to work with landowners, foresters, agencies, and anyone interested in natural resources.





Shasta Master Gardeners

Who We Are and What We Do

The Shasta County Master Gardener is a joint program between Shasta College and UCCE. Shasta College provides training and organizes projects, while UCCE provides consistent programming as well as administrative support. This program is internationally recognized for individuals who wish to increase science-based knowledge of gardening and the environment, then return that knowledge to their community as a volunteer.

This past year, our dedicated Master Gardeners made an incredible impact, logging over 1,300 volunteer hours to support over 1,500 local gardeners from Shasta, Siskiyou and Tehama counties. Through these efforts, they provided expert advice at community events, including the Farmer's Market, the Redding Health Fair, the Redding Library Garden Fair, and staffing the call office.

Thank you to all our volunteers for making a difference in our community. Together, we're cultivating not just gardens, but connections and growth that enrich the lives of everyone we serve!

Master Gardener Highlights

- Hosted three beginner garden workshops, partnered with the Redding Seed Library to package seeds, and offered hands-on guidance at a staffed table
- Played a vital role in enriching the community by pruning the rose garden at Redding City Hall
- Pruned fruit trees at two school sites
- Installed a sensory garden at Shasta College
- Maintained the native plant garden in Caldwell Park

If you have garden or landscape related questions call the Master Gardener Helpline at (530) 242-2219 or e-mail mastergardener@shastacollege.edu

Look for us on Facebook and Instagram " UCCE-Master-Gardeners-of-Shasta-County"



Our Work in Action



Meet our Staff

UCCE Staff

Larry Forero

County Director

Nathaniel Caeton

4-H Youth Development Advisor

Janessa Hartmann

Community Nutrition and Health Advisor

Erin Paradis

4-H Community Education Specialist II

Camila Quintana Del Carpio

Forestry and Natural Resources
Advisor

Justin Vigil

Livestock, Range & Natural Resources
Advisor

County Support Staff

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Executive Assistant, Office Manager,
Shasta County

Mari Szyal

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Shasta County

CalFresh Healthy Living Staff

Shawnice Fisher

Community Education Supervisor II

Chanelle Vincelli

Community Education Supervisor I

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Community Education Specialist II

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Get In Touch

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Shasta County 4-H Questions

Contact Erin Paradis at
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