

2023 Mid-Year Update

We are a partnership between Sutter and Yuba Counties and the University of California, who all support our work with funding and resources. We bring science-based research and programming to everyone in the community through a variety of different programs. We are one of the oldest of the 64 Cooperative Extension offices located across California, established in 1918 — we turn 105 in 2023!

Clarissa Reyes - Hired as new Orchard Advisor

Clarissa Reyes is the new Orchard Systems Advisor in Sutter-Yuba, Butte, and Placer, specializing in walnut, peach, and kiwifruit crops.



Clarissa has worked as a UCCE research assistant in almond, walnut, prune, and olive for the past two years. She is experienced with evaluating experimental crop rootstocks and varieties and developing drought-adapted management practices. She holds a master's degree from UC Davis in Horticulture & Agronomy, where her research focused on plant physiology and drought response in grapevine and trees.

Veronica VanCleave-Hunt joins as Nutrition Advisor



Veronica VanCleave-Hunt joined UCCE as a Community Nutrition, Health, and Food Security Advisor in July. She has a M.S. degree in Nutrition Education from California State University, Chico. Her research focus was on the eating experiences, and their impact on the fruit and vegetable intake, of individuals on the Autism

Spectrum. Veronica started working for the CalFresh Healthy Living, UCCE Butte Cluster program at the beginning of 2019. Veronica has a passion for gardening and cooking, and the potential that these skills have to improve the lives of people from all walks of life.

New 4-H Community Education Specialist – Rayna Barden

Rayna Barden joined UCCE Sutter-Yuba in December 2022, as a 4-H Community Education Specialist II. She has a long-standing background as a 4-H member and leader in our community. She grew up in Sutter, where her passion for agriculture blossomed. Her 4-H project leaders as a child left a long-standing impression with her and that led to her becoming a project leader in her community.



Rayna has a Bachelor of Science degree in Agricultural Business with a minor in Animal Science from CSU, Chico.

Austin Roughton - Forestry Youth Education Academic Coordinator

Austin Roughton is the newest Forestry Education Program Coordinator for UC Cooperative Extension. His program works to grow forestry education across California by integrating management and field science into education trainings. Austin joins UCCE from Sly Park Environmental Education Center where he worked as a credentialed educator, delivering outdoor science lessons to fifth and sixth graders. Austin was Sacramento County Office of Education Teacher of the Year in 2020 and earned his teaching credential and M.A. in Education from Chico State.



Heather Montgomery – Climate Smart Ag, Healthy Soils

Heather Montgomery joined UCCE Sutter-Yuba in January as a Climate Smart Agriculture Community Education Specialist. She grew up in Yuba County and is a Sutter County resident. She has interned on a dairy, graded tomatoes for the state, and designed irrigation systems while working with NRCS. Heather has her bachelor's degree in Agricultural Science with a Minor in Animal Science from California Polytechnic State University.



Heather is providing outreach and education on CDFA's Climate Smart Agricultural Incentive Programs. These programs benefit growers while also reducing water use, improving soil health and promoting manure management practices.

4-H Color-Me-Green 5k Run

On March 18, Sutter-Yuba 4-H held their Annual 4-H Color-Me-Green 5K Run in the beautiful Yuba County foothills. The Color-Me-Green run encourages youth and community members to increase their physical activity while also having fun. The runners were showered with colored dye at certain markers throughout the race. Youth participated in CalFresh Healthy Living's kids activity zone where they learned about MyPlate and physical activities. Prizes were awarded to the fastest participant in each age group category following the race. A big thank you to Mini Buttes Farms and Sutter Orchard Supply for their generous donation of prizes.



Cover Crop Cost of Production Study Available for Annual Crops in the Sacramento Valley

Cover crops are grown for their protective and beneficial contributions to soil quality and function and they help meet three of the soil health principles: maintaining a living root; increasing plant diversity in the rotation; and maintaining soil coverage. These benefits come with a management cost. Agronomy Advisor, Sarah Light, and Small Farms Advisor, Margaret Lloyd, produced a cost study for winter cover crop management in a summer annual crop rotation in the lower Sacramento Valley. This study estimates

costs to be \$156/acre, which include cash and labor costs associated with all aspects of cover crop management including seed, planting, and termination



activities. Each table has a "Your Costs" column in which users can add any additional costs for their operations. Cover crops can play a pivotal role in building and maintaining soil health and ensuring ground stays farmable for the long term. The true cost of cover crops is complicated given the hard-to-measure benefits. The study can be found here: <https://coststudyfiles.ucdavis.edu/uploads/pub/2022/09/28/2022covercropsbenefits.pdf>

Sierra Health Foundation Grant

The Center at Sierra Health Foundation has graciously provided funding to UCCE Sutter-Yuba to provide unique opportunities at in-school and afterschool programs in Sutter County. With this grant, CalFresh Healthy Living, 4-H Youth Development along with UC Master Gardeners have been working with multiple school sites providing funding for garden projects, embryology in the classroom and Cooking Academy.

4-H Youth Development has been able to deliver embryology curriculum to in-school and afterschool programs in 48 classrooms, reaching over 767 students in Sutter County. Embryology allows for students to get a first-hand experience from start to finish with the hatching process of eggs. There are lessons such as the stages of development of the embryo, the structure of an egg seen while candling, along with the fertilization process. Students can start an incubator, monitor embryo growth, and set a brooder up once the chicks have hatched. Classrooms were provided with all materials needed for the curriculum along with the eggs. This curriculum is very versatile and we were able to have it in pre-k to 8th grade classes.



UC Master Gardeners were able to provide over \$20,000 in garden supplies to 18 school sites in 3 different school districts in Sutter County. Sites were able to order soil, sheds, irrigation, and tools needed for gardening.



Master Gardeners also provided ten basic gardening workshops to help teachers be successful when administering lessons.

CalFresh Healthy Living (CHL) provided Sutter County school sites with a cooking curriculum. Cooking Academy inspires and creates actions in elementary school-age “chefs”.

Students are actively engaged with food and practice basic culinary skills. CHL was able to deliver the program to 352 students in Sutter County. To make sure this program was a success, training was provided on the curriculum for all after school leads. Cooking Academy was not only beneficial to the students but staff members who participated in the programs.



Through this grant we are providing Sutter County schools with vital education enrichment for students. From the science of developing a chick to cooking healthy nutritious meals and ending with how to garden and grow your own produce.



UC Master Gardener – Learning Garden

The UC Master Gardener Learning Garden housed at the Yuba-Sutter Fairgrounds, is now hosting public gardening workshops. Over a dozen workshops were held for students, parents, and Sutter County school representatives during the spring as they (re)established their school gardens. Summer garden workshops are currently held on the first Saturday morning of each month from 9am to 10:30am and the last Wednesday evening from 6pm to 7:30pm.

The produce grown is donated to residents in need, with most of the produce going to the residents of Harmony Village, a rehome site by Habitat for Humanity with the support of Sutter County.



UC Master Food Preserver Program

The UC Master Food Preserver program recently graduated two individuals. Participants are excited for the coming year. They have been planning public demonstrations, workshops, and classes. They hosted three demonstrations at the Yuba-Sutter Fair this year. As we continue to solidify and develop our program, it is the goal to host public workshops for the community members of Sutter, Yuba, and Colusa counties regularly.





Come Join Us!
 Want to become a
 UC Master Gardener
 or
 UC Master Food Preserver
 volunteer?
 Contact us at (530) 822-7515 or visit
<http://cesutter.ucanr.edu/>



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Clair Aikin, Cover Crop Selection Tool Coordinator
 Heather Montgomery, Climate Smart Ag CES II
 Austin Roughton, Forestry Youth Education

4-H Program

Rayna Barden, 4-H Community Education Specialist
 Rene McCrory, 4-H Secretary (*Sutter County Employee*)

Master Gardener Program

Johnny Yang, Master Gardener Coordinator

Nutrition Program

Melissa Ussery, Nutrition Education Supervisor
 Kenia Estrada, Nutrition Education
 Jo Reynolds, Nutrition Education

Students / Interns

Yasmeen Guillen
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