

CalFresh Healthy Living, UC Town Hall

June 20th Agenda

All Things Green & Garden (01:03)

Karina Hathorn, CFHL, UC State Office Garden Manager

Physical Activity and Gardening (37:28)

Paul Tabarez, MS, M.Ed. CFHL, UC State Office PA Manager

ANR Conference, Strategic Visioning (54:44)

Amira Resnick, M.P.A. UC ANR Statewide Director, Community Nutrition and Health

State Office Updates (1:08:32)



All Things Green and Garden

Karina Hathorn
Garden Project Manager
CFHL, UC State Office













Our Future Together

- We are **amazing** and **all over the place!**
- Results from the *Exploring New Options for Evaluating Garden Work* Survey:
 - Populations:
 - 4th-6th Grades
 - TK-3rd Grades
 - Early Childhood
 - Settings:
 - Schools
 - Afterschool
 - Community
 - Outcome to measure:
 - Behavior change: Eating more vegetables, getting more physical activity, growing food at home,
 - Knowledge or skills: gardening



What's Next?

- Continue to connect with you
- Revise adult curriculum, *Fresh from the Garden*, targeted completion date October 2023
- Develop garden assessments
- More training
- Online resources
- Partnerships



Online Garden Workgroup

- After Town Hall, check email for Doodle Poll to set date for first meeting
- First meeting focus:
 - Setting a goal for workgroup
 - Choosing meeting dates
 - Sharing & connecting between counties



Breakout Rooms:

Think of a positive experience you have had in a garden, then share

Share in breakout rooms – 6 minutes

- Introduce yourself, name & county
- Share positive garden experience

Return to whole group – share with whole group



CalFresh Healthy Living Mission Statement:

To inspire and empower under-served Californians to improve their health by promoting awareness, education, and community change through diverse partnerships, resulting in healthy eating and active living.

FFY 24 SNAP-Ed Guidance

“...create conditions where people are encouraged to act on their education and awareness and where the healthy choice becomes the easy and preferred choice, which is facilitated through changes in policy, systems, and the environment.”



FFY 24 SNAP-Ed Guidance

- Gardening projects funded by SNAP-Ed are intended to serve schools and communities eligible for SNAP-Ed to teach food gardening and promote physical activities benefits of gardening.
- They are not meant to create gardens whose primary purpose is to donate food into the emergency food system.
- It is a requirement that all SNAP-Ed garden activities include nutrition education at the gardening site. This can include indirect education channels, but direct education is recommended.



FFY 24 SNAP-Ed Guidance

- Allowable

- The purchase of seeds, plants, small gardening tools and supplies such as fertilizer and potting soil to assist in developing school and community food gardening projects. These costs should be done in partnership with other funding mechanisms to ensure sustainability of the project.
- *NEW* purchase of edible pollinator plants

- Not Allowable

- Gardens whose primary purpose is to donate food into the emergency food system.
- The purchase of non-edible plants and items used for non-edible pollinator gardens.
- Costs for the rental or purchase of garden equipment (tractors, rototiller, cultivator, etc.) or the purchase/rental of land for garden plots.



UC Agriculture and Natural Resources (UC ANR)

UC ANR is a statewide network of University of California researchers and educators dedicated to the creation, development and application of knowledge in agricultural, natural and human resources.



The California Garden Web - UC ANR

- Uses a question-and-answer format to provide information on:
 - Drought
 - Flowers
 - Gardening Basics
 - UCMG Gardening Classes & Events
 - Growing Berries
 - Growing Grapes
 - Indoor plants
 - Vegetables
 - What is my climate zone?
 - And much more



What is IPM?

Identify & Manage Pests

Research

Publications

Traini

*Solve your pest
problems with
UC's best science*

What's New

- Pest Notes: Voles (Meadow Mice) and Wild Blackberries revised, Botryosphaeria Canker added
- Green Bulletin: Winter 2023
- Ag Pest Management: Cherry and Citrus revised
- Home & Garden Pest Newsletter: Fall 2022
- Agriculture: 2022 Fungicides, Bactericides,

MAKE A GIFT | Support UC IPM's

Home, Garden, Turf & Landscape Pests



UC Integrated Pest Management (UC IPM)

- Small team at State Level
- No volunteers
- Materials for indirect education, focus on large scale agriculture and home gardening
- Process to solve pest problems (Weeds and Insects)
 - Biological Control
 - Cultural Controls
 - Mechanical and physical controls

- HOME
- ON THIS SITE
- What is IPM?
- Home & landscape pests
- Agricultural pests
- Natural environment pests
- Exotic & invasive pests
- Weed gallery
- Natural enemies gallery
- Weather, models & degree-days
- Pesticide information
- Research
- Publications
- Events & workshops
- Online training
- Links
- About us
- Contact us

Home, garden, turf, and landscape pests

University of California's official guidelines for managing pests with environmentally sound methods.

Pests of homes, structures, people, and pets

Household pests

- [Pests that sting, bite, or injure](#)
- [Wood-destroying, food, fabric, and nuisance pests](#)
- [Vertebrate pests](#): birds, mammals, and reptiles

Pests in gardens and landscapes

Choose a plant to find the most likely source of your pest problem

- [Flowers](#)
- [Fruit trees, nuts, berries, and grapevines](#)
- [Lawns and turf](#) (including comprehensive lawn guide)
- [Trees and shrubs](#) (including roses and other ornamentals)
- [Vegetables, melons, and herbs](#)

Some common pests

- [Birds, mammals, and reptiles](#): vertebrate pests
- [Insects, mites, mollusks, and nematodes](#): invertebrate pests
- [Plant diseases](#)
- [Weeds](#)

QUICK LINKS

- Libraries:
 - [Pest Notes](#)
 - [Quick Tips](#)
 - [Videos](#)
- Blog: [Pests in the Urban Landscape](#)
- Webinars: [Urban & Community IPM](#)
- Tools:
 - [Seasonal Landscape IPM Checklist](#)
 - [Plant Problem Diagnostic Tool](#)
 - [Wildlife Pest Identification Tool](#)



APHIDS

Integrated Pest Management for Home Gardeners and Landscape Professionals

Aphids are small, soft-bodied insects with long slender mouthparts that they use to pierce stems, leaves, and other tender plant parts and suck out fluids. Almost every plant has one or more aphid species that occasionally feed on it. Many aphid species are difficult to distinguish from one another, however, management of most aphid species is similar.




Figure 1. Wingless adults and nymphs of the potato aphid.


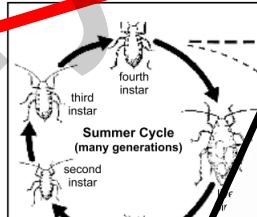


Figure 2. A close-up of a potato aphid on a leaf.

IDENTIFICATION

Aphids have soft pear-shaped bodies with long legs and antennae and may be green, yellow, brown, or black depending on the species and the plants they feed on. A few species have a waxy or woolly due to the secretion of a waxy white or gray substance over their body surface. Most species have a pair of tubelike structures called cornicles projecting backward out of the hind end of their body. The presence of cornicles



Summer Cycle (many generations)

Quick Tips Aphids

UC IPM

Almost every plant has one or more aphid species that occasionally feed on it, but low to moderate numbers of aphids usually aren't damaging to gardens or landscape trees.



Aphids on young blossoms.

The honey-orange aphids were killed by a fungus.

Although aphids can curl leaves and produce sticky honeydew, they rarely kill plants, and can usually be washed off with water. When aphid numbers are high, natural enemies often feed on them, eliminating the need for pesticides. When pesticides are necessary, use less-toxic products such as insecticidal soaps and oils.

Aphids are common in gardens.

- Aphids like lush, new growth. Don't over fertilize; use organic or slow-release products.
- Aphids build up on flowering plums, roses, tulip trees, crape myrtles, apples, and many vegetables. Expect aphids when you grow these plants.
- Ants protect aphids from their natural enemies. Keep ants off plants to help these beneficial insects do their job.

How can I reduce aphids?

- Prune infested leaves and stems.
- Knock aphid populations off plants by shaking the plant or spraying it with a strong stream of water.
- Protect seedlings with covers or aluminum foil mulches.
- Wait for hot weather; some aphids are heat-intolerant and will be gone by mid-summer.

For more information about managing pests, visit ipm.ucanr.edu or your local University of California Cooperative Extension office.

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Vegetables and melons

- | | |
|------------------------------------|-------------------------------------|
| ▪ Artichoke | ▪ Eggplant |
| ▪ Asparagus | ▪ Lettuce |
| ▪ Beans | ▪ Onions and garlic |
| ▪ Beets | ▪ Peas |
| ▪ Broccoli | ▪ Peppers |
| ▪ Brussels sprouts | ▪ Potatoes |
| ▪ Cabbage | ▪ Pumpkins |
| ▪ Cauliflower | ▪ Radish |
| ▪ Chard | ▪ Spinach |
| ▪ Corn | ▪ Squash |
| ▪ Cucumber | ▪ Tomato |
| | ▪ Turnip |
| | ▪ Watermelon |

Herbs

- [Basil](#)
- [Lavender](#)
- [Mint](#)
- [Oregano](#)
- [Rosemary](#)

For help narrowing down the pests on your plant, try the [Plant Problem Diagnostic Tool](#).

[HOME](#)[SEARCH](#)[ON THIS SITE](#)[What is IPM?](#)[Home & landscape pests](#)[Agricultural pests](#)[Natural environment pests](#)[Exotic & invasive pests](#)[Weed gallery](#)[Natural enemies gallery](#)[Weather, models & degree-days](#)[Pesticide information](#)[Research](#)[Publications](#)[Events & training](#)[Links](#)[Glossary](#)[About us](#)[Contact us](#)[MAKE A GIFT](#)[UC IPM Home](#) > [Homes, Gardens, Landscapes, and Turf](#) >[How to Manage Pests](#)[Pests in Gardens and Landscapes](#)

Carrot – *Daucus carota*

Family Apiaceae (Carrot family)

Plant Description

Carrots can be grown nearly year-round throughout California. A number of varieties can be grown in containers or in the ground. Direct seed and thin seedlings once sprouted. Carrots are ready to harvest about 90 days after seeding.

Cultural Tips

Cultural practices such as proper site selection, soil preparation, planting, and watering are important for plant health, pest management and pest reduction when growing carrots.

For more information about growing vegetables, visit the UC ANR [California Garden Web](#) website.



UC Statewide IPM Program
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[Acknowledgments](#) | [Staff-only pages](#) | [Subscribe \(RSS\)](#) | [Contact UC IPM](#)

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Pests and disorders of Carrot

Invertebrates

- [Aphids](#)
- [Carrot rust fly](#)
- [Cutworms](#)
- [Darkling beetles](#)
- [Flea beetles](#)
- [Garden symphylans](#)
- [Grasshoppers](#)
- [Nematodes](#)
- [Seedcorn maggot](#)
- [Vegetable weevil](#)
- [Whiteflies](#)
- [Wireworms](#)

Diseases

- [Bacterial soft rot](#)
- [Beet leafhopper transmitted virescence agent](#)
- [Cavity spot](#)
- [Damping off and root dieback](#)
- [Leaf spots](#)
- [Powdery mildew](#)
- [White mold](#)

Environmental disorders

- [Common environmental disorders](#)
- [Close planting](#)
- [Dense or rocky soil](#)
- [High soil temperature and soil crusting](#)
- [Overwatering](#)

Vertebrates



- [Birds, mammals, and reptiles](#)

Weeds


- [Weed management resources](#)

UC IPM Plant Problem Diagnostic Tool

- Select plant type
 - Vegetables and Melon
- Select plant name
- Select plant part
- Select damage



UC IPM / [Home, garden, turf and landscape](#) / [Plant problem diagnostic tool](#)

Plant problem diagnostic tool HELP

Plant Types >

Plant Names

Plant Parts


Damage

Select plant types for list of results

Reset All


Select plant types

+ Add to my list




Flowers

+ Add to my list




Fruit trees, nuts, berries, and grapevines

+ Add to my list



Trees and shrubs

+ Add to my list



Vegetables and melons

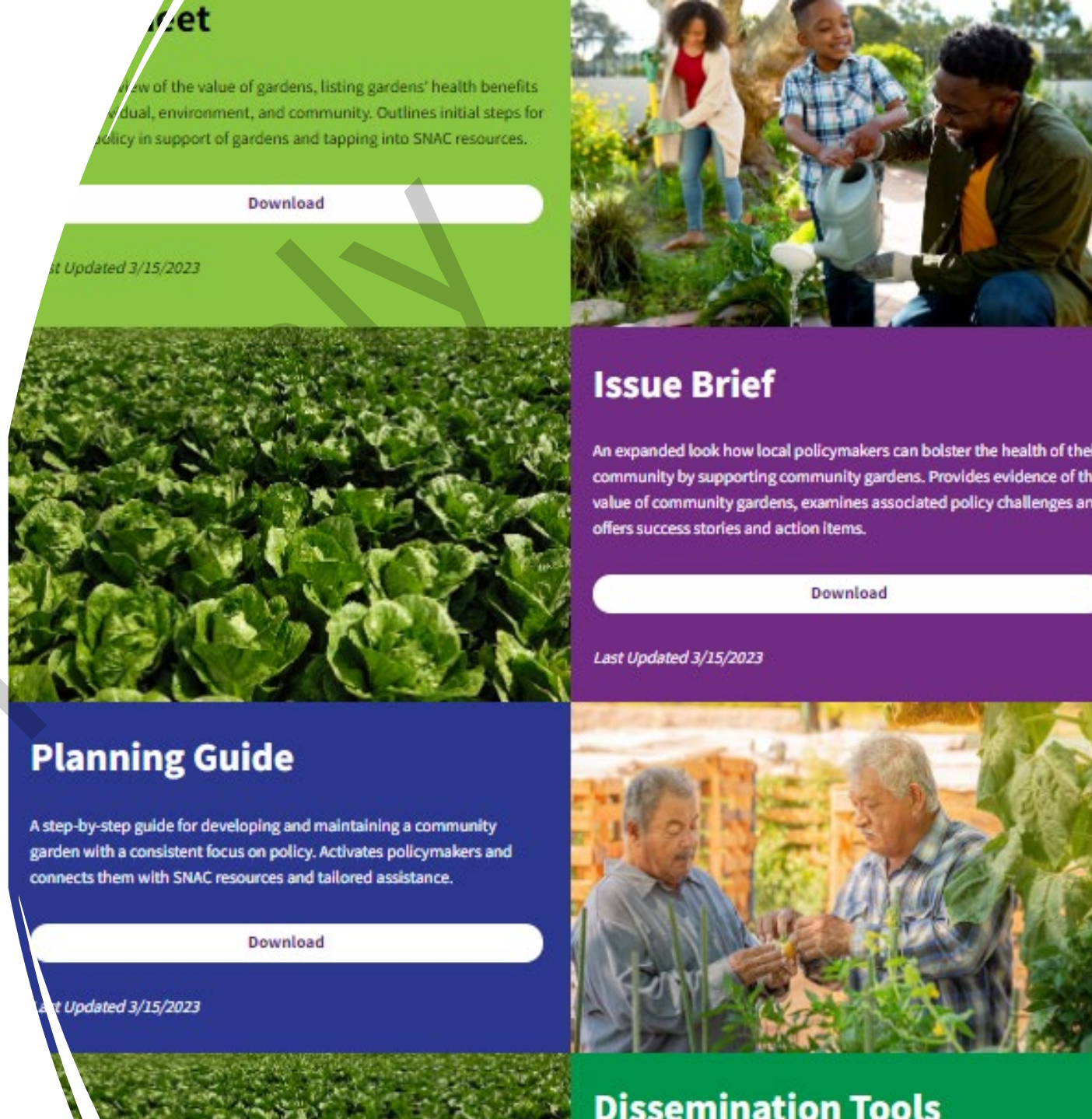
UC ANR Publication Catalog

- Books
 - Pests of the Garden and Small Farms
- Cards
 - Vegetable Pest Identification Cards
 - Weed Pest Identification and Monitoring Cards
- PDF Publications – Free
- Purchase using PDSL Funds
- <https://anrcatalog.ucanr.edu/>



California's State Nutrition Action Council (SNAC)

- State-level collaborative with active representation from all state agencies and nonprofits that implement USDA programming
- 2022 SNAC launched initiative to target policy changes that support gardening at the local level
- Toolkit available on their website
 - Community Gardens Fact Sheet
 - Community Gardens Issue Brief
 - Community Gardens Planning Guide
 - Community Gardens Dissemination Tools



Fact Sheet

A brief overview of the value of gardens, listing gardens' health benefits for the individual, environment, and community. Outlines initial steps for developing policy in support of gardens and tapping into SNAC resources.

[Download](#)

Last Updated 3/15/2023

Issue Brief

An expanded look how local policymakers can bolster the health of the community by supporting community gardens. Provides evidence of the value of community gardens, examines associated policy challenges and offers success stories and action items.

[Download](#)

Last Updated 3/15/2023

Planning Guide

A step-by-step guide for developing and maintaining a community garden with a consistent focus on policy. Activates policymakers and connects them with SNAC resources and tailored assistance.

[Download](#)

Last Updated 3/15/2023

Dissemination Tools





Physical Activity and Gardening

Paul Tabarez
CFHL, UC State Office

Review of the Literature: Gardening



- In 22 studies that were reviewed, participants that garden experience:
 - ↓ • in stress, mood disturbance, symptoms of depression and anxiety, and BMI
 - ↑ • in sense of community, physical activity levels, cognitive function, and overall quality of life
- You don't need a lot – just participating in 12 hours over the course of 1 year can lead to health benefits

Garden Classrooms Improve Activity Levels

- Garden classrooms reduce rates of sedentary activity and improve levels of moderate physical activity
 - During garden lessons, children spend significantly more time walking
 - On average, during garden lessons, children sat 14% of their time, compared to 84% indoors
 - Vigorous PA was only achieved during garden lessons (2%) versus indoor lesson time (0%)

Intensity Levels of Garden Activities – Multicomponent PA

Moderate Intensity (upper and lower body)	Low Intensity (upper body while standing/squatting)
Digging Fertilizing Weeding Raking Tending to Compost	Pruning Mixing soil Planting seedlings Watering Harvesting

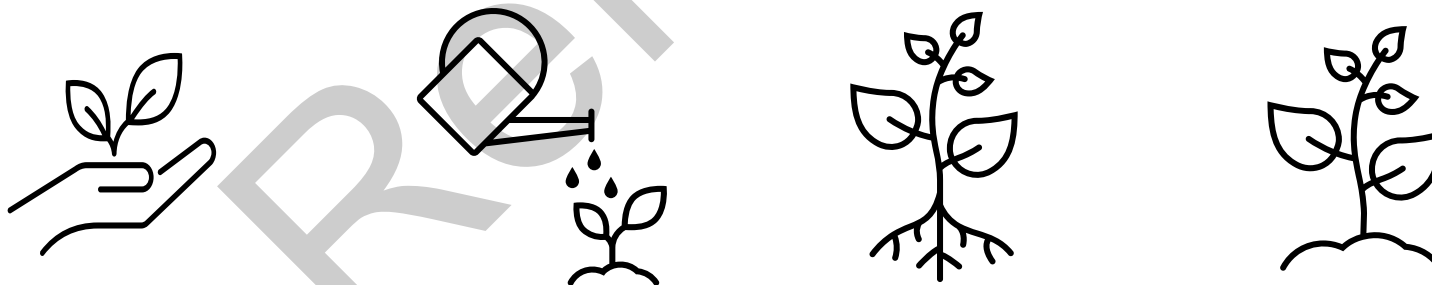
The Challenge

Barriers to reaching PA recommendations while gardening:

- Adolescents with **home gardens** are more likely to reach MVPA recommendations, but many do not have them.
- Youth participation with gardens to be linked to nutrition education programs, where **PA and gardening** tends to be a **lower priority**.
- Gardening as a positive avenue for older adults to live an active lifestyle, but **mobility** can be a problem and **programs are not designed with older adults in mind**.

Reframing the Discussion

Small changes make a big impact



Examples

- Gardens with ECE or Older Adults
 - Establish additional PSE with a “walking path” created with stencils to guide learners through the garden space
- Take a break – Youth K-12
 - Encourage teachers to opt for a brain break outside in the garden instead of the classroom
 - Walk out to the garden, do 5-10 minute of weeding/watering, and a short PA

Garden Kickoff's at ICOE Head Starts

- Gardening and Parachute Activity
- Grouping Students
 - 10 students in the Garden
 - 10 students doing PA
- Smaller groups in the garden
 - More support for young students
 - Practice fine motor skills



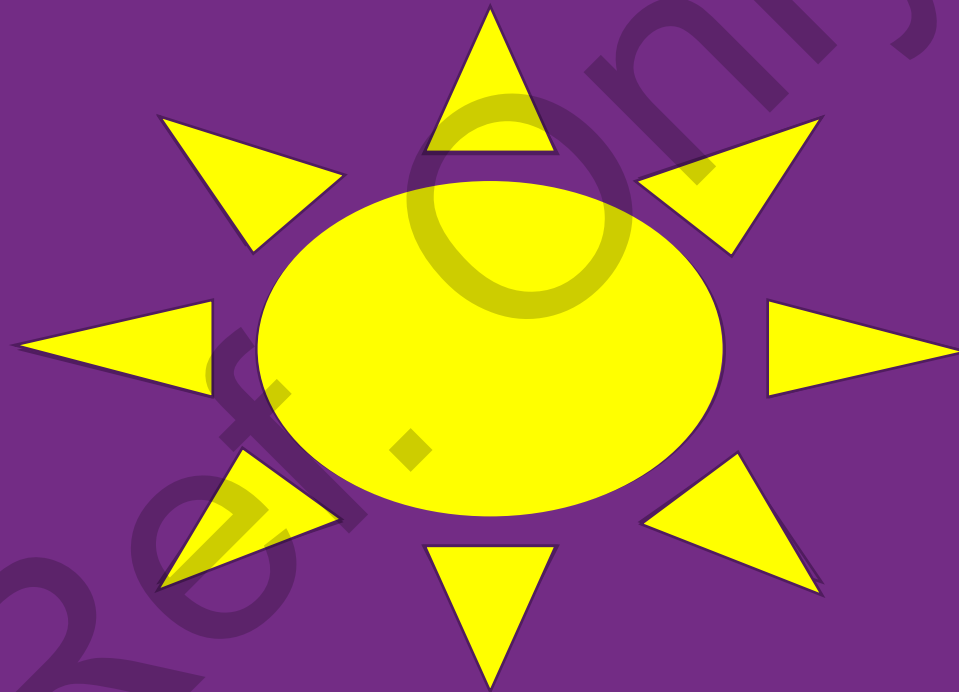
Exercise Snack

Swaying Tree



https://www.youtube.com/watch?v=AjQQ_5qHAEU

10 Seconds

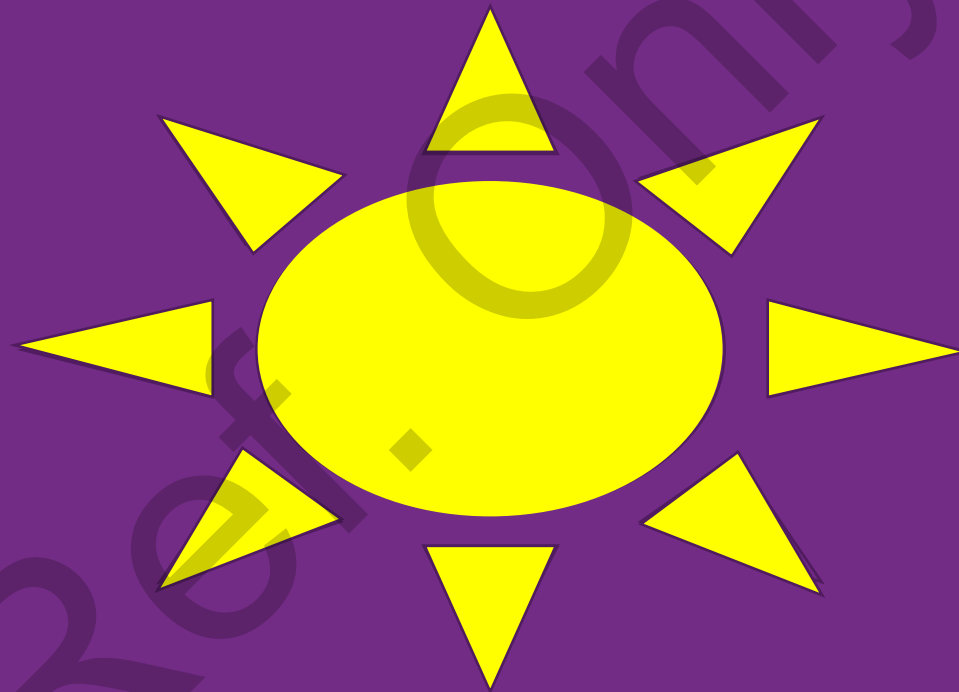


Warrior One & Two



<https://www.youtube.com/watch?v=ZgKut5mQpe0&t=2s>

10 Seconds

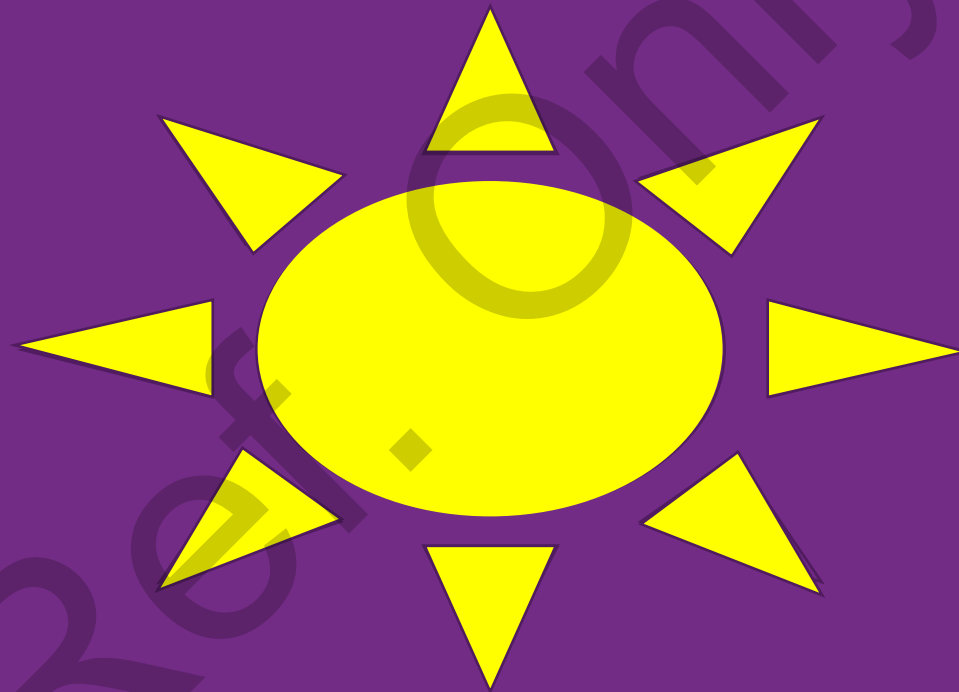


Triangle Pose



<https://www.youtube.com/watch?v=dz37vvXDp10&t=2s>

10 Seconds



Cool Down Activity

Yoga Poses #471

Equipment: None

Skill Themes: stretching, balancing, twisting, relaxing, transferring body weight,

Description: Children are scattered, each in their own self-space.



CATCH ECE Training Academies

Riverside: July 25-27th
UCCE Riverside,
Citrus Room
9am – 4:30pm

Davis: August 8-10th
UC ANR Conference
Center, Davis
9am – 4:30pm

CATCH[®] Early Childhood
COORDINATED APPROACH TO CHILD HEALTH

Community Nutrition and Health

Partnering in communities toward healthier choices and environments

Amira Resnick M.P.A.

Statewide Director, Community Nutrition and Health

June 20, 2023



CNH Strategic Planning Updates

- Momentum coming off the ANR Conference – THANK YOU!
- Strategy Committee will meet through December
- Prioritizing next tasks



CNH Strategic Planning Updates



- World Café data analysis
- Estimated 250+ ideas generated
- Popular topics:
 - Partnerships! (healthcare, etc)
 - Social connectedness
 - Policies and food systems

CNH Strategic Planning Updates

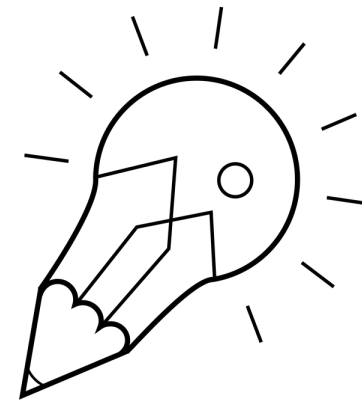


- Health Equity Trainings (series of 3)
- Continuing to develop new projects, trainings and initiatives with UCSF and other partners
- EXCITE funding awarded!
 - Communications campaign with NOS on vaccination education/awareness with Mexican Indigenous communities



State Office Updates

Registration Available!



Building Capacity in School Wellness & Youth Engagement Trainings

Davis

August 15 & 16

FFY24 NERI and Curriculum Ordering Surveys

- Thank you, all responses received by deadline of Friday, June 9!
- The CFHL, UC State Office will follow up with Counties if there are any questions after a review of Survey responses.
- The State Office will work on next steps and update Counties as we continue to move through the FFY24 Ordering Process.
- If you have any questions please reach out to Tammy (tjmcmurdo@ucdavis.edu), Fernanda (fcpereira@ucdavis.edu), or Ryan (crkeeler@ucdavis.edu).

PEARS Q2 Errors



- Managers, Supervisors, Advisors:
 - Please ensure Q2 errors for **Program and Indirect Activities** are addressed by **Friday, July 21st**
 - For more information on errors, please review the Q2 email sent June 13th, 2023
- If you have any questions or concerns, please email Melanie Alexander at magerdes@ucdavis.edu & CC Barbara McNelly bmknelly@ucdavis.edu

EVALUATION Team – PEARS Q3 Review

- Per 6/14 email, please aim to enter FFY23 **PSE Activities, Partnerships** and **Coalitions** to date by COB Friday 7/14
 - ✓ Entries do not need to be marked complete
 - ✓ Add PSE needs assessments completed
- SO evaluation team aiming to review and send back any issues by end-July



Evaluation Check-in Calls – August

Schedule with each UCCE county/cluster leadership team – aiming for 8/7-8/18

Focus of Calls

- FFY23 PSE reporting
- FFY24 Evaluation plans



Timeline for End of Year FFY23 Evaluation Survey Portal Closure Dates

By COB August 15th complete data entry for:

Youth Engagement Surveys Qualtrics

- YPAR Student Retrospective
- YPAR Project Assessment
- Teens as Teachers survey
- Youth Leader survey

Additional Youth and Teacher Surveys in Qualtrics

- Teacher Observation Tool (TOT)
- Physical Activity Teacher Observation Tool (PA TOT)
- Large Group Taste Test Tool (LG TTT)

Youth EATS Surveys in PEARS

- Eating and Activity Tool for Students (EATS) matched pre/post - School Year 2022/2023



Timeline for End of Year FFY23 Evaluation Survey Portal Closure Dates

Sept 15 – Remaining Taste Test Surveys in Qualtrics

- Teacher Tasting Tool (TTT)
- Preschool Taste Test Tool (Pre-K TTT)

Sept 30 – WDYL and Adult Surveys in PEARS

- What Did You Learn? (WDYL)
- Intent to Change Surveys (ITCs)
- Food Behavior Checklist + Physical Activity Survey (FBC+PA) pre/post
- Plan, Shop, Save & Cook (PSSC) pre/post
- Healthy, Happy Families (HHF)



If you have any concerns about the proposed dates, please contact the State Office Evaluation Team

YPAR Summer Training Institute

For questions please
contact Brandon Louie
at bplouie@ucdavis.edu

Workshop #1: Introduction to YPAR

Thursday, July 6th, 9:30am-12:00pm

Workshop #2: How to Get Started with YPAR: the 6-Session and 12-Session Models

Thursday, July 13th, 1:00pm-3:30pm

Workshop #3: Using the Youth Career Pathways Toolkit in YPAR and YE Efforts

Tuesday, July 18th, 9:30am-12:00pm



Youth Engagement One-Pagers

- Teens as Teachers
- Youth-led Participatory Action Research (YPAR)
- Student Nutrition Advisory Council (SNAC)
- Youth-led Gardening Clubs and Activities

Thank you to the Youth Engagement Workgroup!

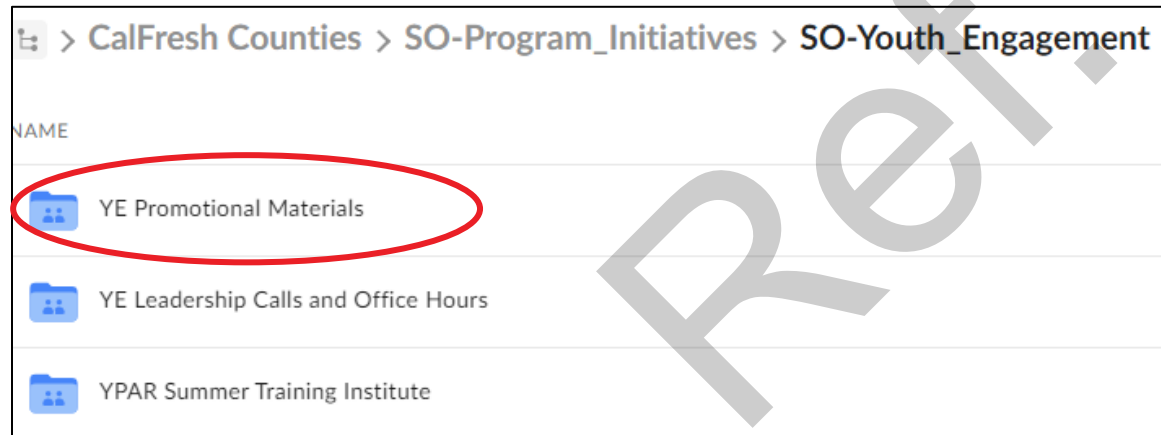
Monica Drazba
Edith Duran
Eli Figueroa
Kelly Hong
Elizabeth Lopez
Brandon Louie
Cristina Luquin
Abbi Marrs

Rigoberto Ponce
Alexander Prado
Rosalinda Ruiz
Paul Tabarez
Robert Tapia
Daisy Valdez
Rosa Vargas
Christopher Wong

Youth Engagement One-Pagers

Teens as Teachers example

Find these materials on Box:



Teens as Teachers

In Teens as Teachers programming, trained older youth teach SNAP-Ed approved curricula lessons and activities to younger youth.

Teens, or older youth, benefit from teaching nutrition and physical activity lessons by:

- Growing in knowledge of nutrition and physical activity
- Building confidence in oneself and connection to and caring for others
- Strengthening leadership and life skills, such as critical thinking, communication, and conflict resolution
- Expanding career exploration in education, health sciences, and public services



"The most important skills I learned as a teen teacher are leadership, teamwork, being confident with my speaking, and teaching kids." -Teen Teacher

Examples of curriculum older youth may teach lessons from include:

- Nutrition
 - Go Glow Grow
 - Cooking Academy
- Garden-based Nutrition:
 - TWIGS
 - Junior Master Gardener
- Physical Activity:
 - CATCH
 - BEPA

After participating in one Teens as Teachers program (n=7),

- 100% of youth agree or strongly agree they can make a difference in their community, are more confident in helping others, and are more confident overall
- 100% of youth said they have good or excellent ability to work as a team member and to teach others



CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit the [CalFresh Healthy Living website](http://www.CalFreshHealthyLiving.org).

Community Engagement Workgroup



- Community Engagement materials
 - PowerPoint
 - Google doc with CFHL, UCCE specific community engagement examples
- Upcoming Active News Beets to include CE stages
- Planning quarterly CE Community of Practice gatherings

Congratulations on your retirements!

29 years
with UC!

Jona Pressman

Program Manager
CFHL, UC
Butte Cluster



28 years
with UC!

Marisa Neelon

Nutrition, Family &
Consumer Sciences Advisor
Contra Costa



Thank you!

Next Town Hall: Tuesday August 15, 2023



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