



Smartscape instructor, Jeff Lee with the Town of Gilbert Water Conservation Office, demonstrates to students how to perform an irrigation audit.



# Maricopa County Cooperative Extension

March 2015

## IMPROVING THE LIVES, COMMUNITIES, AND ECONOMY IN MARICOPA COUNTY

## IN THIS ISSUE

### Smartscape

By Kaitlin Poe-Orsburn

In February, the Smartscape program completed its spring Smartscape 101 course. Sixty-eight landscape professionals were in attendance. Smartscape is a comprehensive, research-based professional training program specifically designed to assist landscape professionals in the design, installation, and maintenance of attractive, water-efficient landscapes that offer a unique sense of place and value to communities. The Smartscape program is supported by Arizona Municipal Water Users Association (AMWUA) and

Arizona Department of Water Resources. The next Smartscape course to take place is the Advanced Smartscape Irrigation course which stresses irrigation efficiency and wise water use in turf and other landscapes. The course will take place on Thursdays, May 7<sup>th</sup>, 14<sup>th</sup>, and 21<sup>st</sup> from 1:00pm to 6:00pm at Maricopa County Cooperative Extension office. For course details and registration information, visit [www.smartscape.org](http://www.smartscape.org).

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Connect2STEM Event



SNAP-Ed

### Desert Turfgrass School

By Kai Umeda

The annual Desert Turfgrass School took place January 5-9, 2015, at the main office on Broadway. Thirty-nine turfgrass professionals from golf courses, sports facilities including Chase Field, schools, municipalities, and landscape companies attended this year's week long course. Participants learned about desert turf species and their unique management practices, desert soils, fertility, salinity principles, irrigation audits and analyses, "smart" controllers, heat and drought stress, disease, insect, nematode, and weed management. University of Arizona faculty

along with industry and community experts gave lectures on practical approaches to solving the challenges of growing turf in our desert environment. Kai Umeda, Turfgrass Area Agent for Maricopa County, organized and hosted the Turf School as well as lectured on weeds and insect pests of different types of turfgrass. The next big event is the Turf Field Day at the UA Karsten Turfgrass Research Center in Tucson on May 6, 2015. Details about this event will be available soon at <http://turf.arizona.edu>.

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Program Spotlight:  
 4-H Youth Development

## SNAP-Ed Nutrition Program Reaches Limited Income Audiences

By Traci Armstrong Florian, Dotty Spears, & Cristina Guterman

The US Supplemental Nutrition Assistance Program (SNAP) first began as the Food Stamp Program in 1939. The nutrition education portion of the program, known now as the SNAP-Education (SNAP-Ed) Program, was officially established in 1981 to ensure that low-income families and individuals were educated to make healthy choices on limited funds. The most recent data show there are 1.1 million out of 6.5 million Arizona residents receiving SNAP benefits. In Maricopa County alone, approximately 600,000 residents receive SNAP benefits—which is nearly half of all Arizona SNAP recipients. An estimated 25.4% of Maricopa County residents are considered obese and only 19.0% of adults are meeting dietary recommendations for fruit and vegetable consumption. Nutrition education is needed more than ever.

The University of Arizona Nutrition Network (UANN), in 11 Cooperative Extension offices across the state, coordinates efforts in obesity prevention which includes education on nutrition and physical activity as well as policy,

systems, and environmental changes. At Maricopa County Cooperative Extension (MCCE), there are teams of nutrition and physical activity educators overseen by Extension Agent, Traci Armstrong Florian, MS, RD, along with a Food Access and Garden Coordinator, supervised by Extension Agent, Kelly Young, all in an effort to reach the SNAP-eligible adults and youth at DES, WIC, schools (K-12), public housing, emergency food distribution sites, head start, and community centers.

For FY14, MCCE SNAP-Ed had 235 community partnerships, taught 11,998 adults and 55,311 youth (total: 67,309 participants), reached an additional 9,064 via health fairs, achieved 5.3 million face-to-face educational contacts by holding a class or series and recruited 2,100 volunteers that reported 27,244 service hours which is an estimated value of \$22.55/ hour, for a total of \$614,352.00 ([www.independentsector.org/volunteer time](http://www.independentsector.org/volunteer-time)). SNAP-Ed continues to have a positive impact on people's lives and communities in Maricopa County.



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## A Fond Farewell and Best Wishes

By Ed Martin

Ruth Carter, 4-H faculty at MCCE has retired after almost 22 years with Arizona Cooperative Extension. Ruth started with Arizona Cooperative Extension in 1993 in Gila County, Arizona. In 2006, she moved to MCCE working in 4-H and youth development. Ruth worked closely with young adults on pregnancy prevention and reducing risky behavior while promoting healthy choices and empowering teens to lead successful lives and build strong communities. Her TITE (Teen Interactive Theater Education) program was an innovative and positive youth development program that engaged young people to explore and discuss issues of today's society through the use of experiential activities such as writing and performing skits about avoidance of risky behaviors. The TOP (Teen Outreach Program) was another program that Ruth worked with in Maricopa County, reaching out to kids at schools, Boys and Girls Clubs and foster homes. Ruth also had the Safe & Smart program which was her after school/summer program for elementary age youth and the Zoo Crew, a 4-H club that works in partnership with the Phoenix Zoo. Ruth will be missed and we wish her all the best!



## Connect2STEM Event

By Ed Martin

On the Saturday before the Super Bowl, January 31, 2015, MCCE faculty and staff joined forces with representatives from the Maricopa Agricultural Center (MAC) and the UA College of Medicine – Phoenix, to host a SciTech festival STEM (Science, Engineering, Technology, and Math) event at the UA Biomedical Campus in downtown Phoenix. The event named *Connect2STEM*, was co-sponsored by the University of Arizona and Cox Communications. One hundred and forty (140) volunteers assisted with 65 displays as over 2,000 kids and adults ventured through the buildings learning about the programs and research we do at the University of Arizona. MCCE teamed up with MAC to host the Nature Zone. MCCE had four displays on hand: Monica Pastor brought her Agricultural Literacy program as participants learn the difference between a fruit and a vegetable; Sally Cassidy, Brittany Allen, and Liz Schnoll played nutrition jeopardy with onlookers and taught kids the



*Wilbur and Wilma at the Connect2STEM Event held at the University of Arizona College of Medicine.*

importance of a well-balanced meal; Pam Justice brought the Incredible Journey display, which helps kids learn about the water cycle and our Master Gardeners, headed up by Rebecca Senior and supported by Eileen Kane, Pat Pastorek, and Sandra Ramoutar, talked about the wonders of agave and other desert plants and how people can grow a beautiful landscape using little water and native plants. In addition, Natalie Brassill, Dametreea Carr, and David Blasini from MAC brought up their

Wildcat Water Quality trailer while Lydia Brown and Naomi Pier caught a few insects for people to take a closer look at. In the end, kids and adults got to see a small portion of programs we offer through Cooperative Extension to help improve lives, communities, and the economy here in Maricopa County and throughout the State.

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## Annual Master Gardener Citrus Clinic

By Jo Cook

The annual Master Gardener Citrus Clinics were held on January 10 and 17, 2015 at Truman Ranch in Surprise and Greenfield Citrus Nursery in Mesa. Both venues were great for the home gardener to learn and get questions answered. As usual, the clinics were a huge success with approximately 280 in attendance. There were fascinating presentations about citrus, dates and deciduous nuts, a demonstration table with 103 varieties and a tasting table with over a dozen varieties to try. There were vendors with quality products, fresh orange juice for tasting, and an abundance of fresh fruit varieties that were sold at a reasonable prices.

Eight learning stations were set up along the main drive through the orchards with half-hour training sessions repeated at each station. Each session was full of information and fast-paced -- when we heard the long toot on the air horn it was time to move to the next station. At the end, a question and answer period was held, which gave the public more time to get their gardening questions resolved by the experts.

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## 4-H YOUTH DEVELOPMENT

## Program Spotlight: 4-H Youth Development



### National 4-H Center

4-H has an amazing National 4-H Center in Chevy Chase Maryland and you can stay there. Check it out at: <http://www.4hcenter.org/>



### 4-H Camp

Arizona 4-H purchased its' first ever 4-H camp three years ago – the James 4-H Camp at Mingus Springs hosts an array of 4-H camps, school and church groups and more! It's a great place – check it out at: <http://extension.arizona.edu/4h/james-4-h-camp-mingus-springs>

## FAST FACTS

### The 4 H's

4-H began with three clover leaves – Head, Heart and Hands. The fourth leaf added was Hustle. It only lasted a few years and was changed to Health and those four leaves remain to this day

### Supporting Military Families

4-H is part of a national effort to support military families by supporting 4-H clubs on military installations. 4-H works with U.S. Army, Air Force and Navy personnel to support youth and family programs on military installations in Arizona and around the world.

4-H Youth Development in Maricopa County has begun its second hundred years. At first glance, it's a far cry from the old days of boys & girls patching handed-down britches & dresses, taking their prize cow or pig to the fair, planting cotton seed or canning tomatoes on donated land with visits from the County Agricultural Agent. Now they are involved in new skills - robotics, GPS, raising Guide Dogs or Canine Companions for Independence, entrepreneurship, building and engineering rockets, and hosting Japanese 4-H'ers. But on further examination, the program has simply built on its' roots and expanded the same concepts of Learning by Doing and "Making the Best Better."

4-H members are still participating in clubs, learning leadership skills as officers; learning to set and achieve goals; they perfect communication skills by giving demonstrations & speeches; learn to manage resources like money, time and effort by starting a project and seeing it to fruition – often times at that same county fair from decades ago. The 4-H members work with adults to actively participate in experiential learning – the cornerstone of Cooperative Extension in America for over 100 years. While to some it seems they are just being part of a club structure, volunteer leaders help them in the process of learning life skills and through active record keeping, so that members have to stop and think about what happened over the year – essentially reflecting on the learning process, figuring out how things did or did not work, evaluating their resource investments, and what aspects they can improve on for the future.

And while this all may sound like nothing but work, it's not all just work – there is lots of fun and fellowship. 4-H members make friends locally, county-wide and for those who pursue the myriad of opportunities available by 4-H participation – throughout the state, nation and world. They attend camp (just like in the old days), they learn leadership



skills at J.O.L.T., they learn project skills at Pima 4-H Horse Camp or livestock camps, they learn how to win & lose at shows, fairs, competitions, workshops and clinics and maybe most of all - they learn about themselves. Learning that they are competent through project evaluations, that they are caring by doing thousands of community service hours, they are driven and active (just look at their personal calendars), respectful (watch how they deal with competitors, judges and adults at events), and studious because many cannot participate in 4-H unless their grades are top notch. No wonder so many 4-H members obtain college scholarships and do better in college than non-members.

4-H has changed with the times to match the interests of young people, to meet the demands of a world needing new problems solved, and has done it with committed volunteers, new projects, new technology and new partnerships while holding on to its roots and commitments to positive youth development, youth-adult partnerships and helping young people become career and college-ready.



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## The Directors Cut

By Ed Martin

The office faculty and staff have been very busy since the start of 2015. It started with our Desert Turf School on January 5, and hasn't seemed to stop since then. Our Master Gardener program took advantage of the cooler temperatures and hosted two Citrus Clinics in January, bringing about 280 people from around the valley to learn a little more about how to care for their citrus trees. Then on January 31, we teamed up with our fellow Wildcats at the College of Medicine – Phoenix, and faculty and staff from Maricopa Agricultural Center to host the Connect2STEM event at the downtown Biomedical campus. Over 2,000 people learned about Cooperative Extension and our programs in nutrition, agricultural literacy, water quality, Integrated Pest Management (IPM), water conservation and horticulture. In February, we just kept going with the start of a new Smartscape class, and our first meeting of a new Zoo Crew 4-H initiative working with the horticulturalist at the Phoenix Zoo to develop projects at their Harmony Farm display. The month was concluded with Monica Pastor hosting a meeting of the Western region, USDA Agriculture in the Classroom. Don't forget to check our website and Facebook page to see upcoming events such as the Dr. Seuss and Friends Gala at the Family Resource Center on March 12, and the Real Gardens for Real People tour, March 14.



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### ABOUT TOWN

#### Home & Garden Show

When: March 6th & 7th 10:00am - 6:00pm  
 March 8th 10:00 to 5:00pm  
 Where: University of Phoenix Stadium  
 More Information:  
<http://www.maricopacountyhomeshows.com/>

#### Dr. Seuss & Friends Gala

When: March 12th 3:00pm - 6:00pm  
 Where: Roosevelt Family Resource Center  
 4615 S. 22nd St., Phoenix, AZ 85040  
 More Information:  
<http://extension.arizona.edu/dr-seuss-and-friends-gala-o>

#### Real Gardens for Real People: 13th Annual Master Gardener Garden Tour

When: March 14th 9:00am - 4:00pm  
 Where: Northwest Valley  
*\*Each garden location is found on the back of the ticket*  
 More Information:  
<http://cals.arizona.edu/maricopa/rgrp/gardens.php>

#### GAP/GHP: Good Agricultural Practices & Good Handling Practices

When: March 26th 8:00am - 4:00pm  
 Where: Maricopa County Cooperative Extension  
 More Information:  
<http://www.cals.arizona.edu/fps/classes>

#### Home & Garden Show

When: April 24th - 26th  
 Where: Arizona State Fair Grounds  
 More Information:  
<http://www.maricopacountyhomeshows.com/>

#### Project CENTRL Class XXIII Golf Tournament

When: May 1st  
 Check in at 12:00pm  
 Shotgun Tee-off at 1:00pm  
 Where: San Marcos Country Club  
 More Information:  
<http://www.centrl.org/index.php?pageID=14143>

#### Advanced Smartscape: Irrigation

When: May 7, 14 and 21  
 1:00pm- 6:00pm  
 Where: Maricopa County Cooperative Extension  
 More Information: <http://www.smartscape.org/>



Check us out at:  
<https://www.facebook.com/MaricopaCountyCooperativeExtension>

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