



Pam Scott's first-graders tend to one of their three gardens at Discovery Elementary School in Glendale.

IMPROVING THE LIVES, COMMUNITIES, AND ECONOMY IN MARICOPA COUNTY

## Discovery Garden with Art

By Paula Barr Skillicorn

Discovery Elementary School first graders have turned a patch of dry dirt outside their classrooms into a miniature oasis of vegetables and flowers. Under the guidance of teacher Pam Scott, along with many parents and Maricopa County Cooperative Extension's SNAP-Ed (Supplemental Nutrition Assistance Program Education) gardening team, the students created two vegetable gardens and a butterfly garden outside the four first-grade classrooms.

The SNAP-Ed gardening team offers consultations, nutrition and gardening classes, and gardening materials to help SNAP-eligible schools and community sites start vegetable gardens. SNAP-Ed Gardening Coordinator, Marina Acosta Ortiz, and Instructional Specialist, Paula Skillicorn, met with Pam Scott last fall to discuss ways SNAP-Ed could help with the project.

Pam recruited parent volunteers and interested teachers, including the other three first-grade teachers. Children and parents made the butterfly garden and one of the parents, Mr. Ruiz, built two raised beds. Marina taught students to properly plant and care for seedlings while Paula taught about nutritional fruits and vegetables that grow in gardens. After the children learned how bees help plants

pollinate, they made a "Welcome Bees" sign to put in their garden area.

The SNAP-Ed school gardening program teaches students where some of their food comes from, encourages families to plant gardens for fresh and nutritious vegetables and fruits, and challenges students to try new foods and to "Eat the Colors of the Rainbow" to be healthy. Students also learn responsibility as they nurture the seedlings into productive plants. "The kids are learning what to eat, how to be healthy, and how to help feed people who are hungry," Pam said. "We're very grateful to the U of A. What a program! And I had no idea it was out there."

The SNAP-Ed nutrition education program and its gardening component are available to Maricopa County sites that meet SNAP guidelines. All a site needs to start a garden is someone to lead the project, parents and teachers to help, support of the administration, and students who want to have fun while learning.

To start a garden at your school contact:

Marina Acosta Ortiz

[macostaortiz@email.arizona.edu](mailto:macostaortiz@email.arizona.edu)

(602) 827-8221



COLLEGE OF AGRICULTURE & LIFE SCIENCES

Cooperative Extension

Maricopa County

# Maricopa County Cooperative Extension

## September 2015

IN THIS ISSUE



### Summer Interns



### The 2015 Great Arizona Mosquito Hunt!



### Program Spotlight: Walk Across Arizona

## Master Gardener Program

By Yvonne Cooper

The Maricopa County Master Gardener program is proud to offer the Desert Institute of Gardening (DIG). DIG is an ongoing series of training classes offered to the public and covers “all things” related to our unique desert gardening environment. DIG classes are taught by our very own talented Master Gardener membership. Classes began in August with an Introduction to Fall Vegetable Gardening, followed by Growing Great Roses in the Desert, and Patio Farming: Growing Food and Ornamentals in Small Spaces. Each class is only \$20.00, and are held at the Cooperative Extension Office located at 4341 E Broadway Road, in Phoenix. For more class details and registration information, please visit [www.MaricopaMasterGardener.com](http://www.MaricopaMasterGardener.com).



Desert Institute of Gardening

We will continue the Fall DIG series with the following classes:

CRAZY FOR COMPOST – Tuesday, September 22, 6:30 to 8:30 p.m.

DIGGING INTO DESERT SOILS – Sunday, October 4, 2:00 to 4:00 p.m.

HERB GARDENING IN THE LOW DESERT – Sunday, October 18, 2:00 to 4:00 p.m.

In addition to DIG, the Master Gardener Program will also reach out to the community at the upcoming Maricopa County Home and Garden Show, located at the Arizona Fairground. Master Gardener Experts will have a booth and speak on seasonal gardening practices. Additionally, we will be holding our annual Fall Festival and Plant Sale, located at the Metro Tech High School on October 17th. We certainly hope to see you there!

## Summer Interns

By Ed Martin

We had another successful summer working with our interns from A-UBET, Advancing Undergraduate Bioscience Engagement Track. The program is part of a grant from the US Department of Agriculture, National Institute of Food and Agriculture. This is the fourth and final year of the grant, which was coordinated by Marshall Logvin at South Mountain Community College. The goal of the program is to expose youth to STEM (Science, Technology, Engineering, and Math) in agriculture, giving them the opportunity to do research, help conduct field trials, and assist in the agricultural education process.

At MCCE there were a total of five interns assigned to faculty. Dr. Ayman Mostafa had two interns, Miriam Sanchez and Nicholas Spencer. Both assisted on research in alfalfa fields. Jerry Che worked with Kai Umeda, our Turfgrass agent, investigating management techniques that will be used in sports facilities, school yards, and even golf courses throughout Arizona. Samantha Pearson assisted Monica Pastor with her Agricultural Literacy program, including work on the Summer Ag Institute. Finally, Victoria Rhoades worked with Kelly Young on our horticulture and Master Gardener programs and



*Pictured here are MCCE faculty & staff members Monica Pastor, Worku Buraya and Kai Umeda with their summer interns from A-UBET.*

learned that not all agriculture takes place in rural areas; there is urban agriculture as well.

The eight week program culminated with presentations by all the interns in the program. Interns also worked with faculty and staff from the UA Maricopa Ag Center, the USDA Arid Lands Agricultural Research Center, and the Arizona Game and Fish Department. In the end, the interns learned that there's a lot more STEM in agriculture than they thought and learned more about themselves as well. For many, this was their first “real job” and they were proud of their contribution to the science of agriculture.

## The 2015 Great Arizona Mosquito Hunt!

By Ed Martin

Arizona Department of Health Services (ADHS) along with Maricopa County Department of Public Health (MCDPH) have teamed up with Maricopa County Cooperative Extension (MCCE) for the [2015 Great Arizona Mosquito Hunt](#). Many mosquitos carry viruses and ADHS and MCDPH need help to find out where these mosquitos are living. Of special interest this year is the mosquito known as *Aedes aegypti*. This species is relatively new to Arizona and can carry the chikungunya (pronounced chicken-goonya) virus and dengue (pronounced den-gay) virus. Although there have been no locally acquired cases of chikungunya or dengue identified in Arizona, the presence of the vector species increases the risk for locally acquired cases to occur. In response, MCCE is working to help identify areas where this species may be present and would like your help. The goal of the hunt is not to actually find mosquitos but set traps for their eggs to see if they're living in your neighborhood. The trap is just a cup, some pretty nasty water, and a piece of paper (that's where the mosquitos lay their eggs). Our office on Broadway will



*Aedes aegypti* mosquito feeding – sort of makes you itch just looking at it!

provide the cups and paper – all you need is to provide the water. Stop by the office to pick up your kit, instructions, and get more information on how to get a free t-shirt and help keep Maricopa County safe. There's even a coloring contest for youth where the first prize is a \$100 gift certificate to the Tractor Supply Company! More information is available at the ADHS website: <http://www.azdhs.gov/preparedness/epidemiology-disease-control/mosquito-borne/index.php>.



Maricopa County Cooperative Extension is pleased to announce that Kim Christman started on August 17 as an Associate Agent in 4-H Youth Development. Kim will work with our 4-H team to provide world class 4-H opportunities for the youth of Maricopa County. She comes to us from the University of Illinois Extension where she

served as a 4-H Youth Development Educator for 21 years. Kim thoroughly enjoyed working with 4-H youth in three counties in northwest Illinois. Kim has also been a member of the Ohio Air National Guard for over 28 years. She is currently a Major and serves as the Security Forces Squadron Commander. We are very excited to have her on board here at Maricopa County Cooperative Extension!



**SAVE  
THE  
DATE**

**The Maricopa County  
Cooperative Extension Office  
will be holding a  
Volunteer Appreciation Ceremony  
and  
Open House.**

**This event will be held on  
October 12th from 4:00 - 7:00pm at  
the Extension office:  
4341 E. Broadway Rd.,  
Phoenix, AZ 85040**

2015 WALK ACROSS ARIZONA



**20 Minutes Each Day**

Walking an extra 20 minutes each day will burn 7 pounds of body fat per year.



**Did you know?**

An average city block is equivalent to 200 steps.

**FAST FACTS**



**120 Yards**

To burn the calories from 1 plain M&M you need to walk the length of a football field (including both end zones).



**200 Muscles**

Your body utilizes 200 muscles to take a single step.

Contact Information:

Liz Schnoll  
[eschnoll@cals.arizona.edu](mailto:eschnoll@cals.arizona.edu)  
 (602) 827-8224

**Program Spotlight:**



**April 2015 marked the return of the very popular community fitness and team walking program, "Walk Across Arizona", for residents of Maricopa County.** Walk Across Arizona (WAAZ) was originally ushered into community health and wellness programming in 2001, through the University of Arizona Cooperative Extension, College of Agriculture & Life Sciences, Family and Consumer Health Sciences, in both Pima and Maricopa Counties. Backed by sound nutrition information with a secondary focus on "community connectedness" related to overall health and wellness, WAAZ was developed to promote physical activity for adults.

**Technology influences everything!** The Walk Across Arizona team walking event has been influenced by technology. While inexpensive pedometers dominated the events in past years, new tools to manage personal healthy behavior have changed the game a bit. Today, use of free smart phone applications, USB ports that fit in your pocket, and fitness bracelets that are pricier and more intricate, were all used to keep participants informed about their daily level of physical activity (PA).

The **2015 WAAZ for the Health of It** event, in Maricopa County, would not have been possible without the financial generosity and programming foresight of Dr. Scottie Misner, Extension Specialist, and State EFNEP/SNAP-Ed Coordinator for Nutritional Sciences & Cooperative Extension at the University of Arizona, in Tucson. April 1<sup>st</sup>, 2015 marked the "initiation" of the **2015 WAAZ for the Health of It** event, under the guidance of Elizabeth Schnoll. After two short weeks of community promotion, WAAZ had recruited 12 teams, comprised

of 94 registered walkers (88 of which were actively engaged) completing the event May 30<sup>th</sup>, 2015.

**A little competition is fun!** The WAAZ website remains integral to facilitating access to event registration, weekly online walking progress reporting, and access to interesting health related weekly newsletters. The website also allowed for some friendly competition. All members had the opportunity to compare their progress with fellow team walkers as well as with other teams.

On June 4, 2015, walkers from many teams attended the **2015 Walk Across Arizona for the Health of It** brown-bag luncheon and wrap-up event held at the UA Cooperative Extension office in Phoenix. Attendees received completion certificates and shared in a "Tell Someone" activity, healthy root-beer floats, "salad in a jar" fun, and more. Prolific walkers and whole teams were acknowledged, and beautiful engraved walking sticks were awarded to the top walking team.



Sarah Nagaratnam from the winning WAAZ team with an engraved walking stick.

# The Director's Cut

By Ed Martin

Schools are back in session and the morning commute for most of us has increased. This also means we're getting closer to fall temperatures; I know this is hard to imagine given the daily highs we've been having in August. My relatives back in Michigan were complaining about 90°- I had very little sympathy. The monsoons brought in some welcomed rain, although we could have done without all that wind. At the office, we are all very excited to have a new 4-H Associate Agent with us, Ms. Kimberly Christman. She's only been here a couple weeks, but she's already off and running. We are also looking forward to our landscape revitalization. Rebecca Senior will lead an effort to develop a Living Classroom. The landscape around our building will be more than a showcase; it will be a classroom that can be used to demonstrate proper plant selections, irrigation system set ups, and gardening methods to help put food on the table. Our Master Gardener volunteers have already begun making great strides getting the landscape on the north side of the building into shape. Speaking of volunteers, we will be holding a Volunteer Appreciation Ceremony and Open House on Monday, October 12, from 4-7 PM. At 6 PM, we will have special presentations to recognize a few of the hundreds of volunteers who give their time and expertise to many of our programs. Come on out and help us thank our volunteers, eat a few snacks, and learn a bit about the outstanding programs offered through Maricopa County Cooperative Extension. Please be sure to mark your calendars!



## CONTACT INFORMATION

- Traci Armstrong Florian ..... Nutrition, SNAP-Ed, and EFNEP  
(602) 827-8237 [tarastro@cals.arizona.edu](mailto:tarastro@cals.arizona.edu)
- Bryan Chadd..... 4-H Youth Development  
(602) 827-8250 [bchadd@cals.arizona.edu](mailto:bchadd@cals.arizona.edu)
- Kim Christman..... 4-H Youth Development  
(602) 827-8291 [kchristman@email.arizona.edu](mailto:kchristman@email.arizona.edu)
- Ed Martin ..... County Director, ANR  
(602) 827-8200 [ecmartin@email.arizona.edu](mailto:ecmartin@email.arizona.edu)
- Patty Merk ..... Family and Youth  
(602) 827-8257 [pmerk@cals.arizona.edu](mailto:pmerk@cals.arizona.edu)
- Ayman Mostafa ..... Agriculture  
(602) 827-8213 [ayman@cals.arizona.edu](mailto:ayman@cals.arizona.edu)
- Monica Pastor ..... Agricultural Literacy/Project CENTRL  
(602) 827-8217 [mpastor@cals.arizona.edu](mailto:mpastor@cals.arizona.edu)
- Rebecca Senior ..... Horticulture  
(602) 827-8276 [rsenior@cals.arizona.edu](mailto:rsenior@cals.arizona.edu)
- Kai Umeda ..... Turfgrass Science  
(602) 827-8214 [kumeda@cals.arizona.edu](mailto:kumeda@cals.arizona.edu)
- Kelly Young ..... Horticulture/Agroecology  
(602) 827-8219 [kyoung@cals.arizona.edu](mailto:kyoung@cals.arizona.edu)

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Extension & Economic Development, College of Agriculture Life Sciences, The University of Arizona.

The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.

## ABOUT TOWN

### University of AZ Food Safety Conference

When: Sep. 18 8:00am - 5:00pm  
Where: Westward Look Wyndham Grand Resort  
245 E. Ina Rd., Tucson 85704  
More Information:  
<http://extension.arizona.edu/6th-annual-university-arizona-food-safety-conference>

### L TSAE Learning the Signs/Act Early Autism Training—For Child Care Professionals

When: Sep. 18 & Oct. 09 9:00am - 3:00pm  
Where: Maricopa County Cooperative Extension  
More Information:  
<http://extension.arizona.edu/ltsae-learn-signsact-early-autism-training-child-care-professionals>

### Water: Balancing Supply and Demand

When: Sep. 19 8:30am - 3:00pm  
Where: Maricopa County Cooperative Extension  
More Information:  
<http://extension.arizona.edu/water-balancing-supply-and-demand>

### Desert Institute of Gardening

Topic: Crazy for Compost  
When: Sep. 22 6:30 - 8:30pm  
  
Topic: Digging into Desert Soils  
When: Oct. 4 2:00 - 4:00pm  
  
Topic: Herb Gardening in the Low Desert  
When: Oct. 18 2:00 - 4:00pm  
  
Where: Maricopa County Cooperative Extension  
More Information:  
<http://maricopamastergardener.com>

### Home & Garden Show

When: Oct. 2-4 \*See link for hours  
Where: Arizona State Fairgrounds  
1826 W. McDowell Rd., Phoenix 85007  
Contact: Sharon Dewey (602) 827-8209  
More Information:  
<http://www.maricopacountyhomeshows.com/attend-the-show/>

### Master Gardener Fall Festival

When: Oct. 17 8:00am - 1:00pm  
Where: Metro Tech High School  
1900 W. Thomas Rd., Phoenix 85015  
More Information:  
<http://maricopamastergardener.com>

### AZ Agriculture Literacy Day

When: Oct. 19 through Dec. 18  
Coordinated between volunteer & teacher  
Where: At an elementary school near you  
Contact: [AgLiteracy@cals.arizona.edu](mailto:AgLiteracy@cals.arizona.edu)  
More Information:  
<http://cals.arizona.edu/agliteracy/programs/az-ag-lit-days>

### Maricopa County Cooperative Extension Monthly Event Calendar

<http://extension.arizona.edu/calendar/month?ctid%5B%5D=16>



Check us out at:

<https://www.facebook.com/MaricopaCountyCooperativeExtension>

**Edited By:**  
Edward Martin  
Amber Jones  
Kaitlin Poe-Orsburn