



# Maricopa County Cooperative Extension

IMPROVING LIVES, COMMUNITIES,  
AND THE ECONOMY

January/February 2022

Issue # 40



## 4-H Holiday Boutique-Opportunity to Sell, Buy and Give

Violet Lambert-Biz Kid\$ Treasurer & Reporter

There are few places where kids and adults alike can come together and sell their goods, but the Buena Vista Mavericks 4-H is one of them. On December 11th, 2021, the "Mavericks' Biz Kid\$" (Entrepreneurship project) held the annual Holiday Boutique. Club members and neighbors sold crafts, baked goods and more. The boutique was a little different this year, it was outside for the first time, and vendors had to deal with new

challenges such as a little windy weather, but it was a success. Customers came from all over town to shop.

The Holiday Boutique is an important event for Biz Kid\$. Learning to handle money and a business is one of the club's goals. Selling goods at an event provides experience as well as a way to earn money, then learn what to do with it.

The Boutique is also, in part, a charity event. A percent of the profit is donated every year. This year, the funds will be going to Foster Mercy. Foster Mercy is an organization that helps kids in the foster system get necessary supplies. The club was able to raise almost six hundred dollars, as well as awareness for the cause.

This year's Holiday Boutique was a hit. Everyone had fun and we look forward to doing it even better next year. To make our best, better!

(Biz Kid\$ is an entrepreneurship project in the Buena Vista Mavericks 4-H Community Club, Tempe, Arizona. Leaders: Katy Holditch and Linda Lee)

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## Agricultural Literacy and STEM Education

Gigette Aja Webb

## SWag Into Spring Workshops!

"Lettuce" tell you about a new professional development opportunity for teachers that is being offered in partnership with the Arizona Department of Education and with the University of Arizona's Yuma Ag Center.

K-12 teachers will have the opportunity to learn about citrus, dates, entomology, incorporating agriculture into school gardens, plant pathology, and precision agriculture at the Yuma Ag Center on Thursday, February 17, 2022.



**Southwest Agriculture in Yuma**  
Feb. 17th - K-12 Teacher Workshop - 8am-4pm  
Feb. 18th - H.S. CTE Teacher Ag Tour - 8am-3pm

**Earn PD hours!**

**Learn about...**

- VEGETABLES
- GARDENS
- DATES
- CITRUS
- ENTOMOLOGY
- PLANT PATHOLOGY
- LASERS & ROBOTICS
- FARM TOUR

**Yuma Ag Center**  
6425 W 8th St, Yuma, AZ 85364

Register for one day or both days!  
\$25/day

These workshops are only the tip of the "iceberg," though. High school agriculture/career technical education (CTE) teachers will have the opportunity to learn more about dates, H2A workers, harvesting, packing and distribution, seeds and transplants, various vegetable crops, and MORE on a tour at the Yuma Ag Center on Friday, February 18, 2022.

Registration for these events is \$25 per day, and participants will receive professional development hours, classroom materials, lunch, and a thumb drive. The registration deadline is Monday, February 7, 2022.

Teachers can register for **Thursday's workshops** at this [link](#).

High school CTE teachers can register for **Friday's tour** at this [link](#).

If you have any questions, please contact Bruce Watkins (\*high school agriculture/career technical education (CTE) teachers) at [bruce.watkins@azed.gov](mailto:bruce.watkins@azed.gov) or Gigette Webb (\*K-8 teachers) at [gigettewebb@arizona.edu](mailto:gigettewebb@arizona.edu)

Please feel free to pass this email along to anyone who you think would be interested in this professional development opportunity.

**Save the date - SWag Into Spring Workshops - February 17-18, 2022! Click here for the [Flyer](#)**

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## Namaste, from SNAP-Ed

**Mary Ahern-MS**, Program Coordinator,  
SNAP-Ed

**Traci Armstrong Florian-MS,RDN/ FCHS**  
Extension Agent

This summer was the first time a member from our team in SNAP-Ed Maricopa County Cooperative Extension had a person dedicated solely to the SNAP-Ed focus area of Active Living, Mary Ahern. She was excited and enthusiastic but admits that as a trailblazer she "didn't know where to start".



However, during a meeting with an excited site leader at a local community center, Mary mentioned that she wanted to start free physical activity classes at the community center for community center patrons. As they brainstormed possibilities, the idea of Mary providing yoga classes surfaced. She had recently become a certified yoga instructor during the pandemic, and she was excited to share her favorite movement and meditative practices with her community, so the idea to provide classes was a perfect fit.

In the process of scheduling these yoga classes, they decided to open the lessons up to parents as well as children. This ended up being a wonderful



idea! Every class since, has had at least one child participate. Yoga is a great activity to do with the whole family. Not only is yoga great for balance, flexibility, and strength, but it is also great for stress relief, promotes better sleep, and is a nice way to build a social network and community for physical activity. Yoga is also fantastic for children and adolescents, as it has shown to help youth practice breathing which helps with emotional regulation and anxiety, as well as helps teach mental focus, strength, and flexibility.

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## Project CENTRL

### Scott Koenig

As we approach the application deadline of March 15, 2022 ([www.centrl.org/apply](http://www.centrl.org/apply)) for Class 31 of Project CENTRL's tuition-free, experiential leadership development program, there are several opportunities to learn more and meet people involved. February 4-5 in Casa Grande all are welcome to learn more about the 2022 Colorado River Shortage Declaration and how it will impact Pinal County. On February 23rd in downtown Phoenix, you can meet Class 30 and hear from Lisa Atkins about her leadership journey. Complimentary registration for everyone is available thanks to support from Farm Credit West and Central Arizona Project at [www.centrl.org/events](http://www.centrl.org/events). Anyone connected to production agriculture and/or our state's rural communities is encouraged to learn more and apply before 3/15/22.

Thanks to the support of alumni across the state and Interim Maricopa County Director, Kai Umeda, for helping host Mississippi State University's Class 2 of the Thad Cochran Agricultural Leadership Program (TCALP) as they came to Arizona for a week to study "Water in the West". Starting in Las Vegas at the Hoover Dam and learning about Lake Mead Levels and ending up in Yuma with Class 30, they saw how various parts of the state use, reduce, and reclaim water.

Class 30 of Project CENTRL and Class 2 of Mississippi State University's TCALP spent the day in the life of a farm worker in Yuma January 21, 2022.



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## Field Crops IPM and Urban Agriculture Programs

The Field Crops IPM Program held its 11th annual Field Crops “Clinic” on January 20th in Goodyear AZ. The event had great attendance, and the information presented was well received by our clientele, which include pest control advisors, growers, industry representatives, and government representatives. We had a record number of 13 presenters, who gave talks covering a wide array of topics from market outlook for commodities, soil and weed management, IPM, new agricultural technologies, pesticide efficacies, and more. We are also nearing the end of and gathering copious amounts of data from a cover crop trial that is being held with a grower collaboration in Peoria, AZ. The results of this trial will be dispersed at upcoming workshops for both Field Crops and Urban Agriculture Program to highlight the importance of soil health and how cover crops can be a useful tool not only in managing the health of our soils, but also other production and pest management aspects. It is a new year and many trials for our Programs are about to ramp up and get underway, stay tuned for more updates from the Field Crops IPM team.

Coming soon to an Extension office near you.... Well, specifically, Maricopa County: we are happy to announce that plans for the **Demonstration Farm** are underway! We finally (and literally) broke ground last week as we’ve begun to install the irrigation system for the new urban, small-scale, and beginner farmer demonstration site. All infrastructures for greenhouses, hoop house, and in-ground beds are underway. These different growing spaces will showcase different irrigation, bed prep, fertilization, and cultivation methods that farmers can implement into their own operations. We will soon be installing three new Tuff Sheds as well as a wash/pack station to demonstrate, jointly with other programs, how to safely wash and pack produce after harvest. This education and applied research facility will be used to facilitate programming that target our urban, small-scale and beginner farmers. We are very excited about this new development and look forward to the different educational programming we will be able to host in this space.



## **Arizona 4-H Livestock Show & Expo**

**Caroline Werkhoven**

The Arizona 4-H program will be holding their inaugural Arizona 4-H Livestock Show and Expo, March 4-6, 2022, at the Pima County Fairgrounds in Tucson. The event will be a convening of Arizona 4-H youth who participate in large- and small-livestock projects. Youth from across the state will have a chance to grow, learn, practice, and showcase their knowledge at the Arizona 4-H Livestock Show and Expo through exhibition and knowledge contests. Clinics will also be provided to help youth to grow in their project Mastery. Livestock Shows, Clinics and Contests are detailed here <https://extension.arizona.edu/arizona-4-h-livestock-show-expo>. A Saturday Barn Dance and Award Ceremonies are also part of the weekend. Entries are open now, with late fees starting February 14th. Entries close March 1st.





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## Turfgrass Science Extension Program

**Kai Umeda**

The Turfgrass Science Extension Program in collaboration with the Cactus and Pine Golf Course Superintendents Association delivered the annual Pest Management and Pesticide Safety Seminar in a hybrid in-person and virtual mode in December. Participating attendees earned continuing education units to enable renewal of their Arizona Department of Agriculture pesticide applicator licenses. In the planning stages for this spring are the UArizona 5th Annual Schools IPM Conference and AZ Sports Field Managers Association field days. These education events are valuable for participants because they receive up-to-date practical research results that they can readily adopt for their turf management operations. Research results are also published in scientific journals to share with other professional peers such as our “Versatile Native Grasses and a Turf-Alternative Groundcover for the Arid Southwest United States” in the Journal of Environmental Horticulture (<https://meridian.allenpress.com/jeh>). The topic of using nativegrasses and the groundcover, Kurapia, were presented as poster displays at several annual scientific conferences (<https://turf.arizona.edu>). Additionally, this coming April, we will be hosting the National Turfgrass Entomology workshop in Phoenix when researchers will be sharing experiences about turf insect pests from around the country. The technology transfer of locally and regionally developed applied field research are being accomplished by the Turfgrass Science Extension Program when new turf management practices are considered and implemented by turf managers.

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## In-Person Citrus Clinics Return!

**Michael Chamberland**

Urban Horticulture, Maricopa County Cooperative Extension



The Urban Horticulture Program and Master Gardeners brought back our popular in-person Citrus Clinics in January. Last year, COVID kept us from holding an in-person event. Instead, the Citrus Clinic had been offered as a series of evening lectures online. This year we combined both an online seminar series and live in-person

Clinics in the East and West Valley. With the help of Dr. Glenn Wright, Extension Fruit Tree Specialist with the Yuma Agriculture Center, we brought back the popular tasting table and the citrus variety display, showing 80+ different citrus fruits which can be grown in our area.



The juicing machine was back, producing orange juice on the spot. Experts on citrus fertilization, irrigation, propagation, pests and disease were on hand to offer instruction to the public on selecting and maintaining a healthy citrus tree.



## Interim Directors Cut

### Kai Umeda

Happy New Year despite COVID-19 cases continuing to surge after the holidays. Personnel in the office have been reporting contacts with family and friends with positive testing for COVID and/or having symptoms of illness. Fortunately, employees and volunteers have not indicated debilitating symptoms for any prolonged length of time. For these reasons, we have reverted to reduced office hours by opening only in the mornings to the public.

Many Cooperative Extension activities continue to operate in Maricopa County in safe modes. In-person activities require participants to be safely distanced and properly masked. The UArizona requires that surgical masks or higher-grade masks be worn in all indoor spaces where it is not possible to adequately and continuously maintain social distance.

While Extension activities are limited around the office, upgrades are being made to enhance our future deliveries for education programs. The Palo Verde auditorium was enriched with a new audio-visual system for broadcasting virtual education programs. New permanent cameras, microphones, speakers, and a “flame-throwing” projector are integrated to provide for improved higher quality displays and audience participation. The Ocotillo meeting room kitchen was renovated to be a commercial food preparation facility last year and has been passing inspections with an “A” rating from the county health department. The final phase to install a stove with ventilation and an upgraded fire alarm system will hope to be completed later this summer. Outside improvements include installing new and larger storage sheds for agricultural and Master Gardener equipment. A new greenhouse and hoop house are being installed to enable demonstrating protected crop production.

In the fall, its anticipated that a new venture with the UArizona College of Medicine in Phoenix will be growing crops for the Culinary Medicine class in the hoop house and gardens. The harvested crops would be prepared in the new kitchen and then special-needs diets would be served to people.

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