



# Maricopa County Cooperative Extension

IMPROVING LIVES, COMMUNITIES,  
AND THE ECONOMY

## September/October 2022

Issue #

44



### Pesticide Safety Education

**Math for Measuring, Mixing and  
Applying Pesticides Questionnaire**

**Jenny Weber**, Assistant in Extension- Pesticide Safety Education

The University of Arizona Cooperative Extension is interested in learning more about your skills and experience with the math needed when working with pesticides. Your input and feedback will be very valuable and will help us to identify and create additional training sessions, resources, and educational materials to assist pesticide handlers with the math needed to accurately measure, mix, and apply pesticides.

**We value all responses** and recognize the importance of hearing from people who work with agricultural, structural, or home and garden pesticides; use organic or conventional products; manage pests in small areas or on large operations; and people who just started working with pesticides as well as those who have had many years of experience. Pesticide safety trainers and other educators are also encouraged to submit responses.

**To take the questionnaire, click on one of the links below:**

[Questionnaire in English](#)

[Questionnaire in Spanish](#)



#### [Questionnaire QR Code](#)

To open the questionnaire, aim your phone's camera at the QR Code until you see a yellow frame around the code on the screen. A clickable link should pop up along the top of your screen, leading you directly to the questionnaire.

Questions or more details contact [Jennifer Weber](#), (602) 827-8222.

**Please feel free to share this message and links with others!**



# SNAP-Ed

**Christina Vega-Zubiate**, Commercial Kitchen Coordinator

My name is Christina Vega-Zubiate, and I'm very excited to begin my journey as the new Food Demo Coordinator for SNAP-Ed and MCCE Commercial Kitchen Coordinator.

I joined the SNAP-Ed team as a Garden Coordinator for Maryvale in January 2021, but I am very excited to be back in my favorite place, the kitchen! My story is coming full circle, and I'm very excited and honored to share it. My love of cooking and food began in the heart of my family's kitchen, but my career inspiration in food and teaching started at Extension!

Years ago, I joined a small Community Supported Agriculture (CSA) in my hometown and was invited to attend a canning workshop in Tucson at the Pima County Cooperative Extension office with Chef Cheralyn Schmidt. I was so excited to be cooking and learning alongside people as passionate about food as I was in an educational atmosphere. I left the workshop and immediately started researching how I could teach and share my love of cooking and food! I began working as a high school Culinary Arts teacher soon after and learned so much from my community on food, culture, and gardening.

Cooperative Extension and the University of Arizona popped up often in my career as a Culinary Arts teacher, as I attended workshops offered at summer conferences (my favorite being a tour and immersive class at the University of Arizona Food Products and Safety Laboratory) and was a SNAP-Ed School Champion in my school district in Pima County. After working in the school system for many years, my family relocated to Phoenix, and I found Extension again! The SNAP-Ed Garden Coordinator position was a wonderful step to bridge the gap between my teaching career and community programming. Looking back, it seems as if all was aligned so I could one day be here to fully devote my time and passion to teaching, learning, and building community with the University of Arizona Maricopa County Cooperative Extension family in my new role as Food Demo Coordinator! I look forward to expanding our Culinary programs and continued learning and growth.



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## Project CENTRL

**Niki Key**, Administrative Associate-Project CENTRL

Project CENTRL, Class 31, completed their second seminar August 11-13. The Effective Communications seminar in Prescott focuses on how to deliver content and connect with your audience, regardless of size or location. The four main topics to be covered throughout the year are introduced and used throughout the Seminar. The class breaks into groups and researches Education, Healthcare, Food Safety and Drought Mitigation.



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The seminar started at the AZ-TV studio with on-camera interviews with Brad Perry, host of AZTV Channel 7's Arizona Daily Mix in the studio. The group spent the next day and a half with learning a technique for effective public speaking and speech writing. Class 31 concluded the seminar with three-minute speeches in front of a panel of alumni and their classmates. Next, the class will travel to Obregón, Mexico for the International Study Seminar and then to Tucson to learn about the challenges facing Arizona's top three budget expenditures: healthcare, education and corrections. To learn more about the current class, visit [www.centrl.org/Class31](http://www.centrl.org/Class31).



## Highlights from the Field Crops IPM and Urban Ag/Beginner and Small-Scale Farmer Programs

**Dr. Ayman Mostafa**, Associate Area Agent, ANR / Field Crops IPM

**The Field Crops and Integrated Pest Management (IPM) Program** has successfully conducted six Extension events/workshops, so far this year. Of these events, we had the Cotton Tent Talks and the Forage and Alfalfa Tent Talks in August. At these events, the UArizona Ag team members have discussions on timely and grower-relevant topics for the low desert region including agronomy, pest management, soil health, ag economic, and much more!



We have an upcoming event, **The 12th Central Arizona Farmer Field Day**, on November 9th at the Maricopa Agricultural Center where we will be able to physically show the results of researcher trials up close for the in-person attendees.

The program has also conducted multiple efficacy trials as well as multiple pest focused bioassays to address a growing concern of insecticide resistance. The Program awarded a USDA-NIFA Grant, in collaboration with Utah State University to study the compatibility and contribution of natural enemies in western US alfalfa management.





We are proud to offer educational and applied research such as this where our clientele can get first hand experience with the results of our program's research, and that of UArizona Extension Ag team.

### **The Urban Ag/Beginner and Small-Scale Farmer**

**Program's** demonstration farm has made a lot of progress in the past month. Paths are being installed and we have recently completed the wash and pack station, in partnership with the SNAP-Ed Program. These progresses will enable us to host and conduct food safety and post-harvest management workshops. Soon you will be able to tour the back space and see vegetable crops in our raised beds and cover crops in our in-ground beds as we prepare for our next growing season.



The program co-hosted two workshops in September at the Maricopa County Cooperative Extension office with the SNAP-Ed team. The first was a Farmer's Market focused workshop where participants learned how to set up an eye-catching farm stand, how to accept Double Up Bucks, EBT, and FMNP at markets, and concluded with a panel of experienced farmers who answered their questions and provided guidance for navigating markets. The second workshop focused on food safety and post-harvest management. Participants were able to see a hands-on demonstration of how to wash and pack leafy greens in accordance with food safety regulations.

The program will be holding its second annual **Urban Ag and Beginner Farmer Seminar** on October 27, 2022, at the Maricopa County Cooperative Extension office. The event will be in a hybrid-format and participants will hear from UArizona Extension Ag Team on a range of topics pertaining to their operations.



## **10 ways to Volunteer with 4-H**

**Caroline Werkhoven**, 4-H Assistant in Extension - Maricopa County

No matter how much time you have, volunteering with 4-H makes a difference by helping youth explore and discover the skills they need to lead for a lifetime. There are lots of ways to get involved!

### **1. Help youth lead a club**

- Assist a youth club leader with organizing meetings, speakers, and other logistics.
- Assist and/or mentor a 4-H volunteer who is serving as a project leader

### **2. Teach a skill**

- Organize a club or share your skills by teaching a club meeting workshop, devoted to your area of specialty.

### 3. Judge projects

Serve as a judge for 4-H exhibits, competitions, or performances, providing encouragement and suggestions for improvement.

### 4. Plan or help at an event

Volunteer at a county/parish special event; from set-up or clean-up to serving food or taking registrations, there are a lot of ways to get involved.

### 5. Serve on an advisory board/committee

Sit on a local advisory or county governing

### 6. Help with a specific 4-H project

Advise a 4-H member in their project work: help youth identify and set goals, create and implement a plan, and reflect on what they learned and would do differently next time.

### 7. Assist with program delivery

Volunteer at an after-school program, a summer program, camp program event or club meeting.

### 8. Volunteer on a fair organizing committee

Volunteer at a local fair – be inspired by the talents and creativity of the next generation while promoting the country's largest positive youth development organization!

Work in the food booth or help in the 4-H exhibit hall or at the 4-H show ring.

### 9. Utilize your professional skills

Share your technical skills and knowledge to develop subject matter for curriculum/project sheets.

Utilize your professional skills to assist with creating marketing tools, graphic art, word documents, webpages, videos, online training modules, etc.

Intern at your local Extension office with the 4-H program, a great resume builder.

### 10. Share your experiences

Share your hobby/passion – inspire a young person as a guest speaker or short-term instructor

Share your career path – invite a 4-H'er to shadow you for the day.

Share your educational path/give a testimonial – how did you get to where you are? (If you are a college student; how did you choose your school, what are you pursuing, what are you aspiring to do?)

To learn more, visit [www.extension.arizona.edu/4h/maricopa](http://www.extension.arizona.edu/4h/maricopa), or contact [Caroline Werkhoven](#).



## Turfgrass Science



**SAVE the DATE!** The University of Arizona Cooperative

Extension Turfgrass Program will present the annual:

## **Pest Management and Pesticide Safety for Golf and Landscape Maintenance Personnel Seminars**

This year, they will be offered on two dates and locations:

**December 8th at Sun City West** and **December 9th at**

### **Mesa**

Both events will feature presentations by experts on various aspects of turf and landscape pest management and pesticide safety. Six AZ Dept. of Ag. ESD (Ag.), PMD (OPM) and GCSAA CEUs will be applied for.

Click the [flyer](#) for more information. Registration and schedule coming soon!

Questions, please contact [Shaku Nair](#).



## **Associate Director's Cut**

### **Dr. Ayman Mostafa**

With monsoon season almost behind us, and all the rain we received, we got some strong wind and even lost some trees on the property. As we move into the fall schedule, we see many new faces in the office as changes have occurred recently. We have lost some very valuable people in many program areas. We just hired Taylor La Ravia as an Assistant in Extension for Ag STEM Program. Taylor is not a stranger to our office; she was previously the Program Coordinator for the Urban Ag program. The Search and Screening Committee for the 4-H and Youth Development Agent at MCCE is now formed, position announcement is coming soon, and the committee members are ready to start their task. In the meantime, our 4-H team is gearing up with many program activities, from ways to get involved as volunteer in 4-H programs, to dog clinic, and much more. The SNAP-Ed commercial kitchen is entering its second face with needed equipment about to be installed and new coordinator hired. We started collaboration with the culinary medicine program at UArizona college of medicine, and many of our programs, including SNAP-Ed, Urban Agriculture, and Horticulture are involved in this initiative. Our Urban Ag Production, Small-Scale and Beginning Farmer Program conducted a number of events and collaborated with the SNAP-Ed Program on others. The Program's People Demonstration Farm is getting a lot of attention at the state and national level. Our Fields Crops/IPM program is beginning to wrap up the summer season and going full steam looking at challenges for our fall and winter crops and Extension events. Our Turfgrass Science program is now operated by Dr. Shaku Nair who will be shifting gears to fall and winter activities like over-seeding option for a green winter turf. The Pesticide Safety Education Program is providing many opportunities for training, and have questionnaire on the math for measuring, mixing and applying pesticides. Project CENTRL Class 31 completed their second seminar on Effective Communications. Part of the training included on-camera interviews with Brad Perry, host of AZTV Channel 7's Arizona Daily Mix. The Urban Horticulture Program reminded us of celebrating the National Farmers Market Week, August 7-13, 2022. There is a [list of farmers markets in Maricopa County on page 23 of the Arizona Department of Agriculture Specialty Crop Guide](#).

Please stop by and see what's new at the office. As always, thanks to everyone for their continued support of Maricopa County Cooperative Extension!

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