

PINAL COUNTY QUARTERLY NEWSLETTER

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Cooperative Extension, the outreach arm of the University of Arizona, brings the University to the people.

The faculty and staff in the Pinal County Extension office are part of a non-formal education network bringing research-based information into communities to help people improve their lives.

Cooperative Extension is committed to delivering high-quality, relevant educational programs and information to Pinal County citizens and communities.

The University of Arizona was founded in 1885 and became the state's first university and is the primary land-grant institution here in Arizona. As a land-grant institution part of our mission is to bring solutions based on research to help solve challenges and improve the lives of Arizonans.

Cooperative Extension is that outreach arm of U of A committed to enhancing the quality of life in our communities here in Pinal County. Whether it is knowing what plants to grow for health and enjoyment or knowing what you do not want to find in your garden, how to preserve the harvest, or information about health screenings for your children, Cooperative Extension is your local resource.

Please reach out by phone, email, or even drop into our office with questions! Happy Spring!

Greta Mills
Acting County Extension Director

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HORTICULTURE



WHAT'S GROWING IN PINAL COUNTY?

Submitted by Jim Jepsen, Community Outreach Professional II, Horticulture



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The Nemesis On Everyone's Radar! **Stinknet!**

Stinknet, also known as globe chamomile (*Oncosiphon piluliferum*), is an invasive annual weed that has been spreading rapidly across central and southern Arizona, including Pinal County. It is native to South Africa and was first discovered in Arizona in the late 1990s and has since expanded along roadsides, vacant lots, private gardens, agricultural areas, and residential landscapes.

The plant grows during the cooler winter months and produces carrot-like leaves and small, bright yellow button-shaped flowers. When crushed, it releases a strong odor like turpentine, which is how it earned the name stinknet. Because it produces large numbers of seeds that are easily spread by wind, vehicles, animals, and human activity, the plant can quickly move into new areas and become difficult to control.

The spread of stinknet creates serious problems for gardening, agriculture and land management throughout Pinal County. This weed forms thick patches that compete with crops and native plants for sunlight, water, and soil nutrients. As stinknet crowds out native vegetation and wildflowers, it can even disrupt ecosystems and reduce the habitat that pollinators and beneficial insects rely on. These natural pollinators play an important role in supporting local agriculture.



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Stinknet can grow in many environments including farms, irrigation areas, rangeland, and disturbed soil, which makes it especially difficult for farmers, gardeners, and land managers to manage, once it becomes established. Because a single plant can produce thousands of seeds, that may remain viable in the soil for several years, infestations can quickly grow and become more costly to control.

Stinknet also creates challenges for homeowners and landscape managers. When the plant dries out in late spring and early summer, it becomes brittle and highly flammable, adding to wildfire risk in desert environments. Large patches can act as fuel that helps fires spread faster than they normally would in native desert landscapes. In addition, some people may experience allergic reactions, skin irritation, or breathing issues after contact with the plant or exposure to its pollen.



For residents, gardeners, and farmers in Pinal County, identifying and removing stinknet early in the growing season before it, flowers, and produces seeds, is one of the most effective ways to slow its spread and protect local landscapes and agriculture.

PLANTING SEEDS OF CHANGE IN PINAL COUNTY

Submitted by Muriel Gutierrez, Community Outreach Assistant III

Grace Lee Boggs once said, “We can begin by doing small things at the local level, like planting community gardens or looking out for our neighbors. This is how change takes place in living systems not from above but from within, from many local actions occurring simultaneously.” This quote perfectly reflects the work happening across our county.

Food initiatives and healthy living are two important ways we can begin creating meaningful change in our communities. As we know, Pinal County is a large rural county with many diverse needs. With the many changes occurring around the country, access to healthy food and opportunities for community wellness have become two critical needs we see across our region.



Mammoth library community garden veggies new and established

In partnership with the Pinal County Food Initiative Coalition, Master Gardeners, and towns in the Copper Corridor, we are creating food and teaching gardens throughout the area. This spring, we are launching a new garden in San Manuel, while the garden in Mammoth is already flourishing. At Oracle State Park, we are also revitalizing its gardens to help teach community members and local youth about different types of gardening and ways to grow food.



Oracle State Park garden—Before

During the months of February and March, the Master Gardener team, the Food Initiative Coalition, Oracle State Park rangers, and the librarians of San Manuel and Mammoth came together to plan, plant, pull weeds, and prepare the soil. Our vision is not only to make fresh food more accessible in our rural communities, but also to empower residents with the knowledge and skills to grow and cook their own food.



Oracle state park garden—Cleanup

We invite community members to join in this effort in their own communities, volunteer in a local garden, share your knowledge, or simply come out to learn. Bring a friend or neighbor and be part of the movement. Together, through small actions and shared commitment, we can grow healthier communities across Pinal County.

FIRST SMILES ORAL HEALTH



UNDERSTANDING FLUORIDE

Submitted by Greeta Mills, RDH MEd, Oral Health Professional

We know that brushing with fluoride toothpaste daily makes teeth stronger and better able to fight off cavities. How does fluoride work?

Fluoride is naturally found in our soil, rocks, and water as part of fluorine. Fluorine is one of the 20 most common elements in Planet Earth's crust. When it is combined with something like sodium, it is able to help make stronger teeth. In fact, many of our wells here in Arizona have fluoride, because of our geology and the presence of natural fluoride deposits.

During normal eating and drinking during the day, the bacteria that live in our mouth also are eating and drinking! These bacteria create an acid bath for about 20-30 minutes when we eat or drink anything other than water. This acid strips away the normal calcium and phosphate on the surface of our teeth. Our saliva (spit) comes to the rescue to help replace it.

When our saliva (spit) has fluoride from tooth paste or from our drinking water, our teeth can use that fluoride to make a stronger coating on the surface of the tooth. Not only can fluoride help prevent cavities, it can even reverse early signs of cavities. Drinking water with the right levels of fluoride helps the teeth that are still forming in young children to develop as a stronger crystal which is a benefit when those teeth actually come into the mouth.

It is recommended that children under 3 years old have their teeth brushed twice a day with just a "smear" (about the size of a grain of rice) of fluoride toothpaste. For children that are 3 to 6 years old, use a pea-sized amount of fluoride tooth paste twice a day, and remind them to spit the tooth paste out.





HOME PRESSURE CANNING SAFETY

Submitted by Cathy Martinez, Manager FCS Engagement

Canning can be a safe and economical way to preserve quality food at home and may save you a good deal on the cost of buying commercially canned foods. Many vegetables begin losing some of their vitamins at harvest. Nearly half the vitamins may be lost within a few days unless the fresh produce is cooled or preserved. Once canned, additional losses of sensitive vitamins are from 5 to 20 percent each year. The amounts of vitamins are only slightly lower in canned compared to fresh produce.

The high percentage of water in most fresh foods makes them very perishable. They spoil or lose their quality for several reasons:

- Growth of undesirable microorganisms – bacteria, mold, and yeasts
- Activity of food enzymes
- Reactions with oxygen
- Moisture loss

Growth of the bacterium *Clostridium botulinum* in canned food may cause botulism – a deadly form of food poisoning. These bacteria exist either as spores or as vegetative cells. When ideal conditions exist for growth, the spores produce vegetative cells which multiply rapidly and may produce a deadly toxin within 3 to 4 days of growth in an environment consisting of:

- A moist, low-acid food
- A temperature between 40° and 120°F
- Less than 2 percent oxygen

Botulinum spores are on most fresh food surfaces. Because they grow only in the absence of air, they are harmless on fresh foods.

Open-kettle canning and the processing of freshly filled jars in conventional ovens, microwave ovens, and dishwashers are not recommended, because these practices do not prevent all risks of spoilage.

Acidic food such as tomatoes and fruits (with a pH value between 3.0 and 4.6) can be preserved using a water bath canner or pressure canner. Low acid foods such as meat, poultry, seafood, and vegetables including peppers, pumpkins, carrots, corn, legumes, etc. *must* use a pressure canner (foods with a pH value higher than 4.6). The higher the canner temperature, the more easily botulinum spores are destroyed. Therefore, all low acid foods should be sterilized at temperatures of 240°F to 250°F, attainable with pressure canners operated at 10 to 15 pounds per square inch (PSI) of pressure as measured by a gauge. At temperatures of 240°F to 250°F, the time needed to destroy bacteria in low-acid canned food ranges from 20 to 100 minutes. The exact time depends on the kind of food being canned, the way it is packed into jars, and the size of jars. The time needed to safely process low-acid food in a boiling water canner ranges from 7 to 11 hours! The time needed to safely process acid foods in boiling water varies from 5 to 85 minutes.



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High temperature applied for an adequate length of time will kill microorganisms. The success of destroying all microorganisms capable of growing in canned food is based on the temperature obtained in pure steam, free of air, at sea level (adjustments can be made for high altitudes).

Two serious errors in temperatures obtained in pressure canners occur because:

1. **Internal canner temperatures are lower at higher altitudes.** To correct this error, canners must be operated at the increased pressures specified in research-based recipes in sources such as the *USDA Complete Guide to Home Canning* for appropriate altitude ranges.
2. **Air trapped in a canner lowers the temperature obtained at 5, 10, or 15 pounds of pressure and results in under-processing.** The highest volume of air trapped in a canner occurs in processing raw-packed foods in dial-gauge canners. These canners do not vent air during processing. To be safe, all types of pressure canners must be vented 10 minutes before they are pressurized.

To vent a canner, leave the vent port uncovered on newer models or manually open petcocks on some older models. Heating the filled canner with its lid locked into place boils water and generates steam that escapes through the petcock or vent port. When steam first escapes, set a time for 10 minutes. After venting 10 minutes, close the petcock or place the counterweight over the vent port to pressurize the canner.

Be sure to check your pressure canner equipment annually. Visit your local Cooperative Extension office to have your dial gauge tested for accuracy or contact the pressure canner manufacturer for other options. Gauges that read high cause under-processing and may result in unsafe food. Low readings cause over-processing. If your gauge reads up to 2 lbs. high or low, you are able to make adjustments during processing. Replace any gauges that differ by more than 2 pounds.

Handle canner lid gaskets very carefully. Clean them according to the manufacturer's instructions. Nicked or dried gaskets will allow steam leaks during pressurization of canners. Keep gaskets clean between uses. Older model canners may require a light coat of vegetable oil to be applied to the gasket once a year. Gaskets from newer models are pre-lubricated and do not benefit from oiling. Check your canner's instructions when in doubt.

Lid safety fuses are thin metal inserts or rubber plugs designed to relieve excessive pressure from the canner. Do not pick at or scratch fuses while cleaning lids. Use only canners that have the Underwriter's Laboratory (UL) approval to ensure their safety.

Canning favorite and special products to be enjoyed by family and friends is a fulfilling experience and a source of pride for many people. Doing so safely is essential.

NOTE: The information for this article has been excerpted from the *USDA's Complete Guide to Home Canning*.



ANNUAL PRESSURE CANNER LID/GAUGE TESTING

FREE



Call TODAY to schedule a FREE appointment!

No need to bring your whole canner. Just drop off your lid/gauge at the Pinal County Cooperative Extension Office.

Once it's been tested, we will call you to pick it up. You will also receive a written report with the test results.



Testing of your **lid and gauge** helps ensure your equipment is working properly during food processing.

Accurate pressure and a proper seal allow the correct temperature to be reached. This testing helps ensure the food you process is safe to eat and properly preserved.

For more information, please contact:

Cathy Martinez

Community Outreach Manager II, FCHS

Email: clmartin@cals.arizona.edu

Phone: (520) 836-5221



FIELD CROP SYSTEMS



AGRONOMY PROGRAM

Submitted by Avik Mukherjee, Assistant Agent, Agriculture

Program Focus:

- The program organizes educational events and is part of applied field research on crop production, weed management, IPM, and efficient irrigation systems to optimize crop production while safeguarding soil health for agricultural stakeholders.
- Stakeholders gain valuable knowledge about the latest technologies and management practices suitable for adoption in Arizona's arid agricultural system to maximize farm profitability.

Agronomy and Stakeholder Engagement:

- Agriculture producers, industry representatives, and support staff access cutting-edge production techniques through field days, workshops, and tent talks, complemented by newsletters, factsheets, and peer-reviewed publications. The program has reached out to over 250 agricultural stakeholders in Pinal County, including growers, PCAs (Pest Control Advisor), industry personnel, and organization personnel.
- Events and resources emphasize the presentation and discussion of new, research-based information that has been locally tested by the University of Arizona and other industry sources.

Outcomes and Impacts:

- Reestablished constructive communication and relationship between the University of Arizona, Cooperative Extension, and Pinal County agricultural stakeholders.
- Provided timely herbicide management guidance based on a field trial to improve early-season cotton weed control.

Program Highlights:

The Agronomy program continued to deliver production information through in-person events. The agronomy program also published 5 peer-reviewed extension articles for the stakeholders.

- Year-long educational events, such as workshops and tent talks, were organized in multiple locations in Pinal County to maximize the number of stakeholders educated.
- Over 10 AZDA CEU Credits and over 14 Certified Crop Adviser Credits were provided through workshops, field days, and tent talks to help stakeholders maintain their pest control advisor status.
- Timely crop management information is delivered weekly to over 200 newsletter subscribers, covering weather and agronomic conditions, pest updates, and technology and event news.
- An online and in-person Needs Assessment Survey was shared among the growers, PCAs (Pest Control Advisor), and other agricultural stakeholders in Pinal County.
- A much-needed herbicide efficacy trial in cotton was conducted based on the county survey responses and stakeholders' needs.



4-H YOUTH DEVELOPMENT



A HEARTFELT FAREWELL TO AMERICORPS NCCC TEAM GRIZZLY 4

Submitted by Esther Turner, Associate Agent, 4-H Youth Development



It is with immense gratitude and pride that we bid farewell to an extraordinary group of young people who have spent the past ten weeks serving the residents of Pinal County. NCCC Team Grizzly 4, part of the AmeriCorps National Civilian Community Corps, is wrapping up its term of service, and the impact it has made on our community will be felt for years to come. The AmeriCorps NCCC places teams of young adults across the country to serve communities in meaningful, hands-on ways, and Team Grizzly 4 has done exactly that and then some.

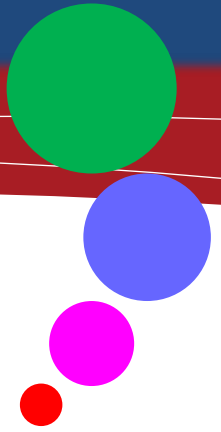
From the very start of their term, Team Grizzly 4 rolled up their sleeves and got to work on projects that made a real difference. At the Maricopa Agricultural Center (MAC), they repaired a damaged subfloor in the Agricultural Literacy Classroom, restoring a safe and welcoming learning environment for the students who depend on it. They also tackled extensive tree trimming and landscaping throughout the MAC's Ag Village, work that saved Pinal County 4-H thousands of dollars in contractor costs that can now be reinvested directly into programming for our youth.

Perhaps some of their most visible and lasting work took place at Picacho Peak State Park, where Team Grizzly 4 made a tremendous impact on the park's trails and grounds. They built 11 retaining walls, rebuilt a 50-foot section of one of the park's most popular trails, fixed or constructed over 10 rock steps, and fully rock-lined the Sunset Connector Trail. They also completely removed invasive buffel grass from the peak and cleared multiple group sites of weeds, restoration work that will benefit hikers, families, and visitors for many seasons ahead.

Back at the MAC, Team Grizzly 4 helped prepare the roof for solar panel installation, contributing to a project estimated to save approximately \$90,000. Their service also extended well into the community. They taught agricultural literacy to students visiting the Ag Village on field trips, distributed fresh produce at Market on the Move and the Casa Grande Farmers Market, and created an educational maze helping schoolchildren learn about Arizona's 5 C's (Copper, Cattle, Cotton, Citrus, and Climate). As they close out their final week, they helped us prepare for 4-H programming at the Pinal County Fair (March 18-22, 2026).

These accomplishments represent just a portion of what Team Grizzly 4 has contributed during their ten weeks with us. Their dedication, community spirit, and commitment to hard work have made Pinal County a better place, and we are deeply grateful for every one of them. Please join us in recognizing and thanking the members of AmeriCorps NCCC Team Grizzly 4. We wish them all the very best in whatever comes next, and we hope they carry the pride of their service here with them wherever they go.





EVERY CHILD HAS THE POTENTIAL TO THRIVE

Submitted by Tammy McCarville, Community Outreach Assistant II

Vision and hearing are your child's gateway to the world. When either is compromised without being addressed, it can have a ripple effect across all areas of development. A child who cannot see clearly may struggle to keep up with reading or classroom work. A child who doesn't hear well might have trouble picking up language, responding to instructions, or engaging with peers.

Unfortunately, many hearing and vision issues in children are missed until they begin to affect their performance in school. In fact, studies show that up to three out of every thousand children are born with some level of hearing loss, and most are born to parents with no history of hearing problems. Vision problems are equally common, including nearsightedness, astigmatism, or eye misalignment.

Many vision problems start before children enter first grade. Treating these problems early on helps make sure children are ready for school and can prevent serious vision problems later in life. Screening children aged 1 to 5 years can catch eye diseases early, when they may be easier to treat.

Key Reasons for Early Screenings:

- **Preventing Long-Term Developmental Delays:** Undetected issues can severely impact speech, language, cognitive development, and social-emotional growth.
- **Improving Academic Performance:** Early detection of vision issues (e.g., lazy eye, nearsightedness) or hearing loss enables treatment that prevents children from falling behind in reading, writing, and classroom participation.
- **Detecting Hidden Conditions:** Children often cannot communicate when they have difficulty seeing or hearing, making screenings essential for early detection. For example, identifying and treating hearing loss before 6 months of age can significantly improve developmental outcomes.
- **Preventing Permanent Vision/Hearing Loss:** Prompt treatment can prevent conditions like amblyopia from leading to permanent vision loss, which is the most common cause of single-eye vision loss in adults aged 20-70.
- **Supporting Social and Physical Safety:** Correcting vision and hearing problems helps children interact confidently with peers, avoid frustration, and safely navigate their environment.

Our hearing and vision staff screen young children in Pinal County, ages 1 to 5 years, to help identify any potential hearing or vision problems that may affect a child's development. The program's focus is to provide education on the importance of screenings and promote awareness of early detection and interventions.

Call the University of Arizona, Cooperative Extension, Pinal Developmental and Sensory Screening Program at (520) 374-6221 for a FREE vision & hearing appointment.

SPRINGTIME IS HERE!

Submitted by Esmeralda Castillo, Community Outreach Professional III

With springtime officially here, it is a great time to renew your health and wellness routine. Here are a few tips to help you:

- Springtime is the perfect time to visit your local farmers market for a variety of fresh seasonal produce that will help give you the essential vitamins and nutrients your body needs. Strawberries have antioxidants, potassium, folate and fiber along with Vitamin C. Cantaloupes are high in Vitamins A and C and since they are 90% water they are a great source of hydration.



- With the temperatures still nice outside, think of outdoor activities that you can participate in to help you reach your daily physical activity minutes.
 - ⇒ Adults: 30 minutes/day
 - ⇒ Children & adolescents (ages 6-17): at least 60 minutes/day
- Early morning hikes can be a great way to get some exercise. Be sure to take plenty of water to help you stay hydrated along the way.

To learn more about how you can make your daily health and wellness routine manageable for you and your family, EFNEP (Expanded Food and Nutrition Education Program) can help you learn more about eating nutritiously, budgeting, meal planning, being physically active and lots more.

Contact your local Pinal County Cooperative Extension EFNEP program:

Esmeralda Castillo, EFNEP Program Coordinator, Sr.
ecastillo1@arizona.edu, 520-788-6217

Janet Soto Canales, Community Outreach Assistant II
janetcanales@arizona.edu, 520-621-1019

EMPOWERING OUR COMMUNITY THROUGH FREE NUTRITION EDUCATION

Submitted by Janet Canales, Community Outreach Assistant II

Why EFNEP Matters? Good nutrition doesn't have to be confusing or expensive. The Expanded Food and Nutrition Education Program (EFNEP) helps make healthy living feel doable by offering FREE, hands-on nutrition education to families and individuals in our community.

EFNEP lessons are practical, relatable, and designed for real life. Participants learn how to plan balanced meals, shop on a budget, keep food safe, and add more movement into their day. These skills are backed by an evidence-based curriculum and easy to apply right away. The program supports participants in building confidence, improving their well-being, and creating healthier routines for themselves and their families.

The impact doesn't stop with one person, families share what they learn, children adopt healthier habits, and little by little, the whole community grows stronger. EFNEP is more than a class—it provides support, encouragement, and empowerment. Every new skill learned is a step toward a healthier, more connected community.

JANET'S FAVORITE RECIPE: TOMATO AND CUCUMBER SALAD

One of my favorite parts of working with EFNEP is sharing simple, budget-friendly recipes that families can enjoy together. Here's one of my personal go-to recipes, easy, delicious, and perfect for busy days.

Ingredients:

- 1 English Cucumber, or cucumber of your choice (sliced)
- 10 cherry, or grape tomatoes (cut in half)
- 1 medium red onion (sliced)
- 1 medium avocado (diced)
- ½ cup cilantro (chopped)
- 2 tbsp. olive oil
- 2 tbsp. lime juice
- ¼ tsp salt, or to taste



Directions:

1. Clean the area where your salad will be prepared. Wash your hands thoroughly for at least 20 seconds.
2. Combine all your ingredients together in a large bowl.
3. Mix gently until all the ingredients are covered with olive oil and lime juice.
4. Serve with your favorite dish or with some tostadas. Enjoy!
5. Give it a try and let us know how your family likes it!

For more information on our FREE EFNEP program contact:
University of Arizona, Cooperative Extension, Pinal County
820 E. Cottonwood Lane #C, Casa Grande, AZ 85122

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EMPODERANDO A NUESTRA COMUNIDAD CON EDUCACIÓN NUTRICIONAL GRATUITA

Submitted by Janet Canales, Community Outreach Assistant II

¿Porque la importancia de EFNEP? La buena nutrición no tiene que ser confusa ni costosa. El Programa Ampliado de Educación Alimentaria y Nutricional (EFNEP) ayuda a que llevar una vida saludable sea más sencillo al ofrecer educación nutricional gratuita y práctica a las familias e individuos de nuestra comunidad.

Las lecciones de EFNEP son reales, útiles y fáciles de aplicar a la vida real. Los participantes aprenden a planear comidas balanceadas, comprar con presupuesto, mantener los alimentos seguros y agregar más actividad física a su día. Estas habilidades están basadas en evidencia y se pueden poner en práctica de inmediato. El programa apoya a participantes a desarrollar confianza, mejorar su bienestar y crear hábitos más saludables para ellos y sus familias.

Y el impacto no se queda en una sola persona. Las familias comparten lo que aprenden, los niños adoptan hábitos más saludables y, poco a poco, toda la comunidad se fortalece. EFNEP es más que una clase: es apoyo, motivación y empoderamiento. Cada nueva habilidad aprendida es un paso hacia una comunidad más saludable y unida.

LA RECETA FAVORITA DE JANET: ENSALADA DE TOMATE Y PEPINO

Una de mis partes favoritas de trabajar con EFNEP es compartir recetas sencillas y económicas que las familias pueden disfrutar juntas. Aquí le comparto una de mis favoritas—fácil, deliciosa y perfecta para días ocupados.

Ingredientes:

- 1 pepino inglés o pepino de su preferencia (rebanado)
- 10 tomates cherry o uva (cortados a la mitad)
- 1 cebolla morada mediana (rebanada)
- 1 aguacate mediano (en cubos)
- ½ taza de cilantro (picado)
- 2 cucharadas de aceite de oliva
- 2 cucharadas de jugo de limón
- ¼ cucharadita de sal, o al gusto



Instrucciones:

1. Limpie el área donde preparará la ensalada. Lávese bien las manos durante al menos 20 segundos.
2. Combine todos los ingredientes en un tazón grande.
3. Mezcle suavemente hasta que todo quede cubierto con el aceite de oliva y el jugo de limón.
4. Sirva con su platillo favorito o con unas tostadas.
5. ¡Disfrute! ¡Pruébalo y cuéntanos qué le parece a tu familia!

Para más información sobre nuestro programa EFNEP GRATUITO, contacta:

University of Arizona Cooperative Extension, Pinal County
820 E. Cottonwood Lane #C, Casa Grande, AZ 85122

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FIND US. LIKE US. FOLLOW US.

Facebook Pages:

- [Maricopa Master Gardeners](#)
- [Pinal County 4-H](#)
- [Sensory & Developmental Screening](#)

Webpage: [CALIS, Pinal County](#)



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Avik Mukherjee, Assistant Agent—Agriculture

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Esther Turner, Associate Agent—4-H Youth Development

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4-H provides educational opportunities for youth to become capable and contributing members of a global community. Children, ages 5-19, learn about healthy lifestyles, animals, plant sciences, and leadership.

Contact: Esther Turner at (520) 340-4815 or eturner@cals.arizona.edu

SNAP is a program designed to influence healthy eating and active living in a positive way that promotes health and reduces disease among all people living in Arizona.

Contact: Muriel Gutierrez at (520) 340-4973 or mgutierrez5@arizona.edu

Child Care Health Consultations (CCHC) develops relationships with childcare facilities to provide training to staff that will improve their knowledge and practice in the childcare setting.

Contact: Ashley Dixon at (928) 978-2911 or adixon@arizona.edu

Developmental Screening Program reaches out to families with children, ages 0-5, to screen for early developmental milestones such as gross and fine motor skills, communication, personal-social skills, and problem-solving capacities.

Contact: Sam Colarusso at (520) 340-4945 or colarusso@cals.arizona.edu

Expanded Food and Nutrition Education Program (EFNEP) is a nutrition education class designed to assist limited resource families in eating smart and being active and in acquiring the knowledge, skills, and behavioral changes necessary to contribute to their personal development and the improvement of the total family diet, nutritional and physical well-being.

Contact: Esmeralda Castillo at (520) 788-6217 or ecastill@cals.arizona.edu

Field Crops Systems uses research and education efforts to work to improve field crop productivity and global food and fiber supply, farm economic viability, and protecting the environment.

Contact: Avik Mukherjee at (520) 340-4385 or avikm@arizona.edu

First Smiles is an oral health program that provides preventative oral health education, oral screening, referral to dentists for children birth to age five; and fluoride varnishing for children with emergent teeth up to age five.

Contact: Greta Mills at (520) 340-4973 or gmills@arizona.edu

Horticulture Program develops and delivers educational information, structured programming, and technical support to the consumer and commercial horticulture sectors, as well as urban agriculture and food systems in Pinal County.

Contact: James Jepsen at (520) 340-4489 or jjepsen@arizona.edu

MAC (Maricopa Agricultural Center) Farm Ag-Ventures educational programs include a combination of videos, educational presenters, hands-on learning experiences and tractor-trailer rides around their 2,200 acre farm for a close-up view of what makes a working farm operate.

Contact: Esther Turner at (520) 340-4815 or eturner@cals.arizona.edu

Sensory Screening Program provides free screenings of children, ages 0-5, for vision and hearing impairments that could affect developmental growth.

Contact: Sam Colarusso at (520) 340-4945 or colarusso@cals.arizona.edu