



Members of the U of A Nutrition Network-Maricopa County teamed up with members of the community for the Summer Food Service Program.



IMPROVING THE LIVES, COMMUNITIES, AND ECONOMY IN MARICOPA COUNTY

IN THIS ISSUE

UANN Maricopa Kicks Off the Summer Food Service Program (SFSP)

By Tricey Wilks

The Summer Food Service Program (SFSP) is a service provided by the United States Department of Agriculture (USDA) that ensures low-income children continue to receive nutritious meals when school is not in session. Breakfast and lunch are served at various locations throughout the city for children ages 18 and under.

The University of Arizona Nutrition Network-Maricopa County (UANN Maricopa County) teamed up with the Chandler Care Center, the Desert West Community Center, Salt River Elementary School, and the City of Phoenix to invite the community to take part in some fun, education, and to learn more information about the program.

On May 24th, the Desert West Community Center hosted the first SFSP kickoff event. The children played games like Apple Toss, Carrot Hop, and Citrus Shot Put, which encourage healthy eating habits and regular physical activity. The City of Phoenix police came by to show their support, and while there was a dust devil that caused quite a stir, it was inspiring to see everyone pull together, clean up the mess, and continue with the fun!

June 6th was a particularly hot day, so the waterslide was a crowd favorite at The Chandler Care Center. UANN Maricopa County also brought out the blender bike and the children enjoyed the delicious and refreshing smoothie that resulted from their hard work. They also loved learning about growing their own food at the gardening booth.

At Salt River Elementary on June 8th, we received a special treat by participating in the "Round Dance" lead by the Salt River Pima Maricopa Indian Community. Afterwards, parents and children competed in the Berry Run, the Fruit Lift, and cooled off with squirt guns in wade pools. Salt River Elementary and the Chandler Care Center both served lunch to the 100+ children that participated each day. Thank you to all those who made these events possible!



Strategic Visioning



MCCE Grows Volunteers



Becoming a 4-H Camp Counselor





University of Arizona Maricopa County Cooperative Extension Employees

MCCE Strategic Visioning

By Ed Martin

On May 17, the entire MCCE office came together as one team to address our Strategic Vision for our office. This internal visioning session is actually a follow up from a visioning workshop we had in May 2016. At that meeting, the office identified five Grand Challenges for the office: 1). Office workability; 2). Diversity and inclusion; 3). Funding streams; 4). Marketing and branding; 5). Technology and innovation. Staff and faculty joined together to form committees and worked on these issue to improve our workplace in order for us to improve our delivery of high quality programs to help improve the lives, communities, and economy of Maricopa County. It was with great pride that I saw staff and faculty working together to reach common goals. The results of the workshop are still be analyzed but each committee is working hard to improve our positive impacts on our clientele and improve their workplace. For example, we are starting a new brown bag lunch series for technology and innovation.

During these sessions, those that are tech savvy will help teach others how to video chat, use online webinar programs, or perhaps something as simple as using three monitors at one time to improve efficiency (yes, 3 at one time). The Marketing committee is working in-concert with marketing experts from the UA College of Ag. and Life Sciences, to help us get the word out about the programs here at MCCE and help us be consistent in our branding efforts. There many other efforts underway as well as we strive to become a premier metropolitan Cooperative Extension office. I applaud everyone's effort in this endeavor and challenge our office to continue this work. From experience, I know all too well that Strategic Visioning isn't flashy, more often than not, isn't even fun. However, it is a necessary part of being a member of MCCE so that we all grow, personally and professionally, and build upon the good work we've accomplished and look forward to the possibilities and opportunities ahead.

A Fond Farewell & Best Wishes

By Ed Martin

Kelly Young, Assistant Agent horticulture, will be retiring from the University of Arizona and moving on to meet new professional challenges. I know I speak for everyone here at MCCE in saying that we will miss her and the great work she has done with the clientele in Maricopa County and throughout the state of Arizona. We'll miss her expertise in plant management, plant diagnostics, and urban agriculture. But more importantly, we will miss the passion she brought to the job each and every day, working hard to help those asked and those who needed. She helped bring people together to work towards common goals and accomplish wonderful things. We thank her for all her time and effort and wish her the very best in the future.



Becoming a 4-H Camp Counselor



The Camp G.R.I.T Counselor Team and 4-H Team just conquered the wall!



The Counselors had to swing across the "acid river" and stand on an "island" to complete the challenge.



The Counselors were challenged to line-up based on their birthday, they couldn't talk or step off the rope.

Program Spotlight: Taking the Leap, Becoming a 4-H Camp Counselor

By Robin Etnyre

Let me take you on a journey...

You're 15 years old, itching for a new adventure. You hear that the County 4-H Team is searching for teens ages 15 to 19 to serve as Camp Counselors for a new camp. You think to yourself, this may be just the adventure you've been seeking. You submit your application and cross your fingers. The call finally comes. You've been selected to serve Maricopa County as one of 17 Camp Counselors. You're ecstatic, but you have no idea what you've gotten yourself into.

The door of adventure opens. You soon find yourself attending monthly meetings where you're immersed in topics like "Building Kids Up", "Making the Cabin Feel Like Home", "Managing Risk", "Who are These Kids?", and much more. You discover yourself reflecting back on how your greatest role model did exactly what you're learning to do. You get even more excited about your role and the impact you could have on a camper.

You take a personality quiz and discover that like many of your peers you have a special ability that brings balance to the team. You discover your peer's strengths, weaknesses, and needs, and speak openly and honestly about how you can work better together, while understanding the other person's needs.

You go to camp and discover a new world! A world where strangers become family. Where the nature surrounding you has unknowingly unplugged you from your everyday social life. A world where the goal is to make everyone feel a sense of belonging.

Your adventure has just begun. With camp songs still running through your mind, you wait for July to come.

The journey you have just taken is a composition of comments made by several of our 2017 Maricopa County 4-H Camp G.R.I.T. (Growing. Reaching. Impacting. Tomorrow.) Counselors. With a team made up of 4-H community club members and non 4-H'ers, it has been remarkable to watch this team grow and work together to accomplish any task assigned to them.

The goal of this program is to build the teens self-esteem; develop their awareness and confidence to recognize and address risk management; develop positive communication; develop team players who recognize and appreciate the differences in their teammates; and ultimately develop the leaders of today who will help shape our younger members.

The 4-H Camp G.R.I.T. Counselor Training is a great example of a diverse delivery method in 4-H. Many times we associate the completion of a 4-H project with the carefully written comments of a knowledgeable judge, and the presentation of ribbons or awards. This leadership project will only be judged by the counselor themselves. The success of this project is based off the safety of the campers, the fun they have, and the intense sense of "giving back" that the counselors walk away from camp with.

The 4-H Team would like to thank the 17 teen counselors who have committed to this program, and we wish them the best of luck as they prepare for 4-H Camp G.R.I.T. July 13-16, 2017.

For more information on the Maricopa County 4-H Program visit <http://extension.arizona.edu/4h/maricopa> or call us at 602-827-8228, and make sure to like us on Facebook <https://www.facebook.com/MaricopaCounty4HYouthDevelopment>.

Volunteer Spotlight: MCCE Grows Volunteers



Maricopa County Cooperative Extension Master Gardeners enjoying their Tuesday morning in the vegetable garden.

The vegetable garden located in the southeast corner of the grounds adjacent to the main parking lot at Maricopa County Cooperative Extension is a labor of love for master gardeners. Many gardeners volunteer; work and learn, then empowered, take skills to other venues. Master Gardener (MG) program graduates are active in school and community gardens all over the valley sharing researched based information about supplementing what can be found (or not!!) in stores and markets with home grown/fresh picked food to eat!!

For over 15 years Master Gardener Pam Perry has been the straw boss here, ably and enthusiastically supported not only by eager new interns twice a year but by an evolving team of master gardeners who come to garden and stay through many seasons, lending critical support to the garden! Committed to the ideas that a hands-on place to learn is a great adjunct to lectures and reading and vegetable gardening is a very rewarding experience, each of these gardeners contributes time, ideas, seeds, plants, energy, and a willingness to take on some project or another and see it thru as part of the ongoing process making this a great public display vegetable garden for a larger community!

The current backbones of the garden team; Dr. Ken Smith, Ed King, Pam Posten, are joined each summer and school break by Debbie McPherson. They keep the work flowing no matter how distracted the straw-boss gets! Making compost, amending soil as crops finish, planting, labeling, harvesting, mulching, weeding, covering... fixing; doing all those chores that we generally call "gardening"! Dependable and generous, they can be depended on to show up, share seeds, ideas, plants, and initiative and do not need micro-management! They help with chores, but have also adopted parts of the process as their own, growing plants and finding crops to trial, using skills to share projects with each new volunteer. This season recent MG graduates Glenda, Maryanna, and Shelly have joined the crew to celebrate a bountiful harvest after a forgiving April and May. They've lent a hand with the solarizing, and other summer seasonal activities.

Ken and Ed have taken the composting in hand, initiating interns and master gardeners into the magic of composting! They direct the building of each new pile and make sure that each composter

is turned weekly, moisture is monitored and the finished product gets screened! Ken demonstrates the process with a compost thermometer to show how hot a hot pile can get; helping folks understand weekly changes in each successive pile. It is such fun watching the look of surprise register as folks see for themselves what a HOT compost pile is!

Ken and Ed are instrumental in keeping us supplied with aged manures, our 'brown' or carbon components as well as frequenting favorite coffee shops for a regular supply of coffee grounds. They see to it that we have a never-ending supply of finished compost. This compost is essential to the success of the garden, providing the necessary organic material for each seasonal planting. Composting demonstrates sustainable reuse of spent materials and all those nutrients tied up in what remains of the plants after harvest is accomplished.

Pam Posten shares her experience with those less skilled in gardening; be it soil preparation, planting harvesting, or weeding. She takes volunteers in hand and helps to make fun of garden chores. Debbie picks right up where the season demands it when joins us at the end of semester or at spring break; assisting and guiding gardeners who are not exactly sure of what to do first in what may feel like 'somebody else's garden' and keeping loose ends tied up! Pam and Debbie share their love of gardening from soil prep to harvest with new volunteers each week, making volunteering fun, interesting, and a learning experience. Their enjoyment of gardening with others is contagious! They help with labeling; making information available to visitors.

Whether we are trying to figure out how to support a trellis for the ridiculously long gourds we want to grow, delighting in the antics of quail and humming birds, observing insect activities or sharing recipes for our gleanings, these volunteers in the garden contribute with imagination, initiative and make the garden welcoming for new volunteers. Collectively we are successful in problem solving, and making the mysteries of successful vegetable gardens attainable in the low desert. This garden would not be what it is today without dedication of some the very best master gardener volunteers in the program!

The Director's Cut

By Ed Martin



Summer is upon us and the daily high temperatures are exceeding 100 °F, in case anyone was not sure. Although summer might seem like a time things would slow down with school being out and many of our gardens put into hiatus until cooler temperatures prevail, our office is still going strong. Our agriculture and IPM (Integrated Pest Management) programs kick into high gear with cotton season in full bloom and many of our grain crops being harvested. Questions concerning water use seem to peak during this time as growers and homeowners both look for ways to assure their plants survive while not over irrigating. Our 4-H youth development program continues

to grow with the 4-H Camp G.R.I.T. (Growing, Reaching, Impacting, and Tomorrow) taking place July 13-16 at the James 4-H Camp at Mingus Springs. Our Summer Agricultural Institute (SAI) took place June 5-9. SAI is a five-day, traveling tour designed to teach K-12 teachers about food and fiber production and help them incorporate that knowledge in the classroom curriculum. We've also had some great community DIG (Desert Institute of Gardening) classes administered by our very own Master Gardener program. They had an excellent class on bees in May and another successful class on raised garden beds in June. The office is continuing work on our Strategic Vision, working as a team to improve our positive impacts on the communities in Maricopa County and improve our workplace environment. Finally, I need to say a few words about one of our own who is leaving the office. Kelly Young will be leaving our office and taking on a new challenge. Kelly will be missed by the faculty and staff here at MCCE as well as the hundreds of Master Gardeners and food system community. Our urban horticultural community will miss Kelly's passion for helping people grow the right plants, in the right place, to help the greatest number of people. She has touched many lives and left a lasting impression and positive impact on people and communities. We wish her the very best!

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ABOUT TOWN

Family Resource Center - Parent-Child Interaction Classes

More Information:
<http://extension.arizona.edu/roosevelt-early-childhood-family-resource-center>

Summer of Science Fun

When: Mon - Fri 7:30am - 4:00pm (Ends July 14)
Where: Roosevelt Family Resource Center
More Information:
<https://extension.arizona.edu/summer-science-fair>

Cotton "Tent Talks"

When: July 11 6:45am - 9:30am
Where: A Tumbling T Ranches
More Information:
<https://extension.arizona.edu/cotton-tent-talks-july-2017>

Farm Business Essentials for Women

When: July 13 8:30am - 4:30pm
Where: Arizona Farm Bureau
More Information:
<https://extension.arizona.edu/farm-business-essentials-women-day-3>

Arizona Women in Agriculture Conference

When: July 13 - 14 (See Link for Time & Location)
Day 1 Information:
<https://extension.arizona.edu/arizona-women-agriculture-conference-day-1>
Day 2 Information:
<https://extension.arizona.edu/arizona-women-agriculture-conference-day-2>

Alfalfa & Forage Tent Talks

When: July 25 6:45am - 9:30am
Where: Jason Rovey's Farms
More Information:
<https://extension.arizona.edu/alfalfa-forage-tent-talks>

Smartscape 101

When: Aug 7 - Aug. 30 (Mon day & Wednesday)
3:00pm - 6:00pm
Where: Maricopa County Cooperative Extension
More Information:
<https://extension.arizona.edu/maricopa-county-smartscape-101-training-fall-2017>

DIG: Desert Edibles

When: Aug 17 6:00pm - 8:00pm
Where: Maricopa County Cooperative Extension
More Information:
<https://extension.arizona.edu/desert-institute-gardening-desert-edibles>

Maricopa County Cooperative Extension Monthly Event Calendar

<http://extension.arizona.edu/maricopa>



Check us out at:

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

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