



Supplemental Nutrition Assistance Program and Education Blender Bike making healthy smoothies at the 2019 Connect2STEM Event.

IMPROVING THE LIVES, COMMUNITIES, AND ECONOMY IN MARICOPA COUNTY

2019 Connect2STEM

By Ed Martin

Another year has started and 2019 started off with the office participating in what has become Phoenix's premiere STEM event of the year, Connect2STEM.

Supported by the University of Arizona, Cox Communications, and the Arizona Sci-Tech Festival, the event brought an estimated 9,000 children and parents to the UA Biomedical Campus in Phoenix. Maricopa County Cooperative Extension was there in full strength with several education displays.

Our Master Gardeners and the Horticulture Program was on hand to answer questions and show some examples of the incredible diversity in the fauna we have in the Sonoran Desert. From cactus to cauliflower, these experts gave advice to the thousands of homeowners looking for ways to reduce their water usage but still maintain a beautiful landscape.

Our Nutritional and Physical Education programs were there with their Blender Bike, an exercise bike, that powers a blender attachment that makes some of the best fruit smoothies in town. We passed out over 1,500 smoothies and had just about that many riders as well.

Our 4-H Youth Development Program was present, doing their rocket demonstration. The kids first colored a paper rocket and then attached cut off pipets, with tape, to the back of the rockets and used a straw to blow and "shoot" their rocket.

Our Agriculture/IPM (Integrated Pest Management) team was there with their portable bee hive, talking about the import role bees play in the growth and development of many of our agricultural crops.

The Family Resource Center (FRC) was there to talk with families about their programs to help kids get ready for school. The FRC operates a program located at Martin Luther King Elementary school in the Roosevelt school district.

Arizona Project WET had their watershed model to demonstrate water flow and also let kids build their own watersheds models. The area behind the display was used as a drying area where youth could leave their models to dry out before taking them home.

Every year, this event seems to be getting bigger and better. We are proud to partner up with our fellow UA units in downtown Phoenix to bring science to the city.



THE UNIVERSITY OF ARIZONA
Cooperative Extension
Maricopa County

Maricopa County Cooperative Extension

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4-H Achievement Night

4-H Achievement Night

By Hannah Hanson

Maricopa County 4-H hosted their 68th Annual Achievement Night at the Phoenix Zoo on Friday, February 1, 2019. We had over two-hundred people in attendance, including our wonderful volunteers, their families, and office staff. It was a fantastic night for people to dress up, wear a mask, and celebrate their hard work from the past year.

Our county director, Ed Martin, opened the night by thanking all of our families, volunteers, and staff who had worked hard throughout the year to make it a successful 4-H year! Our two emcees for the night were Stephanie Rudolfo, a current 4-H member, and Baily Hill, a 4-H alumni. They carried the night, and did a wonderful job announcing each award.

Throughout the night, we recognized our high scoring youth (ages 9-18) on their record books, by presenting medals, pins, and certificates. We then recognized the future of 4-H, our Cloverbuds (ages 5-9)! Next, we had our four committees (Dog, Horse, General Projects, and Small Stock) select and present their awards to the youth they thought stood out throughout the year by participating in shows, leading clinics, and demonstrating who a 4-H'er truly is!

We had several awardees follow throughout the night including our camp counselors, staff from the University of Arizona, community partners, and AmeriCorps volunteers.

Next to be recognized were our volunteers who are the backbone of the 4-H program. We are super grateful for the volunteers who have been serving our community through 4-H! We also recognized Marifloyd Hamil, who was inducted into the National 4-H Hall of Fame. Thank you to everyone who made our 2018-2019 Achievement Night a success and look forward to seeing you all next year!



New Horticulture Agent has roots in Arizona and Maricopa County

By Ed Martin

Welcome, Michael Chamberland! It has been a little over two months since he started, but our new horticulture agent, Michael Chamberland, has been busy getting to work. Michael comes to the position with a wealth of experience including working at the Desert Botanical Garden in Phoenix, the Tucson Botanical Gardens, and US National Arboretum in Washington D.C. At the Tucson Botanical Gardens, Michael served as the curator of horticulture for six years before becoming the Director of Horticulture. His education background includes a Bachelor of Fine Arts and Bachelor of Arts degrees from the University of Connecticut. He also holds a Master of Science degree in Botany from Arizona State University. There he studied the Biosystematics of the *Echinocactus polycephalus* complex. He is a member of the Cactus and Succulent Society of America, the Association of Zoological Horticulture, and the Arizona Native Plant Society. Since he started in January 2, 2019, he has already taught two Master Gardener classes, attended two Citrus Clinics, and led a plant diagnostic workshop. Please join us in welcoming Michael to Arizona Cooperative Extension. Michael can be reached at 602-827-8219 or email him at mchamb@email.arizona.edu or make an appointment and stop by the office.



AZ Health Zone Fun Facts



Strawberries

- Approximately 90% of America’s strawberries are produced in California.
- Strawberries were first commercially grown in America in the 1800s.



Watermelons

- Texas, Florida, Georgia and California grow 66% of the watermelon in the United States.
- USDA developed the classic variety, called Charleston Grey, in 1954.



Bell Peppers

- Red bell peppers are simply ripened green bell peppers.
- Peppers grow in many shapes, sizes, colors, and flavors from sweet bell peppers to



Tomatoes

- Though tomatoes are botanically a fruit, the Supreme Court ruled them a vegetable in 1893.
- One of America’s most popular garden veggies, the tomato comes in hundreds of varieties.

**Program Spotlight:
AZ Health Zone**

Frye Elementary Garden Club



The School Garden club at Frye Elementary has shown amazing progress over the past two years! Our Food Systems Program Coordinator Sarah, works closely with the club a few times a month, teaching them how to work in the garden and about plant needs. Their garden was such a success this year, that they were able to have a "salad party." The garden leads harvested, washed, and prepared 4 different types of lettuce, kale, Napa cabbage, broccoli, cauliflower, peas, and cilantro. We provided them with the recipe for the vegetable dip out of the cooking matters for chefs and kids curriculum, to try with their salad creations. The students were very willing to try new vegetables they have never had before "because they grew it themselves".

The most exciting part is the discussion by garden leaders to bring a future harvest into the cafeteria to share with the whole school. We are proud to be able to support Frye Elementary School with their farm to school efforts! If you would like to see a school garden at your Title One school, visit BeHealthyAZ.org for more information. You can also click the link below to see some of or other Farm to School projects.



Volunteer Spotlight: The Lonchar Family



L-R: Tim, Bev and Kayla Lonchar

One of the highlights of the night was recognizing our 4-H Family of the Year. This year we recognized the Lonchar family.

They have been involved in some facet of the 4-H program for a combined total of over 43 years. They attend 4-H events throughout the year and across the county. Tim has served as an AmeriCorps volunteer, leading SPIN (Special Interest) Clubs, activities at camp and fair, and serving as a club leader for Shooting Sports. Bev has been serving 4-H members in the livestock area for many years as a county committee member, Fair Superintendent, and as an Organizational Leader. Kayla has been an active 4-H member who taught others what she knew in 4-H for many years and recently became a 4-H Leader.

They are a huge part of the Maricopa County 4-H program and we are so grateful for their support at camps, SPIN clubs, committees, and more!



THE UNIVERSITY OF ARIZONA
Cooperative Extension



The Director's Cut



Each year I get surprised when it is time to put out our March/April newsletter and I look back to review what we have already done in just two short months. In January, we had another successful set of Citrus Clinics – half-day workshops that covered citrus tree management for homeowners. Thank you to our hosts, John Babiarz and Debra Hodson at Greenfield Nursery in the East Valley and to Selwyn Justice and Justice Brothers U-Pick in the West Valley. We truly appreciate your support! We also had our Connect2STEM event at

the UA Biomedical Campus in downtown Phoenix. An estimated 9,000 children and parents came to learn about the amazing world of STEM (Science, Technology, Engineering, and Math). Our 4-H team had their Achievement Night in February, honoring those youth for outstanding work and achievement in 2018. This year the theme was a dress-up masquerade ball, and both parents and youth had some outstanding outfits. Congratulations to all the youth and thank you to all parents and volunteers that worked so hard mentoring our future leaders. Our Master Gardeners started a new class. Over 90 people applied for 65 open positions for our 17-week training class. Our Smartscape program graduated its first class of the new year with a Smartscape 101 course. Be on the lookout for the Advance Smartscape class and the Spanish Smartscape 101 course coming in June. Looking forward, we have our Spring Fiesta coming up on March 23, from 10-1 at the main office on Broadway. The Fiesta will feature all the programs we offer at MCCE, and we're bring in a few animal friends to say hi including Echo and Dante, a pair of Clydesdales, and some smaller animals for the little ones, too. Finally, I want to welcome our new Horticulture Agent, Michael Chamberland. If you have a horticulture question, he's the one to talk to!

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ABOUT TOWN

Master Gardener Plant Clinic
(3rd Wednesday of Every Month)
Where: Maricopa County Cooperative Extension
More Information:
<https://extension.arizona.edu/events/2019-03-20/maricopa-county-plant-clinic>

DIG - Pruning Trees & Shrubs
When: Mar 17 2:00pm - 4:00pm
Where: Maricopa County Cooperative Extension
More Information:
<https://extension.arizona.edu/events/2019-03-17/dig-pruning-trees-shrubs-what-where-when-how>

Maricopa County Cooperative Extension 2019 Spring Fiesta
When: Mar 23 10:00am - 1:00pm
Where: Maricopa County Cooperative Extension
More Information:
<https://extension.arizona.edu/events/2019-03-23/maricopa-county-cooperative-extension-2019-spring-fiesta>


Spring Turfgrass Seminar
When: Mar 27 7:00am - 12:00pm
Where: Maricopa County Cooperative Extension
More Information:
<https://extension.arizona.edu/events/2019-03-27/spring-turfgrass-seminar>

The 5th Arizona Alfalfa and Forage Crops Workshop
When: Apr 10 8:30am - 12:30pm
Where: Maricopa Agricultural Center (MAC)
More Information:
<https://extension.arizona.edu/events/2019-04-10/5th-arizona-alfalfa-forage-crops-workshop>

AZ School Integrated Pest Management Conference
When: April 24 8:00am - 5:00pm
Where: Carl Hayden Community High School
More Information:
<https://extension.arizona.edu/events/2019-04-24/arizona-school-integrated-pest-management-conference>

DIG - Protect the Pollinators
When: Apr 25 6:00pm - 8:00pm
Where: Maricopa County Cooperative Extension
More Information:
<https://extension.arizona.edu/events/2019-04-25/dig-protect-pollinators>

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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