



# UARIZONA PIMA COUNTY COOPERATIVE EXTENSION ROUND-UP



*Working to improve lives, communities, the environment, and economies throughout Pima County.*

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## A First-Hand Experience Teaching Parenting to Incarcerated Fathers



In the stark world of correctional facilities, the prospect of a formerly incarcerated individual returning to prison is a daunting, often unwelcome thought. Yet, since joining the **Pima Family Engagement Program** as a parent educator, I have found purpose at the Federal Correctional Institution. Here I lead *Inside Out Dads*, a groundbreaking program dedicated to reshaping the lives of incarcerated fathers.

*Inside Out Dads* is an evidence-based program tailored specifically to mending the fractured bonds between incarcerated fathers and their children. This curriculum doesn't just provide parenting tips; it delves deep, prompting these fathers to confront their troubled pasts and envision a future where they can break the cycle of absence and neglect that often characterized their own upbringing. The journey through this program is far from easy. It demands introspection and courage, challenging these men to question their long-held beliefs and habits that have, in many instances, led them astray. Vulnerability is a prerequisite – a formidable ask in the guarded atmosphere of a prison. Building trust is crucial, both with the program facilitator and among the participants themselves, a task that requires authenticity and mutual respect. To connect with these men, I share my own narrative of past incarceration and the struggles I faced as a father behind bars. The fathers engage earnestly, sharing insights and seeking guidance on navigating the complex path of reunification with their families. The support from the institutional staff is visible, creating an environment where these men feel valued and understood. These fathers leave this program with not just the tools to be more engaged and effective parents, but also with the knowledge and confidence to be better individuals. The impact of this class has been profound. Class survey results showed a 30% increase in confidence to reduce their stress levels, a 21% increase in knowledge about how to handle their feelings, and a 19% increase in being able to see things from the point of view

### *Director's Note*

## Volunteers are at the Heart of Extension

Many Cooperative Extension Programs depend on a dedicated crew of volunteers to put programs into action. This is particularly critical to the success of our Pima Master Gardener and 4-H programs. It is our job as Extension agents and staff to train, oversee, and connect volunteers to our stakeholders in meaningful ways both



for volunteers and for those they serve. This year, our **Master Gardener Program** grew to have nearly 240 volunteers, with 54 joining our Tucson crew and 10 joining in Green Valley. They not only teach the public through presentations, answering questions, and reaching out through schools and events, but they also maintain our beautiful gardens, propagate and sell plants to support the program, and spend a lot of energy planning and creating new programming to further Extension's goals of making science useful and helping people make their lives better. On the 4-H side of things, **Tucson Village Farm** and **Pima 4-H Clubs** programs depend on volunteers to offer amazing youth experiences, leadership, and skill-building for youth in our county. 4-H Tucson Village Farm brings volunteers in to help with a variety of educational, ropes course, and culinary projects and signups are available through **TVF Volunteer Intake Form**. The over 700 youth who participate in 4-H Clubs do this under a dedicated cohort of 90 volunteers who help with tagging, run club meetings, showcases, and so much more, all heading toward the **Pima County Fair** in April. You can fill out the **4-H Club Volunteer Form** to get involved as a club or project volunteer. These are just a few of our programs, but throughout the community, you can see volunteerism playing a tangible role in helping our society, youth, and community. I offer a heartfelt thank you to our Pima Extension volunteers and look forward to a great 2024 with you on the team.

*Claire L. Zucker*

*Director, Pima County Cooperative Extension*

# GROW

## Tucson Village Farm U-Pick is back!

U-Pick is back at **Tucson Village Farm** in a brand new way! You can bring your friends, family, or kids out to harvest your own vegetables in TVF's abundant gardens. A true Tucson experience to remember! We're transitioning in 2024 to a more sustainable model for our farm. Each week, we'll open 20 slots for sign-ups on our **Eventbrite** page. The U-Pick experience price will vary based on what vegetables are available and is inclusive of a guided U-Pick harvest, a food demonstration, and a box of select

produce (based on availability) picked by YOU. A typical week's harvest will feature a variety of fresh produce that will include (but is not limited to): one head each of butterhead and romaine lettuce, and bok choy, kale, Swiss chard, leaf lettuce, spicy greens, and a head of broccoli—all for around \$20-30 per box. To see what's in the box each week and current pricing, [subscribe to our newsletter](#) or follow us on [Instagram](#). This box is designed for sharing among couples, friends, or families, allowing you to harvest together and distribute the produce as you prefer. While our regular **Tuesday Market** continues to welcome all community members, those seeking an immersive farm experience, including the opportunity to personally pick vegetables, will need to secure a reservation for the U-Pick event by heading to our [Eventbrite](#) page. We're excited about this shift and hope it encourages more people to engage with our farm while fostering a deeper connection to sustainable agriculture.



## A Greenhouse to Grow the Master Gardener Program

The **Pima Master Gardener Program** is working to obtain funding for a new educational greenhouse. The current greenhouse was built in the early 80's



and no longer has adequate climate control or fully functioning irrigation. The greenhouse is critical to keeping our program financially afloat and productive. The new facility will allow the program to better educate the residents of Pima County on how to propagate their plants, while also being used to propagate plants for our plant sales, helping to fund and grow our entire program. We are very thankful that a donor has stepped up to contribute most of the funds needed. Cooperative Extension is also contributing, but we are seeking the community's support in helping raise another \$27,000 to complete the project. We hope you will consider being on our greenhouse team by making a **tax-deductible donation**. No amount is too small, and every dollar gets us closer to our goal. Thank you!

## SHARE

### Pima Extension 4-H Welcomes Kids to Bar V Ranch

The **Pima 4-H program** now offers all sorts of fun activities at the Pima County Bar V Ranch for 4-H and Future Farmers of America (FFA) youth. Activities focus on ranching, animal husbandry, and sustainable rangeland management in the arid southwest. Cattle ranching in Arizona dates back as far as 1690 when the first cows were introduced to the region by Spanish settlers. Modern ranching techniques have created a sustainable industry and today Arizona has over 7,000 farms and ranches, with cattle in every county and federally



recognized tribal reservation. With 980,000 head of cattle in the state and the economic impact of sales and beef exports from AZ totaling over \$520,000,000 ([AZ Beef Council](#)). It's easy to see why learning about ranching is one of the great opportunities offered through a partnership between Pima Extension and Pima County Natural Resources Parks and Recreation. Last fall, the team led an overnight CowKid camping trip at the ranch for 18 youths from the 4-H Healthy Living Ambassador club. This Spring there will be a range ride on horseback, a workday at the Davidson Canyon windmill, another CowKid campout, and an opportunity to learn and lend a hand during the weaning process. To learn more about these events, go to the [Ranch Education Webpage](#) or contact Hannah Luz Rice at [hannahluz@arizona.edu](mailto:hannahluz@arizona.edu)

## Sustainable Landscapes Expo is Coming in March

On Saturday, March 16th, the Pima Extension parking lot will transform into a hub of learning, activities, and giveaways for our 5th annual **Sustainable Landscapes Expo**. This 10 am - 2 pm free, family-friendly event will include over 40 exhibits to increase knowledge on efficient water usage and sustainable landscaping in the Southern Arizona desert. There will be educational, hands-on interactive activities for adults and kids; giveaways including a free raffle for items and services, and food trucks to enjoy a yummy treat or satisfying lunch. We are excited that our sponsor Civano Growers will be at the Expo and will once again be giving away 200 free trees to attendees! Mr. Nature's Music Garden was a big hit last year, and he will be back this year at the TVF "Little Farm" (next to Extension Exhibitors) for singing, dancing, and fun! The Sustainable Landscapes Expo is hosted by **Pima Smartscape**, **Tucson Water**, and the University of Arizona Cooperative Extension, and is sponsored by **Civano Growers** and **Ewing Irrigation & Landscape Supply**. The Expo will be held at the Pima Extension offices located at 4210 N. Campbell Ave. Enter from Roger Road and follow the signs or ride your bike along The Loop to find us.



## PREPARE

### 4-H Youth Showcase Before the County Fair

From March 1st-3rd, the **Pima 4-H Club program** will be proudly holding another **Arizona 4-H Stock Show and Roundup**. This event is something that youth exhibitors look forward to every year and we would love if you joined in on the fun! The show will be held at the Pima County Fairgrounds, with check-in starting Friday afternoon and shows commencing on Saturday and Sunday. At this event, 4-H and FFA youth, ages 8-18 from across the state, will have a chance to participate in showmanship and market/breed classes as well as knowledge contests. For showmanship, exhibitors will be judged on their ability to properly show their large or small stock animals. The large animal projects include beef cattle, dairy cattle, swine, lamb, goat, and dairy goat. Large stock animals will be judged in both breeding and market classes where the livestock will compete for Grand and Reserve Champions. For small stock, exhibitors can show poultry, rabbit, cavy, or pygmy goat. These will be judged on best of breed, also competing for Grand or Reserve Champions in their classes. Join us the first weekend in March and then come out to the **Pima County Fair** in April to see youth do what they love! Entry is free for spectators, and for those interested in competing, please visit the **Stock Show and Roundup website** as registration will be up soon!\_



## Save our Saguaros Month Starts at "A" Mountain

Sentinel Peak, aka “A” Mountain, is a symbol of Tucson. It provides glorious views of the city and the desert surrounding it, while also celebrating our identity as a college town. But did you know that Sentinel Peak is also an ideal habitat for invasive buffelgrass? A 1994 fire allowed the plant to establish on the barren ground and by 2005, buffelgrass was heavily present across the mountain. Buffelgrass is now like a fire fuel blanket filling in the gaps between our precious native Saguaros and Palo Verdes. The community, including the **Pima Extension Invasive Species program**, has fought back! In addition to several restoration projects, spearheaded by the Arizona Native Plant Society and the Arizona-Sonoran Desert Museum, among others, the Desert Museum's annual “Save Our Saguaros” month kicks off with a large-scale community buffelgrass removal event on Sentinel Peak’s slopes. This year, the event will be held on Saturday, February 3, starting at 9 am at the Sentinel Peak lower parking lot. Tools and instruction are provided, and the volunteer groups will be led by invasive species experts from the Desert Museum, Pima County Natural Resources Department, Tucson Clean and Beautiful, and our very own Pima Extension among others. We hope you will **register for the A Mountain Kickoff Buffelgrass Pull** and if you have any questions, email our Invasive Species Educator Ben Tully at [bentully@arizona.edu](mailto:bentully@arizona.edu). If you’ve never joined a buffelgrass pull, this is the time to do it. All you need to bring is water, appropriate clothing for hiking, and a passion to protect the desert!



## PCCE NEWS

### EFNEP Welcomes Patty Montijo

We are very excited to welcome Pattie Montijo to our EFNEP family. Pattie joined the Pima County EFNEP team on December 11, 2023. She has a background in Early Childhood Education and Human Services and has been developing and providing training on the importance of good nutrition and physical activity, for various populations in Pima County and surrounding communities, for the majority of her career. She is looking forward to continuing this via the EFNEP Program. Pattie has been married for over 40 years and has two great children and a beautiful grandson. Her passions are reading for pleasure (mostly fiction), keeping physically fit, and playing in her kitchen. Please help us give her a warm welcome!



## COMING UP

### UArizona Pima County Cooperative Extension Programs and Upcoming Events

## Agriculture and Natural Resources

Residents and growers have ready access to research-based horticultural information at PCCE. Get gardening answers from our Master Gardener experts and learn about water conservation, xeriscape, irrigation, and more through our Smartscape courses.

**Master Gardeners | Smartscape**

**Demonstration Garden Tours**, Wed. & Sat. 9 am, Group scheduling: **520-626-5161**

**Campus Arboretum**: Virtual and other tours of the University campus

**Online Gardening Talks**: Various dates/times

Visit the **Online Plant Clinic** if you have a gardening or plant question

Smartscape **Residential Rebate, Water Harvesting, and other courses**

Smartscape **Sustainable Landscapes Expo**, March 16

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## Family and Consumer Health Sciences

PCCE health education helps people improve their nutrition, family dynamics, and lives. Parents and caregivers gain tools to enrich children's lives through the Family Engagement Program. Find nutritional and life-skills education through the SNAP-Ed/Garden Kitchen and EFNEP programs.

**Family Engagement Program | SNAP-ED | Garden Kitchen | Expanded Food and Nutritional Education Program (EFNEP)**

FEP **Positive Discipline Workshops**

**The Garden Kitchen SNAP-Ed Volunteer and Partner opportunities**

**Pima Diabetes Prevention Program**, New classes each month

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## 4-H Youth Development

Youth build lifelong skills and have great fun through Cooperative Extension 4-H. Become involved in one of our many clubs or projects, capped by participation at the County Fair. Enjoy seed-to-table programming at Tucson Village Farm, a working urban farm built by and for the youth of our community.

**4-H Clubs | Tucson Village Farm | High Ropes Course**

4-H **Pima County Fair**, April 18-28, 2024

4-H **Ranch Education Program**

4-H **Juntos Program**

4-H **TVF Programs**: school field trips, culinary, summer camps, Little Sprouts, and more!

4-H Tucson Village Farm, **Shop the Farm Stand Online**

**Pima 4-H High Ropes Course Scheduling**

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THE UNIVERSITY OF ARIZONA

**Cooperative Extension**

Pima County

### Pima County Cooperative Extension

**Website | 2022 Annual Report**

Main Office: 4210 N Campbell Ave., Tucson, AZ 85719-1109

Green Valley Location: 530 E Whitehouse Canyon Rd

South Tucson, The Garden Kitchen: 2205 S 4th Avenue

Email: **pcce@arizona.edu**

*Our Main Office on Campbell is open M-F 8:30 - 4:30*

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### **SUBSCRIBE** to the PCCE e-newsletter, ***The Round-Up***

*All PCCE program subscribers also receive our bi-monthly Round-Up. To be removed from the Round-Up e-list, choose the "Update Profile" link below. Do not choose the "Unsubscribe" link unless you wish to be removed from **all** PCCE program correspondence*

University of Arizona, Pima County Cooperative Extension | 4210 N Campbell Ave, Tucson, AZ  
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