Maricopa County Cooperative Extension (MCCE) has concluded another successful year of bringing the University of Arizona research to bear on the challenges and issues facing the great people of Maricopa County. Through our cooperative support of the State, Federal, and County governments, we are able to assist the citizens of Maricopa County and throughout the state of Arizona. Nationally, we are part of a network of researchers, scientists, and Extension professionals dedicated to improving people's lives. As we begin a new decade, our programs and personnel have changed, but our commitment and dedication to education and the people of Maricopa have never been higher. Over the years, we have seen our agriculture program evolve into a Field Crops/IPM (Integrated Pest Management) program, to help growers address their most significant concerns and give our programming the flexibility needed in a new world economy. Our horticulture program has grown exponentially, as the Master Gardener volunteers continue to expand our capacity to meet the growing demand for landscape and gardening information. Our Family, Health, and Consumer Science department has grown, as our staff help people learn how to make better health choices with the foods and activities, and help parents learn teaching skills for their kids as they prepare them for school. Our Turf Grass Science program has also changed, with additional work being done in looking to alternatives to winter turf as well as identifying best management practices to reduce chemical and water inputs for turf growing. Project CENTRL, a rural leadership program, helps leaders in Arizona better understand and appreciate rural issues and the inter-connections between rural and urban communities within our state. Even more recently, we added a Pesticide Safety Education program to our list of programs. This program delivers classes throughout the county and state to assure those using pesticides have the proper training needed to efficiently and safely apply chemicals to residential and commercial land. Also, our Agriculture STEM and Literacy program has new leadership as we work to educate the youth and their teachers about the science and importance of agriculture in our great state. Together, we bring research-based science to our communities, helping address issues and concerns that impact everyday lives.

Edward C. Martin, PhD
County Extension Director

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Over 1,900 volunteers gave more than 46,700 hours of their time, equaling more than $1.3 million in donated time.

Over 30,000 adults and 115,000 youth participated in Extension activities.

Over 22,000 people came through our doors to attend educational classes, meetings, and get answers.

https://www.facebook.com/MaricopaCountyCooperativeExtension
http://extension.arizona.edu/maricopa
Nutrition and Physical Activity

More than ever, research is showing that the key to lifelong good health starts with making simple changes in improving diet and increasing exercise—small changes lead to large rewards. Living healthy is not always easy, though, and it takes learning and practicing new positive behaviors to make new, healthy lifestyle changes lifelong habits. Our two long-standing nutrition programs, SNAP-Ed (Supplemental Nutrition Assistance Program- Education) and EFNEP (Expanded Food and Nutrition Education Program), reach into local communities and make contacts with youth, adults, and seniors. EFNEP is active in five counties within the University of Arizona Cooperative Extension system. In Maricopa County, four staff teach direct nutrition and physical activity education to adults in limited income areas. SNAP-Ed, as part of the University of Arizona, supported by the AZ Health Zone (under the umbrella of Arizona Department of Health Services), is an active partnership of over 10 Cooperative Extension offices across the state. SNAP-Ed works to improve nutrition, feeding practices, and reducing hunger, as well as increasing physical activity and decreasing sedentary behaviors. Maricopa County SNAP-Ed faculty (1) and staff (20) coordinate efforts throughout Maricopa County, engaging schools and communities in learning healthy habits through a Policy, Systems, and Environmental change approach. This reaches realms of Active Living, Childhood Health, and Food Systems, with keeping three main values and principles at the forefront, including Health Equity, Trauma Aware approaches, and Community Engagement. Our newest addition in nutrition and healthy lifestyle programming is the Diabetes Prevention Program (DPP) which started in Fall 2018. This is a year-long, CDC program that teaches those diagnosed with pre-diabetes on how to focus on losing 5% of body weight and exercising 150 minutes per week to decrease participants' risk of diabetes.

2019 - By the Numbers

- Over 7,000 adults and over 65,000 youth participated in SNAP-Ed and EFNEP programs with over 400 partners and collaborators across the county.
- 1,289 volunteers donated over 12,000 hours of their time, valued at an estimated $326,000.
- $2.1 million in grants were obtained for the SNAP-Ed and EFNEP programs for Maricopa County.

Contact: Traci Armstrong Florian, MS, RDN
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Our Field Crops and Integrated Pest Management (IPM) Program continues to serve the diverse agricultural system we have in Maricopa County and the state of Arizona. With an emphasis on reducing the environmental footprint for our agricultural production, our Field Crops IPM program helps bring new selective chemistries and biological control approaches, and new nutrient recommendations that optimize crops yields and protect the environment, animals, and humans. We work to increase irrigation efficiency to reduce agricultural water use, utilize remote sensing, scanning, and drone technologies to help keep Maricopa County and Arizona agriculture competitive with the rest of the country and on the world market. One of the major issues the program is addressing is the management of alfalfa and forage crops. Alfalfa hay dominates the cropping system in Arizona with ~300,000 acres of alfalfa and other forage crops farmed each year. With some of the highest yield per acre nationwide and an annual crop valued at ~$500 million, forage crops contribute significantly to the dairy and other livestock enterprises. The Maricopa County Cooperative Extension Field Crops/IPM Program is leading national grants to study better practices to manage aphids and weevils in alfalfa, pests that can significantly decrease crop yield when not appropriately controlled. The Program established new information and an online app to help to make an informed decision for pests and agronomic the management in alfalfa, corn sorghum, and small grains.

Our Field Crops/IPM program aims at:

- Reducing pesticide residues in the environment.
- Improving yield, quality, and economic returns for growers and tribal farms in the region.
- Developing more sustainable and environment-friendly options for pest and agronomic management for the region, resulting in higher yields, healthier plants, fewer pest outbreaks, and fewer pest resistances.

2019 - By the Numbers

- Over 5000 growers and agricultural professionals attended Field Crop Extension events in-state and neighboring regions, which offered timely, updated, and science-based information, and provided more than 100 Continuing Education Units.
- Our agricultural faculty were involved in over $2.85 million of grant funds since 2015 to address the issues of field crops that generate over $1.5 billion for the Arizona economy.

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Horticulture

The Master Gardener (MG) program within the Urban Horticulture program of Maricopa County Cooperative Extension is home to more than 460 Certified Master Gardener volunteers. The Master Gardener program teaches efficient and productive garden practices specific to the Sonoran Desert with emphasis on the latest research-based science provided by the University of Arizona. Public education areas include proper plant selection, placement, care and watering, plant problem diagnostics, and the identification and control of weeds and pests. Master Gardeners are proudly a part of many school and community gardens throughout Maricopa County and promote the education of year-round vegetable gardening and water-wise landscape design and maintenance. Master Gardeners offer outreach programs at five Maricopa County Home & Garden Shows through the year, as well as at many libraries and public venues. The Master Gardener program is active and vibrant, training over 100 new volunteers each year. Volunteers participated in more than 8,000 continuing education hours to better serve the public. The horticulture industry in Maricopa County is also supported by the Urban Horticulture Program, through plant problem diagnosis and research-based outreach to nurseries, landscape companies, and arborists.

Our Horticulture and Master Gardener programs:

- **Educate the residents of Maricopa County to more efficiently and effectively garden in the Sonoran Desert.**
- **Create a network of trained volunteers to answer garden and landscape questions from residents of Maricopa County.**
- **Promote and create a community of Demonstration, Community, and School gardens.**
- **Diagnose plant problems and address issues of emerging pests and weeds.**

**2019- By the Numbers**

- Over 2,000 plant and landscape questions/calls were answered by the Master Gardener Help Desk.
- Over 15,600 people had direct contact with our Horticulture and Master Gardener programs.
- Over 460 active volunteers registered over 25,500 volunteer hours estimated to be worth $633,734.

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Beth Reidhead  breidhead@arizona.edu
Maricopa County 4-H continues to deliver quality programs to the youth throughout the county. Our volunteers are an essential part of our program, and 2019 saw us streamline the certification process keeping in place the importance of a rigorous background check. In 2019, we saw the inauguration of the Arizona 4-H Summit and Arizona 4-H STEM YOUUniversity, with Maricopa County 4-H Program Coordinators facilitating programming that engaged University faculty, researchers, and youth to evaluate real-world challenges. Our 4-H Shooting Sports program hosted our first county shoot in February with several of our Maricopa County youth participating in the first State shoot. In 2019, the Teen Outreach Program provided programming to youth ages 12-19 in different settings such as schools, community centers, and group homes. The program focuses on teaching life skills to youth.

Youth in 4-H programs:

- Are Four times more likely to contribute to their communities
- Two times more likely to be civically active
- Two times more likely to make healthier lifestyle choices

2019 - By the Numbers

- Over 190 Adults served as volunteers for our 4-H Youth Programs
- We had over 550 4-H youth enrolled
- Over 160 youth were served by our Teen Outreach Program
- There were 25 Community-based Clubs

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The University of Arizona surveyed and reported that the golf industry contributed $3.9 billion to the state's economy. The Turfgrass Extension program contributes to schools and municipalities by evaluating ways to optimize water and manpower inputs. The economic impact study also found that golf courses use less than 2% of the groundwater. Current projects investigate and demonstrate the potential integration of native grasses and groundcovers when turfgrasses are removed. We collaborate with experts across the country to assure the latest research findings for weed, insect and disease control, and irrigation management are being delivered and adopted to address the needs and solve turf problems in Maricopa County. New techniques and new products are being investigated for insect pest management in turfgrasses. Field experiments are addressing weed control by investigating a broad spectrum of options without reliance on a single product.

Last summer at the Peoria Sports Complex Stadium, nearly 400 turf professionals attended an educational demonstration Sports Turf Field Day, where speakers and vendors shared new technologies and products.

Our Turfgrass Science Extension program:

- Improves turfgrass management strategies and practices for schools, cities, and professional turf facilities by conducting research and introducing innovative technologies to optimize water use and manage pests and weeds.

- Provides educational opportunities for turf managers to learn how to decrease or improve inputs and improve turf quality with techniques that conserve water resources, implement integrated pest management, and reduce their environmental footprint.

2019 - By the Numbers

- Turf Research and Extension with the Agricultural Resource and Economics Department surveyed and determined that the golf industry contributed $3.9 billion to the Arizona economy.

- Turf research is continuing to find alternative grasses that use less water as well as investigating pest management and weed control solutions for turf.

- The Turfgrass Extension program contributed significantly to the publication of the new Best Management Practices for Arizona’s golf course superintendents who will be able to effectively use water and protect the environment.

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Early Childhood Development

The University of Arizona-Roosevelt Early Childhood Family Resource Center is located at Martin Luther King Jr. School in South Phoenix. This award-winning family support program features parenting education, child development classes, the Ready! For Kindergarten parent program, community resource and referral services, educational workshops, Play and Learn parent-child interaction, group support, and family engagement. Educational programs teach, train, model, and promote positive experiences that help children reach their fullest potential and become ready for school and life. This program promotes family resilience and engages families with children from birth to age five. The center is open to all Mondays and Thursdays from 7:30 a.m. to 4:30 p.m., Tuesdays and Wednesdays from 7:30 a.m. to 7 p.m. and Fridays from 7:30 a.m. to 12:30 p.m. Hours are different in the summer. All programs and activities are free of charge and supported by funding from First Things First.

Research shows that programs such as this:

- Strengthens families through increasing resilience school success and factors and decreasing risk factors.
- Increases literacy levels, which prepares for success in reading by the end of third grade.
- Helps children achieve developmental milestones preventing the need for special education and developmental services.
- Increases positive parent and child interactions, which develops social and emotional skills.
- Increases school readiness, which promotes improves family engagement.

2019- By the Numbers

- Participation in adult-child interaction sessions: 1,196 adults and 1,509 children.
- 1,426 referrals were made to 740 families for needed resources and services.
- This program has earned over $4 million in grant-supported funding in the last ten years.
- Over 2,700 children and adults participated and learned in educational activities through our Early Childhood Development program.

Contact: Patty Merk, Ph.D.

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Project CENTRL (Arizona Center for Rural Leadership) is a statewide leadership development program for 16 individuals connected to rural Arizona. It meets participants where they are in their leadership journey and improves personal skills for those in production agriculture while educating those not familiar with agriculture about the $23B industry in Arizona.

Over 650 people have graduated from the program and are making a difference in their communities across the state, including six serving in Arizona’s 54th Legislature, 2nd Session with two representing Maricopa County.

CENTRL helps leaders:

- Build skills in public speaking, effective interviews, advocacy, having difficult conversations, managing productive meetings, participating in the local, state, and federal legislative processes.

- Learn about issues in rural Arizona, including water management, healthy forests, international trade, immigration, education, healthcare, and corrections.

- Connect with leaders and experts by bringing in a combination of nationally renowned trainers, local experts, and networking events with alumni and sponsors.

2019 - By the Numbers

- Nine seminars delivered across Arizona, Sonora, MX and Washington, D.C.

- 100% of participants from recent Classes would recommend the program to a colleague.

- Zero ($0.00): The financial cost of the program to participants thanks to support from foundations, industry partners, friends and alumni who support the program.

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Smartscapes served a wide range of individuals associated with the landscape industry across Maricopa County in 2019, its 25th anniversary. The program promotes science-based best practices for design, installation, and care of water-efficient landscapes in our desert environment.

Through its workshops and multi-day academies for teachers, Arizona Project WET (APW) enabled 391 educators to be better facilitators of learning and become more aware of Arizona's water resources. The teachers then share that knowledge in the classroom with their 15,641 students. This year 23 water festivals were held serving 15,457 students, 579 teachers, and 1,084 parents with the assistance of 1,154 volunteers. The 1,119 students in the Water Scene Investigation (WSI) program have saved the valley an estimated 2,239,781 gallons of water annually.

These programs help:

- **Save millions of gallons through the promotion and demonstration of water conservation techniques.**
- **Train landscape professionals proper techniques to conserve water while working with attractive and sensible landscapes for the Sonoran Desert.**

### 2019 - By the Numbers

- **Over 16,000 school aged youth in Maricopa County participated in Arizona Project WET programs in 2019, learning about water in the environment and what we can do to protect and use our water resources more wisely.**
- **Over 190 landscape professionals from across Maricopa County attended Smartscape, Spanish Smartscape, and Advanced Smartscape: Irrigation training courses, learning techniques of wise water use in appropriate landscaping for our low desert environment.**

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- Pamela Justice  
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The Agricultural Literacy & STEM (Science, Technology, Engineering, Mathematics) Education program provides educators with ag STEM lessons and 3-dimensional learning activities aligned to the Arizona Academic Standards through professional development workshops and class presentations. Each June, approximately 30 teachers from across the state, visit research facilities and see the day-to-day undertakings of a variety of ag operations, all while earning 48 professional development hours. The Summer Agricultural Institute (SAI) is a five-day educational tour designed to teach K-12+ educators about food and fiber production and help them incorporate that knowledge into the classroom curriculum. The goal is to immerse teachers to become agriculturally literate and communicate the importance of ag to their students through hands-on experiences and to provide scientifically accurate information about agriculture. Agricultural Literacy & STEM Education provides two additional programs for educators – Ag Literacy Days and the School Garden Online Safety Program. Each fall, during Ag Literacy Days, which takes place October-December, volunteers and teachers signup to receive a free copy of the first children's book dedicated to Arizona agriculture, called Arizona Agriculture: Bee's Amazing Adventure that they read to students. The School Garden Online Safety Program provides schools with the resources to use school-grown produce in the cafeteria and become a certified school garden.

2019- By the Numbers

- Thirty teachers from nine different counties that attended the Summer Agricultural Institute (SAI) are reaching 3,366 students across Arizona and now have access to lessons and curriculum to state standards that engage students and increase agricultural literacy.

- To date, over the past 30 years, the SAI has reached over 800 teaching professionals and an estimated 80,000 Arizona students.

- During Arizona Ag Literacy Days, 111 teachers and 2,816 students learned about Arizona agriculture.

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New to MCCE is the Pesticide Safety Education Program (PSEP), a statewide program designed to provide pesticide safety information and resources for people in agricultural and structural pest control settings. PSEP staff offers programs in English and Spanish to better serve the linguistic needs of its clientele and coordinates outreach efforts with colleagues involved in state, county, and tribal pesticide programs.

Working in partnership with the Arizona Department of Agriculture, this program ensures that licensed pesticide applicators are given the latest in research and safety techniques to help safeguard the environment, workers, and their clientele. The University of Arizona's Cooperative Extension service works with the federal government and all 15 counties and tribal governments to provide training assistance.

This program helps to:

- **Provide employers, pest control professionals, and community members with information and tools they can use to protect themselves, other people and the environment when working directly with pesticides or in areas where pesticides have been applied.**

- **Prepare individuals for state-mandated pesticide applicator certification exams through in-person training, resource development, and the coordination of exam events.**

- **Keep clientele up-to-date with current pesticide-related regulations, issues, and solutions so they can make informed decisions when using pest control products.**

### July – December 2019- By the Numbers

- During the first six months of the program, PSEP provided 11 unique pesticide-related presentations to 725 attendees of 7 workshops held in 10 locations throughout the state.

- PSEP also provided 4 in-person Pesticide Applicator Pre-Certification Training Courses to 83 pest control professionals.

- Working with a team of 4 subject-matter experts, PSEP helped to create 3 new versions of the invertebrate pest category exam for people interested in acquiring an Arizona Agricultural Pest Control Advisor’s License.

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Maricopa County Cooperative Extension

**Our Mission:** To engage with people through applied research and education to improve lives, families, communities, the environment, and economies in Arizona and beyond.

**Our Vision:** To be a vital national leader in creating and applying knowledge to help people build thriving, sustainable lives, communities, and economies.

As the University of Arizona in Maricopa County:

- We empower people to expand their capabilities to improve their lives
- We are a well-known, effective, and accessible educational resource for all communities
- We are a trusted partner in communities for leadership education
- We develop capable leaders in all communities
- We are recognized experts for developing and disseminating research-based information

**Our 2020 Advisory Board**

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**Jon Wootten** – Chairman, Roots N Boots Queen Creek Pro Rodeo Committee; President, Friends of Horseshoe Park; (District 1)

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**John Augustine** - Owner/Operator Desert Tree Nursery (District 3)

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**Steve Gallardo** - District 5
Faculty and Staff - Maricopa County Cooperative Extension

Below is a listing of the faculty and staff at the Maricopa County Cooperative Extension. These women and men are the ones who deliver the programs to the residents of Maricopa County. Their hard work and dedication have made positive differences in people's lives, communities, the environment, and the economy in Maricopa County.

KEY: ANR – Agriculture and Natural Resources; DPP – Diabetes Prevention Program; EFNEP – Expanded Food and Nutrition Education Program; FCHS – Family, Consumer and Health Sciences; FRC – Family Resource Center; IPM – Integrated Pest Management; SNAP-Ed – Supplemental Nutrition Assistance Program-Education; TOP – Teen Outreach Program; WET – Water Education for Teachers; YD – Youth Development; CENTRL – Center for Rural Leadership.

Faculty and Staff 2020

Our Faculty
Edward C. Martin, Director, Professor & Extension Specialist
Traci Armstrong Florian, Agent: FCHS, EFNEP, SNAP-Ed, DPP
Michael Chamberland, Assistant Agent, ANR/Urban Horticulture
Scott Koenig, Executive Director, Project CENTRL
Patty Merk, Area Agent: FCHS/Family & Youth
Ayman Mostafa, Area Agent, ANR/Field Crops, IPM
Rebecca Senior, Assistant in Extension, ANR/Urban Horticulture
Kai Umeda, Area Agent: ANR/Turfgrass
Gigette Webb, Associate Agent, ANR/Ag. Literacy and STEM
Jennifer Weber, Assistant in Extension, Pesticide Safety Education

Our Staff
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Mary Ahern, Instructional Specialist, Sr., SNAP-Ed
Whitney Anderson, Instructional Specialist, Sr., SNAP-Ed
Barbara Ashford, Administrative Assistant, SNAP-Ed
Paula Barr Skillicorn, Program Coordinator, SNAP-Ed
Sarah Beatty, Program Coordinator, SNAP-Ed
Worku Burayu, Research Specialist, Field Crops/Turfgrass
Yahaira Campana, program Coordinator, FRC
Anne Cimarelli-Stears, Health Educator, Sr., SNAP-Ed
Mary Conner, Program Coordinator, Sr.
Carol Diemer, Program Coordinator SNAP-Ed
Angel Escalante, General Maintenance Mechanic
Tamara Floyd, Program Coordinator, Sr., FRC
Marina Gallardo, Program Coordinator, SNAP-Ed
Gabriel Garcia, Instructional Specialist, AZ Project WET
Jose Gamiz, Instructional Specialist, Sr., EFNEP
Esther Geel, Program Coordinator, 4-HYD
Gloria Gomez Torres, Program Aide, FRC
Facility and Staff - Maricopa County Cooperative Extension

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Hannah Hanson, Program Coordinator, 4-HYD
Kyle Harrington, Assistant in Extension, Field Crops
Julie Hasty, Instructional Specialist Senior, AZ Project WET
Khando Hedrick, Instructional Specialist, EFNEP
Brittany Hobe, Associate, Accountant, SNAP-Ed
Patty Howard, Admin. Secretary, 4-H
Sandra Hurlbut, Program Coordinator, AZ Project WET
Lori Jarvis, Admin. Secretary/Receptionist
Pamela Justice, Program Coordinator, Sr. AZ Project WET
Niki Key, Administrative Associate, Project CENTRL
Kirti Mathura, Program Coordinator, Sr., Smartscape
Jenna Mennetti, Program Aide, 4-HYD
Linda Miranda, Instructional Specialist, Sr., SNAP-Ed
Jamie Mora, Instructional Specialist, AZ Project WET
Cathy Munger, Systems Administrator, Principal
Gina Nieves, Program Director, FRC
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Delmí Ortega, Program Coordinator, Sr., EFNEP/SNAP-Ed
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Vanessa Parra, Accounting Associate
Sandra Perez, TOP Program Coordinator, 4-HYD
Berenice Quiroga, Instructional Specialist, Sr., SNAP-Ed
Beth Reidhead, Program Coordinator, Master Gardener Program
Norma Rodriguez, Instructional Specialist, Sr., SNAP-Ed
Janel Rogers, Instructional Specialist, EFNEP
Liliana Ruiz Fischer, Program Coordinator, SNAP-Ed
Noelle Schlader, Urban Horticulture
Sheri Semones, Administrative Secretary/Receptionist
Cné Serranno, Graphic Artist, SNAP-Ed
Dotty Spears, Program Coordinator, Sr., SNAP-Ed
Mary Ann Stoll, Program Coordinator, Sr., AZ Project WET
Kathleen Tapia, Program Coordinator, FRC
Betty Thompson, Health Educator, Sr., SNAP-Ed
Tracey Wasson, Administrative Assistant, Project CENTRL
Jeanette Weivoda, Instructional Specialist, EFNEP
Caroline Werkhoven, Program Coordinator, 4-HYD
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301 Forbes Building
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