

UC Cooperative Extension in Santa Barbara County

HEALTHY FOOD SYSTEMS • HEALTHY ENVIRONMENTS • HEALTHY COMMUNITIES • HEALTHY CALIFORNIANS

From the field:

"This program helped families discover healthy eating habits and learn new recipes that were both nutritious and delicious. They gained practical skills to make informed food choices as they prepared meals for their families."

-Supervisor of Family Outreach with Santa Maria Bonita School District



Nutrition Educator, Miguel Diaz, talking about healthy routines with families.

PROMOTING HEALTHY COMMUNITIES

CalFresh Healthy Living, UCCE collaborates with schools and communities to provide nutrition education, food security, physical activity, and positive youth development programming. In September, UCCE partnered with the newly established Family Resource Center at Oakley Elementary to provide nutrition education for families. Families participated in classes that covered meal preparation and healthy routines while also being connected to other community resources through the center. Families prepared healthy food demonstrations together and were given shelf-stable food items to reinforce their learning at home. Engaging families through nutrition education helps support healthy people and communities.

INCREASING AGRICULTURAL EFFICIENCY, PROFITABILITY

Up until recently avocado root rot was the most formidable issue facing the crop. Over the years through plant breeding and selection, agricultural chemicals, water management, and planting berms and mulches, this problem has largely gone away. This took a long time to happen, involving the careers of many people. George Goodall, a former Santa Barbara UCCE Advisor, worked on root rot beginning around 1951. It has taken over 60 years to come to this stage and he started by working on the effects of berming to reduce root rot. According to **Subtropics Advisor, Ben Faber**, "the results of agricultural research don't happen overnight." Follow Ben's work at <https://ucanr.edu/blogs/Topics/>



Avocado mounds to prevent root rot and whitewash to prevent sunburn.

SUPPORTING RANCHING'S SUSTAINABILITY



California Rancher Sustainability Assessment

A program developed by California ranchers, for California ranchers

The CRSA can be found online at: <https://crsa.cnr.berkeley.edu>

California ranchers balance multiple ecosystem services, economic values, and social benefits when they manage rangelands, often while facing intense public scrutiny and development pressure. Regular evaluation and adaptation to maintain this balance can be challenging. To support ranchers in decision making, UCCE **Advisor, Royce Larsen**, worked with a team to update and digitize the **California Rancher Sustainability Assessment (CRSA)**. The CRSA provides a rapid and simple method of self-evaluation, paired with science-based resources and best practices under five distinct modules including: forage, wildlife, and drought management; soil health; and generational succession. These topics include ecological, social, and economic components of modern ranching and provide insights into how each module fits into the bigger picture of ranch sustainability.

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UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

UC Cooperative Extension

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