



Extension *Connection*

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SAN DIEGO



UNIVERSITY OF CALIFORNIA
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UC Cooperative Extension

CONTENTS

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ARTICLES



3 From 4-H Roots to College Dreams



4 Making Waves with CALE: Spotlighting our Summer of Progress



5 Building Resilient Farms Through Climate Smart Agriculture

6 Measuring Distribution Uniformity in overhead sprinkler irrigation in Nurseries and Greenhouses: catch-can size, number, and grid shape

8 Cooking and Nutrition Workshops Empower San Diego Youth

9 Fall Harvest in Southern California: Fresh Bounty & Preservation Tips



NEWS & EVENTS

11 MEET THE TEAM

12 CALENDAR



[Click article to jump to page.](#)

INTRODUCTION FROM OUR COUNTY DIRECTORS

Dear Readers:

Many of you have been associated with our UCCE programs for several decades and have received assistance and guidance from the Advisors and Specialists on our staff. Unfortunately, during the 20-year period prior to 2021, state funding for UCANR had decreased by almost 50%, resulting in a significant reduction of UCANR's Cooperative Extension Advisors and Specialists – from 427 positions in 2001 down to only 269 in 2021. This created vacancies in many critical positions.

In 2021, State Senator John Laird, Chair of the Senate Budget and Fiscal Review Subcommittee on Education, recognized the critical need to restore UCANR's budget to bring back Cooperative Extension throughout California. The State budget that year provided funding for the UCANR program to get back on its feet. Since that time, we have greatly increased the numbers of Advisors that serve San Diego County, hiring six new advisors since 2021 and gaining access to other advisors with “cross-county” assignments. Because of this, we once again have a full slate of advisors providing program area coverage, which has not been the case for more than a decade.

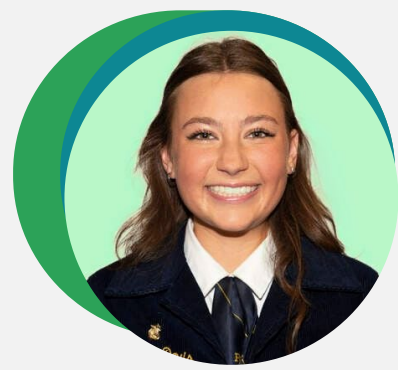
In addition, we are happy to announce that after many years of short-term and interim County Directors, we now have a permanent County Director! Dr. Chandra Richards will be taking on the role of Area County Director for San Diego and Imperial Counties on Nov. 1. She is currently serving as the Land Use Academic Coordinator for the Climate Smart Land Management Program and has been in our office since 2021, so she is already known to many individuals in San Diego County.

We want to thank all of you who supported us during this “rebuilding” phase and hope you will benefit from the new staff members and programs!

Val Mellano and Ramiro Lobo
Interim Co-County Directors

From 4-H Roots to College Dreams

Written By: Rebeca Manzo, Community Education Specialist 2, San Diego County



The County of San Diego proudly acknowledges Madeline "Maddie" Davis, a 4-H alumna, for her recent accomplishments. Maddie was honored with the prestigious **Don Diego Award** and received **three scholarships** to support her college education this year.

Maddie shared that receiving these scholarships was a life-changing opportunity. Attending a four-year university once felt out of reach, and she believed community college would be her only option. She explained that the application process required deep reflection: journaling about her 4-H journey and including the challenges and triumphs. She emphasized the importance of being authentic, sharing the good, the bad, and everything in between.

On **August 18th**, Maddie will begin a new chapter at **Chico State University**, majoring in **Agricultural Business**. Her goal is to be intentional with her studies so she can one day advocate for the agricultural community that has shaped her.

Maddie's story began when she joined **Valley Center 4-H**. 4-H was already deeply rooted in her family, passed down through generations including her parents, siblings, uncles, aunts, and cousins. She was fortunate to grow up hearing family stories about 4-H and learning firsthand from older relatives who mentored her and supported her throughout her journey.

One of the most pivotal moments in Maddie's 4-H experience was starting a **new marketing lamb project** during her sophomore year. Having already been confident in swine marketing, this new venture pushed her beyond her comfort zone. She described it as **life-changing**, sharing: "It pushed me out of my comfort zone and challenged me to figure things out." That leap helped her develop a new skill set and discover her personal "spark."

Over her 10 years in 4-H, Maddie held multiple officer positions and even served as an Assistant Swine Leader.

These roles taught her how to lead, mentor younger members, and navigate different personalities; skills that helped her become the role model she once looked up to as a younger member herself. With many young participants in her club, she took pride in creating a positive and inclusive environment.

Maddie also credits **Joey Claiborne**, her 4-H leader in Valley Center, as someone who made a lasting impact. More than just a club leader, Joey supported her beyond 4-H activities, offering a steady presence during school struggles and personal challenges. Maddie shared that he filled a void where she lacked a strong father figure, and for that, she is especially grateful. To her, 4-H members and leaders became a **second family** which is a vital and cherished extension of her life.

To new and younger 4-H members, Maddie offers this advice: go into the program with a full heart. Care for your animals with intention, even through busy days filled with school, work, and 4-H commitments. The experience is rewarding and educate others about what you're doing and why. Reflect often and appreciate the lifelong skills and values you're gaining. Hard work truly pays off.

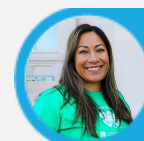
As Maddie steps into her new role as a **4-H alumna**, she remains committed to staying connected. She's just a phone call away for current members and looks forward to checking in with her peers. Maddie is excited to continue learning and growing through this new phase, supporting others just as she was supported.

When asked to describe 4-H in three words, Maddie chose:

Rooted: Like a tree, grounded in family traditions and strong community ties.

Exploring: A journey of discovering new skills, from public speaking to time management.

Wings: The ability to soar, give back to the community, and take those skills into the future.



ABOUT THE AUTHOR

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Making Waves with CALE: Spotlighting our Summer of Progress

Written By: Sierra Reiss, Land Equity Project Manager, and Chandra Richards, Land Equity Academic Coordinator 2

We're excited to share updates from the Climate Action and Land Equity (CALE) Project, funded through the Department of Conservation's Climate Smart Land Management Program. CALE is part of California's effort to build a resilient, sustainable, equitable, and carbon-neutral future on natural and working lands. We are actively supporting equitable land access and land management diversification in the Southern California region.

This quarter, CALE deepened its commitment to Tribal inclusion by hosting two virtual listening sessions for Tribal members and affiliates on June 2 and June 11. These sessions showcased multiple themes elevating historical barriers to Tribal land ownership, stewardship, and cultivation, the importance of ancestral land return and protection, and the need for culturally relevant technical assistance. The CALE team hopes to continue these conversations to help ground inclusive land equity policies and amplify diverse voices as we move toward 2026.

The larger CALE team recently awarded grants to four community-based organizations to create multi-lingual outreach materials and video content showcasing these challenges and necessary support for underrepresented land stewards. Each of the following organizations will receive \$90,000: Condor Visual Media; Asian Culture & Media Alliance; Entravision; and California Farmlink & San Diego Food System Alliance. Each are dedicated to magnifying Tribal voices, Asian American and Pacific Islander communities, Latino communities, and diverse growers across seven counties throughout Southern California region, respectively.

We appreciate building relationships with the agricultural community and partner base this summer, including at the Agritourism Summit in May and the San Diego County Fair in June. We continue to collaborate with local and statewide partners toward climate smart agricultural planning and implementation.

Climate Action & Land Equity Project Impact

15 PARTNERSHIPS CREATED	13 EXTERNALLY • 2 INTERNALLY
25 TRIBES OR TRIBALLY LED ORGANIZATIONS SERVED	
9 STAFF POSITIONS CREATED AT PARTNER ORGANIZATIONS	7 EXTERNALLY • 2 INTERNALLY
25 EVENT PRESENTATIONS	
23 DISADVANTAGED COMMUNITIES SERVED WITHIN THE GRANT REGION	
9+ PROJECTS DEVELOPED	
5 OUTREACH EVENTS HELD	2 IN PERSON • 3 VIRTUAL • 158 REGISTRANTS
15+ OUTREACH MATERIALS CREATED	

2025 CALE Impacts

In August, the CALE team attended the 2025 30x30 Partnerships Summit held at the San Diego Natural History Museum and Field Trips at 13 sites throughout the San Diego area. CALE aligns directly with the focus of 30x30 to sustain progress and momentum, strengthen innovation and policies, and succeed at securing a healthy resilient planet through conservation, accelerated land and water management, and biodiversity protection. We are grateful to the Lipay Nation of Santa Ysabel for hosting us and other partners on their 1,100 acres of newly acquired Ancestral Lands and showcasing their pathway to tribal sovereignty and cultural conservancy initiatives. We remain dedicated to support them and Tribal Nations in the region.

Since 2024, CALE continues to make impactful waves: We developed 15 partnerships and nine projects, while also holding five outreach events and presenting at 25 events. We continue to empower multiple disadvantaged communities within Southern California region and statewide as we move toward fall. In addition to the CALE website live now, we continue to work alongside UC ANR's Information and GIS Program team to build a map of partners supporting equitable land access and climate smart practices.

For more information and resources on the CALE Project, please visit our website at: <https://tinyurl.com/ucanr-cale>.



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Extension Connection Newsletter: The Climate Smart Agriculture Program

Written By: Michael Jaquez, Community Education Specialist III

The Climate Smart Agriculture (CSA) Program was created through a collaboration between the California Department of Food and Agriculture (CDFA) and the University of California Agriculture and Natural Resources (UC ANR). The primary goal of the CSA team is to increase the adoption of climate-smart practices, leading to an increase in resilience to climate change on farms and ranches throughout California. This is achieved through providing technical assistance to growers implementing climate-smart practices through outreach and education. The CSA team is run by the California Institute for Water Resources, directed by Erik Porse, and consists of ten Community Education Specialists (CES's) that are led by Hope Zabronsky, Academic Coordinator and Team Lead. The ten CES's are located throughout the state and cover twenty-five counties (Figure 1).



Figure 1. Counties Served by the CSA Team

CDFA offers three statewide incentive grants to promote the goals of climate-smart agriculture and aim to reduce greenhouse gas emissions and conserve natural resources. The CSA team provides technical assistance for these incentive grants, which include the State Water Efficiency and Enhancement Program (SWEET),



Front Row: Hope Zabronsky, Amanda Charles, Juan Gonzales, Bailey Smith-Helman, Lizzeth Mendoz
Back Row: Danielle Dyst, Michael Jaquez, Becca Xu, Caddie Bergren, Heather Montgomery, Ana Resendiz, Nicki Oliveros, Erik Por

The CSA team provides technical assistance for these incentive grants, which include the State Water Efficiency and Enhancement Program (SWEET), the Healthy Soils Program (HSP), and the Alternative Manure Management Program (AMMP). SWEET focuses on making upgrades to existing irrigation systems to increase efficiency and reduce water usage. HSP provides funding to growers to implement conservation management practices that sequester carbon and improve soil health. AMMP incentivizes projects on commercial livestock and dairy operations that reduce methane emissions through improved manure handling. All three incentive programs offer free one-on-one technical assistance, which is provided by the CSA team.

The CSA team has had a huge impact on farmers and ranchers in California. To date, the CSA team has assisted in submitting over 800+ grant applications, resulting in 500+ funded projects. Between all three CSA incentive grants, over \$46 million have been awarded to growers in California. Additionally, there has been an estimated greenhouse gas (GHG) savings of about 95,000 CO₂e, and water savings of about 37,000 acre-feet. The projects the CSA team support not only positively impact the growers' farming operation but also contributes to creating more resilience to climate change.

Are you interested in hearing more about the Climate Smart Agriculture Program? Visit our website to learn more about the program and to find a technical assistance provider near you.

<https://ciwr.ucanr.edu/Programs/ClimateSmartAg/index.cfm>



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Measuring Distribution Uniformity in overhead sprinkler irrigation in Nurseries and Greenhouses: catch-can size, number, and grid shape



We also made an online tool to automatically calculate DU from catch-can volumes—you can find it [here](#), or scan the qr code above to view.

Written By: Gerry Spinelli and Jessie Godfrey

Distribution Uniformity (DU) is an index of irrigation system performance. It's a number between 0 and 1 which summarizes variability in the volumes of water applied to many evenly spaced individual vessels (catch-cans) across an irrigated area. The closer this number is to 1, the less variability there is in the volumes collected i.e. the more uniformly irrigation water is distributed to plants across the evaluated area. Maximizing this indicator is important for all irrigated systems, but it is most important when plants are grown in containers. This is because roots cannot grow laterally to compensate for bad uniformity in a container as they can in soil. There is also no hydraulic continuity from one container to another so water cannot travel from wet soil to dry soil. In this article, we will discuss why we recommend using catch-cans (e.g. buckets, cups, Tupperware, rain gauges, etc.) of the same diameter as the containers of the plants grown in the evaluated area. We will also describe why we recommend using at least 36 catch-cans to measure Distribution Uniformity.



The most common method used to measure du is with a catch-can test. A grid of buckets is set up to collect water during an irrigation cycle and then the volumes of water in each bucket are measured with a graduated cylinder. To calculate du from the volumes of water collected in each catch can, in California it's common to use the "low quarter du" (du_{1q}). This is not the best available measure of data dispersion. Some better methods have been developed specifically for irrigation, like Christiansen's uniformity coefficient, and others can be borrowed from statistics, like variance, standard deviation and coefficient of variation. We use du_{1q} because it's easy to calculate and easy to understand conceptually.

We have described the math behind du calculations in another article—[click here](#) or scan the qr code above to view.

Recently, we were evaluating irrigation system performance for a nursery in the San Francisco Bay Area. The grower irrigates liners of roughly 3.5 inches diameter on benches with an overhead irrigation system. To measure DU, our temptation was to use the same 7-inch diameter buckets that we had used the day before at another nursery that grows in #1 (1 gallon) containers. However, after some soul searching, we decided to use to measure DU catch-cans with the same diameters as the containers where plants are grown on the bench. This required a quick trip to a dollar store to purchase some bottom heavy (so they wouldn't fall over) 3.5-inch diameter glasses. Why did we decide that the diameter of the DU catch-cans was important enough for a special trip?

Since the area of a circle is a function of the square of its radius, a container twice the diameter of another covers four times its area. Therefore, the volume of water intercepted by a single 7-inch bucket should be equal to the volume of water intercepted by four grouped 3.5-inch glasses in the same position. Can you guess already how this affects the resulting DU?

In the figures below, catch-cans are placed on benches between four sprinklers arranged in a square layout. In Figure 1, we report the volumes we collected in 36 small glasses of the same diameter as the nursery's liners. In Figure 2, we show the volumes we would have collected with the larger 7-inch buckets, everything else being the same. In both figures, sprinklers are represented by yellow diamonds. Also in both figures, we highlighted the low quarter of values in red (lowest 9 values and lowest 2 values for Figure 1 and Figure 2, respectively).

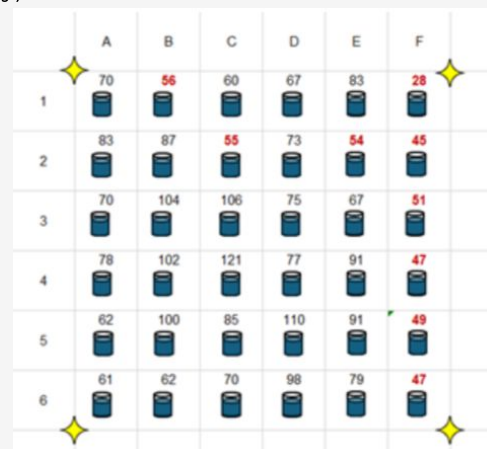
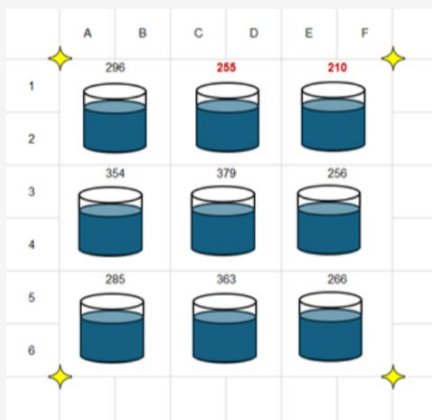


Figure 1. Volumes of water (ml) obtained from a 6x6 grid of 3.5 inch glasses



Now, let's calculate the DU obtained from 36 small glasses (Figure 1) relative to the DU that would be obtained from nine larger buckets representing the same area (Figure 2) using the online tool shared as a link or QR code above.

Figure 2. Volumes of water (mL) we would have obtained from a 3 by 3 grid of 7-inch buckets representing the same total area of the glasses above distributed across fewer (27 less) vessels.

With 36 small glasses, the DU was 0.65, which is poor for an overhead sprinkler system (Figure 3). We can see in Figure 1 that the lowest values are concentrated on the eastern side of the bench, indicating that wind may be a major contributor to the low DU. We can also see that high volumes tend to concentrate in the middle of the bench; this makes sense because this area receives water from the overlapping profiles of all four sprinklers. Multiple values over 100 mL towards the center of the figure are displaced just slightly to the west, likely to due to wind. Finally, it can be observed that the glasses in the four corners of the DU area, placed closest to each sprinkler, collected lower than average volumes. These spatial patterns of water distribution are commonly observed in overhead sprinkler systems and they provide important clues about how to improve sprinkler system performance.

Distribution Uniformity of the Low Quarter Calculator



Figure 3. Screenshot from the online DU calculator reflecting measurements from our small 36 glass DU test.

Using the nine values in Figure 2, that aggregate the 36 values in Figure 1, we obtained a DU of 0.79, which is excellent for an overhead sprinkler system. The aggregation resulting from using large catch-cans artificially increases DU to levels rarely observed in overhead sprinkler systems. This is because the aggregation of four small glasses into a single larger bucket masks spatial patterns described above such as wind, overlap of sprinkler profiles, etc. In other words, a larger capture area for any one catch-can averages out the differences in uniformity which might be observed across the same area using more cans.

Just to drive the point home, let's see what would have happened if we had used catch cans twice the area of the 3.5-inch nursery containers (Figure 4). This time, each catch-can aggregates the volume from two glasses instead of four and we calculate a DU of 0.76, right in between the 0.65 that we observed for 36 glasses and the 0.79 that we calculated for nine glasses. Again, this shows that the averaging effect caused by large containers makes DU look better than it actually is.

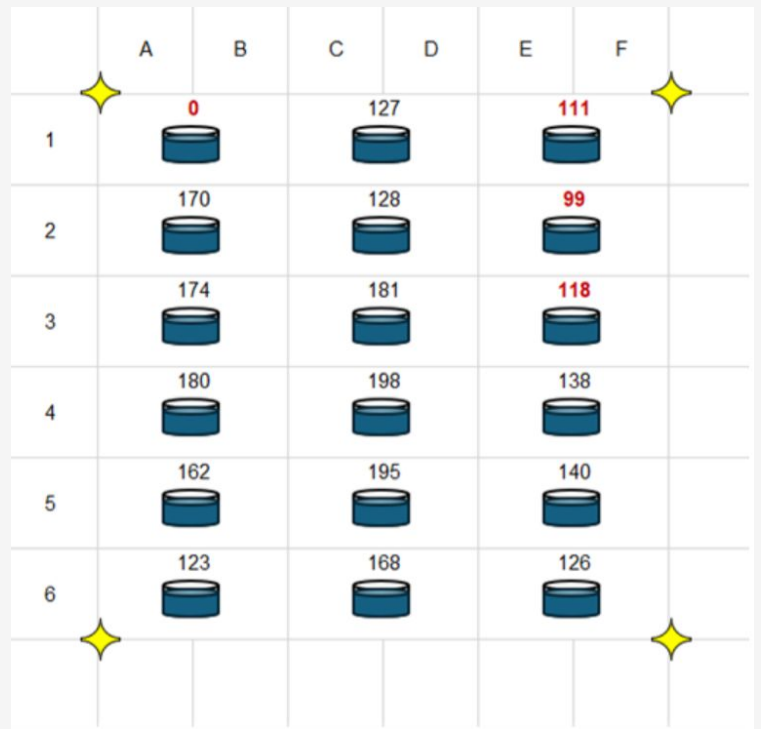


Figure 4. Volumes of water we would have obtained from catch cans twice the volume of the glasses in Figure 1

Finally, let's say we used small containers, but instead of 36 measurements in a 6 by 6 grid we used only 16 glasses, in a four-by-four grid. To illustrate, each of the four strings of values below was pulled from one of the four corners of Figure 1:

70,56,60,67,83,87,55,73,70,104,106,75,78,102,121,77
 60,67,83,28,55,73,54,45,106,75,67,51,121,77,91,47
 70,104,106,75,78,102,121,77,62,100,85,110,61,62,70,98
 106,75,67,51,121,77,91,47,85,110,91,49,70,98,79,47

Try copying each string of values and pasting them one by one into the online DU calculator. You will obtain 0.74, 0.62, 0.74, and 0.61. You can pick another grid of 16 numbers from Figure 1 and calculate the DU to ask yourself "what if...?". Each subset of 16 numbers should give a DU close to the value of 0.65 that we obtained from all 36 glasses, some slightly above some slightly below, depending on which 16 glasses we picked. This is another precision problem: assuming the "true" DU was 0.65, we can get as low as 0.61 and as high as 0.74 using less catch cans.

Continued Pg. 8

A final consideration for measuring DU in greenhouses and nurseries has to do with the shape of the grid of catch-cans used in the DU test. In the Figure 1 example, we used a square grid of catch-cans to mirror a square sprinkler layout, with equal numbers of catch-cans in rows and columns. An aside here: generally, we don't recommend a rectangular sprinkler layout because the resulting overlap between sprinkler profiles will be different in a direction than in the orthogonal direction, leading to low DU. The most efficient sprinkler layout is an equilateral triangle, the second best is a square. Nevertheless, some nurseries use a rectangular layout because fewer lateral lines with higher sprinkler numbers for each line are cheaper to install. When performing a DU evaluation, if the evaluated sprinklers are arranged in a square layout, then the catch-can grid should also be a square. If the sprinklers are arranged in a rectangle, the catch-can grid should also be a rectangle. In other words, the distance between catch-cans in one direction should be the same as in the orthogonal direction. Failing to mirror the sprinkler set-up with the DU grid will result in more precise DU information in one direction than the other.

In conclusion, DU is an irrigation performance measurement that tells you how evenly water is distributed across an irrigated area. In an overhead sprinkler system, the irrigation water available to a plant is the water intercepted by the surface area of the plant's container. When measuring DU in a container nursery, it is crucial that you use a catch-can of the same surface area of plant containers placed in the evaluated irrigation block. Using larger catch-cans almost invariably leads to a false sense of security because it will result in a higher DU than plants are actually experiencing. Also, using a small number of catch-cans will decrease the precision of a DU measurement. We generally recommend using a grid of six by six for a total of 36 containers if the sprinkler layout is a square, and a grid of five by six, five by seven, five by eight, or six by seven if the sprinkler layout is rectangular.



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Cooking and Nutrition Workshops Empower San Diego Youth

Written By: Sabina Padilla, EFNEP Youth Educator

This summer, the San Diego County Expanded Food and Nutrition Education Program (EFNEP) partnered with Youth Kitchen, a new San Diego nonprofit dedicated to empowering youth through nutrition education and hands-on cooking demonstrations. With a focus on the intersection of nutrition, healthy living, and goal setting, Youth Kitchen and EFNEP made for a wonderful collaborative team.

Together, we delivered two workshops using EatFit, our middle school curriculum designed to help students make informed food choices. Through engaging lessons, participants learned how to read nutrition facts and ingredient labels, set realistic health goals, and apply this knowledge in their daily lives through long and short-term fitness and eating goals. In addition to EFNEP's traditional healthy food tastings, Youth Kitchen's cooking demonstrations gave students the opportunity to practice culinary skills and prepare recipes such as pasta salad, pizza made from scratch, onigiri, and smoothies.



Students preparing a healthy recipe of pasta salad.

Recognizing that healthy living extends beyond nutrition, the EatFit curriculum also emphasizes physical activity. Students completed a fitness questionnaire to identify areas for growth: strength, stretching, cardio, or lifestyle, and participated in active class breaks.

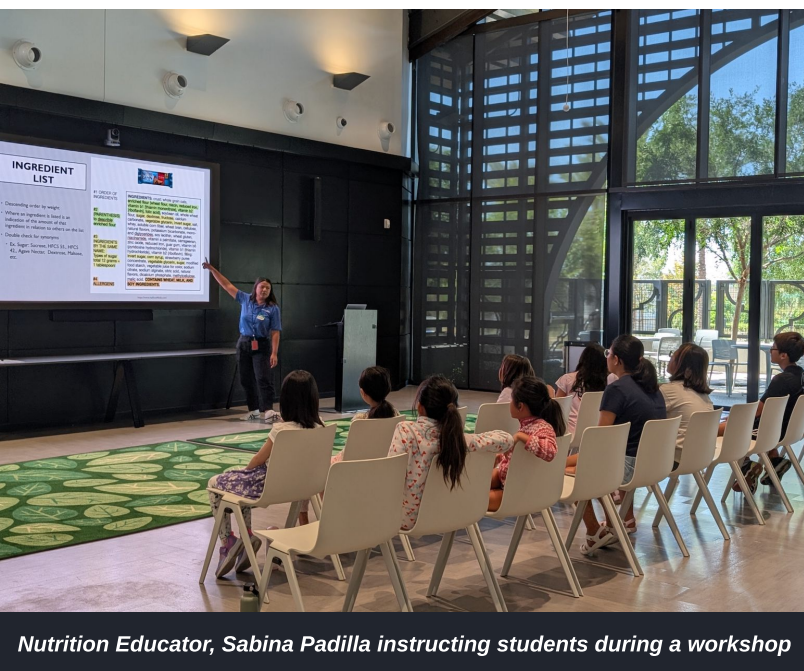
These activities combined movement with learning, including circuits to practice monitoring heart rate, musical chairs with fitness goal prompts, and fitness bingo that encouraged teamwork while reinforcing healthy habits.

Through this collaboration, Youth Kitchen and EFNEP engaged approximately 30 students across two cohorts in fun and interactive workshops. Participants left with practical skills, from meal preparation to goal setting, along with a deeper understanding of the role nutrition and physical activity play in lifelong wellness. We thank Youth Kitchen for being great partners in collaboration and look forward to more workshops together in the future!



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Fall Harvest in Southern California: Fresh Bounty & Preservation Tips

Written By: Leah Taylor, UC Master Gardener Coordinator

As the days shorten and the air takes on that subtle autumn crispness (yes, even here in Southern California!), our gardens and local farmers' markets are overflowing with an abundance of fresh produce. Fall is a special time when late-summer crops meet cool-season arrivals, creating a colorful and flavorful harvest.

What's in Season This Fall?

In Southern California, fall harvests often include:

Tomatoes – Late-season varieties still ripening in the warm afternoons.

Peppers – Sweet bells, spicy jalapeños, and everything in between.

Winter squash – Butternut, acorn, and spaghetti squash are ready for picking.

Root vegetables – Carrots, beets, radishes, and turnips thrive in cooler nights.

Leafy greens – Kale, chard, spinach, and lettuces planted earlier are now lush and tender.

Citrus – Early mandarins and lemons start to brighten the table toward late fall.

Harvesting at the Right Time

For the best flavor and storage life, harvest when produce is fully mature but before it passes its prime:

Tomatoes – Pick when fully colored but still firm.

Winter squash – Skin should be hard and resist a fingernail scratch.

Leafy greens – Cut outer leaves regularly to encourage new growth.

Root vegetables – Loosen soil around roots and gently lift to avoid breakage.

Food Preservation Tip: Pomegranate Molasses

Recipe from Henry Shaw, UC Master Food Preserver Online Program

Pomegranate molasses is a staple in many Middle Eastern and Mediterranean cuisines, and its deep, sweet-sour flavor adds complexity to everything from salad dressings to marinades and even desserts. Whether drizzled over roasted vegetables, mixed into dips, or stirred into cocktails, homemade pomegranate molasses brings a touch of seasonal luxury to any meal throughout the year.

Making pomegranate molasses is very simple, but a little time consuming. It involves using low heat to reduce the volume of a mixture of pomegranate juice with optional additions of sugar and lemon juice to about 25% of the original volume. Expect that it will take 2-3 hours to reduce 4 cups of starting liquid to 1 cup of molasses.

Continued Pg. 10



It's possible to make pomegranate molasses with just pomegranate juice with no additions, but it's recommended to add some sugar as this will shorten the time needed to reduce the liquid to a syrup stage, as well as increase the yield of molasses (i.e., lower amounts of sugar will require more of the initial liquid to be evaporated). Start with the suggested amount of sugar in the recipe below. If you prefer a sweeter molasses, add additional sugar as the mixture reduces in volume. (Taste the product as it reduces.) The lemon juice is also optional, but it helps retain the color of the original juice, as well as add flavor and tartness.

It's very important to keep the juice from boiling during the process. Boiling will cause the product to turn brown, and it will lose its fresh pomegranate flavor. Ideally, the temperature should be kept between 190° - 200°F as the liquid evaporates. An occasional boiling bubble is ok but lower the heat if the liquid starts to bubble vigorously.



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Pomegranate Molasses Recipe

Yield: ~1 cup molasses

Ingredients:

4 cups pomegranate juice (fresh or commercial bottled juice with no additives)

1/3 cup white sugar (can omit or use up to 1 cup, to taste)

4 Tbsp lemon juice (can omit or use up to 1 cup, to taste)

Instructions:

Combine all ingredients in a large, heavy saucepan (a larger surface area will reduce the time needed to reduce to a syrup)

Turn on the stove and heat the mixture, stirring continuously until the sugar is dissolved. Adjust the heat to maintain a very low simmer (190° - 200°F). Continue to stir frequently until the liquid has reduced to about 25% of the original volume and is syrupy. When ready, the liquid should coat a spoon. Note that the syrup will get thicker when it cools. It will take 2-3 hours to reduce 4 cups of initial liquid to 1 cup of molasses.

Pour the hot molasses into a sterilized jar and store in the refrigerator for up to a year.

(To sterilize a jar, put the jar in a pot, cover completely with water, and boil for 10 minutes if you live at an elevation below 1000 feet. Add 1 minute of boiling time for each additional 1000 feet of elevation.)

MEET THE ACADEMICS

Get to know the people behind Cooperative Extension San Diego!
Each issue we like to highlight some members of our amazing team.

Meet our Staff



Dax London
4-H Community Education Specialist

Dax London grew up in San Diego and earned a B.S. in Applied Psychology from the University of Phoenix. He is a Registered Behavior Technician, certified Interpretive Trail Guide at Mission Trails Regional Park, and an Eagle Scout. As a Community Education Specialist II with UCCE San Diego and Orange Counties, Dax works under 4-H Youth Development Advisor Liliana Vega on youth development initiatives and the Environmental Justice Grant. He is passionate about supporting youth, connecting families to nature, and expanding community access to 4-H. Outside of work, he enjoys time with his wife and son, exploring nature, and researching spiders.

Meet our Staff



Shirley Salado
EFNEP CE Supervisor 2

Shirley C. Salado Community Education Supervisor II, UC Cooperative Extension San Diego

With over 13 years of dedicated service at UC Agriculture and Natural Resources (UC ANR), Shirley Salado leads the Expanded Food and Nutrition Education Program (EFNEP) in San Diego County. In her role as Community Education Supervisor II, Shirley oversees a team that delivers vital nutrition education to limited-resource families and youth, empowering them to make healthier food choices, practice food safety, and improve overall well-being.

Shirley's leadership and passion for community health have extended beyond EFNEP. She played a foundational role in establishing the UC Master Food Preserver Program in San Diego, bringing hands-on food preservation training and volunteer opportunities to the region. Her work has helped expand access to research-based, practical food skills that support both sustainability and self-sufficiency.

In addition to her programmatic responsibilities, Shirley serves as Vice Chair of the UC ANR Staff Assembly Council and is a Delegate to the Council of UC Staff Assemblies (CUCSA). In these roles, she advocates for staff engagement, equity, and professional development across the UC system.


Shirley's commitment to public service, innovation, and inclusive leadership continues to shape the future of community nutrition and staff empowerment at UC ANR.


CALENDAR

Stay up-to-date with seminars, webinars, trainings, events, and more!

OCTOBER


NATIONAL 4-H WEEK


 October 5-11, All week

 Everywhere, learn more at link below

<https://4-h.org/events/4-h-week/>


GROWING GARDEN EDUCATORS CONFERENCE


 October 11, 8:30 AM to 4:00 PM

 Whitman Elementary, 4050 Appleton St.

<https://www.mastergardenersd.org/School-Gardens/>

APPLE PIE WATER BATH CANNING WORKSHOP


 October 11, 8:30 AM to 12:30 PM

 29200 Miller Road, Valley Center, CA 92082

<https://bit.ly/mfppieworkshop>

NOVEMBER


CONTROL ANTS THE HEALTHY WAY

 November 1, 10:00 AM to 11:30 AM

 UCCE San Diego County, Hybrid

<https://surveys.ucanr.edu/survey.cfm?surveynumber=46917>

ADVANCES IN VINEYARD MANAGEMENT


 November 5, 8:00 AM to 12:00 PM

 San Diego County Farm Bureau

<https://bit.ly/2025VineyardManagementWorkshop>

DECEMBER

HOW TO GROW A SALSA GARDEN

 December 13, 10:00 AM to 11:30 AM

 UCCE San Diego County, Hybrid

<https://surveys.ucanr.edu/survey.cfm?surveynumber=46918>

NATIONAL 4-H WEEK
OCT. 5-11, 2025



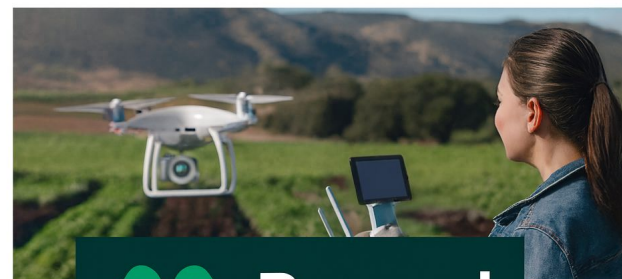
San Diego Convention
Center will **GO GREEN**
on October 6!

Building a
Ready
Generation in
a World of
Change.



We equip youth with skills for the future while meeting them where they are today.

Through 4-H, we offer opportunities and experiences that shape youth into their full, authentic selves, enabling them to shine both now and in the future.



**Beyond
Ready**

University of California
Agriculture and Natural Resources



4-H.org
#4HBeyondReady



We hope you have enjoyed this issue of the Extension Connection!

We will continue bringing you the latest news from UC Cooperative Extension San Diego, and we would also like to hear from you.

What Do You Think?

TAKE OUR SURVEY



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