



**University of California**  
Agriculture and Natural Resources

UCCE Master Gardener Program  
Colusa County



# A Garden Runs Through It

**March 2021**

*Whether it's a vegetable garden, houseplants or a landscape...*

UCCE Master Gardener Program, Colusa County  
County Director, Franz Niederholzer

UC Cooperative Extension,  
Colusa County

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## Upcoming events

[Click here to read our blog.](#)



### March

#### STEAM kits

Suck-a-Bug  
Available at our office  
100 Sunrise Blvd., Ste. E  
Colusa

Kits will be available at the first of every month.

If you join our Facebook page you will see educational videos in place of in person workshops.

### Drip Irrigation Workshop

Friday March 5, 10 am  
Education Village  
499 Marguerite, Williams

### April

Family Fair, April 17

Virginia Read Community Day  
April 24

## Advice to Grow by ... Ask Us!



PRACTICAL | CONNECTED | TRUSTED



UC MASTER GARDENER PROGRAM  
OF COLUSA COUNTY



# IRRIGATION DRIP SYSTEM DEMONSTRATION

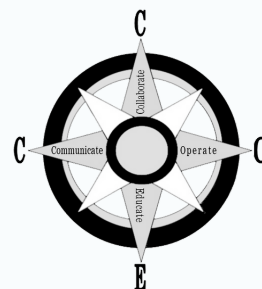


Friday, March 5 at 10am  
Farm to School Community Garden  
Education Village  
499 Margurite St. in Williams, CA

PLEASE JOIN US!



THE UC MASTER GARDENER PROGRAM  
OF COLUSA COUNTY WILL DEMONSTRATE  
HOW TO PUT IN AN IRRIGATION DRIP SYSTEM  
FOR YOUR VEGETABLE GARDEN.



## Ornamental Plant of the Month

### Hellebores (Lenten Rose)

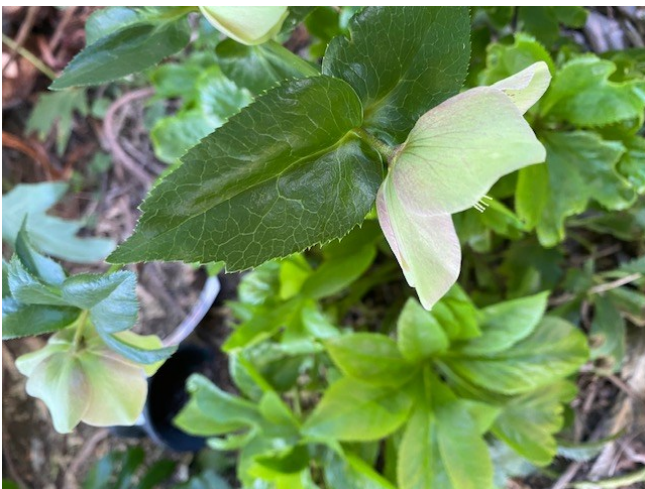
Hellebores is a distinctive, long living perennial plant that adds color to the garden in winter for several months. Not only are the flowers appreciated but also the leathery foliage. The flowers are usually shaped like cups or bells, drooping or outward facing. Floral color ranges from white and green through pink and red to deep purple.

Massed hellebores, under high branching trees, bed borders, along north and east sides of walls, are not damaged by rodents and deer. They especially repel voles.

Plant in well drained soils, amended with plenty of organic mulch. Plants appear to prefer in somewhat alkaline, but grow well in neutral and slightly acid soils.

Feeding is only needed once to twice a year, and once planted, should not be moved often, as they take 2 or more years to reestablish . If well sited, they may reseed themselves. Seedlings may be transplanted in spring.

Submitted by Bernice Dommer





# Listen to our podcast



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## THIS EPISODE:



### Spring Garden Hints - 02.27.2021

UC Master Gardener's of Colusa County, Gerry Hernandez, and John and Diane Vafis discuss hints, tips, and tasks you should be doing for a successful spring garden.

## PREVIOUS EPISODES:



### Butterflies & Milkweed - 01.29.2021

UC Master Gardener of Colusa County, Gerry Hernandez, and Lora Haller, visitors services specialist at the Sacramento National Wildlife Refuge Complex in Willows discuss Monarch Butterflies and the Milk Weed plant.



### All about trees - 12.19.2020

UC Master Gardener's of Colusa County, Gerry Hernandez, and Cynthia White provide helpful gardening tips, and tree planting advice. They also discuss their favorite tree's, gift items, and much more.

"A Garden Runs Through It" podcast is produced in partnership with:

**Pioneer Review**

**Radio  
colusa.com**



**University of California**  
Agriculture and Natural Resources

**UCCE Master Gardener Program**  
Colusa County

## Edible Plant of the Month

### Citrus Circus

How many of us in Colusa County are swimming in Citrus? We eat them, juice, squeeze, jar and freeze them. We photograph them Citrus adds such a colorful focal point in our gardens. Those beautiful orange, yellow, red, pink, and green fruit beautiful to display on our tables and counters.....but what do YOU do with the peel?

Start off by making CITRUS ZEST by using a fine grater or zester. Simply grate the citrus peels to create a fine zest. Zest can be used to add flavor to all sorts of dishes and is great for use in baking. You can also freeze to use later or dry by placing on parchment paper, placing in oven set on a VERY LOW temp until dry.

HOMEMADE LEMON PEPPER SEASONING: LEMON ZEST from 5 lemons, 1/3 cup crushed pepper corns (black and/or medley), and ¼ cup kosher salt. Spread out on parchment lined baking sheet and bake on lowest setting until the zest is completely dried. Add the lemon-pepper to a spice grinder and grind until desired texture. Mix with the kosher salt (if desired) and store in airtight container for up to a few months.

LEMON, LIME OR ORANGE OLIVE OIL: Simply add 2-3 tablespoons of finely grated zest to a cup of extra virgin olive oil into a glass jar and let stand for a couple weeks. Shake occasionally. Pour through a strainer, discarding the zest.

CITRUS EXTRACT: Zest 2-3 lemons, limes, grapefruit or oranges, place into glass jar. Add ½ cup off brand vodka (80-100 proof). Allow to set in darkened area for 4-8 weeks. Shake 1/week. Strain and place in clean glass jar. If you want a stronger extract, repeat recipe using the finished product. This will keep for eons. You can use other herbs etc., using the same process to make additional extracts.

CITRUS INFUSED TEA: Add some citrus peels to your tea to give a bonus.

CANDIED LEMON (OR OTHER CITRUS) PEEL: 4 large lemons with ends, 2 cups sugar, 2 cups water. Peel the lemons. Remove pith. Quarter and then slice peel into thin strips. Fill saucepan with water, simmer peel for 2 minutes and then drain, repeating this process a couple of times to remove bitterness depending on the thickness of the peel. Combine the 2 cups sugar, and 2 cups water, bring to a boil in a medium pan while whisking frequently. The sugar syrup should clear before the syrup reaches a simmer. If it does not clear, lower the heat to just under a simmer and continue whisking until clear, then bring it back to simmer. Add the triple blanched lemon peels to the sugar syrup and simmer gently for about 1 hour until the peel is translucent. Test by lifting a piece of peel from syrup, let it slightly cool and then sample. If you can easily bite through the peel, it is done, if not, continue simmering until done. Add water should the syrup become too thick. Gently remove peel from syrup and let cool on racks. Dust in sugar to coat, rearrange on rack to dry. Refrigerate in airtight container up to several weeks.

Submitted by Annelie Lauwerijssen





# STEAM PROJECT

## Suck-a-Bug

UCCE Master Gardener Program Colusa County

**When: Pick up any day between**

**March 1-12, 8 to 5pm**

**Where: 100 Sunrise Blvd., Ste. E**

**Colusa**



## Free Take and Make Kit for kids

- Learn how to make a bug catcher!
- You will receive a film canister, tubing and gauze.



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## Recipe of the Month

**DIY Stir Fry** -- This looks long, but the actual dish can be ready in about 30 minutes total.

Stir fry is a good way to use up fresh veggies from your garden or in your fridge or smaller amounts of proteins or to use only those ingredients that your family actually likes. As with any stir fry, it is important to have everything cut up and/or measured out and ready to go before you start.

**Starch:** I usually make white rice to go with my stir fry. This takes about 20 minutes, so plan to start the rice just before you start cooking the dish itself. You could also use pasta, like fettuccini, or one of the Asian noodles available in the market. Plan your timing around the instructions for those items.

**Protein:** Here you have your choice of chicken, beef, pork, shrimp, firm tofu, or even frozen pot stickers.

*Plan for a generous 2 cups of prepared protein for 4 servings, or 3-4 pot stickers per person.*

Slice the meat across the grain about 1/4-3/8" thick, the shrimp can be whole or halved, the tofu in 1" cubes.

It is easier to slice the meat thinly if it is partially frozen.

You can use leftovers here, too! And mix and match also works to use up small portions...

**Veggies:** Use what you have on hand! Think different textures and colors.

*You want a good cup to cup and a half of each ingredient*

Onions - slice 1/4-3/8" thick either from end to root or across the middle

Carrots - peel and slice 1/4" thick, on the bias always looks good

Celery - slice 3/4" across the ribs and, again, on the bias looks good

Bell peppers - slice in 1/2" strips or 1" squares - the more colors the better

Jalapeno or spicy peppers - optional! slice thinly in rings or strips, remove seeds and veins for less heat

Broccoli and/or cauliflower - cut into large-ish bite size florets, peel and slice broccoli stalks 1/4" thick

Cabbage or Bok Choi - coarsely slice or chop, think bite sized pieces

Green beans - cut in 1-2" pieces

Zucchini and/or crook neck squash - slice 3/8" thick

Mushrooms - quarter or slice 3/8" thick depending on the size of the mushrooms

Pea pods - leave whole or cut in half if you want

**Extras:** You might have these in the pantry or fridge, add them in if you like....

Bamboo shoots

Water chestnuts, slice if whole

Fresh spinach (only add at the very end) **(Continue on the next page)**



## Page 2 of recipe

**Garnishes:** Use what you have

Green onions - 1/4" slices or 1" sticks

Cilantro - chopped coarsely, you either love it or hate it!

Dry roasted peanuts - whole or chopped, up to you

**Sauce:** Every stir fry needs a sauce and there are plenty of them available in the market.

Pick one to have on hand that sounds good, or matches one of your family favorites. I usually make my own.

Yoshida's is teriyaki-like and quite sweet

Kikoman makes a couple different ones

PF Chang makes several including a Kung Pao

And there are several others that come in dry packets

**Make your own sauce ingredients:**

1/4 cup soy sauce

1/4 cup dry sherry

1/4 cup chicken stock

2 tablespoons of vinegar (red, wine, sherry, white, balsamic...they all work)

2 tablespoons minced or grated fresh ginger (I don't even bother to peel it!)

4 cloves minced or grated garlic

2 tablespoons brown sugar

2-4 tablespoons hot sauce of choice (or sambal chili garlic paste)

2 tablespoons of sesame oil

1 generous tablespoon of corn starch

Add a couple tablespoons of Hoi Sin Sauce or Oyster Sauce, or both, if you have them

Mix these together and have them ready before you get going.



**(Continue on the next page...)**



### Page 3 of recipe

#### TO ASSEMBLE:

1. Prep your meat

If using fresh, toss with 1 tablespoon of corn starch and set aside

If using leftover, skip the cornstarch.

Just cut up your tofu (it gets added last because it breaks up so easily) and set aside

If you are using pot stickers, follow package instructions, get them going, and set them aside once cooked.

2. Prep your vegetables and extras, set them aside in the order you will add them.

Start with the onions, then carrots, think crunchiest first, softest last, then extras

3. Prep your sauce or get out the ready made sauce

4. Get out your biggest non-stick skillet

5. Cook your protein

\*If you are using leftover meat, skip this step and put it in below at #7.

Heat 2 tablespoons of corn or canola or olive oil to shimmering

Carefully toss your meat into the hot oil and keep it moving so the pieces do not stick together

Cook for about 3-5 minutes, remove from the skillet and set aside

Beef can be medium rare, chicken should be just cooked through, but don't over cook the shrimp

6. Cook your veggies

In the same skillet, heat another 2 tablespoons of oil to shimmering

Start with the onions adding the rest in the order above,

You are looking for a "just tender crisp" texture, this will take about 7-10 minutes to do all the veggies.

Once you get to tender crisp, reduce the heat so you don't turn everything to mush!

7. Return the protein to the skillet, stirring gently to combine - don't mash the tofu!

This is when you add your leftover meat, or pot stickers, and any "extras" you might be using, to the mixture.

8. Pour your sauce of choice (or the mixture you made earlier) over the mixture as you reheat the protein.

You want your home made sauce to boil, get clear and thicken up.

9. Garnish as desired and serve with the starch of your choice.

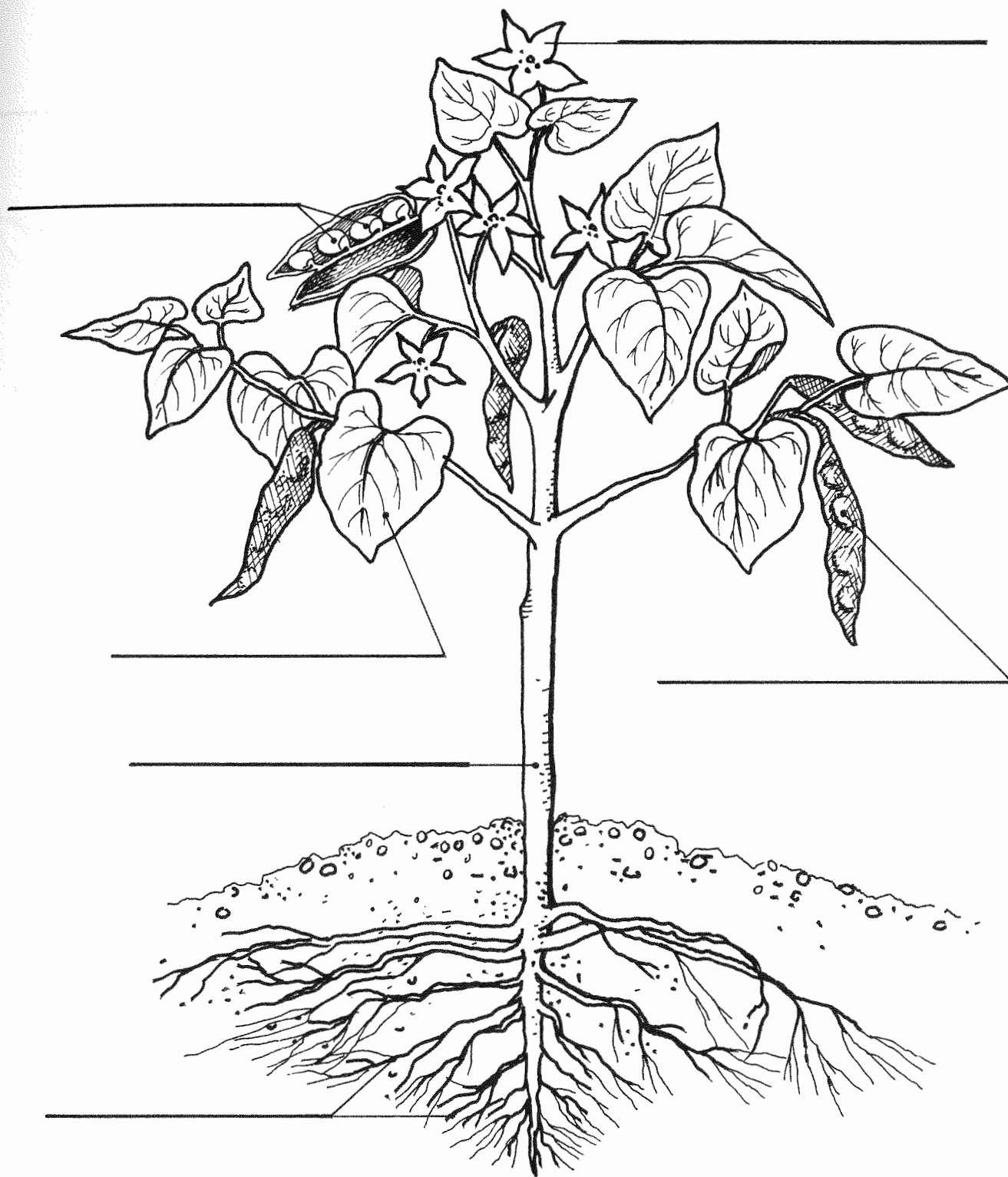
ENJOY!!

Submitted by Penny Walgenbach

# Plant Parts

Name \_\_\_\_\_

Label the parts of the bean plant using the words from the **WORD BANK**.



## WORD BANK

flower  
root

fruit  
seeds

leaf  
stem

## Book of the Month

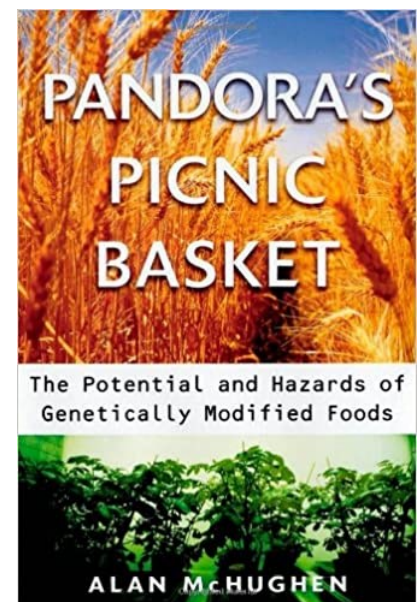
### *Pandora's Picnic Basket*

-Or The Potential and Hazards of Genetically Modified Foods

One of the biggest debates that rage worldwide today is the “discussion” of genetically modified foods. Several years ago at the Master Gardener state conference in Yosemite we were privileged to hear a presentation from the author of *Pandora's Picnic* Alan McHughen. It was wonderful to hear a logical, calm and informative speaker on a subject that doesn't appear to have any middle ground. Yet despite the heat generated by the ongoing debate it is very difficult to find real information on the subject, either about the technologies in use or about the regulatory processes established to protect us from potentially dangerous products. I am not a geneticist nor do I have extensive scientific training. Yet, I really believe that this book gave me a most more knowledgeable way to determine those things that I choose to eat!

McHughen uses clear and direct language as well as technologies underlying genetically modified food, comparing them with other “natural” methods of plant breeding and production. He examines the question of labeling to be an obvious way to help protect consumers, and addresses the honesty and usefulness of some of these labels. He offers fair-minded well-informed accounts of issues and outlines ways in which consumers can avoid genetically modified food if they so choose. The main thing you will most likely come to understand after reading this book is that the answer is not a black and white situation but one in which we can make informed choices.

I still have many questions on the topic but when I see a box of cereal that claims to be “non-GMO” I know clearly that there has never been any modification of most products on our market shelves. We do have some issues that need reckoning but we really need to learn a great deal more when we start deciding which regulatory processes established to protect us from potentially dangerous products.



Submitted by Cynthia White




2. Althaea, Rose-of-Sharon (*Hibiscus syriacus*)



# Gardening Guide

## UC Master Gardener Program of Colusa County

Zones 8 and 9

	March	April	May
<b>P L A N T I N G</b>	<ul style="list-style-type: none"> <li>You can plant canna, gladiolus, and crocosmia for summer blooms. Early in the month you can still plant bare-root trees and shrubs if the garden center still has any.</li> <li>Don't be tempted by the plants in the garden centers unless you have a way to warm up the soil. It is still early for tomatoes, eggplant and peppers. Nights should be above 55°.</li> </ul>	<ul style="list-style-type: none"> <li>You can plant dahlia tubers and transplant most perennials.</li> <li>As temperatures warm (nights consistently over 55 degrees) you can transplant tomatoes, eggplants and peppers.</li> <li>You can still plant seeds of cilantro, radishes, beets and chard. (Cilantro will go to seed quickly as the weather warms up.)</li> </ul>	<ul style="list-style-type: none"> <li>Direct seed in the garden cucumbers, melons, summer squash, beans, corn, and annual herbs.</li> <li>Plant sunflowers, zinnias, cosmos, marigolds and aster in the flower garden.</li> </ul>
<b>M A I N T E N A N C E</b>	<ul style="list-style-type: none"> <li>Prune and fertilize spring-flowering shrubs and trees after they finish blooming.</li> <li>Keep on the weed patrol; pull them while they are small.</li> <li>Check your irrigation system and do necessary maintenance.</li> <li>Fertilize roses, annuals flowers, and berries with slow-release fertilizer when spring growth begins.</li> <li>Fertilize citrus and deciduous fruit trees.</li> </ul>	<ul style="list-style-type: none"> <li>Trim the dead flowers but not the leaves from spring bulbs. The leaves restore the bulb; so wait to remove them until they turn yellow. Fertilize the bulbs after the bloom is finished with bone meal.</li> <li>Fertilize shrubs and trees once this spring.</li> </ul> 	<ul style="list-style-type: none"> <li>Fertilize summer blooming flowers early in the month.</li> <li>Apply (or re-apply as needed) organic mulch to all beds to keep the soil cool and enrich the soil.</li> <li>Thin peaches, plums and nectarines so there is 6" between fruits.</li> </ul>
<b>P R E V E N T I O N</b>	<ul style="list-style-type: none"> <li>Keep on the weed patrol; pull them while they are small.</li> <li>Use iron phosphate bait for slugs and snails or go on a night hunt and kill them up when you find them.</li> <li>Check your irrigation system and do necessary maintenance.</li> <li>Watch for aphids on new growth on the roses; spray with a strong spray of water to remove them, or use insecticidal soap or horticultural oil spray.</li> </ul>	<ul style="list-style-type: none"> <li>Trim the dead flowers but not the leaves from spring bulbs. The leaves restore the bulb; so wait to remove them until they turn yellow. Fertilize the bulbs after the bloom is finished with bone meal.</li> <li>Apply organic mulch to all beds to keep the soil cool and enrich the soil.</li> </ul> 	<ul style="list-style-type: none"> <li>Trim the dead flowers but not the leaves from spring bulbs. The leaves restore the bulb; so wait to remove them until they turn yellow. Fertilize the bulbs after the bloom is finished with bone meal.</li> <li>Continue the battle against slugs and snails.</li> <li>Deadhead (cut off spent flowers) to get continuing bloom on annuals and perennials.</li> </ul>

# Seasonal IPM Checklist

The list below reflects possible landscape activities to do during the selected month(s) in your region. You can use the checklist as a guide for IPM activities in your own landscape or provide it to your clients.

## March

- ☐ Abiotic Disorders - Prevent or manage damage, such as that caused by aeration deficit, frost, hail, herbicides, wind, and too much or little water.
- ☐ [Anthracnose](#) e.g., on ash and sycamore - Fungicides are generally not options for large trees other than ash.
- ☐ [Ants](#) - Manage around landscape and building foundations, such as using insecticide baits and trunk barriers.
- ☐ [Aphids](#) - On small plants, spray a strong stream of water or apply insecticidal oils and soaps. Look for and conserve [natural enemies](#) such as predaceous bugs, lacewings, lady beetles, and syrphids.
- ☐ [Asian citrus psyllid](#) - Look for it and if found where not known to occur report it and other new or [exotic pests](#) to your local county agricultural commissioner.
- ☐ [Carpenter bees](#) - Paint or varnish and seal wood in which they nest. If intolerable, treat tunnels during fall or early spring.
- ☐ [Carpenterworm](#) - Protect trees from injury and provide proper cultural care, especially appropriate irrigation.
- ☐ [Citrus](#) - Monitor for damage and pests such as caterpillars and scales.
- ☐ [Codling moth](#) of apple and pear - Bag fruit. Promptly remove infested and dropped fruit. Apply insecticides only if precisely timed.
- ☐ [Compost](#) - Turn and keep it moist. Cover during rainy weather if needed to avoid sogginess.
- ☐ Deter borers in fruit and nut trees e.g., [paint trunk and scaffolds with white](#) interior latex paint diluted with an equal amount of water.
- ☐ [Fertilize](#) caneberries, citrus, deciduous fruit trees, palms, and heavily-flowering shrubs with slow-release product.
- ☐ [Fire blight](#) - Look for oozing and dead limbs on pome plants such as apple, crabapple, pear, and pyracantha. If a problem in the past, apply blossom sprays to prevent new infections.
- ☐ [Frost](#) - Protect sensitive plants from cold injury when freezing or frost are predicted.
- ☐ Implement [disease and insect control](#) for apple, pear, stone fruits, nut trees, and deciduous landscape trees and shrubs such as roses.
- ☐ [Irrigation](#) - Adjust watering schedules according to the weather and plants' changing need for water. Check systems for leaks and broken emitters and perform maintenance as needed. Consider upgrading the irrigation system to improve its water efficiency.
- ☐ [Mosquitoes](#) - Eliminate standing water e.g., in gutters, drain pipes, and flowerpots. Place *Bacillus thuringiensis* subspecies *israelensis* in birdbaths and ponds to selectively kill mosquito larvae.
- ☐ [Mulch](#) - Apply organic mulch where thin or soil is bare beneath trees and shrubs.
- ☐ [Oak pit scale](#) - Spray terminals with oil or apply another insecticide if scales are causing tree decline.
- ☐ [Olive knot](#) and [oleander gall, or knot](#) - Avoid pruning olive and oleander during wet weather if stem galls are a problem.

# Seasonal IPM Checklist



[Olive psyllid](#) - Take action now if it was intolerable last year.



[Peach leaf curl](#) - Apply preventive spray once or more during late fall through bud break if leaf curl has been a problem on nectarine or peach.



[Petal blight of azalea, rhododendron](#), and [camellia](#) - Remove and discard old flowers. Apply fresh organic mulch beneath plants.



[Powdery mildew](#) - Check for signs of disease on apple, crape myrtle, grape, rose, and stone fruits.



[Root rot](#) - Favored by excessive water and poor drainage. Avoid overirrigation and waterlogged soil.



[Rose pests](#) - Manage or take preventive actions, such as for aphids, black spot, Botrytis blight, downy mildew, hoplia beetle, powdery mildew, thrips, and rust.



[Scab](#) of apple, crabapple, and pear - Avoid sprinkler wetting of leaves. Compost or dispose of dropped leaves. Grow resistant cultivars or apply preventive fungicides.



[Stone fruit pests](#) - Monitor for pests such as aphids, borers, brown rot, caterpillars, powdery mildew, and scale insects.



[Weeds](#) - Manage weeds using nonchemical methods such as [cultivation](#), handweeding, or mowing.



[Yellowjackets](#) - Place out and maintain lure traps or water traps.

## Master Gardener activities!



In today's fast paced, social media way of life, fake news has become normal.  
This includes fake gardening advice.  
UC Master Gardeners use cutting edge, research-based information to help you garden better.  
We are practical, connected and trusted.  
*Advice to Grow By ... Ask Us!*

Tomorrow's activities are created by today's dreamers—you can make sure that the UC Master Gardener Program of Colusa County is still working to help future generations through your support.

[Click here to support us.](#)

### Science Word of the Month

**Mixed Bud**—a bud that produces both leaves and flowers.

If you attended one of your workshops, you will receive an email from [mgevaluation@ucanr.edu](mailto:mgevaluation@ucanr.edu). Your input gives us the tools we need to grow and improve our program. *Thank you!*

PRACTICAL | CONNECTED | TRUSTED



# Fleas

**Fleas are annoying to people and pets, especially during spring and early summer when their numbers tend to increase dramatically.**

The common flea in California is the cat flea. Despite its name, this flea attacks both dogs and cats and will also bite humans. To keep fleas out of your home, control fleas on your pet and regularly clean pet sleeping areas.

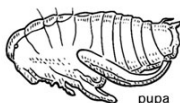
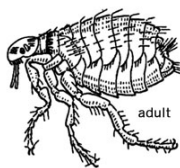


The adult flea feeds directly on animals.

## On the pet

A number of very effective and safe products for flea control on the pet are available. You must supplement pet treatments with regular cleaning of your home and periodic combing with a pet flea comb to detect new infestations.

- Spot-on formulations are applied to the animal's coat. Use as directed on the label. These are available from veterinarians, over-the-counter, or online.
- Systemic flea control products, available from vets, are given as a pill or food treat.
- Flea collars containing imidacloprid and flumethrin are effective against fleas and ticks. Collars with insect growth regulators (IGRs) affect eggs and immature fleas. Be sure to choose collars containing methoprene or pyriproxyfen.
- Flea shampoos and soaps, powders and dusts, spray-on liquids, and dips are less effective and more hazardous to pets, people, and the environment than the three types of products above.



Life stages of the flea, egg not shown.

For more information about managing pests, visit [ipm.ucanr.edu](http://ipm.ucanr.edu) or your local University of California Cooperative Extension office.

## In the yard

Outdoor treatments are occasionally needed. If your pet regularly sleeps outside and flea numbers are high, these areas can be treated with a spray containing pyriproxyfen. If possible, open sleeping areas to sunlight by removing low hanging vegetation. Immature fleas are unlikely to survive in areas with exposure to sunlight.

Some wild animals can lead to outdoor flea problems as well, including feral cats, opossums, squirrels, and coyotes, so measures to limit their presence are important.

## Inside the home

Whether or not you are aware of fleas in your home, regularly vacuum and launder areas where your pet rests. If you have a major flea problem, treat your pet with one of the options above and follow the steps below.

- Locate heavily infested areas (usually areas where the pet rests) and concentrate treatment there.
- Wash throw rugs and pet bedding.
- Vacuum upholstered furniture, cleaning under cushions and in crevices.
- Vacuum carpets, especially beneath furniture.
- Use a hand sprayer or aerosol to treat all carpets and unwashable upholstered furniture with an insecticide that contains an IGR (methoprene or pyriproxyfen). This treatment kills larvae but not pupae, so fleas may continue to emerge for up to 2 weeks.
- Over the next 2 weeks, vacuum regularly to remove adult fleas that emerge from pupae. Do not reapply pesticides.
- Seal vacuum bags and discard them so fleas don't escape.



Two cat flea pupae.

## What you do in your home and landscape affects our water and health.

- Minimize the use of pesticides that pollute our waterways and harm human health.
- Use nonchemical alternatives or less toxic pesticide products whenever possible.
- Read product labels carefully and follow instructions on proper use, storage, and disposal.



# MASTER GARDENER PROGRAM

## THINKING SAFE AND GREEN



**AGRICULTURE AND NATURAL RESOURCES  
ENVIRONMENTAL HEALTH AND SAFETY**

**#12**

## **BASIC PESTICIDE EXPOSURE AWARENESS**

*Information given here is intended for use by program representatives, master gardeners, and those they train.*



*Photograph Courtesy of Hopland REC*

Information available from the California Department of Pesticide Regulation (DPR) indicates approximately 4,000 agricultural field workers suffered illness or injury from exposure to pesticide residues between 1982 and 2004. The number of pesticide residue illnesses or injuries has decreased from about 250 per year during the 1980s to an average of 65 since 2000. This decrease (roughly 75%) in cases of pesticide residue exposure may be attributed, in part, to a greater awareness of pesticide hazards by agricultural field workers and their supervisors coupled with decreases in the use of particularly harmful pesticides.

DPR data from 2004 indicates about 38% of pesticide exposures occurred at farms and crop or livestock processing facilities. Other locations where pesticide exposure frequently happened included service establishments such as restaurants or laundries (16%), schools (9%), and medical facilities (8%).

### **Working Safely With Pesticides**

Although there is a risk of pesticide exposure when handling pesticides or entering areas where pesticides have been used, the risk may be reduced to a negligible level by becoming knowledgeable about working safely with pesticides and following good work practices as described below:

- Working safely with pesticides requires an awareness and understanding of how pesticides can enter the body (i.e. routes of exposure).
- Always use personal protective equipment appropriate for the type and concentration of pesticide to be used and the manner in which the pesticide is applied. The label will indicate what protective clothing must be worn but will usually include long sleeves, pants, eye protection, and closed shoes. Follow the directions on the pesticide label including those that describe personal protective equipment.
- Always wash your hands after using pesticides, even when gloves have been used.
- Do not eat, drink, or smoke when using pesticides.
- Further information about pesticide glove use and selecting appropriate pesticide protective clothing, and agricultural field worker training is available in Thinking Safe and Green notes #4 and #11, respectively.
- Wash pesticide contaminated clothing separately from regular wash.

The DPR Pesticide Safety Information Series provides additional safety information for pesticide use and is available for downloading or reviewing online at: <http://www.cdpr.ca.gov/docs/whs/psisenglish.htm> or by reviewing the UC IPM pest note online at: <http://www.ipm.ucdavis.edu/PMG/PESTNOTES/pn74126.html>

## Garden Club of Colusa County activities

Unknown at this time.

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## Additional Links

- Integrated Pest Management [ipm.ucanr.edu](http://ipm.ucanr.edu)
- UC Davis Arboretum [arboretum.ucdavis.edu](http://arboretum.ucdavis.edu)
- Invasive Plants [www.cal-ipc.org](http://www.cal-ipc.org)
- Plant Right [www.plantright.org](http://www.plantright.org)
- Save Our Water [saveourwater.com](http://saveourwater.com)
- California Garden Web [cagardenweb.ucanr.edu](http://cagardenweb.ucanr.edu)
- McConnell Arboretum and Botanical Gardens [turtlebay.org](http://turtlebay.org)
- UCANR Colusa County [cecolusa.ucanr.edu](http://cecolusa.ucanr.edu)
- UC Master Gardener Program (statewide) [mg.ucanr.edu](http://mg.ucanr.edu)
- California Backyard Orchard [homeorchard.ucanr.edu](http://homeorchard.ucanr.edu)
- ANR publications [anrcatalog.ucanr.edu](http://anrcatalog.ucanr.edu)

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