



# A Garden Runs Through It

December 2022

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

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## Upcoming events



### February

**Colusa Farm Show**  
February 7, 8, 9  
All day



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



# Listen to our podcast

visit: [theplantmasters.com](http://theplantmasters.com)



Turn off your Sprinklers!

In this episode of "A Garden Runs Through It", Colusa County Master Gardener's Cynthia gives some drought gardening tips.



### How to listen?

Search your favorite app for [RadioColusa.com](http://RadioColusa.com)

# Radio colusa.com



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



University of California  
Agriculture and Natural Resources

UCCE Master Gardener Program  
Colusa County

## Edible Plant of the Month

### Edible Landscaping for Wildlife

As I look around my surroundings, it occurs to me we also need to create a bit of our gardens for wildlife habitat. I'm talking about hummingbirds, birds, beneficial insects, and bees. They too need help to make it through the winter months. We sit around our fireplace, reading, watching Netflix, and snacking and when spring comes around, we are rolling outside looking like we too could have played Santa Claus with our jolly bellies. Our friends living outdoors are fighting to survive, so let's help them!

Native plants like Toyon or Christmas Berry (*Heteromeles arbutifolia*) put on a beautiful show this time of year and will feed many types of birds. One minute your bushes are full of berries, and you look at them a few days later and they are naked! Yes, completely naked! Birds will come in and strip the tree of berries in no time. It's a showy plant/bush in a garden as well and cuttings of berries (before the birds move in) are lovely in holiday decorations.



Mexican Sage (*Salvia leucantha*) is a native to Mexico and Central America. It grows beautifully in our area provided it has plenty of sun and well drained soil. Butterflies, bees, and hummingbirds adore this plant which flowers in spring and right now. These plants can get quite large, but they are a welcome addition to any garden. The long-spiked flowers are velvet to the touch and are stunning as a background piece.



Establishing areas for nesting of various species is also important. I've found a nest of Carpenter Bees in a large branch of a toyon I had pruned back. Carpenter bees are great pollinators, not destructive pests as some believe.

Feeders left out for hummingbirds are a need to keep those little flitters full of calories. Be sure to clean the feeder and offer fresh home-made nectar frequently. Recipe for nectar: ¼ cup refined sugar, 1 cup boiling water. Boil water and add the sugar until dissolved, let cool and fill up feeders. NOTE do not use honey as it can promote dangerous fungal growth. Some hummingbirds do migrate, and this just helps them reach their destination. We also have a native hummingbird "Anna's Hummingbird" which we like to keep around as they don't really migrate. You might even find a nest or two this coming spring in trees or under an eave on your porch!



Submitted by Annelie Lauwerijssen

## Water Saving Tip

Are you thinking about ditching your lawn or other thirsty landscape plants? The heat of summer is not the time to remove and replace your current landscape. Fall is the best time to establish most plants. Here are a few tips.

Select water efficient plants that grow well in our climate. Use the Sunset climate zones because the Sunset zones are smaller and more precise. Colusa County zones are 8 and 9.

Apply water directly into the root zone of newly planted ornamentals until roots become established and expand outward and downward. Drip irrigations helps with this.

Place plants with similar water needs together and irrigate them accordingly. This is especially important when landscape and edible plants are irrigated by automated systems.

Mix compost evenly and deeply into the soil before planting to improve water retention or drainage depending on your soil. Avoid adding soil amendments to holes dug for individual trees since roots grow in rather than expand outward and downward.

Drip irrigate areas of your landscape not planted in turf and groundcovers. Drip systems deliver water directly into the root zone of the plant. This minimizes evaporation from the soil. Drip irrigation systems reduces runoff by delivering water slowly to the plant.

An alternative to our thirsty lawns can be groundcovers. There are many to chose from. Check your local nursery.

Information about lawn water on our website [cecolusa.ucanr.edu](http://cecolusa.ucanr.edu)



## Book of the Month

### Woman of Horticulture - Margaret James Murray

by *Abra Lee* (from an article in *Fine Gardening Magazine*)

I found this wonderful article on a woman whose name I had never encountered and was stunned by the groundwork she laid for woman of all time in the field of horticulture. Margaret James Murray was born as slavery was ending in Macon, Georgia. She was born to the plight of black women in the Black rural South where there is a Holy Trinity of work done by hand that the most revered Black rural Southern women seem to have been given sainthood status in the community.

*First, there's **cooking**. As any self-respecting Southern chef knows, you don't just show up to family functions with potato salad, sweet potato pie, and dressing. You **earn** your place and patiently wait your turn in line for years before you are worthy of bringing such hallowed dishes to the table.*

*Up next is **sewing**. One thinks of the women whose ability to stitch a mean quilt turned their local craft into a world-renowned art form.*

*Finally, there is **gardening**. A woman with an ability to grow food and who is equally skilled in the subservience of art to nature is rightfully revered. The taste of her home-grown goodies is further complemented by the beauty of her surrounding garden. Margaret Murray Washington changed the perception of what it meant to have a career in outdoor work as a woman. And she didn't just make the special skill set of the art of horticulture acceptable; she made it mandatory.*

Margaret James Murray joined the faculty of Tuskegee Institute early in her career as an educator. She later married the school principal, Booker T. Washington. This gave her a unique opportunity to travel and experience adventures normally not open to a black woman at this time. She received a liberal arts education. Upon graduation she joined the faculty of Tuskegee Institute in 1890, where she began as an English teacher and headed the Women Industries Department until her death. After Washington died she became the third wife of Tuskegee founder and principal Booker Taliaferro Washington in 1893.

She visited Swanley Horticultural College which helped to further enhance Washington's already solid legacy as a champion of progressive women. Washington observed women engaged in the study of agricultural and horticultural work. She saw women in the garden planting vegetables, caring for roses, and growing food in the greenhouse. Women were also in the laboratory studying agricultural chemistry, botany, zoology, and applied mathematics. This was the first post slavery generation and Margaret's fieldwork of horticulture was still tied to the history of bondage. She helped to change that in both perception and reality,

As she watched women planting seeds, pruning fruit trees, and learning the art of beekeeping, Washington knew the Southern states—she came to the realization that horticulture could provide limitless opportunities for Southern women sparked a career pivot for Washington. At the time, out of the approximately 1,000 students attending Tuskegee, half were women.

Submitted by Cynthia White

## Ornamental Plant of the Month

### *Salvia*

*Salvias* are the largest genus in the mint family. *Salvia microphylla* is the most common salvia found in the nurseries. An interesting feature of the salvia is that it has a square stem. Take a look at it. Yes, it's square! You can color your garden with salvias because they come in most colors of the rainbow. Many people have heard about the 'Hot Lips' *salvia*. 'Hot Lips' has a vibrant red and white flower.

*Salvias* are sun loving plants that need deep soaking at least once a month during our hot summers. In the winter salvias can be severely pruned. This helps the plant send up new fresh shoots otherwise the plant will become leggy.

*Salvia microphylla* can easily be the foundation to your water-wise landscape. I have 6 *salvias* in my garden and I love everyone of them.



Submitted by Gerry Hernandez



*Thank you!*

For your #GivingTuesday donations!

Donations fund the Donna Critchfield demonstration garden.

You can support the

UC Master Gardener Program of Colusa County

[https://ucanr.edu/sites/donate/?fund\\_id=1283](https://ucanr.edu/sites/donate/?fund_id=1283)

## Recipe of the Month

### Roasted Broccoli (or Brussels Sprouts) and Carrots

adapted from Wellplated.com and several other internet sites

6 medium carrots, peeled, cut in 1 1/2 inch pieces on the diagonal  
1 large head of broccoli, about 3 cups of florets  
1 1/2 tsp Italian seasoning  
1/2 tsp kosher salt  
1/2 tsp each garlic and onion powder  
1/4 tsp pepper  
2 Tbs olive oil  
3 Tbs grated Parmesan cheese

If the carrots are thin, like finger size, just peel and cut.

If they are larger than an inch or so across, cut in half lengthwise first.

If you are using Brussels sprouts, trim the ends and cut in half if small, in quarters if large.

You want about equal amounts of carrots and green veggies.

Preheat oven to 400 degrees

Line a baking sheet with parchment and spray with non-stick spray

Toss vegetables in the olive oil and sprinkle with the seasonings, toss again.

Spread out on the sheet pan in a single layer.

(The zest of a lemon or an orange and a squeeze of juice could not hurt!)

Roast about 20-25 min, tossing once half way through.

Sprinkle with Parmesan to serve.

#### NOTES:

Change up the seasonings...

Go Asian - Skip all the seasonings and salt, replace with soy sauce, grated ginger, sliced green onions, brown sugar, some lime or lemon juice, sracha or chili flake if you are so inclined, and toss in sesame oil, garnish with sesame seeds top when you take it out of the oven.

Go Honey/Mustard - Mix some Dijon mustard and honey, with melted butter, add sliced red onions and orange slices to the veggies. Top with sliced almonds or pecans so they toast in the oven.

OR cheat a little and toss the veggies in about 1/2 cup bottled Italian or Honey Mustard salad dressing, Teriyaki sauce, or Roasted Sesame salad dressing... You might need a little more, start small, add more only if needed.

OR cheat a little more and use a bag of "baby carrots"

Make it a sheet pan meal...

Cut one boneless skinless chicken thigh per person in 1 1/2" pieces and toss with the seasonings and add to the pan .

Serve with rice or noodles and you are good to go!

Feel free to add more veggies - snow peas, cut green beans, sliced celery, sliced fennel, halved mushrooms, zucchini, bell peppers, whatever your family likes!, Crunchy things like sliced water chestnuts would be good, too.

Submitted by Penny Walgenbach



**UC Master Gardener Program  
Colusa County**

**Colusa County Annual Report  
Fiscal year 2021/22**

"Advice to grow... ask us!"

**IN OUR COMMUNITY**

Volunteers create positive impact every day by simply encouraging people to get outside and connect with nature. Health and wellness suffer when people do not have the opportunity to interact with plants and the natural environment.

Together, even when the only option is virtual, we grow healthier and more sustainable landscapes.

We strive to meet the needs of all the communities we serve.



**Thank you for supporting our program!**

**Program Highlights  
2021**

**18**  
Active Volunteers

**300+**  
Colusa County residents  
served (face to face)

**408+**  
Volunteer Hours

**105**  
Continuing Education  
Hours

*“Thanks for all the wonderful  
advice and support you provide”.*

Don & Diane Bransford

Like many volunteer organizations, the UC Master Gardener Program of Colusa County lost 25% of our volunteers in 2 years.

Gardening was still an essential topic in 2021. We met our residents on-line. Our on-line information has increased.

Water-wise information was distributed to various businesses, water and government agencies in English and Spanish.

**Mass Media**

- Newsletter (1398 subscribers monthly)
- Newspaper (1500 subscribers weekly)
- Facebook (429 followers)
- Videos (14 videos, 965 views)
- Podcast (monthly)
- Spanish language section to website

**Demonstration Garden**

- Planted a spring and winter garden.
- 4 workshops at the garden.
- Fundraised \$2500
- Renamed the garden in memory of Donna Critchfield.

**Strategic Initiatives**

1. Support and foster sustainable natural ecosystems through landscape practices such as water conservation, water quality, reduction and reuse of green waste, wildlife improvement and energy conservation
2. Improve sustainable local food systems for all.
3. Detect and manage invasive and endemic species, as well as prevent their introduction, through education.
4. Support healthy families and communities through scientific literacy and outdoor activity.
5. Protect water quality, quantity and safety by reducing unnecessary pesticide use, promoting integrated pest management and encouraging efficient water use.

# 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.

## December

- Abiotic Disorders - Prevent or manage damage, such as that caused by aeration deficit, frost, hail, herbicides, wind, and too much or little water.
- [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.
- [Citrus](#) - Monitor for damage and pests such as brown rot, root rots, and snails.
- [Clean up](#) mummies and old fruit and nuts in and under trees to avoid harboring pests. [Remove fallen leaves](#) from beneath deciduous fruit trees and roses.
- [Compost](#) - Add leaves dropped during fall. Turn and keep it moist. Cover during rainy weather if needed to avoid sogginess.
- Continue [rainy-season prevention of diseases](#), [earwigs](#), [snails and slugs](#), and [weeds](#).
- [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. Reduce irrigation frequency or turn off systems if rainfall is adequate. Irrigate deeply but infrequently if the winter is dry.
- [Mistletoe](#) - Prune off infected branches.
- [Olive knot](#) and [oleander gall, or knot](#) - Avoid pruning olive and oleander during wet weather if stem galls are a problem.
- [Pine](#) bark beetles, pitch moths, western gall rust, and wood borers - If pines need branch removal, prune during October through January.
- [Plant](#) bare root deciduous trees, shrubs, and vines e.g., caneberries, fruit and nuts, grapes, and roses. Plant seedlings of cedar, fir, pine, and spruce. Select species and cultivars well-adapted to the local site.
- [Prune](#) deciduous trees and shrubs that need pruning e.g., apple, crape myrtle, pear, rose, spirea, and stone fruits. Make cuts properly to encourage good form and structure. Remove dead, diseased, and borer-infested wood. Except certain pests and host plants warrant summer pruning e.g., shothole borer, apricot, and cherry.
- [Root rot](#) - Favored by excessive water and poor drainage. Avoid overirrigation and waterlogged soil.
- [Stone fruit diseases](#) - Monitor for leaf curl or shot hole of apricot, nectarine, peach, and plum.

# Gardening Guide

## UC Master Gardener Program of Colusa County

Zones 8 and 9

	December	January	February
<b>P L A N T I N G</b>	<ul style="list-style-type: none"> <li>Bare-root roses</li> <li>Bulbs</li> <li>Camellias</li> <li>Cyclamen</li> <li>Hellebore</li> <li>Living Christmas trees</li> <li>Bare-root fruit and landscape trees</li> </ul>	<ul style="list-style-type: none"> <li>Plant rhubarb, strawberries, and cane berries. Plant seeds for broccoli, cabbage, parsley, turnips, peas, radishes, lettuce, and spinach.</li> <li>Plant bare root roses, trees, artichoke crowns, grapevines.</li> <li>Plant pansies, violas, snapdragons, and fairy primroses.</li> <li>Plant gladiolus every 2 weeks for a succession of blooms.</li> <li>Divide Shasta daisies, daylilies, chrysanthemums, and other perennials.</li> </ul>	<ul style="list-style-type: none"> <li>Plant in vegetable garden by direct seeding: radishes, beets, chard, and peas.</li> <li>Start tomato, pepper and eggplant seeds indoors.</li> <li>Flowers to transplant or direct seed: snapdragon, candytuft, larkspur, coral bells, and stock.</li> <li>Plant bulbs for summer bloom: dahlias, begonias, gladiolus, lilies, etc.</li> <li>Plant potatoes.</li> </ul>
<b>M A I N T E N A N C E</b>	<ul style="list-style-type: none"> <li>Adjust your irrigation</li> <li>Protect citrus and other sensitive plants</li> <li>Apply dormant spray</li> <li>Add mulch to beds</li> <li>Divide perennials</li> <li>Throw out fallen rose leaves</li> </ul> 	<ul style="list-style-type: none"> <li>Roses, fruit trees and other perennials can be pruned this month.</li> <li>Do not prune spring flowering shrubs until after they bloom.</li> <li>Prune berry canes that bore fruit last year to the ground.</li> <li>Prune grapevines back, leaving 2 to 3 buds per side shoot.</li> </ul>	<ul style="list-style-type: none"> <li>Around Valentine's Day apply dormant copper spray to peach and nectarine trees no later than bud swell.</li> <li>Fertilize mature trees and shrubs after spring growth starts.</li> <li>Be sure to remove and discard (do not compost) fallen camellia blossoms to reduce petal blight.</li> <li>Fertilize spring blooming and fall-planted perennials.</li> <li>Mulch 3 inches deep to conserve soil moisture.</li> </ul>
<b>P R E V E N T I O N</b>	<ul style="list-style-type: none"> <li>Plants and seeds make awesome holiday, hostess and mystery gifts</li> <li>Catalogs are arriving to get you excited about what to plant next year. You might want to consider removing some lawn area and creating a new planting bed to make room for all the new plants in the catalogs.</li> </ul>	<ul style="list-style-type: none"> <li>Spray horticultural oil on pruned fruit trees to control scale, mites and aphids. Thorough coverage will kill over-wintering eggs.</li> <li>Later in the month, spray neem oil on roses to control mildew, rust, and black spot. Do not apply oils unless there will be 24 hours of dry weather following application.</li> <li>Be sure to clean up debris (leaves and twigs) around roses and fruit trees to help prevent disease.</li> </ul>	<ul style="list-style-type: none"> <li>Watch for aphids on spring blooming bulbs; remove with a strong spray of water.</li> <li>As the weather warms prepare to battle slugs and snails with traps or pet-friendly baits.</li> </ul> 

## 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

**Palisade layer**—A layer of tightly spaced, elongated cells lying under the upper epidermis of leaves. Photosynthesis is most active in these cells.

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



# MASTER GARDENER PROGRAM

## THINKING SAFE AND GREEN



AGRICULTURE AND NATURAL RESOURCES  
ENVIRONMENTAL HEALTH AND SAFETY

#9

### SAFE LIFTING PRACTICES

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



More than 1,000,000 back injuries occur in the workplace each year. Approximately 800,000 of these injuries are to the lower back and 750,000 happen while lifting objects. **English and Spanish language safety videos on preventing back injuries are also available for loan from the ANR Environmental Health & Safety Library at: <http://safety.ucanr.org>.**

#### Recommended Safe Lifting Practices

- Prior to lifting, determine the weight of the load by pushing on the object.
- If you determine the weight to be large, reduce the load by splitting it in half or more.
- Do not try to lift objects beyond your capability. If you have to strain to lift or carry a load, then it is too heavy for you.
- If the weight of a load is beyond your capability, find someone to assist you with lifting the load or use a forklift, dolly, or hand truck to move the load.
- Before lifting a package, make sure the contents are secure and the weight is balanced so that the contents will not shift when moved.
- Stand close to the load with your feet slightly staggered and spread apart to about shoulder width.
- While maintaining a straight back, squat by bending your knees.
- Firmly grasp the object and begin slowly lifting with your legs.
- Do not twist your body while lifting at a controlled speed. Keep the object's center of gravity as close to your body as possible.
- Carry the load between the shoulder and waist.
- If required to turn while carrying the load, turn with the feet and not with the trunk of the body.
- Do not walk on slippery or uneven surfaces while carrying a load.
- To set a load down, lower yourself at a controlled speed by bending your knees while maintaining a straight back.
- Take frequent breaks when you are lifting and carrying many loads. Do not overtire yourself.
- Studies conducted by the National Institute for Occupational Safety and Health (NIOSH) concluded there was insufficient evidence to recommend the use of back belts to prevent back injuries.

# Spiders

**Spiders are mostly beneficial because they feed on pest insects.** However, many people think that all spiders are dangerous and aggressive. In California, the main spider capable of causing serious injury is the black widow, which generally remains outdoors and out of sight. Spiders seen out in the open during the day are unlikely to bite people. Focus pest management efforts on removing webs and hiding places. Pesticides are not generally recommended.

## What to know about spider bites:

- ◆ The jaws of most spiders are too small to bite humans.
- ◆ Adult female black widows are the main spiders capable of seriously injuring people in California. They are shiny black with a red hourglass marking on the underside and are commonly found outdoors, in sheltered, dry, undisturbed areas such as wood piles and garages.
- ◆ Anyone bitten by a black widow spider should remain calm and seek medical advice.
- ◆ The brown recluse spider and the hobo spider do not live in California.
- ◆ Some other spiders bite when trapped in clothing or bedding, but the effect is usually no more severe than itching or the reaction to a bee sting.

## To prevent spiders from entering your house, take these steps:

- ◆ Seal home foundation cracks and other access holes.
- ◆ Inspect window and door screens for good seals to keep out spiders and the insects they prey on.
- ◆ Keep areas around home foundations free of clutter.

## Manage spiders using these tips:

- ◆ Indoors, regular housecleaning provides adequate spider control.
- ◆ Vacuum up the spider and its web.
- ◆ Alternatively, squash spiders or capture them in a jar and release them outside.
- ◆ Prevent clutter buildup that can provide spider hiding places both indoors and out.
- ◆ Remove spider webs from the exterior of the house with a broom or high pressure hose.



## Spiders and biological control:

When removing spiders, don't overlook the fact that spiders eat a large number and variety of nuisance and pest insects. Spiders also have natural enemies—wasps and other spiders, birds, reptiles, and others—that sometimes keep them from becoming too numerous.

See **Pest Notes: Spiders** at [ipm.ucanr.edu](http://ipm.ucanr.edu) for more details.



Underside of adult black widow spider



Adult sac spider



Marbled cellar spider



Adult wolf spider

Photos by J.K. Clark and R.S. Vector

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

For more information about managing pests, contact your **University of California Cooperative Extension office** listed under the county government pages of your phone book or visit the UC IPM website at [ipm.ucanr.edu](http://ipm.ucanr.edu).

**What you use in your landscape affects our rivers and oceans!**

## Garden Club of Colusa County activities

January 23, 6:30 pm  
St. Stephen's Church  
Colusa

## Did a friend send you this newsletter?

- You can get your own newsletter sent directly to your inbox by [clicking here](#).



## 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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Website: [http://ucanr.edu/sites/anrstaff/Diversity/Affirmative\\_Action/](http://ucanr.edu/sites/anrstaff/Diversity/Affirmative_Action/).

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