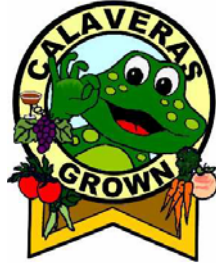


# Calaveras Grown News



Website: [calaverasgrown.org](http://calaverasgrown.org)

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P.O. Box 2101, San Andreas, CA 95249 Phone: (209) 754-6477

## Investment Strategy for 2009

Perhaps investments made in 2008 can assist us as we look forward to 2009. If you had purchased \$1,000 of shares in Delta Airlines one year ago, you would have \$49 today. If you had purchased \$1,000 of shares in AIG one year ago, you would have \$33 today. If you had purchased \$1,000 of shares in Lehman Brothers one year ago, you would have \$0 today. However, if you had purchased \$1,000 worth of beer one year ago, drank all of it, then turned in the cans for a recycling refund, you would have received \$214 today.

## New Calaveras Grown Storage Container Ready



Thank you to Trinitas Olive Oil Company for this generous donation!

### New Free Publications available online:

**Agritourism Enterprises on Your Farm or Ranch: Understanding Regulations**

<http://anrcatalog.ucdavis.edu/pdf/8333.pdf>

**Agritourism Enterprises on Your Farm or Ranch: Where to Start**

<http://anrcatalog.ucdavis.edu/pdf/8334.pdf>

Please note that our regular monthly meetings are on the third Wednesday of the month at 8:30 AM in the Mark Twain St. Joseph's Hospital education wing.

## Calaveras Grown Reusable Grocery Bags

Our very own beautiful grocery bags are available NOW for \$1.50 wholesale to members or \$2.00 to the general public. Be sure to pick up your **large** supply soon! You can sell them for whatever the market will bear. Please encourage retail stores where you shop to carry these bags!



## *Clean your Bird Feeder to Prevent Disease*



You probably could not imagine living in a home that is never cleaned, especially the kitchen, the tables or the bathrooms. Now think about your bird feeder. When is the last time you cleaned it?

Birds crowd to feeders, and so they are bound to catch diseases from each other. Several diseases can be spread from bird to bird at feeders. You can spot sick birds easily. They are less alert and less active. They feed less and often cower on a feeder, reluctant to fly. Sick birds are more vulnerable to starvation, dehydration, predation and severe weather. Sick birds show up at feeders and the other birds may get sick as a consequence. But this does not mean that bird feeding is bad or should be stopped. There's an ethical obligation not to jeopardize wild birds. What is called for is thoughtful bird feeding.

*Salmonellosis* is the most commonly spread disease at feeders. This bacterial disease can kill birds quickly. Symptoms include abscesses in the lining of the upper digestive tract of the birds. Infected birds spread the bacteria in their droppings. Other birds get sick when infected droppings land on food.

Other diseases that affect birds typically using feeders also include:

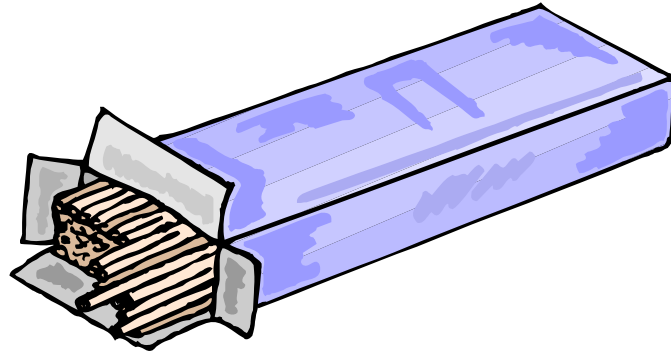
- *Trichomoniasis* - caused by a one-celled protozoan parasite. Mourning doves are particularly susceptible. Trichomoniasis causes sores in birds' mouths and throats, making it difficult for birds to swallow or drink. The disease spreads when sick birds drop contaminated food or water at a feeder or watering area.
- *Aspergillosis* - a mold that grows on damp feed and in the debris beneath feeders. Birds inhale the mold spores and infection spreads in the lungs, causing bronchitis and pneumonia.
- Avian Pox - a virus that causes wartlike growths on featherless surfaces of a bird's face, feet, legs or wings. Virus spreads by direct contact, by insects or by viruses shed on food by infected birds.
- Avian influenza (H5N1) virus - much in the news, this disease has infected poultry throughout Asia, Russia, and Europe, but has not yet been identified in any birds in North America, or the Western Hemisphere. Although one strain is known to infect humans, most strains do not.

To minimize the spread of disease at your feeder, follow these seven easy steps to foster sanitation:

- Give the birds enough space. Do you have only one feeder? Get another if your feeder is crowded.
- Clean your feeder and the droppings on the perching area each time you fill your feeder.
- Disinfect the feeder once or twice a month with one part of liquid chlorine household bleach in nine parts of warm water. If possible, immerse the feeder for two to three minutes and allow to air dry.
- Feed birds only high quality food. Moldy seed or bread or spoiled leftovers doesn't do them any more good than it would do you.
- Keep rodents out of food. Mice can carry some bird diseases.
- Act early and spread the word. Don't wait until you see sick birds huddled at the feeder. And tell your friends who feed birds to take the above precautions.
- Check your feeder for sharp edges where birds might cut themselves. Small scratches or cuts allow bacteria and viruses to infect a bird more easily.

This article adapted from Cooperative State Research, Education and Extension Service, USDA. Please contact the Farm Advisor's office at [cecalaveras.ucdavis.edu](mailto:cecalaveras.ucdavis.edu) or 754-6477 with your agricultural questions.

## Spaghetti Frittata



8 ounces spaghetti pasta, cooked in well salted water and drained  
2 tablespoons olive oil  
3 large cloves garlic, chopped  
14 ounce can diced tomatoes, drained  
6 ounces sliced ripe olives  
4 large eggs  
1/2 cup grated Parmesan cheese  
1/2 teaspoon salt  
1/4 teaspoon coarse ground black pepper

Heat olive oil in large skillet and add garlic. When garlic becomes just tender, add tomatoes, olives, and pasta. Toss to mix well. Meanwhile, beat eggs, cheese, salt, and pepper together in a bowl. Pour evenly over pasta mixture and allow to cook until crispy brown. Carefully flip and brown other side. Lift intact to serving platter and top with additional Parmesan cheese and chopped fresh parsley if desired. Serves 4-5.

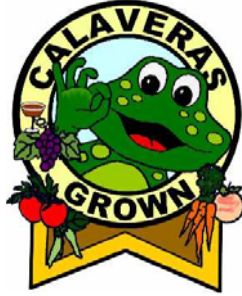
## Agriculture and Forestry Element

The Agriculture Coalition has been working diligently on the Agriculture and Forestry Element for the General Plan. If you would like to review and comment on the most recent draft, visit: <http://cecalaveras.ucdavis.edu/files/59918.pdf>. It will be presented to the Board of Supervisors in this form on January 27<sup>th</sup> for further direction.

**Don't forget to encourage others to join Calaveras Grown!**

**Calaveras Grown is a county-wide marketing and education program to assist local agricultural producers and processors market their commodities. The goal is to bring communities together for the support and growth of agriculture, agriculture and nature tourism, and preservation of open space in Calaveras County. Calaveras Grown is your organization!**

# Calaverasgrown.org



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## Calaveras Grown is Your Organization

## How can you help out?

If everyone pitches in and helps out our organization can continue to grow and make a real impact for agriculture in Calaveras County. Please thoughtfully consider how you can help. It can be as simple as asking people and businesses to join Calaveras Grown, putting a decal in your car window, proudly displaying your gate sign, or attending monthly Board meetings and volunteering to take on projects. You really can make a difference!