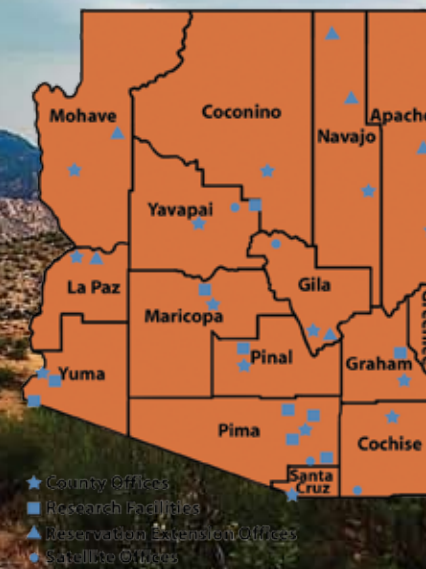


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Anywhere

Arizona Cooperative Extension online helps you find the information you need

Cooperative Extension in Arizona



cals.arizona.edu/extension

DAVID HARVEY

Return on Investment



Cooperative Extension

plays a unique role in both rural and urban Pima County. We provide practical information and education to help people make their lives better. Extension educational programs promote environmental stewardship, family health and well-being, youth development, and agriculture. Outreach efforts translate relevant University of Arizona research into effective practices people can put to immediate use in their homes and businesses. We respond to thousands of residents who come to us for information, and we reach out to meet our county's educational needs.

Programs are conducted by The University of Arizona College of Agriculture and Life Sciences (CALs) Cooperative Extension faculty based at 4210 N. Campbell, Tucson AZ 85719 on the Campus Agricultural Center. Faculty members form partnerships with community groups and trained volunteers to "bring the university to the people". A satellite office is located in Green Valley.

Cooperative Extension programs

address key quality of life issues in the county such as water and natural resource conservation, wholesome food production, financial management, positive youth development, improving individual and family health, and building healthy communities.

As the outreach arm for the University of Arizona, Cooperative Extension enhances the lives of people and communities in Pima County through education, engagement, and creativity.

cals.arizona.edu/pima

Statewide Locations

County	Community	Phone
Apache	St. Johns	(928) 337-2267
Cochise	Willcox	(520) 384-3594
(Satellite)	Sierra Vista	(520) 458-8278
Coconino	Flagstaff	(928) 774-1868
Gila	Payson	(928) 474-4160
(Satellite)	Globe	(928) 425-7179
Graham	Solomon	(928) 428-2611
Greenlee	Duncan	(928) 359-2261
La Paz	Parker	(928) 669-9843
Maricopa	Phoenix	(602) 827-2000
Mohave	Kingman	(928) 753-3788
Navajo	Holbrook	(928) 524-6271
(Satellite)	Pinetop	(928) 367-4588
Pima	Tucson	(520) 626-5161
(Satellite)	Green Valley	(520) 648-0808
Pinal	Casa Grande	(520) 836-5221
Santa Cruz	Nogales	(520) 281-2994
Yavapai	Prescott	(928) 445-6590
(Satellite)	Cottonwood	(928) 646-9113
Yuma	Yuma	(928) 726-3904

Reservation Extension Offices

Reservation	Location	Phone
Colorado River	Parker	(928) 669-9843
Indian Tribes		
Hopi Tribe	Kykotsmovi	(928) 734-3708
Hualapai Nation	Peach Springs	(928) 769-1284
Navajo Nation	Shiprock, NM	(505) 368-1028
	Tuba City	
	Window Rock	(928) 871-7406
San Carlos	San Carlos	(928) 475-2350
Apache Tribe		

Agricultural Centers and Research Sites

Location	Phone
Campus	(520) 621-3246
Citrus	(602) 255-3316
Maricopa	(520) 568-2273
Red Rock	(520) 621-3246
Safford	(928) 428-2432
Santa Rita	(520) 625-2121
Experimental Range	
V Bar V Ranch	(928) 646-9113
Water Resources	(520) 792-9591
Research Center	
West Campus	(520) 621-3246
Yuma (Mesa)	(928) 726-0458
Yuma (Valley)	(928) 782-3836



DAVID HARVEY

Arizona Cooperative Extension programs are grounded in county and community needs, and developed based on feedback from the county board of supervisors and appointed advisory boards. The University of Arizona (UA), as the land-grant institution in the state, has a three-pronged mission: teaching, research and outreach. One of the most effective ways to fulfill this mission is through Cooperative Extension educational programs, designed to make science useful for people in their everyday lives. These extension-driven programs leverage and multiply each dollar of state support with additional outside funding. In addition, extension educational programs save money for consumers and clientele plus promote healthy environments and lifestyles. Some examples of these programs for Pima County follow.

Pima County



Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, James A. Christenson, Director, Cooperative Extension, College of Agriculture & Life Sciences, The University of Arizona.

The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.

Families and Consumers

Healthier people are better able to contribute to a robust economy. Cooperative Extension programs are designed to strengthen families, promote healthy lifestyles and make wise financial decisions and develop community leaders. Programs are offered at community centers, schools, churches and other venues to reach different audiences. Many programs are delivered by volunteers who have been educated in content knowledge and presentation techniques through Train-the-Trainer instruction.

- **The Grandparents Raising Grandchildren** program educates grandparents, and other kin raising children, on family life and child development issues through one-on-one and group support and disseminating resource and referral information.



- **Small Steps to Health and Wealth** is a program designed to motivate consumers to implement behavior change strategies that simultaneously improve their health and personal finances.

- **Bone Builders** is an osteoporosis prevention and bone health education program targeting women of all ages to improve their nutrition, physical activity and build strong bones.
- **The Bone Builders Physical Activity Program** includes nine weeks of progressive exercise that helps inactive seniors improve their overall fitness and prevent falls.
- **Walk Across Arizona** is an eight-week, team-based walking program to help individuals develop a healthy walking habit. Teams of six to ten people keep track of their miles walked for a friendly competition between teams.
- **Healthy Active Kids** brings together nutrition and fitness education to help reduce childhood obesity. UA Cooperative Extension is partnering with the Arizona Nutrition Network and local school districts to address nutrition education with at-risk children.
- **Occasional Quantity Cooks** is designed for church volunteers, 4-H youth, or community leaders who help prepare food safely for others.
- **Germ City** is an interactive, learning experience for school children and adults for proper hand washing techniques and how to prevent infections and food borne illness.
- **Safe Food 2010 Conference** is a bi-annual event focusing on recent research and outreach education related to food from the farm to the table. The conference targets a wide range of food professionals from educators and dietitians to farmers, sanitarians and food service workers.
- **Master Consumer Advisors** are trained volunteers who answer thousands of consumer phone and email questions about food safety, nutrition, home care, water treatment, and other consumer topics.
- **The Extension Food and Nutrition Education Program** reaches out to low-income families and children with classes on healthy food choices, food safety and nutrition.
- **The Supplemental Nutrition Assistance Program** provides nutrition education to food stamp recipients and is carried out in collaboration with local food banks and in schools.
- **Teen Interactive Theater Education** is a special project that uses drama to teach teens to teach other teens about risk behaviors.

4-H Youth Development

Youth ages 5-19 can be involved in more than 100 educational projects that are offered through 4-H in the following areas: Clover Kids; Volunteerism and Leadership Development; Family and Consumer Sciences; Communications, Arts and Leisure Sciences; Nutritional Sciences; Health and Wellness; Animal Sciences; Natural Resources and Environmental Science; Plant Sciences; Technology and Engineering Sciences; Shooting Education.

4-H uses experiential learn-by-doing projects, meetings, community service and a variety of educational experiences to teach life skills while having fun. 4-H youth can participate in several ways: community clubs, project clubs, independent study, special interest groups, school enrichment or community coalitions. 4-H offers a safe, structured environment, along with creativity and fun. 4-H consists of young people and adults growing together to become informed, educated citizens.

- **Volunteer Development** trains and mentors adults to use positive youth development strategies with young people in a variety of educational settings.

- **Clubs** are youth-adult partnerships that organize members to develop specific projects which are show-cased at the county fair.
- **Curricula** in a variety of subject areas that have been peer reviewed are available for use in educational settings such as clubs, workshops and classrooms.
- **School Enrichment** opportunities in areas such as nutrition and science technology are available to expand the knowledge and skills of youth in the academic environment. All these programs have curriculum aligned to Arizona's Academic Standards. .
- **4-H Challenge** provides participants opportunities to develop communication, build trust, team work and solve problems while working with others. Leadership is developed by training on both the High Ropes Course and Portable Challenge initiatives and elements.

Agriculture and Natural Resources

Cooperative Extension promotes environmental stewardship through Commercial and Urban Horticulture, Field Crops and Turfgrass programs. It also educates the public about the economic impact of the agriculture industry in Pima County.

- **Arizona Certified Nursery Professional and the Arizona Certified Landscape Professional** programs for landscape and nursery professionals provide training on a range of topics including water conservation, environmental pest management, soils and plant nutrition, and plant care.
- **Pima County Master Gardener** volunteers provide horticulture information and educational programming to Pima County residents. Their activities include the staffing of Plant Clinics in Tucson and Green Valley, ongoing weekly garden lectures at the Wilmot and Oro Valley Libraries, presentations to civic groups and social organizations, the operations of demonstration gardens in Tucson and Green Valley, a home garden tour and three plant sales. The Pima County Master Gardeners developed and maintain "The Gardens on Campbell

Avenue," considered by many as "one of the best kept secrets" in Tucson. The gardens encompass nearly three acres and feature demonstration xeriscape, cacti and succulent, flower, vegetable gardens. In addition, a formal rose garden, avant garden, recycling garden, container garden, plant propagation area, shade house, firewise exhibit, and greenhouses are also part of the garden complex.

- **The Field Crops Program** covers a wide variety of crops including, but not limited to, cotton, alfalfa, wheat, sorghum, corn silage, barley and a variety of vegetables. Production questions come from farmers, Pest Control Advisors, industry representatives and the public.
- **Desert Horticulture Conference** Desert Horticulture has become one of the premier horticulture conferences in the southwest and is attended by more than 400 professionals annually.
- **Tree Care Program** working with municipalities, school districts and homeowner associations to properly care for trees and shrubs in the landscape, reduce maintenance costs and reduce water usage.
- **Cactus and Succulent Program** A professional presentation on care, pests, problems and propagation of cacti and succulent sand is designed for professionals and amateurs alike.

- **Plant Propagation** is an introductory plant propagation class that explains the basics and advanced techniques of plant propagation. The program is designed for commercial propagators and homeowners.

Landscape Water Conservation

The multi-faceted SmartScape Program reaches nearly 1500 residential water users, green industry personnel, property managers, and others living and working in the urban Sonoran Desert, per year. The program goal is to promote best landscape management practices through sound horticultural procedures, efficient irrigation, and responsible use of available water resources for outdoor water consumption. Professional-level classes include basic and advanced training programs for landscape professionals, turf management, and landscape water audit. Residential-level classes include landscape design, plant selection and care, irrigation methods and scheduling, water harvesting, and water budgeting. SmartScape partners with University personnel and industry leaders to provide science-based instruction to the community and its services are supported through sponsorship from multiple professional associations and governmental agencies. Through the program's efforts, water conservation awareness and proper landscape care continues to grow.

Community Development

The Arizona Community Vitality Initiative seeks to promote the understanding and use of community development principles and practices, which are integral to effectively address the rapid changes occurring in communities across Pima County. We offer assistance to groups and organizations in strategic planning, facilitation skills and consensus building.