



# News & Notes of the UCSC Farm & Garden

Issue 123, Fall 2009

Center for Agroecology  
& Sustainable Food Systems

## A Sampling of Edible Plants Native to the Monterey Bay Region

– Sue Tarjan

*Editor's note: FNews & Notes contributor Sue Tarjan caught up with our peripatetic garden manager Christof Bernau to ask him about some of the many native species that can thrive in local gardens, with a focus on edible plants that can nourish both the gardener and native wildlife. Many thanks to Sue and Christof.*

If you love our native plants, here's another reason to grow them: many of them are tasty and nutritious! Native wildlife find them equally scrumptious and will thank you for providing them with year-round sources of food. So if you take pleasure not just in foraging for food but bird watching and other wildlife viewing, consider cultivating some of the following hardy natives. The following plants, all native to our region, should prosper in your garden when planted under suitable conditions, with minimal care and little to no water after their first year in the ground. In determining what to plant where, the many books on gardening with natives can be your guide, but even better would be to take a walk in the wilds around us to observe where these plants have planted themselves and are now thriving.

Beloved by squirrels, jays, woodpeckers and humans alike, 29 species of oak are native to California. Acorns from tanbark oaks (*Lithocarpus densiflorus*), evergreen members of the oak family, and true oaks (*Quercus* species) were the staple food of native Californians. To prepare them, shell the nuts and grind them fine in a blender with one cup nuts to three cups water. Store the meal and water mixture in the refrigerator, pouring off the water and replacing with fresh every day for at least a week to leech out the tannins, which make them bitter and can cause stomach upset. Once the acorns are leached, they can be stored in the freezer or dried in the sun or the oven. (As the meal dries, stir now and then to break up lumps.) The prepared acorns can be used in porridge, bread, cookies, and more.

California black walnut trees (*Juglans californica* v. *hindsii*) are drought tolerant 30–60 foot deciduous shade trees best viewed from a distance and situated away from houses, sidewalks, and driveways where their messy nuts and leaves won't offend. The nuts are small and must be pried out of thick, tough shells but have a lovely, strong aroma and slightly bitter flavor much prized in black walnut pound cake, ice cream, and other desserts. Ironically, black walnuts are currently under attack in the Western U.S. from a virulent fungal pathogen although they were once commonly used as rootstock for English walnuts grown commercially here due to their resistance to soil pathogens and tolerance for saline and saturated soils.

Big-cone pines (*Pinus coulteri*) and gray pines (*Pinus sabiniana*) both grow on the inner coast ranges of California and produce plentiful nuts. The gray pine thrives below 4,500 feet on dry slopes while the big-cone pine does well up to 7,000 feet. California tribes particularly liked the nuts of the gray pine.

Western hazelnuts (*Corylus cornuta* v. *californica*) are comparable to but smaller than European hazelnuts or filberts. These large deciduous shrubs or small trees are multi-trunked and grow in full sun near the coast with partial shade preferred inland. They're easy to grow and provide lots of nuts; however, like most of these native plants' nuts and berries, you'll have to be quick to harvest them before the squirrels and birds do.

Blue elderberries (*Sambucus caerulea*) may grow into 4–10 foot shrubs or 50-foot trees. Fast growing with bright green foliage and creamy white flowers, they make attractive screens. Harvest the abundant berries when ripe to make into delicious jam using equal parts sugar to berries. You'll know it's time when the canes are arching and cascading from the weight of the fruit, and the berries are black to blue with a dusting of grey. This is a fairly drought tolerant and long lived plant but prune out 1/3 of the old canes every year. **Note that only the blue berries are edible. All other parts of the plant are poisonous. All parts of red elderberry species, including the berries, are poisonous.**

*continued on page 2*

Huckleberries (*Vaccinium ovatum*), often found in the redwood understory, are compact evergreen shrubs with small, shiny leaves, and are close relatives to the cultivated blueberries so prized by chefs. They're slow growers that stay small in sun but grow to 8–10 feet in shade. The berries are blue-black and delicious but often not too abundant.

The evergreen hollyleaf cherries (*Prunus ilicifolia*) produce edible cherries with big pits and are particularly favored by birds. They are resistant to oak root fungus and grow 8–10 feet tall and wide in full sun to light shade.

*Ribes* species (currants, which are thornless, and gooseberries, which have thorns) all have edible fruit great for pies, jams, and jellies. They're also an attractive landscape feature, with delicate cascading flowers that appear in early spring. They like a bit of moisture in the summer but are quite drought tolerant in part shade.

There are seven native *Rubus* species in California, all with edible fruit good for pies and jam, among them blackberries (*Rubus ursinus*), blackcap raspberries (*Rubus leucodermis*), salmonberries (*Rubus spectabilis*), and thimbleberries (*Rubus parviflorus*). Most are brambles, but thimbleberry is thornless and almost tropical in appearance: it grows in shady areas under the redwoods 3–8 feet high with large, bright green, palmate leaves up to 5 inches across and 1–2 inch flowers that develop into rosy-pink berries.

Manzanita (*Arctostaphylos* species), lemonade berry (*Rhus integrifolia*), sugar bush (*Rhus ovata*), and twinberry (*Lonicera involucrate*) all have edible berries that make good preserves. Sugar bush and lemonade berries are tasty and refreshing eaten raw.

The wild grape (*Vitis californica*) is a favorite food of wildlife that grows in sunny areas along streams and forest margins. A fast growing, vigorous vine, it will happily clamber up fences or trellises to show off its bright yellow fall color. The flowers are fragrant and the fruits are good, small and similar to wine grapes. They can be eaten raw or made into jelly.

*Rosa californica* and other native rose species grow easily in part shade with a little moisture. The rose hips have 24 times as much vitamin C as oranges and make great tea. The petals and hips can also be eaten raw or made into jellies.

Chia (*Salvia columbariae*) is a cute little annual sage with little purple pompom flowers on 1–2 foot plants. The yummy seeds are high in protein and omega 3 fatty acids. They can be eaten right off the plant or ground into a paste for spreading.

Another annual, miner's lettuce (*Claytonia perfoliatum*), so called because the Gold Rush miners enjoyed it, pops up all over our area in the spring. The succulent leaves are rich in vitamins A and C and trace minerals and can be put in salads or briefly stir fried.

California junipers, (*Juniperus californica*) though not native to our immediate area, can be found in the inner coast ranges north and south of the Monterey Bay. Their berries are wonderful flavoring agents in everything from gin to salad dressing.

And let's not overlook California bay laurel trees (*Umbellularia californica*), neither for their beauty and heady aroma nor for their use in cooking. The leaves are tough and leathery but impart a delectable spicy flavor to savory dishes of all kinds, particularly winter stews and dried beans. But beware: California bay laurel is around five times stronger than the European variety, so take it easy.

To find out more, check out *Edible and Useful Plants of California* by Charlotte Bringle Clarke, published by University of California Press. You'll even find recipes to whet your appetite!

**Mark your calendars! Some special events and classes are coming up ...**

**Fourth Annual Freewheelin' Farm Show**  
Saturday, October 24, 12 noon - sunset  
5221 Coast Road, Santa Cruz (5 miles north of Santa Cruz on Hwy 1)

Enjoy more than 20 local artists, farm tours, wood-fired pizza, kids' activities, live music, wine and beer tasting, and lots of farm fun at Freewheelin' Farm. \$5-\$20 donation suggested. Learn more and get directions to the farm at [www.freewheelinfarm.com](http://www.freewheelinfarm.com).

**Companion Bakers Baking Workshops**  
October 2009 - March 2010

Local organic baking company Companion Bakers will offer a variety of baking classes in 2009 and 2010, including pastry, holiday baking, sourdough basics, and much more. Classes start October 31. For details see the Companion Bakers website at [www.companionbakery.com](http://www.companionbakery.com) or email them for more information at [companionbakers@gmail.com](mailto:companionbakers@gmail.com).

**Beginning Vegetable Gardening**  
November 4 - December 9

Have you always wanted to grow your own vegetables and haven't been sure where to start? Save money, have fun, and learn to grow great tasting veggies! This is a 4-week class designed for the beginning gardener, and is aimed at preparing your garden for winter and spring. Learn about planting garlic, the benefits of cover crops, compost, and basic maintenance. Register at [www.santacruzparksandrec.com](http://www.santacruzparksandrec.com) or call 831.420-5270.

# Fall/Winter Calendar

## Re-skilling Expo

Saturday, October 17, 10 am - 4 pm  
United Methodist Church, 250 California St.,  
Santa Cruz

A day full of demonstrations on how to reduce food costs and conserve water, including fruit tree care, beekeeping, keeping backyard chickens and ducks, composting, and much more. The Friends of the UCSC Farm & Garden will participate, with Friends' Board co-president Matthew Sutton discussing backyard fruit tree care. Sponsored by Transition Santa Cruz. For details, go to [www.transitionsc.org](http://www.transitionsc.org) or call 566-8458.

## “Fruit Trees 101”: Basic Fruit Tree Care

Saturday, January 16, 10 am - 2 pm  
Louise Cain Gatehouse, UCSC Farm

Taught by Chadwick Garden manager Orin Martin and OrchardKeeper founder Matthew Sutton, this class will cover the basics of fruit tree care: selection, planting, irrigation, pest management, and basic winter pruning. \$15 for Friends' members; \$20 general public, payable at the workshop. Dress for the outdoors and bring a snack. Heavy rain cancels.

## Choosing, Propagating, Planting, and Caring for Roses

Saturday, January 23, 10 am - 1 pm  
Roses of Yesterday, 803 Brown's Valley Rd, Watsonville  
[www.rosesofyesterday.com](http://www.rosesofyesterday.com), 831.728-1901

Guinivere Wiley, owner of Roses of Yesterday, along with Friends of the Farm & Garden Board member Daniel Paduano, will present this workshop on the various classes of roses, and how to propagate, plant and care for them during their first year. Come enjoy the wonderful Roses of Yesterday garden and nursery as you learn about these intriguing plants. \$15 for Friends' members; \$20 general public, payable at the workshop. Dress for the outdoors and bring a snack. Heavy rain cancels. For directions to the Roses of Yesterday nursery, please see their website, [www.rosesofyesterday.com](http://www.rosesofyesterday.com), or call 728-1901.

*If you'd like more information about these events, need directions, or have questions about access, please call 831.459-3240 or see our web site, [casfs.ucsc.edu](http://casfs.ucsc.edu)  
Please note that we cannot accept credit card payments for classes or merchandise (cash or check only).*

*Co-sponsored by the Center for Agroecology & Sustainable Food Systems at UC Santa Cruz, and the Friends of the UCSC Farm & Garden.*

## Fruit Tree Q&A Session

Saturday, January 23, 10 am - 12 noon  
ProBuild Garden Center, 235 River St., Santa Cruz  
(formerly Lumbermens/San Lorenzo)

Bring your fruit tree questions to this free Q&A session with fruit tree experts from the UCSC Farm & Garden. Learn about varieties that perform well on the Central Coast, along with fruit tree care tips. Note the location: ProBuild Garden Center in Santa Cruz. *Friends' members receive a 10% discount on purchases.*

## “Fruit Trees 101”: Basic Fruit Tree Care

Saturday, January 30, 10 am - 2 pm  
Sierra Azul Nursery and Gardens  
2660 East Lake Ave. (Hwy 152), Watsonville  
763-0939, [www.sierrazul.com](http://www.sierrazul.com)

A repeat of the January 16 workshop, this time at the Sierra Azul nursery, located across from the Santa Cruz County Fairgrounds. A Q&A session with Sierra Azul staff will follow the workshop. Heavy rain cancels. *Friends' members receive a 10% discount on purchases.*

## Other Fruit Tree Series Winter Workshops –

**In-Depth Winter Pruning, Pome Fruits (Apples, Pears)**  
Saturday, February 6, 10 am - 2 pm, UCSC Farm  
\$15; \$20 (rainout date = February 13)

**In-Depth Winter Pruning, Stone Fruits (Plums, Peaches, Nectarines, etc.)**  
Saturday, February 20, 10 am - 2 pm, UCSC Farm  
\$15; \$20 (rainout date = February 27)

## Fruit Tree Grafting, taught in collaboration with the California Rare Fruit Growers

March 6 (tentative date)  
Live Oak Grange, 1900 17th Ave., Santa Cruz  
\$15 Friends of the Farm & Garden members;  
\$20 general public; free for members of the CRFG  
*Please note: this event's date, location, and time have not been finalized; please check [casfs.ucsc.edu](http://casfs.ucsc.edu) or call 459-3240 in December for information on this class.*

*The Natural History of the UC Santa Cruz  
Campus, Second Edition*

Edited by Tonya M. Haff, Martha T. Brown, and  
W. Breck Tyler

2008, Environmental Studies Department  
University of California, Santa Cruz

*Reviewed by Sue Tarjan*

Natural histories have always been among my favorite nonfiction choices because they are so inclusive in an age of relentless specialization. This book's far ranging topics include the human history of the UCSC campus from 12,000 years ago to the present, geology, plants, mushrooms, lichens, invertebrates, amphibians, reptiles, birds, and mammals. Appendices feature campus statistics and lists of plants, butterflies, amphibians and reptiles, birds, and mammals found at UCSC. The first edition of this natural history was published in 1982. Since then, much has been learned about the natural resources of the site and how they are faring as UCSC expands. This edition brings much of that information up to date.

One of the book's editors, Martha Brown, senior editor at the Center for Agroecology and Sustainable Food Systems, comments on this second edition: "The campus is full of surprises ... our hope is that this book will help the reader discover UCSC's rich diversity of plants, animals, and geologic features, as well as learn more about its human history and the changes in the landscape through time."

Monterey Bay area gardeners will no doubt pay particular attention to the ways that humans have so profoundly altered this location over the years because, after all, that's exactly what gardeners do all the time—often without thinking about the long-term ramifications of their actions whether for good or ill. To add to the book's appeal, most local gardeners will find that at least one of the myriad campus micro-ecologies discussed herein resembles their own garden enough to enhance their stores of practical gardening knowledge.

What most strikes me, however, is how this book depicts the ancient, intricate dance among animals and plants. Many books about landscaping and garden design discuss soil, water, and weather; few that I've read delve into the interactions among living kingdoms so well. For example, here's a fascinating excerpt describing the Spaniards' introduction of livestock:

The hooves and teeth of horses, sheep, cattle, and pigs greatly affected native plants' distribution and abundance . . . Domestic livestock placed constant, intense pressure on

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## Thank You Harvest Festival Supporters!

The annual Fall Harvest Festival once again brought an enthusiastic crowd to visit the Farm on a hot September Saturday.

Those attending enjoyed a day of great music, apple tasting, a pie-making class, a workshop on designing your home garden, an herb walk and herb tea making session, lots of kids' activities, visits to the Life Lab Garden Classroom, along with campus and community booths, fresh-made pizza, roasted corn, and many other activities.

The event once again featured a "Food for Thought" forum, this year focusing on discussions of food memories, culture, and identity. We plan to continue this forum at future festivals as we work to increase the focus on food system issues. Next year's event will also include even more of an effort to build our student audience at the festival.

Business sponsors are a key to making the Harvest Festival a success, and we very much appreciate the support of our top sponsors, New Leaf Community Markets and Stonyfield Farm.

Other generous business sponsors included Barry Swenson Builders, Joni Janecki and Associates, Peaceful Valley Farm and Garden Supply, and McEvoy Ranch. Thanks also to the UCSC Campus Student Environmental Council and the Food Systems Working Group for their financial support.

We also received generous product and gift certificate donations from Odwalla, Gayle's Bakery, Sumano's Bakery, Pacific Cookie Company, Newman's Own Organics, the Santa Cruz Farmers' Markets, Bookshop Santa Cruz, Phil Foster Ranch/Pinnacle Produce, Nub Circus Chai, Brendan's Bakery, Noah's Bagels, Falcon Trading Company, the Herb Room, Staff of Life, and Trader Joe's. Jim Rider of Rider and Sons provided organic apples for making apple juice. Many thanks to all of these businesses for their support.

And a special thanks to Candy Berlin and the UCSC Dining Services staff for helping us toward our goal of making this a "zero waste" event, and to the UCSC Office of Physical Education, Recreation, and Sport (OPERS) for their support.

Thanks also to the many community members, apprentices, UCSC students, and staff who volunteered over the course of the day.

We look forward to seeing all of you at next year's Harvest Festival!



# Grow a Farmer Campaign a Success! Apprentice Housing Project Underway

On September 13, UC Santa Cruz chancellor George Blumenthal and Center for Agroecology & Sustainable Food Systems director Patricia Allen turned a symbolic spade and forkful of soil on the site of what will be the Apprenticeship housing project at the UCSC Farm. The groundbreaking—part of a celebration of the successful Grow a Farmer campaign—represents the culmination of years of effort to develop basic on-farm housing for participants in the Apprenticeship’s six-month, full-time organic training program.

Although the University had approved plans for the housing project, the timing for the needed fundraising did not look good last winter as we entered the worst economic period in decades. At the Ecological Farming Conference in January 2009, the Grow a Farmer Campaign was launched to broaden the fundraising effort and enlist the help of former apprentices, Friends of the UCSC Farm & Garden, and restaurants and businesses that care about sustainable food systems.

Soon a website was up and a calendar of fundraising events filled in through the work of many volunteers, staff, and business supporters. The calendar’s 27 events included 10% benefit nights at restaurants like Chez Panisse and Jardiniere, house parties and garden pizza parties organized by Apprenticeship graduates, a five-course dinner at Pie Ranch organized by a UCSC student, and a grand finale fundraiser at the top of the One Market Building in San Francisco with chef Mark Dommen.

Business sponsors gave donations and did percent-benefit days. Organic farms and wineries—many of them started and staffed by Apprenticeship alumni—gave products for events. Countless volunteers chipped in to make the events not just successful fundraisers but excellent showcases for organic, sustainable local food.

Organizations and writers put the Grow a Farmer campaign information in their newsletters, websites, and blogs. Fundraising letters and emails sent out to former apprentices and supporters were not just responded to but forwarded on to friends and family. Checks and online donations came in at a steady clip from around the country.

In all over 400 individuals contributed, with donations ranging from \$25 to \$51,000. The top donors to the campaign were 1979 apprentice and staff member Olivia Boyce Abel; 1978 apprentice Meg Hirshberg and her husband Gary Hirshberg, founders of Stonyfield Yogurt; Friends of the Farm & Garden members Alec and Claudia Webster; and Susan and Franklin Orr, who were inspired to give by a former apprentice.

Over 60 businesses also contributed to the campaign, with the top business donation a \$10,000 gift from Frontier

CASFS director Patricia Allen and UCSC chancellor George Blumenthal break ground for the Apprenticeship housing project as garden manager Christof Bernau applauds.



Tana Butler

Natural Products Co-op. Five foundations came through with grants and gifts, the top ones being a \$50,000 grant from Newman’s Own and a \$25,000 grant from Wallace Genetic Foundation. With an earlier contribution of \$16,000 from the Friends of the UCSC Farm & Garden, over \$440,000 was raised from all of the combined sources for the housing project. Please see pages 6–8 for a list of all the business, restaurant, foundation, and individual contributors.

## *Campaign Raises Awareness of Apprentices’ Work*

Much more than funding came from this campaign—the Santa Cruz County Board of Supervisors declared June 2009 Grow an Organic Farmer Month. In his proclamation, Supervisor Mark Stone expressed appreciation for “the UC Santa Cruz-trained apprentices who have planted roots all over the United States and in the world as they practice their innovative groundbreaking work in sustainable agriculture and food systems.”

The Grow a Farmer Campaign also demonstrated how many people care deeply that we continue the work of training new organic farmers and gardeners—and that the training effort remain a residential program. The on-farm housing will keep the program more affordable for trainees while allowing for an immersion learning environment to enhance the training.

In reflecting on his own experience as a 1997 Apprentice, Don Burgett recalled the value of residential training:

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“Living where you’re learning provides invaluable experience in farming and land stewardship,” he said. “Observation of the fields and ecology is key to farming success, and it doesn’t start at 8:00 a.m. and stop at 6:00 p.m. weekdays. The type of deep connections that apprentices make with each other and the land wouldn’t happen in a commuter program.”

With the construction of the permanent housing, we will be laying the foundation for another 40 years of organic training at the UCSC Farm & Garden. Nine 4-unit cabins will house 36 participants in the six-month organic

training program held annually at CASFS. The construction project, including the redwood and canvas cabins, solar shower, accessible parking and paths, and other infrastructure, is now underway and is slated to be finished in time for the start of the 2010 Apprenticeship program in April.

We are incredibly grateful to everyone who has helped provide housing for hundreds of beginning farmers to come and a solid base of support for our growing work. For more information on the Grow a Farmer campaign, see [www.growafarmer.org](http://www.growafarmer.org).

– Ann Lindsey

## Businesses and Foundations Supporting the Grow a Farmer Campaign

Abounding Harvest Mountain Farm  
Achadinha Cheese  
Acre Gourmet  
Albert’s Organics  
AnEFX  
Arkay Foundation  
Beckmann’s Bakery  
Bella Faccia Pizzeria  
Blue House Farm  
Bon Appétit Management Company  
Bragg Health Foundation  
Bread and Roses  
The Bread Workshop  
The Buttery  
Café Gratitude  
Café Zazzle  
California Organic Fertilizers  
Camp Joy Garden  
Chance Creek Winery  
Charlie Hong Kong  
Chaya & Associates, Inc.  
Chez Panisse  
Christiansen Associates Gardens  
and Design  
Chromagraphics  
Companion Bakers  
Costanoa  
Darren Huckle, L.A.C (herbalist)  
Dennis Schirmer, Inc.  
Dirty Girl Farms  
Dreamcatcher Foundation  
Driscoll’s Strawberry Associates  
Earl’s Organic Produce  
Earthscapes  
EcoTeas  
Engfer Pizza Works  
Epi Center Medspa, LLC  
Ethnographics Insight, Inc.  
Everett Family Farm  
FarmHouse Culture  
Feel Good Foods  
Fifth Crow Farm  
Flea Street Café  
Ford’s Filling Station  
Free Wheelin’ Farm  
Frey Vineyards  
Frontier Foundation/Frontier

Natural Foods Co-op  
Gabiella Café  
Garden for the Environment,  
San Francisco  
Gayle’s Bakery and Rosticceria  
Growing for Market (Fairplain  
Publications)  
Hair by Design  
Harb, Levy and Weiland LLP  
Harley Farms  
Heath and Lejeune  
I-Rise Bakery  
Jacobs Farm-Del Cabo Inc.  
Jardiniere  
Johnny’s Selected Seeds  
Kensington Marmalade Company  
Key Events, Inc.  
Lakeside Organics  
Live Earth Farm  
Love Apple Farm  
Manresa, Chef David Kinch  
Mark Stephens Yoga  
Mary Offerman Pastels  
Matthew Sutton Yoga  
McCrea Foundation  
McEvoy Ranch  
Meder Street Farm  
Mission Pie  
Monterey Bay Certified  
Farmers’ Market  
New Leaf Community Markets  
New Natives  
Newman’s Own Foundation  
Nordic Naturals  
obaboa Foundation  
One Market Restaurant  
Original Sin Desserts Bakery  
Osmosis Day Spa  
Outstanding in the Field  
Passion Purveyors  
Peet’s Coffee  
Phil Foster Ranches/Pinnacle Brand  
Pie Ranch Benefit Dinner with  
Gabiella Café  
Pizza Fino  
Redwood Pizzeria  
Renee’s Garden

Rif Hutton  
Ristorante Avanti  
River Café and Cheese Shop  
Roots of Wellness  
Santa Cruz Mountain Brewing  
Seeds of Change  
Shields Greenhouse  
SMP/SHG, Inc.  
Soif Wine Bar and Merchants,  
and La Posta  
Sonoma Brewing/Dempsey’s Restaurant  
Stonyfield Farm: Profit for the Planet  
Straus Dairy  
Swanton Berry Farm  
Telepan Restaurant  
TLC Ranch  
Troja Dairy Distributors  
Uncommon Brewers  
UCSC Dining Services  
Veritable Vegetable  
Wallace Genetic Foundation  
Whole Foods Market  
Woodland Gardens



Tana Butler

Chef Jamie Smith generously donated his time and skills to prepare the September 13 groundbreaking celebration meal.

**Individuals Supporting the  
Grow a Farmer Campaign**

Joel Aaronson  
Walker Abel  
Ponce and Steve Abrahms  
Barry and Mary Adler  
Christine Ahn  
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Virginia Willard  
Helen Williams  
Christopher Wilmers  
Adam Yablonski  
Kirstin Yogg  
Michael Yogg

# Apprenticeship Updates

## From the UCSC News & Events website

Vera Chang, who is about to graduate from the 2009 Apprenticeship in Ecological Horticulture, has been named West Coast Fellow by Palo Alto-based Bon Appétit Management Company, a leader in the sustainable food service industry. As one of three newly named fellows, Chang will work directly with farmers around the country to assess overall sustainability, including labor practices in agricultural operations that supply the company's 400 kitchens in 29 states. She has been hired for a one-year period with the possibility of renewal for a second term. Chang, who is certified in permaculture design, was an intern with The California Food & Justice Coalition and was founder and president of Food Truth, a student organization that focuses on food issues at Carleton College, her alma mater.

## Via email

Chitule Mwale, a 2009 Apprenticeship graduate from Zambia, checked in recently from Tanzania, where he is currently working on a Bsc degree in Economics —

"The attached photos [one is reprinted below, Mwale on the right] were gotten while working with my farmers on tomato, water melon, banana and brassica fields not forgetting the fish ponds. I happen to work hand in hand with one volunteer from the USA. I did a lot of natural pesticides trainings with the vegetable farmers. It was so interesting to see the environmentally friendly methods being adopted by small scale farmers."



## From the Valley Times

An article on Terra Bella Family Farm, started by 2002 Apprenticeship graduate Shawn Seufert, appeared this summer.

### Article by Larissa Klitzke

Terra Bella Family Farm made its home in Pleasanton three years ago, and still bills itself as the only family farm in the city and the only Community Supported Agriculture, or CSA, farm in the Tri-Valley area.

For \$30 a week, Terra Bella offers produce subscriptions to customers providing them a boxful of fresh fruits and vegetables every week, April through November.

UC Santa Cruz [Apprenticeship] graduate Shawn Seufert started the farm with 1 acre. He has since expanded it to 3.5 acres, with 2.25 acres located in the Sunol Agricultural Park and a smaller plot at Seufert's home on Foothill Road in Pleasanton, near Castlewood Country Club.

Terra Bella grows a variety of produce, including tomatoes, melons, peppers, squash, eggplants, cucumbers, flowers, greens, and fresh herbs. The farm sells the produce to more than a dozen local restaurants, as well as at farmers markets in Livermore on Thursdays and Sundays and in Pleasanton on Saturdays.

But the bulk of Terra Bella's business is its CSA program, through which it provides subscribers with weekly produce in exchange for the fee, which is prepaid in February or March.

"They're keeping their dollar directly local, and they get six months of the freshest food on the planet," Seufert said. "It's a unique experience for them because they get to pick it up at the farm. This is the way it should be everywhere."

CSA is a growing trend nationwide, according to the U.S. Department of Agriculture. CSA members or "shareholders" receive produce by agreeing to help cover some of the costs of the farm operation and the farmer's salary, according to information on the USDA Web site.

"By direct sales to community members, who have provided the farmer with working capital in advance, growers receive better prices for their crops, gain some financial security, and are relieved of much of the burden of marketing," the Web site said.

Terra Bella also offers a "split-share" CSA program for subscribers who prefer to receive produce every other week, or split their weekly produce with a second family, farm manager Joe Sunderland said.

"I encourage getting to know your neighbors. Life becomes so much easier that way," Sunderland said. "Through word of mouth we've been able to grow a lot."

Terra Bella has about 150 CSA subscribers, Seufert said, adding that the produce they receive includes a wide variety of fruits and vegetables, including 14 types of melons and 35 types of tomatoes.

*continued on next page*

"Whole Foods is hardly fresh," said Seufert, referring to the grocery store chain. He said CSA prices are lower than those at many supermarkets and farmers markets.

Recollecting his past, Seufert said he originally intended to use his degree in community studies to become a teacher, but when the opportunity arose to buy the farmland in Pleasanton, he knew it was what he wanted to do.

"I could see that what he was doing had a lot of promise," said Sunderland, who joined Seufert a year-and-a-half ago.

"The want was there. All we needed was somebody to match the want with the product."

The farm has only about a dozen employees, but three times a week the staff is augmented by volunteers who help with planting and harvesting, Sunderland said.

In exchange for helping out, volunteers get answers to their gardening questions as well as experience in growing fruit and vegetables in fertile soil near the Sunol Water Temple, Seufert said.

"I've always loved gardening," said Renee Ray, of Castro Valley, a volunteer at Terra Bella. "It's a great way for adults and their kids to see where the produce comes from."

Learn more about Terra Bella Family Farm at [www.terrabella-familyfarm.com](http://www.terrabella-familyfarm.com)

### **Darryl Wong of Freewheelin' Farm Profiled in Sunset Magazine**

Darryl Wong, a 2004 Apprenticeship graduate, appears in the September issue of *Sunset* magazine talking about Freewheelin' Farm and the path that led him to farming.

Located just north of Santa Cruz, Freewheelin' Farm was founded by 1997 Apprenticeship graduate Amy Courtney, who now runs the farm with partners Wong and 2005 graduate Kirstin Yogg.

Besides their CSA operation, Freewheelin' has also partnered with teens from the youth group Food, What?!, founded by 2004 graduate Doron Comerchero and run in conjunction with the Life Lab program. The teens helped out at the farm this summer, growing crops for local area schools. You can check out the farm at Freewheelin's upcoming 4th Annual Farm Show on October 24 (see details on page 2 of this issue).



### **Apprenticeship Graduates' Projects Chosen for Top 10 Urban Farms**

Graduates of the UCSC Apprenticeship have deep roots with two of the Top 10 Urban Farms recognized by *Natural Home* magazine: Jones Valley Urban Farm in Birmingham, Alabama, was started by graduates Page Allison and Edwin Marty, who is executive director; and the Homeless Garden Project in Santa Cruz enjoys the talents of garden director Paul Glowaski and horticulture director Karalee Greenwald. You can read the article at [www.naturalhomemagazine.com/People-and-Places/Americas-Top-10-Urban-Farms.aspx?page=2](http://www.naturalhomemagazine.com/People-and-Places/Americas-Top-10-Urban-Farms.aspx?page=2)

### **Apprenticeship Grads Featured in "40 Farmers Under 40" Profiles and Gourmet Magazine's Epicurious**

Six graduates of the Apprenticeship program—Jason Mark, Amy Rice Jones, Molly Rockaman, Vernay "Pillar" Reber, Emily Freed, and Willow Hein—along with UCSC agroecology major Pete Rasmussen, are featured in a Mother Nature Network article that appeared this summer on the new crop of American farmers. You can read the article at [www.mnn.com/food/farms-gardens/stories/40-farmers-under-40](http://www.mnn.com/food/farms-gardens/stories/40-farmers-under-40).

Also featured on the Epicurious web site of *Gourmet* magazine in an article on "Farmers Making a Difference" are Apprenticeship graduates and former CASFS staff members Nancy Vail and Jered Lawson of Pie Ranch, located north of Santa Cruz near Año Nuevo State Park, and Shawn Harrison and Marco Franciosa of Sacramento's Soil Born Farms. Links to the articles are at [www.epicurious.com/articlesguides/seasonalcooking/farmtotable/farm\\_pieranch](http://www.epicurious.com/articlesguides/seasonalcooking/farmtotable/farm_pieranch); and [www.epicurious.com/articlesguides/seasonalcooking/farmtotable/farm\\_soilbornfarms](http://www.epicurious.com/articlesguides/seasonalcooking/farmtotable/farm_soilbornfarms).

### **UCSC Farm & Garden a Winner in New Leaf Markets Envirotoken Balloting**

The UCSC Farm & Garden is one of six local environmental organizations to receive Envirotoken donations at local New Leaf Community Markets. If you shop at the New Leaf Market on Santa Cruz's Westside (Fair Avenue store) bring your own shopping bag and you'll get an Envirotoken you can use to support the Farm & Garden's community education work, the Farm & Garden facilities, and other activities.

New Leaf's Envirotoken program was started in 1993. Since then New Leaf shoppers have reused over 2 million bags, resulting in a donation of over \$119,000, and saving over 2860 trees.

Our thanks to New Leaf shoppers and to New Leaf Community Markets for their support!

## University of California offers free publications to Californians

Hundreds of free publications on topics ranging from gardening to agriculture, nutrition to food safety are available for download from a new University of California Web site, <http://ucanr.org/freepubs>.

The publications are written by UC academics and meet the scholarly standard necessary to be considered “peer-reviewed.” The most frequently downloaded titles are featured and regularly updated. Currently, Asian citrus psyllid, strawberry preservation, and controlling common lice and mites of poultry are popular topics among readers.

Web site visitors can browse titles by subject or search by keyword. The publications are available as PDF files for printing or online reading. The site also provides links to related for-sale publications and the complete UC Agriculture and Natural Resources catalog of publications.

Some of the free publications included on the new Web site are:

**Asian citrus psyllid**—The eight-page publication written by UC citrus entomologist Beth Grafton-Cardwell and other scientists, includes numerous color photographs and details about the pest that was first discovered in California last year. Readers will learn how to detect the pest on their own backyard trees, the psyllid life cycle, the serious plant disease the pest can transmit and control options.

**Tomatoes: Safe methods to store, preserve and enjoy**—The 15-page publication, written by researcher Tracy Parnell and two UC Davis food safety faculty, provides history and nutrition facts for the most commonly grown garden vegetable, tomatoes. Readers learn about harvesting, safe storage and handling and a variety of home preservation methods, with detailed instructions for freezing, drying and canning.

**Facts about fat**—With the nation’s obesity crisis a great concern to families and professionals alike, UC provides factual information about the types of fat found on nutrition labels, such as saturated, monounsaturated, polyunsaturated and trans fats. Written by Nadine Kirkpatrick of the UC Davis Department of Nutrition and other nutrition scientists, the six-page publication answers such questions as: How much fat should be in a healthy diet? and, When does too much fat become a problem?

**Compost in a hurry**—A growing national interest in gardening and recycling are both addressed in this four-page publication that instructs gardeners on quickly turning their yard and food waste into a rich garden amendment. Written by UC’s statewide Master Gardener academic coordinator, Pam Geisel, the publication provides a variety of suggestions for speeding up the composting process, such as using small-sized plant materials, finessing the carbon to nitrogen ratio and maintaining appropriate moisture levels.

## The University of California launches a new gardening Web site: <http://cagardenweb.ucdavis.edu>

The University of California Cooperative Extension recently launched a new Web site to serve as an information portal for California gardeners. The UC Statewide Master Gardener Program staff designed the Web site to organize and extend UC’s vast store of research-based information about gardening, landscapes and lawns to the public.

The Web site focuses on sustainable (although not necessarily organic) gardening practices and uses a question and answer format to present solutions. A blog on the Web site’s home page, updated weekly, highlights gardening content pertinent to the season. The site also links to useful gardening resources on other UC Web pages.

“When UC sites have thorough content covering a particular topic, we link to that site rather than duplicating it,” said Pam Giesel, the academic coordinator for the statewide UC Master Gardener Program. “For example, UC IPM, the Center for Landscape and Urban Horticulture, and our sister site, the California Backyard Orchard, contain an abundance of information about sustainable gardening and are all linked to the new portal.”

The new Web site also provides California gardeners with free access to updated information from the California Master Gardener Handbook.

Special features include:

- Guidelines for practicing sustainable gardening
- Easy calculators for estimating landscape water needs
- Guidelines for conserving and managing water during a drought
- Links to local Master Gardener Web sites
- Comprehensive grape and berry gardening
- Vegetable gardening FAQ

The site has sections on:

- Gardening basics
- Your climate zone
- Find your local Master Gardener
- Pests, diseases, weeds
- Vegetables
- Nut and fruit trees and vines
- Landscape trees, shrubs and vines
- Lawns
- Flowers
- Indoor plants
- Poisonous plants
- Glossary
- Classes and events

Visit the California Garden Web at <http://cagardenweb.ucdavis.edu>.

*Development of the new Web site was funded by the Elvina J. Slosson Endowment for Ornamental Horticulture.*

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*NATURAL HISTORY OF THE UCSC CAMPUS – FROM PAGE 4*

perennial grasslands that had only been seasonally grazed by herds of native ungulates. In addition, livestock distributed the seeds of annual European grasses and herbs in their manure, dropped them from their fur, and buried them with their hooves. Exotic plant species also escaped from the mission fields and gardens and spread across the landscape. The success of these plants was in part due to reproductive strategies that fit well with agricultural disturbance. Introduced annuals from Europe, such as ripgut brome and storksbill, survive the plow or constant grazing pressures by sprouting, growing, and producing thousands of large, nutrient-rich seeds every year. In contrast, native perennial grasses may live hundreds or even thousands of years, but each year produce only a few, small seeds. Tilling and intensive grazing prepared the ground for introduced annuals, which largely displace native perennial grasses and became a permanent part of the landscape. Intro-

duced species also altered the subterranean ecology, as the Spanish and other immigrants unintentionally introduced invertebrates such as European earthworms, earwigs, and sowbugs. Almost in the blink of an eye, California's perennial coastal prairies came to resemble the "barnyards of Spain." (10–11)

If you're not hooked yet, you will be once you start browsing through the many intriguing sidebars like "The Introduction of Fire," "Naming the Redwood: A Prominent Role for Santa Cruz," "The California Bay Aroma: There's More Than Meets the Nose," "Does That Manzanita Have a Burl or Not?," "Supersize Me," "An Afternoon in a Parking Lot," and "Deer Ears." No, I'm not going to be a spoiler. You'll just have to read the book!

*The Natural History of the UCSC Campus is available at the Bay Tree Bookstore, Bookshop Santa Cruz, and other local, independent bookstores.*