



# News & Notes of the UCSC Farm & Garden

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Center for Agroecology  
& Sustainable Food Systems

## Autumn Apple Musings

– Sue Tarjan

Humans have been munching apples since at least 6500 BC. Apples were the favorite fruit of ancient Greeks and Romans, and they remain popular today. Apple varieties range in size from a bit larger than a cherry to as large as a grapefruit at up to three pounds. To produce one average apple takes the photosynthesizing energy of 50 leaves. Apples come in all shades of red, yellow, and green. Fruit color results from traces of chlorophyll, carotenoids, and anthocyanins that produce the color characteristics of each variety. Beware a deep green background color, an indication that the fruit is not yet ripe.

The small Lady or Api apple, also known as the Christmas apple, is one of the oldest varieties still grown, while Newton Pippins were the first apples exported from the colonies in 1768—a case from the first shipment was sent to Benjamin Franklin in London! While only around a hundred apple varieties are grown commercially in the US, 2500 are grown in small or backyard orchards with over 7500 varieties grown world-wide. The top apple producing states are Washington, New York, Michigan, California, Pennsylvania, and Virginia. Apples are the second most valuable fruit grown in the US (oranges are first). The five most popular apples in the US are Red Delicious, Golden Delicious, Gala, Fuji, and Granny Smith, but Fuji is gaining on Red Delicious. The world's top producers are China, the US, Turkey, Poland, and Italy. Apples account for 50 percent of the world's deciduous fruit tree production.

With apples reaching their peak in October and November, some of you may have seized the opportunity to sample some of the 30 varieties offered at the Farm's annual Harvest Festival apple tasting (all grown at the Chadwick Garden or on the UCSC Farm) or at the Harvest Apple Tasting Festival at Santa Cruz Live Oak Grange. Such tastings are a good way to discover that apples vary widely in flavor, that subtle combination of taste and smell. The ratio of sugars to malic and other acids in each variety determines the balance of sweetness and tartness in the fruit. The greater the ratio of acid to sugar, the stronger the taste and the more likely it will be retained during cooking. The other essential component of flavor, aroma, is determined by a blend of 250 volatile esters, alcohols, aldehydes, and essential oils. Flavor is further influenced by cultural conditions, maturity at harvest, length of time in storage, and bruising and other damage to the fruit.

The crispness or texture of apples adds to their alimentary allure. When you bite into the flesh of an apple, the texture you experience depends upon the chemistry of the cell walls, which make up most of the dietary fiber component of the fruit. For example, in crunchy apples, the tissue ruptures across the cell wall, resulting in cell breakage. In soft or mealy apples, the tissue ruptures between the cell boundaries, resulting in cell separation. The thickness and consistency of the peel also affects texture. Most varieties should be peeled thinly if at all since most of the aroma and anti-oxidants and two-thirds of the fiber are concentrated there. By the way, the record for the world's longest apple peel belongs to Kathy Wafler Madison, set on October 16, 1976, in Rochester, NY. The peel was 172 feet 4 inches long. Kathy was 16 years old at the time, and rumor has it that she grew up to be a sales manager for an apple tree nursery!

Flavor and texture together determine whether the fruit is more suited to eating out of hand, drying, cooking, baking, saucing, preserving, or juicing. Individual tastes differ, but generally speaking, apples with a tart flavor, strong aroma, and crisp, hard texture are best for cooking. You'll need about two pounds of apples to make a 9-inch pie; that's about 8 medium apples. Easy-to-find commercial varieties for baking include Granny Smiths and Pippins (although I personally find thickly cut Fujis exquisite in pie), with Braeburns noted for their sauce and Winesaps for their juice. However, the scrumptious apple juice freshly pressed and free for the sipping at the Harvest Festival came from Jonagolds, a cross between mellow Golden Delicious and tart Jonathan. It takes about 36 average apples to make one gallon of cider. Apples with acid and tannin contents higher than dessert apples are

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grown especially for hard cider production, which dates back more than 2000 years and seems to be undergoing a recent resurgence.

Apples are low in calories and free of fat, sodium, and cholesterol. Bobbing for apples is possible because 25 percent of an apple is air—that's why they float! About 10 percent of an apple is composed of carbohydrates—sugars and starches. Apples contain substantial dietary fiber, too, chiefly in their skins and core, most notably the healthful soluble fiber pectin. About four percent of an apple is vitamins and minerals while the remainder is mostly water. When apples ripen, they grow softer and sweeter as their starch is converted to sugar. Drying and cooking also change both texture and flavor by removing moisture, breaking down cell walls, and evaporating volatile compounds.

Regardless of variety, apples picked too early or stored improperly or for too long will disappoint. Fragrance and freckles (russet) can indicate ripeness in some varieties, but tasting is the surest method. Select firm, bruise-free apples and handle them carefully. Bruised apples don't store well, so use them first. Smaller apples keep longer. Apples ripen six to 10 times faster at room temperature than when refrigerated, so keep them chilled. Since cut apples "rust" from exposure to the air, prevent darkening by dipping or sprinkling with lemon juice, which neutralizes the oxidizing enzyme.

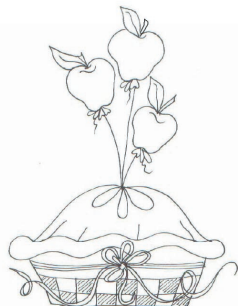
Keep in mind that apples produce ethylene gas as they ripen. Don't store with peaches, pears, bananas, avocados, or other susceptible fruit unless you don't mind their ripening prematurely. Citrus fruit and pineapples are not sensitive to the gas and make fine storage companions, but also take into account that apples are porous and absorb flavors, so be careful not to store with broccoli or cut onions or other odiferous foods.

You'll find a limited number of apple varieties at the conventional supermarket—only those that store and travel best. Organic groceries and local farmers' markets offer better local choices. Visiting local orchards is another enjoyable option. To expand your horizons, make it a habit to browse farmers' markets when on the road. You can even order exotic varieties online—just think, the UK's favorite dessert apple, Cox's Orange Pippin, is virtually unknown in the US—Happy apple eating!

*Here's a sampling of apple sites to whet your appetite –*

UCSC web page with links to two apple articles, one about home orchards and the other about apple varieties grown on the Farm:

<http://zzyx.ucsc.edu/casfs/publications/gardenideas/index.html>



Lists of common apple varieties with their fruit characteristics:

[www.fareshare.net/apple-varieties.html](http://www.fareshare.net/apple-varieties.html)  
[www.allaboutapples.com/varieties](http://www.allaboutapples.com/varieties)  
[www.virginiaapples.org/facts/usechart.html](http://www.virginiaapples.org/facts/usechart.html)  
[www.nyapplecountry.com/varieties.htm](http://www.nyapplecountry.com/varieties.htm)

California orchards listed on the Orchard Trail, a website that promotes small orchards worldwide:

[www.applejournal.com/ca07.htm](http://www.applejournal.com/ca07.htm)

Where to pick your own apples and other produce:

[www.pickyourown.org/CA.htm](http://www.pickyourown.org/CA.htm)

Apple cider info:

[www.urbanext.uiuc.edu/apples/cider.html](http://www.urbanext.uiuc.edu/apples/cider.html)

Fun apple activities for elementary school teachers and parents:

[www.sdcoe.k12.ca.us/score/apple/appletg.html](http://www.sdcoe.k12.ca.us/score/apple/appletg.html)

The Alan Chadwick Garden has more than 125 varieties of apples cultivated on semi-dwarf rootstock in a backyard orchard style. A visit in late summer or early fall is the best time to see and compare the abundance of varieties available to home gardeners and small-scale orchardists. The Chadwick Garden is open daily from 8 am–6 pm. It is located between Stevenson and Merrill Colleges on the upper portion of the UCSC campus; see [www.ucsc.edu/casfs](http://www.ucsc.edu/casfs) for directions (go to *About the Center* and click on *Facilities/Directions*) or call 831.459-3240.

### Report Card: Pesticides in Produce

Adjusting your eating habits can lower your intake of pesticides—sometimes dramatically so. An Environmental Working Group (EWG) simulation of thousands of consumers eating high and low pesticide diets shows that people can lower their pesticide exposure by 90 percent by avoiding the top 12 most contaminated fruits and vegetables and eating the least contaminated instead. The top 12: peaches, followed by apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, imported grapes, spinach, lettuce, and potatoes.

The least 12 contaminated foods, according to EWG's study, are: onions, avocados, frozen sweet corn, pineapples, mangos, asparagus, frozen sweet peas, kiwi, bananas, cabbage, broccoli, and papaya. Organic produce offers a way to cut your pesticide exposure even further.

EWG's Shopping Guide provides people with a way to make choices that lower pesticide exposure in the diet. For more information about the Shopping Guide, see [www.foodnews.org](http://www.foodnews.org), or contact their Oakland, CA office at 510.444-0973. For a recent news report on the study, see [www.nbc30.com/health/10220048/detail.html](http://www.nbc30.com/health/10220048/detail.html).

## late Fall/Winter Calendar

### Friends' Holiday Tea and Sale/ Jingle Shells Art & Book Festival

Saturday, December 9, 10 am - 6 pm  
Seymour Center, Long Marine Laboratory  
at the end of Delaware Street

We've once again been invited to join in the "Jingle Shells Art & Book Festival" at UCSC Long Marine Lab's Seymour Center. Put on your shopping shoes and join us for cookies and a cup of tea as you browse the selection of Friends' merchandise, including some special 40th Anniversary wares.

Lots of local artists and authors are featured at this fun event for adults and kids, topped off by the "lighting of the whale" at 5:30 pm. Free entry for Friends' members (just let them know you're a member at the front desk). For more information and directions, see [www2.ucsc.edu/seymourcenter/](http://www2.ucsc.edu/seymourcenter/), or call 459-3799.

### Fruit Tree Pruning Workshop

Saturday, January 13, 10 am - 2 pm  
Louise Cain Gatehouse, UCSC Farm

Learn how to keep your fruit trees healthy and productive at this winter pruning workshop. Garden manager Orin Martin will show you the tricks of the pruning trade, including best tools to use, different types of pruning cuts, and general fruit tree care via a lecture and demonstrations. \$15 for Friends' members; \$20 for non-members, payable at the workshop. Dress for the outdoors and bring a snack. Heavy rain cancels; makeup date is January 20 if January 13th event is rained out.

### Fruit Tree Q&A Session

Saturday, February 3, 10 am - 12 noon  
San Lorenzo Garden Center, 235 River St., Santa Cruz

Bring your fruit tree questions to this free Q&A session with Chadwick Garden manager Orin Martin. Orin will discuss varieties, pruning, fertility, and general fruit tree care techniques. Note the location: San Lorenzo Garden Center.

*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, [www.ucsc.edu/casfs](http://www.ucsc.edu/casfs). 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.*

### Apple Pie Bake-Off Results

This year's apple pie bake-off at the Harvest Festival drew an array of delicious entries. The contest winner was Keri Keifer, whose winning entry featured Cox's Orange Pippin apples—notoriously hard to grow, and a favorite of Alan Chadwick's. Congratulations also to second place winners Joyce Rice, Sara Bothwell, and Catharina Marlowe; third place winner Stephanie Rosenbaum; fourth place winners Tara Spalding and Maya Johnson; and fifth place winner Felix Ratcliffe.

Thanks also to our judges: Sheldon Kamieniecki, the new dean of the Social Sciences Division; Cindy Geise, co-owner of Ristorante Avanti; Christof Bernau, garden manager at the UCSC Farm; and Jennifer Eckert, 2nd-year apprentice at the UCSC Farm & Garden. Prize donors included Gabriella's Café, the Santa Cruz Farmers' Markets, Bonny Doon Vineyard, Spa Fitness, the Santa Cruz Coffee Roasting Co., and the Friends of the UCSC Farm & Garden. We encourage you to enter next year!

*Thanks to Stephanie Rosenbaum for this recipe –*

#### Harvest Pie

##### Crust

2 1/2 cups flour  
2 Tablespoons sugar  
1/2 teaspoon salt  
1/4 teaspoon cinnamon  
8 oz. (2 sticks) butter, chilled  
1 Tablespoon cider vinegar  
6–8 Tablespoons ice water

##### Filling

3 pounds apples, peeled, cored, and sliced  
2/3 cup sugar  
1/2 teaspoon cinnamon  
1/4 teaspoon salt  
2 Tablespoons butter  
1 1/2 Tablespoon flour

*To make crust:* Sift flour, sugar, salt, and cinnamon into a large bowl. Cut in butter, using a pair of knives or pastry hoop (should look like small peas in sand). Drizzle with vinegar and ice water until you can squeeze a handful of dough together. Wrap in plastic and chill for 1 hour.

*To make filling:* Toss apples with sugar, cinnamon, and salt. Let sit for 30 minutes. Drain off liquid and boil down, adding butter, until mixture is syrupy. Toss syrup into apples.

Roll out crust and line pie pan. Mound apples in crust and cover with top crust. Crimp together crust edges. Bake at 400°F for 50–60 minutes.



## GRANTS PROVIDE KEY SUPPORT

Three new grants are providing key support for the Apprenticeship's organic training program and two of its projects for the coming year. A Newman's Own Organics and Newman's Own Foundation grant of \$60,000 for the Farm & Garden Apprenticeship is the largest single grant for core operational support that we have received to date. This funding and a \$30,000 grant from an anonymous foundation are supporting Apprenticeship staff and Second-year apprentice salaries, along with outreach to let other educators know about our instructional materials.

A True North Foundation grant of \$30,000 will support two connected projects of the Apprenticeship, the Farm-to-College Sustainable Food Project and the Community Supported (CSA) Education and Training Project. The Farm-to-College project links the UCSC Farm with other local organic farms to bring organic produce to the campus dining halls and bring UCSC students to the Farm & Garden to harvest campus crops and learn about sustainable agriculture. For more information about the Farm-to-College project and the CSA program, please see the CASFS website, [www.ucsc.edu/casfs](http://www.ucsc.edu/casfs).

## UCSC Farm Vegies Win Big at County Fair

Organic vegetables grown on the UCSC Farm won much acclaim at this year's Santa Cruz County Fair. According to Julie Stultz, our field production manager who organized the entries, the produce was entered in the "Commercial Organic" division. "In that division we won first place for 'Nelson' carrots, 'Purple Viking' potatoes, 'Delicata' squash, 'Royal Burgundy' snap beans, 'Hayward' kiwis, and 'Early Girl' tomatoes," says Julie. The big winner in the vegetable competition was the 'Red Express' cabbage. It won first place, a special award, best in division, *and* best in show! According to Julie, "You couldn't see the cabbages through all the many ribbons draped on them! What a day for the humble cabbage."

In the Senior Ag division UCSC Farm produce won first place and a special award for our large sunflower head, a blue ribbon for our dry-farmed tomatoes, and first place and a special award in the large vegetable competition for our giant kohlrabi, beating out a very large carrot and a huge squash. If you're not familiar with kohlrabi, you're not alone. Says Julie, "The county fair employee who checked in our entries didn't recognize the kohlrabi, so she asked what it was and wrote it down in case any of the judges couldn't recognize it either." Look for more weird and wonderful entries from the UCSC Farm's fields at next year's County Fair.

## Harvest Festival Draws Record Crowd to UCSC Farm

A perfect fall day greeted more than 1,500 visitors to the UCSC Farm on October 7 for the annual Harvest Festival. This yearly celebration has become a campus and community tradition for the many who come to enjoy the farm at its fall best. Music by the Rolling Cultivators, Bean Creek, and Kuzanga kept the crowd entertained as they munched roasted corn, tasted fresh-pressed apple juice, and sampled more than 30 apple varieties grown at the Chadwick Garden and on the UCSC Farm. Visitors also enjoyed gardening talks and walks, cooking demonstrations, storytelling, hay rides and lots of kids' activities.

The Harvest Festival also offers a forum for local farming and environmental groups to share information, and for local organic farmers to sell their products. We very much appreciate their participation this year.

Business sponsors are a key to making the Harvest Festival a success, and we thank New Leaf Community Markets, Stonyfield Farm, Christiansen Associates Garden and Design, The Flower Ladies, Barry Swenson Builders, San Lorenzo Garden Center, Ristorante Avanti, Santa Cruz Community Credit Union, and Pacific Produce for their financial support. Thanks also to the UCSC Campus Food Systems Working Group for their sponsorship.

We also received generous product and gift certificate donations from Odwalla, Gayle's Bakery, Sumano's Bakery, Gabriella Café, Newman's Own Organics, Staff of Life, Trader Joe's, Nub Chai, Noah's Bagels, Beckmann's Bakery, Bonny Doon Vineyards, the Santa Cruz Farmers' Markets, and Spa Fitness Center. Jim Rider provided organic apples for making apple juice. Many thanks to all of these businesses for their support. Thanks also to the many volunteers who helped make this year's Harvest Festival such a success.

## HELP KICK OFF THE 40TH ANNIVERSARY AT ECO-FARM!

The 2007 Ecological Farming Conference in Pacific Grove, CA, January 24-27 will draw many former apprentices and staff as it includes a UCSC Farm & Garden Mixer, and Apprenticeship staff speaking at the Successful Farmers Plenary. See [www.eco-farm.org](http://www.eco-farm.org) for information and registration, or call 831.763-2111.

The "Back 40" celebration, marking 40 years of organic farmer and gardener training at UC Santa Cruz, is scheduled for July 27-29, 2007. Plans are underway for a wonderful weekend of speakers, food, music, tours, and much more. Mark your calendar!

# Can You Dig It?

– Jason Mark

On our farm here at UC Santa Cruz, the highlights of an ordinary week are modest accomplishments. My wheat came up, the bright green shoots appearing first in the furrows, where the rainwater gathers. We got the garlic weeded and mulched the bed tops with straw. The gopher trench around the strawberries is in, and the irrigation leak out by the pears is fixed. The rain came right when we needed it.

A year ago, my weekly excitements would have been different. I would have been pleased, say, by a campaign's many media mentions, or a great story in the Times. I would have been busy with conference calls to funders, strategy sessions, speechifying like any other professional activist. I likely would have been racing through an airport, hoping that the hotel had a good bar.

A year ago, I got voicemails from NPR and the Washington Post. Now I'm psyched if the seed company calls back.

Going from the fast-paced lifestyle of a political organizer—can you say 100 emails a day?—to the steadier rhythm of a farmer—wind up from the west—has been dizzying. At the same time, reminders of then-and-now keep me sharp with a new experience daily. When I wake before dawn to cook breakfast for a crew of 50 farm apprentices, I can imagine what it was like to be caught in the middle of the Cultural Revolution, a Beijing college professor, say, sent to harvest cabbages in the countryside. The change feels bizarre.

At first glance, the transition from urban professional to farm worker may appear labored. But, for me at least, the change had a clear arc. It is part of an intention to show how, by growing our own food, we can cultivate a more just, peaceful, and sustainable world.

For six years, I worked at the international human rights group Global Exchange. I was privileged to be there, and I took incredible satisfaction in knowing that I had done my small part to help sweatshop workers or to try to stop the war. But as I started to tackle one of the most intractable issues in our society—our reckless addiction to oil and the slow roasting of the planet—it became apparent that my energies would be best served actually making the transition off petroleum instead of merely talking about it.

The point is no less important for having been made before: It is long past time for the progressive movement to stop complaining about all that is wrong with this bloody world and get down to creating a vision for a better one. After all, people know the war is madness. They trust that global warming is happening. Many of them understand—at some level deep down—that the Party Lifestyle can't go on forever. The problem is not that folks know too little, but that they know too much, and their knowledge has paralyzed them with fear because—age-old fact—change is always scary.

One of the best ways to prove that change isn't so terrible is to show how it can be good for you. At least, it was for me. Sure, I worry about the weather and why the onions aren't bigger, but living on a farm has left me the least stressed I've been in a decade. The psychic distance from city slicker to aspiring farmer may seem far, but my entrance into country life has had the unexpected effect of shrinking distance—I am closer to my food than I have ever been before, and it feels great. This is a journey that anyone can take. All you need is a good spade, a strong back, and a bit of ground.

So instead of all the gloom and doom, let's illustrate how change can be positive. You know the drill: windmills instead of smokestacks, bike lanes in place of SUVs, and organic, local foods instead of packaged and processed crap. For me, working as a farmer is the best kind of activism I can imagine. It's real and it's tangible, the kind of progressive reform you can ask people to put right in their mouths. You want direct action? Dig a potato bed.

And in the digging, I bet you'll find that there are more lessons in a spud than you ever imagined. Because farming, as I've come to realize, holds inside itself a certain ethic. Farming really is character building: You learn a lot when you struggle to earn your sustenance from the soil.

The farmer's ethic is pretty simple, commonplace stuff. It's about patience, for example, remembering that nature keeps her own counsel, and that you have to wait for ripeness. Humility also, because the best-laid plans are often waylaid by bad luck or bad weather, and the crop just might fail and the trees may not bear fruit. Which is why the farmer needs perseverance, to walk the fields on another cold morning. And why, with each new sunrise, I feel a sense of gratitude and tradition—the recognition that we inherited this earth from our parents, and are merely borrowing it from our children.

These values aren't exclusive to country folks, of course. You can find them right where you live—in the lawn waiting to be planted over with tomatoes, in the weed patch behind your kitchen, in the cover of concrete dying to turn green. Growing your food, I have found, is not that hard. All you have to do is dig in.

*Jason Mark is the co-author, with Kevin Danaher, of *Insurrection: Citizen Challenges to Corporate Power* (Routledge, 2003). This article originally appeared in the February 2006 issue of *Common Ground* ([www.commongroundmag.com](http://www.commongroundmag.com)).*

*Jason graduated from the 2005 apprentice course and recently completed his "second-year" apprenticeship, helping instruct members of the 2006 class of apprentices. He is now helping revamp the 4.5-acre Alemany Farm in San Francisco. See [www.alemanyfarm.org](http://www.alemanyfarm.org) for more information.*



Leroy Musgraves (1997 apprentice) is featured on the cover of the November/December issue of *Sierra* magazine. An article on "Produce to the People" talks about the Mo' Better farmers' market in Oakland, where Leroy markets the organic produce he grows on his farm in Livingston, located in the Central Valley.

*Ratoya Pilgrim (2004 apprentice, 2005 2nd-year apprentice) writes from St. Lucia in the West Indies, where she and her friend Damian Adjodha have started a farm and are working with local teenagers to train them in organic farming skills and to rehabilitate a school garden.*

Since I left Santa Cruz I have been farming in St. Lucia. All of what I have learned I have tried to put into practice and so much more that I am learning, because of the difference in climate, is helping me to understand the many challenges of farming and farming organically.

For the past two years Damian and I have been growing specialty greens for some of the locally owned hotels and restaurants. I brought many seeds with me when I first came down to St. Lucia (arugula, kale, chard, etc, things that are not common on the local market, but what foreign chefs know and love). These "exotic greens, grown organically, have allowed for us to gain premium prices.

It is just the two of us farming on hill slopes about 1 1/2 acres in total. The gardens are made up of stone terraced raised beds, and hand cultivation is our preferred method of dealing with the soil (with the exception of a small rototiller that allows for us to break into new ground). Composting is proving to be the miracle that keeps our system alive. Pest management is a challenge, but building a diverse ecosystem and letting nature balance itself out, is more than just theoretically based—my experiences have allowed me to accept it as truth. We mulch heavily and sow seeds endlessly.

Besides all that, for the past three weeks, Damian and I have been training 15 youth from our village in the basic principles of organic farming in the tropics. Last Friday, we held a graduation ceremony for them. What a joy it was and what work!!

With the newly trained youth, we are going to rehabilitate the primary school's garden in the village and hopefully try and grow food to meet the needs of the stu-

dents, and to grow enough surplus so that the youth who are working the land can make a living wage by selling to the local market. We have a lot of work ahead of us to say the least and very little financial support.

The greatest challenge I believe was actually getting a group of youth interested in farming. Here on the island over 60% of the population of farmers is over the age of 60. Although there are many young people who study agriculture, many do not continue it after graduation and those who do, work for the Ministry of Agriculture as extension or research officers that don't really offer much valuable help to the farmers, who are predominantly poor and undereducated. Organic farming, although my grandmother's generation remembers it well, is considered an impossibility here and although its impact is inevitable, our Ministry of Ag does not merit it as an immediate option towards the diversification of our Ag.

The work of Service is my chosen path. We work tirelessly and endlessly. I am so happy to have gained so much from the Center for Agroecology & Sustainable Food Systems (CASFS) Apprenticeship program. What I can contribute to my country now is based on a lot of what I learned from my 1 1/2 years with all of you at the UCSC Farm and Garden.

In a follow-up to this note, Ratoya writes—

"The rehabilitation of the primary school garden that I mentioned in my letter is being carried out by Damian and myself together with 8 of the 15 youth that completed the training. There is lots of work to be done as you can well imagine and our initial grant money is quickly being used in the purchasing of farm tools, etc.

The crew of youth that we are working with is very excited about the project, but the reality of the situation is that they are also working with us because they are all in need of a steady employment opportunity. The garden project serves as an opportunity, however, the funding which we requested in our grant award, for the purpose of paying the youth, is limited and soon will be exhausted. The result is that we will not be able to keep our 8 youth employed and the project will suffer greatly. We are presently in need of assistance.

If at all possible, I would like for you to include this request in the newsletter so that anyone or group that receives the publication and are interested in the work we are doing can make a contribution at will."

If you're interested in supporting the training work that Ratoya is doing, contact her to find out how you can help –

Ratoya Pilgrim, c/o Damian Adjodha  
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Anse la Raye, St. Lucia, W.I.  
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*This profile by Susan Morse of 2000 apprentice Kate Sullivan appeared this summer as an Associated Press article.*

BRENTWOOD, N.H. Kate Sullivan is helping to turn around the idea of what it is to be a farmer.

Besides being 34 and female, Sullivan chose her career after graduating from college, rather than growing into it on the family farm.

"People are coming into farming with strong educational backgrounds by choice," she said, "and not because they grew up on the family homestead."

She makes a living growing vegetables, selling the produce at farmers markets in Exeter and Portsmouth. On a good day during the height of tomato season, she can clear \$500.

Sullivan does it all with a little help from her friends, about 45 of them, who have bought shares in the leased three acres she works at Willow Pond Community Farm on Route 111A in Brentwood.

She and the shareholders are also riding an upward trend in people's interest in nutritious, locally grown food. Now in her third season in Brentwood, Sullivan has seen farmers' markets grow in popularity.

"If people are willing to pay \$2 for a head of lettuce at the grocery store," she said, farmers say, "My produce is harvested today, certified organic. I should be able to charge a similar price." Part is what the market is willing to bear. Part of it is what it costs to produce the food. What you buy from your local farmer compares more to the true price of producing food."

Sullivan, who is originally from Sunapee, grew up around horses, not vegetable farming. She graduated with a bachelor's degree in foreign service from Georgetown University in Washington, D.C. She did an internship [the CASFS Apprenticeship program] at the University of California at Santa Cruz in organic gardening and worked as an urban farmer for five years in New York City.

She said her parents, who own an antique shop, thought the farming thing might just be a phase.

Sullivan's grandmother in Oklahoma, who grew up on a farm, had always preached the goal of getting away as soon as possible, she said.

Now, her grandmother offers tips on how to grow onions correctly. Her parents' entrepreneurial experience has also helped. For her time and effort to pay off, Sullivan indicated, there has to be the potential for the business to grow.

It's a new model, which belies farming's image as a tireless sunup to sundown existence.

It works, not because Sullivan isn't in the field sun up to sun down—she's there by 6 or 7 a.m. and works until at least 6:30 p.m.—but because she has the financial backing of Community Supported Agriculture.

CSA farms are supported by members who buy shares, volunteer some labor, and who are paid in produce. There are an estimated 1,200 CSA farms nationwide.

"It would take me many seasons to get where I am here," Sullivan said, had she gone it alone as a farmer as she originally considered.

This year, Willow Pond has 30 full shareholders, who invested \$550 for 22 weeks of vegetables. Each Tuesday, they get more than enough vegetables to feed a family of four for a week.

Smaller shares at half price and half yield are also available.

The goal, Sullivan said, "is to give them more than they pay for."

In the beginning of the season, shareholders got a lot of leafy vegetables that didn't mind the cooler, wet weather.

"That's eating seasonally," she said.

CSA covers the baseline expenses. The farm will not go under even in the worst season, said Sullivan, whose salary is part of the yearly budget.

Willow Pond Community Farm got started in 2004, after a group of residents decided they wanted vegetables grown in town. Despite the rural area having beekeepers and hay fields and rows of corn, there was no local vegetable farm.

They advertised for a farmer.

Sullivan got the job, choosing to work the three acres without using big machinery.

Willow Pond produces an estimated 40 different kinds of vegetables. There's no farmhouse, and the small barn, paid in part by a state Conservation Commission grant, is new.

The nine acres are owned by Victor and Emily Schmalzer, who live across the street. The easement to the land is held by the Society for the Protection of New Hampshire Forests. Willow Pond Community Farm, a sole proprietorship with an advisory board, leases the land for free. Sullivan is the only paid staffer.

"I think I'm playing the role in the community of the person who grows the food," she said. "It's an amazing way to feel connected."

Last winter, Sullivan worked for a nonprofit in Lowell, Mass., to supplement her income. She also makes money at the local farmers' markets.

The produce that doesn't go home with shareholders she sells for her own profit.

Locally, two other new farmers are also trying the CSA model, Sullivan said. The recent University of New Hampshire graduates are in their first season running a CSA farm in North Hampton.

"The question is, do we want these farms to continue?" Sullivan asked. "We hope people pay the same \$2 for our local lettuce."

**FOR MORE APPRENTICESHIP NEWS,  
SEE PAGE 4**

### **Friends are Seeking Favorite Recipes**

Do you have a favorite recipe for showing off great garden-fresh fruits, vegetables, and herbs? Here's your chance to share it! Friends' member and cookbook developer Sue Tarjan is expanding the Friends' cookbook, *Fresh from the Farm & Garden: Seasonal Recipes for Busy Cooks*. We'd love to include your favorite recipes that feature fresh produce. Send recipes to: soozyt@cruzio.com or call Sue at 425-1894.

### ***Looking for Back Issues of News & Notes***

As part of our 40th Anniversary celebration we're working to put together a complete set of News & Notes to share at the "Back 40" event, July 27-29. We're still missing the following issues: #1, 4, 18, 19, 24, 25, 41, 49, 52, 89, and 100. If you have any of these and are willing to donate them (or lend them to us to make a copy), please contact Martha Brown, mtbrown@ucsc.edu, 459-3376.

### **Kabocha, Onion and Rosemary Sauté**

4-5 pound kabocha squash, peeled, seeded, and cut into thin wedges  
2 tablespoons canola or sunflower oil  
1 sliced onion  
1/8 cup minced fresh rosemary  
Plenty of freshly ground black pepper  
Salt  
2 tablespoons butter

Prepare the squash: cut in half, scoop out seeds, peel with a carrot peeler, and cut into thin wedges.

Heat a large heavy saucepan over medium-high heat. Add the oil and heat until hot.

Add the onions and sauté for 3-4 minutes, or until soft and just beginning to brown. Add the squash and sauté for about 10-12 minutes, or until tender, but not mushy.

Add the rosemary, pepper, salt, and butter and toss well to coat.

Serve immediately, or keep warm until ready to serve.

**Makes 8 servings.**

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