

News & Notes of the UCSC Farm & Garden

Issue 156, Spring 2018

SPRING PLANT SALE PREVIEW

Herbs Galore at This Year's Spring Plant Sale

The greenhouses are bursting and the Farm & Garden staff and apprentices are buzzing as they get all the details in place for the Spring Plant Sale on April 28 and 29. This is one of our favorite times of the year and we look forward to welcoming all of you as we get ready to launch a vibrant collection of annual and perennial vegetables, flowers, herbs, and landscape plants off to new homes in your yards, gardens, and planter boxes.

Along with all of the other wonderful plants at the sale, there will be a wide array of culinary and medicinal herbs to tempt your green thumb. "People often ask us about herbs during the sale," said Kellee Matsushita, assistant garden manager at the UCSC Farm. "In response, we'll have an expanded selection of both annual and perennial herbs available this year."

Herbs offer the gardener a palette of colors, aromas, and tastes, as well as a source of herbal remedies. Culinary herbs add a range of flavors, spice, and jazz to kitchen creations, and many can help with digestion. Other herbs can be grown as food staples, such as basil and parsley transformed into abundant summer pestos.

Medicinal herbs have a deep history and long traditions across cultures, beginning with remedies plucked quickly from the garden and brewed into soothing teas. If you're curious about how you can use the herbs you grow for traditional treatments, check out the two medicinal herb workshops taking place later in the season, taught by Roots of Wellness owner Darren Huckle (see page 3).

Herbs also give gardeners a helping hand: they shelter and feed beneficial insects that aid in garden pest control. They also deliver a good bang for your buck. Often expensive to buy, most herbs are relatively easy to grow, demanding little in the way of inputs: generally pest free, many can grow in challenging conditions, requiring minimal water and additional nutrients. They can be used fresh, or dried and stored.

This year's plant sale will explore many of these botanical wonders. Here are some to look for –

Annual Herbs

Basil — This year's sale offers ten tempting basil varieties, including classic Italian culinary basil ideal for pesto and pasta dishes, along with the beautiful and fragrant 'Cinnamon', 'Sweet Thai' with its purple stems and blooms, and the tangy, bright green 'Mrs. Burns' Lemon' that makes a great addition to salad dressings. For a



visual treat, try 'Amethyst Improved' with its thick, dark-purple leaves — a stunning addition to the herb garden.

Fennel — 'Trieste' bulbing fennel promises a mild, anise-flavored treat that tastes great raw, sautéed, or grilled. With its delicate, feathery leaves this is a pretty plant for the garden.

Parsley — The 'Giant of Italy' variety available this year is just that: try its huge, dark-green leaves in soups or blend it up into a parsley pesto sauce.

continued on page 2



A few hints for growing and processing herbs:

- Learn what your herbs thrive on, e.g., basil does well with lots of warmth, while parsley prefers a cooler spot in the garden
- Harvest early in the day to minimize loss of volatile oils
- Pinch off flowers to extend vegetative growth of plants such as basil, parsley, and cilantro
- Trim basil stems and keep them in water at room temperature; cover the leaves with a plastic bag to extend post-harvest life
- Some herbs are good candidates for seed saving, including oregano, marigolds, poppies (“bread seed” types), and basil (let some flower and go to seed)
- Dry herbs for year round use: just clip and bundle your fresh herbs and hang in a cool, well-ventilated, dark spot. Once dry, herbs can be crushed and stored for use in tea, cooking, tinctures etc.

Perennial Herbs

Great Basin Sage, *Artemisia tridentata* – Looking for a touch of the wide, wild open spaces in your landscape? Great Basin sage is the “sagebrush” of the Eastern Sierra and “basin and range” country east to Nebraska. This hardy native with its blue-gray, woolly leaves performs well in full sun on well-drained soil. Crush the leaves to get the full, pungent fragrance. *Artemisia* is much-used in herbal medicine and traditional ceremonies.

Sweet Bay, *Laurus nobilis* – The bay leaf we use in cooking comes from this Mediterranean native. It will make a fragrant addition to your landscape and also makes a great container plant for indoors or the patio—keep it pruned as a shrub or give it room to grow tall.

Catmint, *Nepeta x faassenii* ‘Walker’s Low’ – This beautiful herbaceous perennial features spikes of periwinkle-blue flowers that reach 2–2 ½ feet tall extending from a mound of soft, gray-green foliage. It likes plenty of sun and well-drained soil. As with many mint family members, catmint is used in herbal medicine to calm the nervous system and treat digestive disorders.

Purple Coneflower, *Echinacea purpurea* – A native of North America, coneflowers are a popular, long-blooming garden plant that look great when massed in borders and garden beds. They are also one of the most popular sources of herbal treatments for colds, flu, and other illnesses. Look for the ‘Primadonna’ variety offered at this year’s sale.

Common Thyme, *Thymus vulgaris* – Another member of the mint family (*Lamiaceae*), thyme can be used fresh or dried in cooking, and makes a low-care, drought- and deer-tolerant addition to the herb garden, rock garden, or perennial border. Bees love the lilac-colored flowers.



Brianna Gaffney

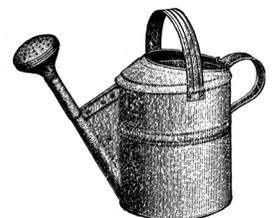
Garden manager Christof Bernau checks the progress of plants in the UCSC Farm’s greenhouses.

Winter Savory, *Satureja montana* – This pungent herb with its beautiful white flower spikes is an easy-to-grow perennial for the herb garden, or use it as an edging plant in borders. Winter savory can be substituted for salt and pepper in cooking and makes a great herbal blend with oregano, basil, and thyme. Like many of its mint-family relatives it helps with ailments of the stomach, indigestion, nausea etc.

Lavenders, *Lavandula* spp. – Lavender is one of the best-known sources of aromatics and blossoms; think lavender sachets and essential oils. Versatile and easy to care for, it requires little water once established and is virtually deer proof. This year’s sale includes the Spanish lavender ‘Silver Anouk’, a compact variety with silver foliage and deep-purple flower spikes, along with English and French lavender varieties, including ‘Goodwin Creek Grey’ and ‘Munstead’. You can make your own lavender oil by packing the blossoms in a jar and covering them with olive oil. Let it sit four weeks, strain, and use the fragrant result as a soothing skin rub.

Look for more information at this year’s sale about herbs and their many uses. And to see a full list of plants available at the sale, check the **Events** section of the Center for Agroecology & Sustainable Food Systems website, casfs.ucsc.edu. Look for the plant sale listing and a link to the plant sale list.

– Martha Brown and Avry Miller



Spring/early Summer Calendar of Events

UCSC Farm & Garden Spring Plant Sale

Saturday, April 28, 10 am – 3 pm, and

Sunday, April 29, 10 am – 2 pm

Barn Theatre Parking Lot, UC Santa Cruz

Note: Friends of the UCSC Farm & Garden have pre-entry priority on Saturday from 9 am – 10 am

Enhance your home and garden with organically grown flower, herb, and vegetable starts as well as perennial landscape plants grown at the UCSC Farm.

Friends' members receive 10% off all plant and merchandise purchases. Use your Plant Sale receipt for a one-time 10% discount at Companion Bakeshop during the week following the sale. *Please remember that we can only accept cash or checks for purchases, no credit cards.* See cover story for additional details. Plant list online at casfs.ucsc.edu (see Events listing).

2018 CSA: Sign up by May 1 for 5% Discount

See details on page 3

Docent-Led Tour of the UCSC Farm

Sunday, May 6, 2 pm – 3:30 pm Hay Barn

Join us for a guided tour of one of Santa Cruz's most beautiful locations—the 30-acre organic farm at UC Santa Cruz. Tours meet at the Hay Barn, adjacent to the UCSC Farm. Free parking available at the Hay Barn.

Visitors can enjoy touring the organically managed greenhouses, hand-worked garden beds, orchards, row crop fields, and children's garden, while learning about the history of the site and the basic concepts of organic farming and gardening, including water conservation practices. The first Sunday monthly tour is free; no reservation required. Tours run through November.

An Introduction to Garden Herbalism

Saturday, May 12, 9:30 a.m. – 12:30 p.m.

UCSC Farm

The fields and gardens of the UCSC Farm abound with medicinal plants. Join Darren Huckle, owner of Roots of Wellness, and learn how to use common medicinal plants for everyday maladies and health promotion. Find more details and pre-register online at tinyurl.com/workshops2018

Right Livelihood Award North American Conference

May 15–17

Kresge College, Peace United Church, other locations
Distinguished changemakers including Bill McKibben, David Suzuki, Francis Moore Lappé, Amory Lovins, Wes Jackson, and many more will present a variety of public talks on climate, agriculture, human rights, social justice, and other topics. This event is co-sponsored by the Center for Agroecology & Sustainable Food Systems (CASFS). See the website for details:
kresge.ucsc.edu/commonground/rla/index.html

A Garden of Poetry and Music

Saturday, June 2, 12 noon – 2:30 pm

Alan Chadwick Garden, UCSC

Join us in the historic Alan Chadwick Garden for an afternoon of poetry and music (free event). This is one of our favorite events of the year, featuring a bevy of talented regional poets and musicians.

Grow Your Own: Selecting, Growing, and Arranging Backyard Bouquets

Sunday, July 15, 9:30 am – 1 pm

Alan Chadwick Garden, UC Santa Cruz

Truly local and DIY! Join Orin and Caroline Martin, and learn how to select, grow, and arrange annual flowers and perennials from your garden and yard to create beautiful bouquets. Find more details and pre-register online at tinyurl.com/workshops2018

Save the Dates!

- April 26–27, SEEDBED: A Soil Symposium
- July 12, Apprenticeship Orientation Tour (tours are offered every other week through September)
- July 28, Summer Fruit Tree Pruning
- August 19, Farm to Fork Dinner
- September 9, Making Medicines from the Garden
- September 30, Fall Harvest Festival

If you'd like more information about these and other events, need directions, or have questions about access, please call 831.459-3240, email casfs@ucsc.edu, or see our web site, casfs.ucsc.edu

Sponsored by the UCSC Center for Agroecology & Sustainable Food Systems (CASFS), and the Friends of the UCSC Farm & Garden

Get Your Share in the 2018 CSA Program! Sign up by May 1 and get a 5% discount

Be a part of the UCSC Farm's Community Supported Agriculture (CSA) project and support your local farm! The CSA program runs for 22 weeks, early June-late October (actual start and end dates are weather dependent). Boxes include same-day harvest of a wide range of vegetables and fruits, including strawberries and blueberries, plums, apples, and pears. Pick up your share at the UCSC Farm on Tuesdays and enjoy the pick-your-own herb and flower garden adjacent to the pick-up site..

Shares for the 2018 season cost \$560, and include 8-12 items per week. Payment can be made in full, or divided up into two, four, or six installments. "Peak Season" shares at \$280 are available, and the CSA accepts SNAP/EBT benefits. Flower shares are also available for \$10 per week. More information and a link to the CSA Pledge Form can be found at: casfs.ucsc.edu (see Produce Sales - CSA under the Community link).

If you'd like us to send you a CSA Pledge Form or have any questions regarding the CSA program, please contact Vanessa Ackerman at 831.459-3240 or email casfs@ucsc.edu.

FRIENDS' MEMBERS - ENJOY EARLY ENTRY AND DISCOUNTS AT THE PLANT SALE

Put your Friends' membership to great use by enjoying early entry to the UCSC Farm & Garden's Spring Plant Sale on Saturday, April 28. Friends' members have shopping priority from 9 am to 10 am, with the sale opening to the general public from 10 am to 3 pm. On Sunday, April 29, the sale will open to everyone at 10 am and run until 2 pm. Friends' members also receive a 10% discount on all plant and merchandise purchases. Please note that we can only accept cash or checks for plants and merchandise.

If you're not sure whether your membership will be current for this year's sale, take a look at the mailing label of this newsletter. If it says May 2018 or later, your membership will be current for the sale.

If your membership expires in April 2018 or earlier, you can renew it at the sale on Saturday morning starting at 8:30 am. You can also download a membership form or use our online renewal link. See: casfs.ucsc.edu/community/friends-of-the-farm-and-garden/membership-form.html

Call 831.459-3240 or send email to casfs@ucsc.edu if you have any questions about the status of your membership.

New Grant Funds Organic Seedling Production and Greenhouse Training

The Center for Agroecology and Sustainable Food Systems (CASFS) has received a grant from the California Department of Food and Agriculture (CDFA) to support demonstrations and training in organic seedling production at the UC Santa Cruz Farm.

The 3-year, \$265,000 grant from CDFA's Specialty Crop program will fund fertility trials, classes, field days, and a "how-to" publication for growers interested in producing their own organic seedlings. CASFS staff members will also test a variety of soil mixes, supplemental fertility options, and greenhouse conditions to measure their effect on seedling quality.

Our goal is to demonstrate and teach increased efficiency, quality, and sustainability when it comes to organic greenhouse practices," says Christof Bernau, who helps direct the greenhouse operations at the UCSC Farm. "These skills are particularly critical for growers just starting their operations, as they represent a major investment of materials and labor."

Growers producing their own seedlings can save money while responding nimbly to changing market demands by producing a diversity of crops and varieties. But producing quality seedlings can be challenging, with losses running as high as 30% in some organic nursery operations to factors such as pests and diseases.

"In organic seedling production, knowledge of how to maintain ideal environmental conditions for young seedlings is the best defense against pest and pathogen issues," says Kellee Matsushita, CASFS assistant garden manager.

The CDFA grant will fund a suite of efforts to document and teach best practices in organic nursery production for small-scale organic growers, with a focus on creating optimum conditions for healthy growth, and developing and sourcing soil mixes that are economical and provide proper aeration, drainage, water holding capacity, and sufficient fertility using sustainable sources.

How-To Videos and Much More on CASFS YouTube Site

Need a reminder of how to double dig a garden bed? Looking for information on seed starting, or a demonstration of organic weed control? Check out the CASFS YouTube site (www.youtube.com/user/casfsvideo/videos) where you'll find a wide range of instructional videos, webinars on teaching organic farming and gardening skills, and a variety of talks and lectures.

Homegrown Help

New ag tunnels at the UCSC Farm will help provide a year-round supply of healthy, low-cost produce to dining halls, food pantries, and market pop-ups on campus

Twenty-one-year-old Margaret Bishop stands at the edge of a plastic tunnel, warmth rising from the rich Elkhorn Sandy Loam soil at her feet. It's a picturesque scene: winter-gnarled trees in the background and soft green lettuce seedlings stretching out in a long row next to beds planted with beets and spinach.

But this tunnel—one of four greenhouse-like structures—is also an important new step in UC Santa Cruz's plan to help combat food insecurity, a problem faced by one in ten students, according to a 2016 UC systemwide report. The recently installed ag tunnels, or hoop houses, will allow the UC Santa Cruz Farm and Gardento provide a year-round supply of healthy, low-cost produce to dining halls, food pantries, and market pop-ups on campus. They are also at the center of a new focus for the Farm and Garden.

It's an exciting development for Bishop (Kresge, '18, sociology) who works 20 hours a week at the farm and also as the land-based co-chair of the campus Food Systems Working Group and who, just this morning, harvested 100 bunches of kale for the dining halls.

Not only will these hoop houses help provide students with a healthier option than ramen noodles during the entire school year, she says, but they may also help students develop an understanding of how food gets to the table—and also a taste for fresh, organic produce

"To find out the difference between a dried-out carrot shipped from the East Coast and a fresh carrot right out of the ground?" Bishop says. "Omigod."

The problem of student food insecurity came to light in a 2016 UC study that found 19 percent of students reported they sometimes had gone hungry during the year. Another 23 percent said they had limited access to a variety of good-quality food because of a lack of money.

In California, according to the U.S. Department of Agriculture, 14 percent of households face food insecurity.

Experts point to rising costs and the high price of living in California as a reason why college students are going hungry or eating cheap junky alternatives. In Santa Cruz, which is one of the five least affordable cities for renters in the U.S. according to the National Low Income Housing Coalition, the cost of an undergrad living on campus for one year is \$36,192. A student living off campus needs \$32,685. For many, that doesn't leave a lot of cash for a balanced, healthy diet.

This is where the UC Santa Cruz Farm is stepping in.

For much of its life, the campus's 35-acre farm—used for research and teaching—sold its harvest at a market cart at the base of campus and to its Community Supported Agriculture (CSA) clients, who get weekly shares of fruits and vegetable for a yearly subscription fee.

But a push for the farm to create a deeper connection with the campus, along with a UC system pledge to make sure students have enough nutritious food to eat, set off a shift in direction.

Kirstin Yogg, who used to run a small farm on Santa Cruz's north coast and is now field site production manager on campus, says the farm plans to cut the number of CSA customers from approximately 100 to 80 and also open the market cart only one day instead of two. This will allow more farm-raised produce to go directly to dining halls, to a pair of free food pantries that serve low-income students, and to twin pop-up farmstands on campus that provide a cheaper and easier way to get nutritious food.

The first pop-up, which began in 2015 at Quarry Plaza, was so popular a second site was launched at Rachel Carson College this January. Selling everything from kale to kiwi, the stands provide organic produce not only from the UC Santa Cruz Farm and Garden but also from two local farmers markets at about half the cost of what is found elsewhere—made possible by Global Food Initiative funding along with agreements worked out with local farmers markets, according to Tim Galarneau, UC Basic Needs co-chair. The Global Food Initiative is a UC systemwide program designed to address the problem of feeding a growing and hungry world.

Now, the 22-by-170-foot hoop houses, purchased along with seed with \$27,000 in Global Food Initiative funding, mean students will have greater variety of veggies, especially during cold and rainy winters when choices were limited to things like potatoes and kale. The tunnels also add about a quarter acre of productive land to the farm. In fact, the first planting of about half of one hoop house will yield some 700 heads of lettuce and 200 pounds of spinach, according to Yogg.

Galarneau says money from the Global Food Initiative along with funds from AB453, the Hunger-Free Campus Act, also will be used to buy a 4X4 cart to help work-study students like Bishop harvest crops, to fund two new food storage containers, and to purchase an electric cart so produce can be delivered to food pantries and the pop-ups. A plan to have days when students can harvest their own fruits and vegetables also is in the works, along with surveys to find out exactly the kind of produce students want.

"This is an exciting new direction for us," Yogg says. "A lot of staff are feeling energized by the shift in our focus. We will continue to supply produce to our longtime supporters but it's fun to connect with students as well."

For more information, visit the new UCSC Basic Needs website, basicneeds.ucsc.edu.

—Peggy Townsend

Apprenticeship Updates

Meet the 2018 Apprentices

Here are brief introductions written by the new group of apprentices that joined us on April 9 from across the U.S., as well as India, Puerto Rico, Switzerland, Myanmar, Guam, and Sweden. For the next six months they'll live and work at the Center for Agroecology & Sustainable Food Systems' (CASFS) UCSC Farm & Alan Chadwick Garden, learning organic farming and gardening skills, and examining food system issues.

Your membership in the Friends of the UCSC Farm & Garden supports this internationally known training program by providing funds for scholarships, teaching staff, equipment, outreach, and facility improvements. You are a vital part of our work—many thanks!

Ariel Adair – Hailing from the East Bay of the San Francisco Bay Area, I am excited to join you apprentices! Graduating from Cabrillo College in 2016, I studied Theatre Art and Environmental Science. I work at Orchard Nursery in Lafayette, California, absorbing knowledge about annuals, perennials, shrubs, and trees. Aside from my passion for plants, I'm also a chef at my family's Italian restaurant, where I love to work with organic produce. Although I just broke my ankle, I'll be the most enthusiastic participant of CASFS in a boot and crutches!

Sachin Bangalore – I live in New Delhi, India. For the last 3 years, I have been leading an environmental and nutritional education program (Prakriti) for students who come from low-income backgrounds. Our program includes urban farming and we recently started school garden projects. During my time at CASFS I hope to improve my agricultural knowledge/skills, so that I can develop a robust school farm for the K-12 charter school I look forward to starting.

Rose Benjamin – I was born and raised in rural Northampton, Massachusetts, and now my home is Berkeley, California. I have spent the last few years as an outdoor educator working on urban farms in the East Bay, and guiding backpacking trips in Yosemite. My work has been focused on finding empowerment through the outdoors, farming, and thinking critically about our current food system. During the six months at CASFS, I hope to deepen my knowledge in plant biology and production farming so I can continue to enliven and enrich my community.

Lauren Betts – I'm from Connecticut and studied literature and creative writing at UC Santa Cruz. After school I worked with a California conservation corp and then spent 4 months working/farming/hiking/learning Spanish in South America. I'm hoping to learn all that I can about farming

and gardening because it feels like something our brains and bodies should know right along with communication skills and basic math. I want to work in farm/garden education and I also want to write so we'll see!

Adeetje Bouma – I was introduced to farming through the kitchen and fields of The Farmer and the Cook in Ojai, California, though my background is in art (especially print-making, pottery, and textiles). Returning to my home state after living in Chicago for 3 years as a book designer, I hope to explore farming as a component of art-making (e.g., fiber production) and a means of cultural expression (through plant varieties, foodways, or farming practices themselves).

Camille Camayd Feliciano – I live in San Juan, Puerto Rico and this past year I worked at Huerto Semilla, an urban community food garden at the University of Puerto Rico where I studied natural sciences. My interest also includes studying and learning performance art techniques. During my time at CASFS I'm looking to expand my knowledge in sustainable agriculture practices and community organizing processes to be able to share with my community back home.

LaTrina Candia – I enjoy dancing and singing and sometimes I perform these activities with plants. I live in Santa Cruz, and for the last 2 years I have managed an elementary school garden through the Life Lab organization. I am excited to reap the knowledge from this apprenticeship and apply it to my work, studies, and Horticultural Therapy practice.

Kyle Chambers – I grew up in McMinnville, Oregon, but lately I have been splitting my time between guiding wilderness river trips and interning on small organic farms, most recently at a farmstead in the Capay Valley, California. I hope to turn my passion for being outside into work that provides healthy and affordable food, conserves land and resources for future generations, and sequesters carbon dioxide.

Andrew Cohen – I am an urban farmer, certified permaculture designer, and writer born in Bogota, Colombia, raised on Long Island and transplanted to Brooklyn in 2009. I have spent the last 2 seasons farming organically in New York City, first as a farmer on King's Borough Community College on the K.C.C Urban Farm, and the next season as the farm manager of Soil Start Farm on Manhattan's Governor's Island. In the coming season, I am excited to see how I can partner organic farming and the knowledge from the apprenticeship with the other passions that fill my life.

Marguerite Davenport – I've lived in Geneva, Switzerland for 6 years, working with the UN Environmental Program and local agricultural cooperatives on seed selection and cultivation. For the past year, I've been working at a garden for an artists' residency. I am currently writing a thesis on the political history of a variety of purple artichoke found in Geneva and its relation to the witch hunts. I hope to continue working in gardening, education, and writing.

Jack Dempsey – I live in Tennessee and this past year worked as an apprentice on a new farm in Southern Alabama, managed by a CASFS alumni, who encouraged me to apply for this program. My farming journey started in Vermont by completing the Farmer Training Program, and I am currently working on an online degree in Agricultural Business through the University of Tennessee in Martin. I hope to advance myself as a farmer at CASFS.

Tyler Domsic – For the past 6 years my family and I have lived on a sheep farm in the middle of Sweden. I currently work as an outdoor teacher for children in kindergarten to 6th grade. After attending the CASFS apprenticeship I hope to have gained enough agricultural experience to start my own Community Supported Agriculture farm and eventually build a demonstration garden for teaching kids.

Austin Draper – I am 27 and grew up in Santa Monica, California. After high school I interned at the Occidental Arts and Ecology Center where I expanded my passion for gardening by sharing it with other students. After my time there I began teaching a garden/science program at two elementary schools in Los Angeles. Most recently I moved to the Bay Area and began working at a few amazing restaurants that each had gardens that grew a large percentage of their produce.

Nora Feldhusen – I am moving up to Santa Cruz from Encinitas, California (just north of San Diego) where I've been living and working on a community farm for about 2 years. As the Education & Events Manager of the farm, I felt that I was lacking in-depth expertise in the direct work of farming. I am originally from Brooklyn, NY, have spent ten years in Michigan (Ann Arbor and Detroit) and have a background in education and social justice organizing. During my time at CASFS, I am excited to soak up all of the information and experience of working the land with a cohort of other learners and excellent instructors.

Ryan Fry – I live in Felton, California and spent the last 2 years working at Mountain Feed and Farm Supply in Ben Lomond in the nursery. My responsibilities included troubleshooting issues that people have with their gardens, and making recommendations for plant and seed types, fertilizers, and irrigation hardware. Each day I learned something new from our vibrant community of farmers in the San Lorenzo Valley. I look forward to further expanding my knowledge at CASFS!

Caroline Geiling – I live in Northampton, Massachusetts. In 2014 I graduated from Tufts University with a degree in psychology and have since had a variety of jobs in special education and farming. Most recently I worked at Crimson and Clover Farm, a small vegetable, fruit, and flower farm in Florence, MA. While at CASFS I hope to strengthen my farming skills so that I can explore the intersection of these two fields.

Ben Goldberg – I began farming as an apprentice at Amber Waves Farm in Amagansett, NY from 2014-15. Since then, I have managed farmers' markets in Washington, DC, where I am from, and worked as a paralegal at the Center for Science in the Public Interest, a nutrition policy group in DC. At CASFS, I am aiming to strengthen my foundations in agricultural systems for further work in food, sustainability, and community restoration.

Dakota Freeze Hafalia-Yackel – I'm from San Francisco, California and am a recent graduate from UC Santa Cruz. From the University, I completed two bachelor degrees, one in Agroecology, and one in Economics. As an undergraduate, I worked closely with CASFS staff through a student garden cooperative. As a CASFS apprentice I'm looking to sharpen my horticulture skills in order to address food insecurity in the San Francisco Bay Area.

Lindsey Jordan – I am from New Jersey and currently live in Santa Cruz. I have worked as a trauma-informed therapist, a crisis de-escalator, and a mentor and tutor for refugees and immigrants. I have experience working at nurseries, on farms, and for a local permaculture landscaping company. During my time at CASFS I hope to bridge my knowledge of social justice with organic farming so I can help build programs for communities.

Alex Kaindl – As a northern California native, I've spent the last 2 to 3 years running an edible landscaping business in the Bay Area. I am ready to expand my work beyond residential yards to larger farming operations. Working with the land is my way of taking direct action to heal the earth and nourish communities. CASFS is an important step in a lifelong journey of continuous learning in sustainable agriculture and animal husbandry.

Ali Kerr – I am from Guam, but have lived in Brooklyn, New York for the past 2 years. I have volunteered at several organic farms and interned at the Brooklyn Botanic Garden. Last year I worked at Brooklyn's Prospect Park, helping to restore native woodland. At CASFS I hope to deepen my understanding of ecological agriculture and food justice in order to start my own small-scale organic farm and effectively advocate for sustainable food systems.

Steven Knop – I live in Birmingham, Alabama and currently work as a gardener at the Birmingham Botanical Gardens, and also teach gardening at a local Montessori school. For the last 2½ years I have acted as the manager of a local community garden. My goal in attending the program is to help bring this approach to farming/gardening back to this part of the country where it is strongly needed.

Pao Lebrón – is a Queer Latinx organizer and farmer who was born in Puerto Rico and has deep familial and cultural roots in New York City. They have organized with inter-generational Black and Brown Queer and Trans folks. Pao has dedicated themselves to working for social justice in every aspect of their life. They have fought for competent and accessible services and language, racial, immigrant, LG-BTQ and food justice—while understanding the intersections that exist within our many identities. Pao believes in cultural organizing that combines art and activism in a fluid way to uplift our unique culture and communities. They believe in the liberation of Puerto Rico and grassroots movements that are unapologetic and militant.

Hunter Michelsen – I recently worked in Myanmar for an Irish humanitarian organization, supporting local partners to provide food, WASH and shelter assistance to international development programs in Kachin and Northern Shan. Before moving to Myanmar I worked as an agriculture and marketing advisor in Zambia, helping local communities to diversify diets and provide supplementary income, and was also an aquaculture/sustainable agriculture Peace Corps volunteer. During my time at CASFS I'm looking to improve my ability to grow food myself.

Will Midgley – From Columbus, Ohio, I attended The Ohio State University "Master Urban Gardener" program after I separated from the Army in 2016. Last year I was accepted to a program called "Veterans to Farmers" in Denver. I spent three months learning about everything from soil

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Center for Agroecology & Sustainable Food Systems
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preparation to pruning. My focus at CASFS will be to learn new, and sustainable growing methods. I will take these practices back to Ohio and implement them in my productions.

Randy Miller – I was born and raised near Pasadena, California and attended UC Santa Cruz majoring in Literature. I have worked in growing spaces in the US and South America. Through CASFS I hope to cultivate a deeper understanding of organic growing and develop practical skills that I may use to help co-create an educational model that addresses issues of social justice and promotes nature and self-awareness in the youth of low income communities.

Rio Molina – I come from Sonoma County, California where I have served as an advocate in the hiring process at the Centro Labor de Graton and helped start a small farm near the Russian River. My academic training ranges from Sustainable Ag and Ag Mechanics to learning the Biointensive Method of farming with Ecology Action. As an apprentice, I aim to further my education in agriculture to continue advocating for my diverse community.

Dorian Payán – I am from El Paso, Texas in the Paso del Norte region. This past year I worked at a demonstration farm in La Semilla Food Center – a nonprofit focused on supplementing food deserts and developing sustainable food systems in the region. I have a BA in Sociology and Anthropology from the University of Texas at El Paso, and have a passion for environmental justice through the context of food sovereignty.

Liz Ross — I was born in Trinidad, West Indies, and I live in the U.S. I am co-founder of a nonprofit dedicated to animal rights and food justice. I grow vegetables in community gardens in Los Angeles, California, through LA Green Grounds, and in my neighborhood. My dream is to develop a program in Trinidad where farmers and gardeners can exchange knowledge, implement and document agroecological methods to increase local sustainable food production.

Sam Slotin – I am from Savannah, Georgia. This past year I apprenticed at Neal Pope's Farm in Salem, Alabama where I was involved in all aspects of organic farming, as well as participated in weekly farmers' markets and CSA distribution. I discovered my passion for farming while in Israel. At CASFS, I hope to increase my knowledge and skill level so that I can fulfill my goal of starting my own urban farm.

Lindsay Smith – I am a special education teacher from Long Beach, California. I have led an environmental club at my school for the past 6 years. I have general knowledge about gardening, but am excited to expand my education about urban sustainable farming. My future goals are to expand my school garden into a community garden and eventually into a biodynamic farm that serves/employs foster youth and people with special needs.

Alex Thompson – I was born, raised, and still reside in Mountain Brook, Alabama (~10 minute drive from Birmingham). Recently, I served as an AmeriCorps fellow with Jones Valley Teaching Farm (JVTF), a non-profit working to improve the livelihood of students in Birmingham city schools. As a CASFS apprentice, I hope to develop/improve my ability to sustainably alleviate issues related to food security. Also, I'm a huge fan of composting.

Eli Tizcareño – I live in North Hollywood, California and work with the American Friends Service Committee (AFSC) facilitating a food sovereignty program that includes leadership trainings for food growers in public housing and youth of color in Los Angeles. I graduated from UC Riverside with B.A. degrees in Environmental Science and Gender Studies. Through my time at CASFS, I hope to learn from the land, deepen my ancestral connection, and build relationships with QTPOC and folks working towards collective liberation in their communities.

Makshya Tolbert – I have spent the last few years living in New York City and working in environmental infrastructure, supporting efforts to prioritize racial equity in the food system. Beyond that, I'm a cook and a potter! During the apprenticeship, I'm excited to build a strong set of farming skills that I can embed into a longer-term dream of being a chef, potter, and writer.

Mark Waterman – I currently live in Uruguay, where I am finishing up a summer season co-managing a small two-hectare organic farm that grows vegetables for wholesale to restaurants and for sale at a small farmstand. At CASFS I hope to dive into some of the theory behind the practice of agriculture and continue exploring the nexus between food and social justice, specifically in relation to immigrant and refugee communities.