



News & Notes of the UCSC Farm & Garden

Issue 105, Spring 2005

SPRING PLANT SALE PREVIEW

GARDEN FAVORITES OFFER TASTE & BEAUTY

– ORIN MARTIN

Among the host of vegetable 6-pack offerings at this year's Spring Plant Sale will be a bevy of legumes—those garden staples, peas and beans. Also featured will be a selection of decorative sweet peas to add beauty and fragrance to your garden. Here we profile some of the varieties available at this year's sale on April 30 and May 1.

Garden Peas Bring Springtime Flavor

Home-grown peas are the essence of springtime and early summer succulence. Although peas aren't heavy yielders (in terms of pounds per area) they are well worth the effort in small gardens. A fresh garden peas' taste is so far superior to its store-bought equivalent that it is in fact a different vegetable—sugar vs. starch, fresh and lively vs. dull and soggy.

Along with spinach, peas usually herald the first working of the soil and planting in spring. If all goes well, sweetness and succulence await you 50 to 70 days after planting seeds. Because they need to be trellised, peas afford excellent opportunities for intercropping.

Once established, peas don't require much work. They are able to grab onto the trellis and spread themselves out for greater exposed photosynthetic area and better air circulation to reduce the incidence of mildew. They are not very sensitive to weed pressure. In fact, weeding established pea patches can do more harm than good, as peas have numerous surface roots that are sensitive to disturbance.

There are three types of peas, each with distinct characteristics –

Shelling Peas (*Pisum sativum*)

Shelling peas and *petit pois* come in single, double and multiple podded varieties. Multiple-podded varieties "throw" two or more pods at each node and are thus more productive. Usually, the more modern the variety, the greater the productivity.

Shelling peas must be picked after the 8–10 individual peas have sized up but before their sugar has turned to starch (every 2–4 days). A properly mature, but not overripe, pea pod should be mid-dark green, shiny, and fully round and plump. And of course, they must be shelled or shucked because of the starchy nature of the pods, which requires lots of labor. If well grown and picked with proper timing, they are moist and sweet with a low starch content and can be, and often are, eaten while picking in the garden.

Unlike garden beans, where the bush varieties are a disappointing step down in eating quality from their climbing counterparts, bush peas feature as good as and in some cases better taste than climbers.

Petit pois are shelling peas of diminutive stature. The plants are smaller—18 inches to 2 1/2 feet. The leaves, pods, and peas inside are smaller. However the succulence, intensity of sweetness, and productivity per plant dwarf standard shelling peas.

Best of the shelling pea varieties is –

Maxigolt (60 days) Vigorous bush or moderate climber. Heat tolerant, 4 1/2' – 5'-tall vines. A versatile spring or fall performer. Unarguably the biggest (6" long), plumpest, sweetest, heaviest-cropping pea I've ever grown.

Snow Peas (*Pisum sativum* var. *macrocarpon*)

Snow peas or Chinese snow peas differ from shelling peas in that the pod is harvested early when it is still flat and before it starts to twist. With the notable exception of the variety Oregon Giant, the peas (actually ovules inside the ovary) are starchy and unpalatable. Although initially disappointed when I grew snow peas, I have come to regard them as my favorite type of pea. With such an exotic name as snow pea I expected sweetness and snowmelt succulence. Alas, snow peas are all about crop texture and moderate juiciness. Still, they are "de rigueur" in Asian stir fry dishes. Varieties include –

continued on next page

Oregon Giant (60 days, bush variety) A recent introduction from Dr. James Baggett of Oregon State University combines extreme disease resistance with the biggest (5"–7" x 1"), heaviest pods and sweetest flavor of any snow pea. This variety can even be picked late when pods are starting to twist and "berries" are pronounced in the pods. In fact full flavor is achieved at this stage. Long harvest period. Vigorous 3 1/2'–4 1/2' vines. The best snow pea ever! (for now).

Mammoth Melting (75 days, climbing variety) Classic heirloom variety. The 6'–8'-tall vines bear 3 1/2"–4"-long pods. Low disease resistance. Poor vine/pod ratio but superior taste if picked when pods are flat.

Carouby de Maussawe (75 days, climbing variety) French heirloom with vigorous 6'–8'-tall vines. Super sweet taste, even raw. Purple flowers. Makes an attractive annual hedge or screen.

Sugar Snap Peas (*Pisum sativum* var. *saccharatum*)

Sugar snaps feature thick, round pod walls that tightly enclose the peas. The walls themselves are sweet and juicy. The peas are versatile in that they can be used young as an ersatz snow pea, at the proper stage (best flavor results when pods are plump, round, and have an audible snap) as a sugar snap, or even as a shelling pea when overmature. The allure of the sugar snap is that it produces more nutrition and taste per plant or area than any other type of pea. It also allows you to eat a shell-type pea with no shelling and is far sweeter than any other type of pea. Note, however, that the original sugar snap and most of its dwarf offspring have little or no resistance to powdery mildew, and the dwarf types have only average taste and texture. Varieties include –

Sugar Snap (75 days, climbing variety) The original and best tasting of all sugar snaps. On the downside, tall vines are hard to pick, plants are very prone to mildew, and the pods have a serious string.

Sugar Ann (55 days, bush variety) Earliest sugar snap. Small pods 2"–2 1/2". Sweet flavor. Short vines (2').

Sugar Sprint (60 days, bush variety) Sweet, virtually stringless pods. The 3"-long pods plump up quickly. Compact 2'-tall vines are disease resistant.

Beans Offer Year-Round Bounty

Ingenious and enterprising gardeners can have beans in the kitchen in one manner or another the year round: fresh snap beans from midsummer to fall; fresh shell beans from midsummer to fall; dried beans from fall to spring; and of course, as a reminder of summer, snap beans pickled throughout the year. All beans are an excellent source of vegetable protein and are rich in vitamins A and B as well as calcium, phosphorous, and iron.

Garden beans (principally *Phaseolus vulgaris*) are tender, warm season annuals grown for their edible pods and seeds. The pods are eaten variously at the immature stage with minimal seed formation (green or snap beans).

The seeds are eaten while still moist and succulent, but with the pods leathery and thus discarded (fresh shell beans). After maturing further many of the fresh shell varieties are harvested, stored, and cooked at the dry bean stage.

Green Beans/Snap Beans

Green beans or snap beans fall into two basic plant types—bush (determinate) and pole or climbers (indeterminate), and several different pod types — 6"–8" long round-podded, pencil thin and straight Blue Lake types; 8"–10" long round, slightly curved Kentucky Wonder types; and 8"–12" long, flat, broad-podded Romano types. Within each type there are many colors, with shades of green, yellow, purple, speckled, or mottled.

Snap beans were formerly called string beans, referring to the string-like, tough tissue that developed along one edge of the pod and had to be removed by hand prior to cooking. Most modern varieties have had the "stringiness" bred out of them.

Bush types mature in 50–70 days and crop for 2–3 weeks. Climbers take an additional 20 days to begin harvest and need support (sturdy 7'–10'-high fencing) but crop for 2–3 months and sometimes even longer.

Romano Types

Romanos or Italian flat beans come in both bush and climbing types. While the taste of bush types is acceptable, the climbers offer much better texture and taste. Romanos are big (8"–12"), flat-podded (3/4"–7/8"), meaty, rich-flavored snap beans. In fact, full taste doesn't express itself until pods are greater than 6–8 inches long up to 12 inches. Romanos are the densest, full-flavored kings of fresh green beans. The climbers offer 2–3 months of cropping, with the first 2 months offering continuous, heavy cropping and diminishing yields, but still high flavor in the later period of harvest. Varieties include –

Romanette (55 days, bush variety) Medium dark green beans, flat 6" x 3/4" pods that retain full flavor even when beans enlarge in pods. Plants more upright and sturdy than other bush Romano varieties.

Roma II (59 days, bush variety) 20"-tall plants, medium green flat beans, smooth exterior. Roma II are good fresh and good for canning.

Green Crop (55 days, bush variety) Longer (8"–10"), narrower pod than other bush types; excellent tender taste when fresh, good for canning.

Romano Gold (56 days, bush variety) Features attributes of Romanos with wax types combined with yellow, golden color. Smaller beans are 4 1/2"–5" long. Pods held well above foliage. Light buttery yellow pods. Distinctive looks, productive and high flavor.

Musica (67 days, pole variety) – Moderately vigorous 6'–8'-tall plants with good foliage:pod balance. 9"–11" long flat, straight pods. High quality, quantity—among the most productive and yet highest flavored of all Romanos.

continued on page 5

Spring/early Summer Calendar

Introduction to Bee Keeping

Saturday, April 16, 10 am - 1 pm

Louise Cain Gatehouse, UCSC Farm

Join beekeeper Albie Miles to learn about honey bee natural history and bee keeping. This is a great introductory workshop for those thinking about getting into bee keeping, or for those who want to know more about these fascinating creatures. It's also an opportunity to brush up on your bee keeping skills. \$5-\$10 for Friends' members (sliding scale); \$15 for non-members, payable at the workshop. Dress for the outdoors.

Friends' Apprentice Reception

Friday, April 22, 5 pm - 7 pm

UCSC Farm

Join us in welcoming the class of 2005 apprentices to the UCSC Farm & Garden as they begin their six-month training course. Light refreshments will be served. Please RSVP to 459-3240, jonitann@ucsc.edu, by April 19.

Growing and Using Medicinal Herbs

Saturday, April 23, 10 am - 12 noon

Louise Cain Gatehouse, UCSC Farm

Learn about the abundance of herbs growing in local gardens. Darren Huckle, a Western/Chinese herbalist and licensed acupuncturist, will teach you about sources of medicinal plants, how to use garden herbs for health and wellness, and how to prepare planting beds and harvest herbs. \$15 for Friends' members; \$20 for non-members, payable the day of the workshop.

Spring Plant Sale

Saturday and Sunday, April 30-May 1, 10 am - 2 pm

Barn Theatre Parking Lot, UC Santa Cruz

Note: Friends of the UCSC Farm & Garden have pre-entry priority, Saturday, April 30, 9 am - 10 am

Don't miss this chance to enhance your garden with organically grown flower, herb and vegetable starts as well as perennial landscape plants. Friends' members receive 10% off all plant and merchandise purchases.

Organic Rose Care

Saturday, May 14, 10 am - 2 pm

Alan Chadwick Garden, UC Santa Cruz

Who says you can't grow roses organically? Join Chadwick Garden manager Orin Martin as he discusses how to raise roses using organic techniques for soil fertility and pest and disease control. \$10 - \$15 (sliding scale) for Friends' members; \$15 for non-members, payable at the workshop. Note the location: Alan Chadwick Garden, across from Stevenson College on UCSC's upper campus.

Strawberry Shortcake Festival

Wednesday, May 25, 4 pm - 6 pm

UCSC Farm

Enjoy fresh organic strawberry shortcake and lemonade as you listen to bluegrass music at the UCSC Farm. Proceeds from this event help provide limited-income shares in our Community Supported Agriculture (CSA) program. \$5 donation requested.

A Garden of Poetry and Music

Saturday, June 25, 12 noon - 2 pm

Alan Chadwick Garden, UCSC

Join us for one of our favorite events of the year, as we harken back to the days of Alan Chadwick with an afternoon of poetry and music in the Chadwick Garden. Notable poets from around the area will read their work at this free event. Enjoy the beauty of early summer in the garden. Snacks provided.

Also coming up -

April 15-17: 44th Annual Wildflower Show in Pacific Grove, presenting over 600 species and varieties of Central California wildflowers at Pacific Grove's Museum of Natural History. For more information, call 831.648-5716.

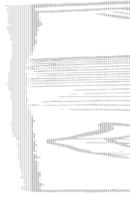
May 7-8: Third Annual Spring Mountain Garden Tour & Brunch. Enjoy a tour of gardens in the Summit area and buffet brunch. Sponsored by the Loma Prieta Community Foundation. For tickets, call 408.354-8025.

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.

Please note that we cannot accept credit card payments for classes (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.

FRIENDS' MEMBERS - ARRIVE EARLY AT THE SPRING PLANT SALE FOR BEST SELECTION



Take advantage of your Friends' membership by enjoying early entry to the UCSC Farm & Garden's Spring Plant Sale on Saturday, April 30. Friends' have shopping priority from 9 am to 10 am, with the sale opening to the public from 10 am to 2 pm. Note that early entry applies only to Saturday, April 30. On Sunday, May 1, the sale will open to everyone at 10 am. Friends' members also receive a 10% discount on all plant and merchandise purchases

If you're not sure whether your membership will be current on Saturday, April 30, take a look at the mailing label of this newsletter. If it says May '05 or later, your membership will be current on Saturday

If your membership expires in April '05 or earlier, you can renew it at the sale on Saturday morning starting at 8:30 am, or contact us and we'll send you a membership envelope that you can bring with you or mail in prior to the sale. Call 831.459-3240 or send email to jonitann@ucsc.edu to request a membership envelope, or if you have any questions about the status of your membership. You can also access a membership form at <http://zzyx.ucsc.edu/casfs/friendsform.html>.

Life Lab Events This Spring & Summer

Fourth Annual Spring Fare in the Garden Classroom May 14, 2 pm - 5 pm

Sample fantastic local farm fare, make and bake your own mini pizza, and enjoy our Garden Classroom overlooking the Monterey Bay. Fun for the whole family.
2:00 pm - 5:00 pm, \$5, children 12 and under free.

Wildlands & Watering Cans Summer Day Camps June 20-24, June 27-July 1, July 11-July 15, July 18-22

Campers will enjoy caring for our hens, cooking projects in our garden kitchen, singing, games, crafts, garden projects, and a hike to local open space. Our garden based camp runs from 9:00-3:00. \$230/\$260; pre-registration required.

Garden Classroom Annual Benefit Dinner August 27

A seasonal farm feast benefiting Garden Classroom Programs. Enjoy your five-course meal and wine in the beautiful Garden Classroom overlooking the Monterey Bay.

See www.lifelab.org or call 459-4035 for details.

Shares in the 2005 Community Supported Agriculture Program Still Available!

Sign up now to guarantee your CSA share

By becoming a member of the UCSC Farm's CSA (Community Supported Agriculture) program, you will receive a season's worth of fresh and local organic produce for a \$600 full share (feeds 4 people) or a \$380 half share (feeds 2-3 people) while establishing a partnership between the local community and apprenticing organic growers. We have different payment plans available. We also have low-income shares available at half the rates.

The season lasts approximately 22 weeks beginning in early June and running through October. Pick up is once a week, either Tuesday or Friday from 12 - 6 pm, on the UCSC Farm right next to a pick-your-own herb and flower garden which members can utilize on their pick up day. Pickups on the farm start early June, weather permitting.

Members can also look forward to weekly newsletters with recipes, farm updates and events; complimentary membership to the *Friends of the Farm & Garden* for one year; a 10% discount on plants and merchandise at our bi-annual plant sales; and quarterly issues of the *News & Notes*.

If you would like to receive our CSA Brochure and Pledge Form or have any questions regarding the CSA program, please contact Nancy Vail at 831.459-4661 or email navail@ucsc.edu.

Market Cart Opens in early June!

Tuesdays and Fridays, 12 noon - 6 pm
at the base of the UCSC campus

Sales of fresh organic produce and flowers from the UCSC Farm & Garden take place at the Market Cart, located at the corner of Bay and High streets (base of UCSC campus) beginning in early June. The Market Cart is open Tuesdays and Fridays from 12 noon to 6 pm through October. Call 831.459-3240 in late May, or check the Center's web site at www.ucsc.edu/casfs for the exact opening date.



Earth Day Organic Foods Campaign Goes Mainstream

For the 35th anniversary of Earth Day, April 22, 2005, food companies are featuring organic food and other products in a big way in a campaign called "Go Organic! for Earth Day," the largest so far to promote organics to mainstream America. More than forty-five organic product manufacturers and 2,600 supermarket locations are coordinating the event with the Earth Day Network and the Organic Trade Association.

Participating food companies include Clifbar, Country Choice Organic, Domino Sugar, Earthbound Farm, Florida Crystals, French Meadow Bakery, Horizon Organic Dairy, Marantha, Natracare, Nature's Path Foods, Organic Valley Family of Farms, R.W. Knudsen, Santa Cruz, Seeds of Change, Silk, Spectrum Organic Products, Stemlit Growers, Stonyfield Farm, and Traditional Medicinals.

Organic Trade Association members involved are Adam's Organic Coffee, After The Fall, Annie's Homegrown, Applegate Farms, Barbara's Bakery, Choice Organic Teas, College Farm Organic, DAGOBA Organic Chocolate, Ecco Bella Botanicals, Everything Natural, Food for Thought/Mia Mahalo, Grandy Oats, Green Mountain Coffee, Guayaki, KUSIKUY Clothing, Lightlife, Maramor Chocolates, Mary's Gone Crackers, Moosewood Refrigerated Soups and Frozen Entrees, Numi Tea, Organic Classics/Fairfield Farm Kitchens, Organicville Salad Dressings, Peerless Coffee Company, Pop's Farm, Rapunzel Pure Organic Products, Rudi's Bakery, Straus Family Creamery, Terra Nostra Chocolate, and Vermont Soap Company.

Among food retailers participating in the campaign are City Market, Cops, Food Lion, Fry's, Giant Eagle, H.E. Butt Grocery Company, Henry's Marketplace, Ingles Market, King Soopers, Kroger, Pick N' Save, Publix, Rainbow Foods, Smith's, Sun Harvest Markets, and Wild Oats.

According to the Organic Trade Association's 2004 Manufacturers Survey, organic food and beverage sales increased by 20.4 percent to \$10.38 billion in 2003. The goal of this campaign is to increase the number of shoppers at mainstream supermarkets who buy organic products, enhance the visibility of organic brands, and promote a healthier lifestyle and cleaner environment.

Customers will be exposed to between two and three million organic education/coupon books, 300,000 organic food samples, in-store advertising, store employees sharing organic products education, and 600,000 point-of-sale materials on supermarket shelves. TV, radio, newspaper, magazine, and online interviews and advertising are also planned.

In addition, environmental education materials will be sent to more than 80,000 K-12 schoolteachers who join Earth Day Network's Educator's Network. Materials will cover both the health and environmental benefits of going organic. Happy Earth Day, everyone!

Beans & Peas, from page 2

Golden of Bacau – An old heirloom from Romania, with a high yield and long cropping period. Long (9"–12"), flat, golden pods. Excellent taste even after beans have formed in pods.

Kentucky Wonder Types

Classic, original "string" beans with a much richer, fuller, meatier flavor than any modern snap bean. They bear profuse crops of 6"–8"-long, slightly curved oval pods of silvery green color. The staple bean of American pioneer homesteads. New improved types are snap beans with the stringiness bred out of them. Varieties include *Kentucky Wonder* and *Kentucky Blue*, both pole varieties.

Blue Lake Types

Blue Lake varieties (bush and climbing) define the look, taste, and texture of summer's cornucopia in the snap bean domain. Blue Lake types are excellent raw, steamed, and as "dilly" canned beans. The bush types feature sturdy, erect 2'–3'-tall plants with pods set both concentrated and held distinctly above the foliage for easier harvest. The pods are round, pencil-shaped, long (6"–8") and perfectly straight. They are virtually fiber-free and "snappy" with a light, slightly sweet taste. There are yellow and purple-podded varieties, and although good looking, the taste is often disappointing. Blue Lake varieties include –

Strike (54 days, bush variety) Early maturation, extended harvest (3–4 weeks) for a bush type, good taste. Standard of Blue Lake types for over 20 years.

Blue Lake (55 days, bush variety) (and Blue Lake 274) Unique flavor, stringless, slow fiber and seed development, with dark green, round 6"–8"-long pods.

Blue Lake (70 days, climbing variety) Straight, round, 6"-long pods, stringless, crisp, tender and sweet even at maturity. Long harvest period (2–3 months). Far superior in taste to any bush Blue Lake variety.

Kentucky Blue (65 days, climbing variety) Combines the straight pods, light taste, and stringless pods of the Blue Lakes with the rich, meaty, old time bean gusto of Kentucky Wonder types.

Fortex (60 days) Rich taste, crunchy, snappy texture, extra long, round pods (10"–12"). Very early for a climber. Picked at 6"–7" stage, it is very much like a fillet bean.

Northeaster (56 days, climbing variety) Vigorous vines, earliest pole bean, huge (8"–12") flat, buttery pods.

Scarlet Runner Beans, *Phaseolus coccineus*

The scarlet runner bean has long been prized by the cultures of Northern Europe. Gardeners in these climates, with their cool summers and restricted warm growing seasons, find it difficult to ripen pole varieties of *P. vulgaris*. Scarlet runners "come a cropper" in such areas. While associated with Northern Europe, they are native to the highlands of Central and South America, and were brought back to Europe by Cortez in the 1500s.

continued on next page

News & Notes

America thinks of the scarlet runner bean as merely a quick, annual screen with attractive flowers that draw hummingbirds. In reality, they are perennial and highly productive over a long season, and are among the sweetest, richest, and most exquisitely flavored of all beans.

Scarlet runners have a greater tolerance for cool soil and air temperatures than any other bean. In cold climates the perennial rootstock can be lifted from the ground, over-wintered in a root cellar and replanted the following spring. In this fashion a seed-propagated plant can persist for at least 3 to 5 years.

Scarlet runners are remarkable in their vigor, often reaching 12'–15' tall and necessitating a tall, sturdy trellis. The beans feature 8"–12" long, flat, slightly irregular, fuzzy pods. Unlike snap or fillet beans, they do not achieve their full, sweet, rich, "meaty" flavor until the pods are at least 7"–8" long. The beans are pink mottled with black and can be used as fresh shell beans or dried beans as well as eaten at the snap bean stage—quite a versatile performer. A favorite scarlet runner variety is –

Scarlet Emperor (75 days) Richest taste, more savory than all but the best Romano beans. Large, extremely showy flowers, prolific producer (from June – 1st frosts) of plump, sweet, and savory pods.

Fresh Shell Beans (aka "Shelley" / Horticultural beans)

These varieties are simply mature but not fully dried beans that are laboriously shelled by hand and are versatile in taste and texture. They mature sooner (in 70–90 days) than dried beans and can start contributing to mid-late summer dishes.

Fresh shell beans are often "precooked"—simmered in herb water with the sliced allium of your choice (up to 30 minutes or until tender) and then added to diverse dishes. It is critical to harvest when the pods are lumpy, indicating plump, moist beans inside, and the individual beans are still somewhat moist and succulent. The pods are tough and dry but still retain some of their original color.

Fresh shell beans have a very short season (10 days–3 weeks) before they pass on and become dried beans for the kitchen larder. Fresh shell bean varieties include –

Flambeau (80–90 days) The classic green-tinted bean of French cuisine. Used as a fresh bean as well as a dried bean. Tediously difficult to shell but well worth the effort. Small yield, small bean size.

Flagrand (76 days) A vast improvement on Flambeau as it is much easier to shell by hand. Plump, mint green-colored seeds, high flavor.

Tongue of Fire (70 days) – One of the highest-flavored fresh shell types. Red-streaked pods 6"–7" long can also be harvested very young as snap beans. Originally from Tierra del Fuego at the southern tip of South America.

Vermont Cranberry (75 days) – Bright red, mottled pods. Old time, early New England settlers' variety. Large, upright bush plants. Shelled beans are plump, mid

sized, and streaked red and pink. Good as a dried bean but loses red color.

Dried Beans

Dried beans are selected varieties of *Phaseolus vulgaris* that are grown to full plant senescence. The individual fully mature, dry bean seeds are shelled from the dried leathery pods by shaking, beating, flailing, or hand shelling. If fully mature and stored under dry, cool conditions, they will retain optimal flavor for up to 9 months. Many varieties have a higher heat requirement than snap beans and a considerably longer time to maturation (90–130 days).

There are probably close to 1,000 varieties of dried beans grown worldwide. In addition to the amazing array of visual patterns and a diversity of tastes and textures, dried beans offer a cross-section profile of human trials, travails, and triumphs through 7,000–9,000 years of cultivation. They offer hints at cultural histories and a snapshot lesson in social-cultural anthropology. Some examples of dried beans include –

Cannelini – A rich, meaty, white kidney-type bean that defines the famous Tuscan region of Italy's Minestrone soup. This bean evokes regional pride and chauvinism amongst Italians as the best bean on earth.

Cherokee Trail of Tears – Carried by Native American Cherokee tribe members on their infamous death march from the Smoky Mountains to Oklahoma in the fall and winter of 1838–39. This brutal exodus left 4,000 graves in its wake. The variety was passed on to subsequent generations.

True Red Cranberry – Used as a staple by Abnaki Indians on their cook shack rafts, which floated down rivers during spring lumber drives and fed the participants.

Montezuma Red – The dried bean grown by Mexican native tribes when Cortez arrived.

Calypso – Ying yang black and white colored heirloom that is closely related to Cannelini beans. Has nutty, slightly onion-like flavor and crumbly texture. Cook slowly at a simmer so as not to break up the beans.

Jacob's Cattle – A bean of Mexican origin (despite the biblical-sounding name). Brown speckled white, resembling cowhide but cooking to a smooth, nutty flavor and texture. A tepary bean that likes desert conditions but surprisingly, thrives as far north as New England.

Dried beans should be the staple winter cooking ingredient for soups and stews.



Calypso

We look forward to providing some of these wonderful additions to your garden at the upcoming Spring Plant Sale.



Apprenticeship Updates

Meet the 2005 Apprentices

Here's a brief introduction to some of the new group of apprentices who joined us on April 11 to begin the 6-month training course in organic farming and gardening at the UCSC Farm & Garden. This year's group comes from across the U.S., as well as Mexico and the Netherlands. You'll meet the rest of the participants in the next issue of the *News & Notes*.

Your membership in the *Friends of the UCSC Farm & Garden* helps support this internationally known training program by providing funds for scholarships, teaching staff, equipment, and facility improvements. See page 3 for information on the Friends' reception; we hope you'll join us to welcome the 2005 apprentice class.

Kim Allen: I was born and raised in Maryland, attended Oberlin College, and have lived in California for the past five years. For the past four years I have worked doing environmental education. At Hidden Villa Farm I coordinated the education garden and taught kids. Currently, I'm continuing with the kid and farming thing volunteering in Ecuador. I'm interested in promoting gardening as therapy for kids. Other interests... lacrosse, Ultimate, dancing (most any physical activity), handicrafts, good food.

Peter Anderson: I have 20 years experience managing my own landscape construction business in Marin County. Through this work, I have had opportunities to learn about construction, irrigation, soils, plants and site preparation for many different conditions. This rich and varied hands-on experience is related directly to farming and will serve me well in pursuing my passion. Now I want to focus on sustainable organic agriculture with the goal of becoming an effective teacher.

Josh Bauer: I helped harvest food at the Acres of Kindness farm near Orville, California, for the rainbow gathering last year. Coming from the Mid-West I worked as a detassler/deroguer in the cornfields in my youth. I am particularly interested in sustainable organic farming as I intend to one day "homestead" and have a self-sufficient economy and am currently interested in the symbiosis of humans and plants as well as physical/evolutionary biology.

Renee Cook: I have taught organic gardening in Oakland and most recently in Alameda for the past few years. I currently teach about thirteen classes a week on Tuesday,

Wednesday and Friday at Bay Farm Elementary School. I am excited to be an apprentice and be in the "student" role. I would also like to expand my knowledge base and educate adults as well as children.

James Cov DeRamus: Originally, I'm from North Carolina, but I haven't lived there for a long time. In 2003 I worked for a stint at Live Power Community Farm. I volunteered and traveled around Asia for the better part of last year, and I'm interested in, amongst other things: people; culture; travel; the social benefits of community gardening; and the restoration of damaged and depleted soils. I like working with children, surfing, and I want to learn Spanish.

Yigal Deutscher: I have been dreaming and working in creating agricultural sustainability for about two years, since my first apprenticeship, which was in Connecticut. My connection to the earth is strongly related to a deep connection with Judaism and the unity of all things. The hope for the future is creating a holistic food-medicinal herb farming site in Israel, which is where I have been living and working and learning for the last year.

Jennifer Laura Eckert: I studied botany at San Francisco State, during which I also began my studies in Western Herbal Medicine. I've been gardening for over ten years now and most recently lived and worked on two organic farms in Hawaii. I wholeheartedly take part in political activism, caring for children and connecting with nature and spirit. I strive to walk lightly upon the earth, and to know where my food comes from!

Hannah Farley: My experience includes an internship at Redwood Roots, a CSA in Arcata, California and the Gardening and Composting Educator Training Program through San Francisco's Garden for the Environment. Recently I was a teacher-in-residence at Slide Ranch, an educational farm where milking goats and making cheese is used to connect city kids to food. I hope to continue connecting people to their food sources, and to one day grow my own piece of land.

Barbara Ferrell: My friends call me Babs. I grew up in the San Francisco Bay Area, and attended UCSC in the mid-80s. Sixteen years ago I received a book written by John Jeavons on the biodynamic gardening method and have been composting and gardening organically ever since. I added vermiculture in a few years ago. I am interested in herbal medicine, and would like to run a small farm.

Sheila Foster: I am a journalist and science educator by profession and have spent the last few years working for an environmental NGO in California. Most recently I lived in Tanzania, East Africa. I grew up mostly in Ohio, with degrees from UCSC. I love biking, running, traveling, animals, mountains and the ocean. One day I hope to have a world filled with bees, chickens, vegetables and smiling children.

Emily Freed: My love of gardening began when my parents and I planted our first garden in Northern Califor-

continued on next page

nia, which we nicknamed the “Freed Family Farm.” Since my days of playing hide and seek in the cornstalks, I have volunteered on organic farms and gardens throughout Northern California, Oregon and Israel. I look forward to weaving gardening and environmental education into a professional career.

Jennifer Griffith: I am living in Brooklyn doing environmental education research for Columbia University. I studied environmental science as an undergrad. Following graduation, I worked on an organic goat farm in Nicaragua that taught sustainable practices and good nutrition to rural farmers. I am interested in productivity of home gardens, textiles, Vipassana, and excited to be moving somewhere with less concrete.

Shelley Hamilton: I have ten years of experience in environmental education, both in outdoor settings and in museums. Currently, I am a manager for an organic, raw restaurant. I hope to combine agriculture with education and dining. I also have an interest in transforming my family’s Midwestern farm from conventional to organic. I would be interested in chatting about: biodiesel, slow foods, animal care, ecotourism.

Robert Hartman: I fell in love with the generosity of plants about three years ago. Since then, I have been taking classes, working in a retail nursery, and doing aesthetic pruning. I want to learn all I can about raising horticultural crops and help promote the practice of edible

landscaping. I grew up in the San Francisco Bay Area. In time, I hope to live and work in a sustainable community.

Robert Bim Krumhansl: I’ve been an edible landscaping intern and permaculture student in the Southeast and have worked on various organic farms in the Southwest. My most recent project has been a student garden I helped create at Colorado College. Quaint New England towns and suburban forests were my childhood playgrounds. Everyone ought to have the opportunity to eat food directly from a garden and I hope to spend the foreseeable future facilitating this dream.

Jason Mark: I am a writer and activist from San Francisco, feeling bummed about losing my urban gardening plot but super excited about learning all I can during the apprenticeship. I’m looking forward to growing from a gardener to becoming a farmer. Once I complete the apprenticeship, I look forward to sharing all the skills I gain to educate people about the necessity of sustainable food systems.

Aaron Martin: I’m a newbie to the organic ag world. I grew up in L.A. and moved to Santa Cruz to attend UCSC. For the past two years I worked for the Santa Cruz AIDS Project doing HIV prevention and harm reduction with men who have sex with men. I’m a devoted student of ba gua. I’m interested in holistic healing, sustainable living, nonviolent cultural (r)evolution, dancing, fermented food, and loving unabashedly.

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