



News & Notes of the UCSC Farm & Garden

Issue 110, Summer 2006

Easy to Grow Asian Greens Make a Versatile Addition to the Garden

– by Sue Tarjan

If you're not yet acquainted with Asian greens, it's about time to get to know them. After all, not only have they been cultivated for at least two thousand years, many Asian greens are easy to grow in the home garden, and most Asian greens are much simpler than pie to prepare (little trimming or peeling necessary), quick to cook, and extremely versatile in a wide range of recipes from salads and soups to stir-fries and sautés—not to mention that they're succulent to crunchy, sweet to spicy, delicious, and nutritious—in short, fabulous fast foods!

While many Asian vegetables like yard-long beans and bitter melons require heat, humidity, and a long growing season, fast-maturing Asian greens, like all members of the mustard/cole family—*Brassicaceae* (formerly *Cruciferae*), genus *Brassica*—flourish in cooler temperatures and soils, conditions easy to provide in our foggy coastal area. Seeds germinate at around 45° F, and smaller varieties like tatsoi or mizuna can even be grown in pots. As a matter of fact, bok choy, baby bok choy, and tatsoi were offered for sale in six-packs at the Farm & Garden's spring plant sale this year precisely because they grow so well here; they'll thrive practically year-round!

Brassicaceae like high nitrogen and potassium and even moisture, so water frequently but lightly to keep their shallow roots happy. Space plants generously to provide good air circulation to prevent bottom rot. For baby greens, sow thickly and harvest with scissors at three or four inches tall. The best way to store Asian greens is slightly wet in an open or perforated plastic bag in the refrigerator, but remember to use them within three days. Also keep in mind that Asian greens cook more quickly than our traditional mustard greens, kale, collards, Swiss chard, or dandelion greens.

Asian coles ("chois" or "choys") are rich in vitamins A and C, potassium, phosphorus, calcium, folic acid, beta-carotene, iron, manganese, magnesium, and zinc. They are also low in calories and high in fiber. Bok choy has long white stalks with green leaves that taste similar to cabbage. Stir-fry, add to soups and steamed dishes, or try uncooked in salads. Baby bok choy is a smaller version, pale green, that's delicious in soups or stir-fries or braised whole. You might also want to experiment with Chinese flowering cabbage, or yu choy, considered one of the best Chinese cabbages. It has a delicate, sweet flavor and requires minimal cooking. Always select chois that are fresh and crisp, and don't overcook or overseason.

The mustards are just as nutritious as the cabbages but tolerate heat and humidity and feature a spicy, peppery taste that scrumptiously contrasts with mild, sweet lettuces in salad mixes; use them instead of arugula. Brief cooking tones down the spiciness but preserves the succulent, satisfying flavor. Smaller, younger leaves are best in salads; older, larger leaves work better in stir-fries or stews. Mustard greens shrink enormously in cooking, so one pound may yield as little as a half cup of cooked greens. In general, mustards combine well with sweet-flavored vegetables, such as sweet potatoes, corn, or carrots. Chopped mustard greens can also be added to soups or stews to add a pleasant, peppery aspect to these dishes. They are especially good with bean soups and other otherwise bland dishes. Flavors that go well with mustard greens include vinegar, hot pepper sauces, garlic, chili peppers, and lemon.



Asian mustard greens are generally stir-fried or pickled to eat as condiments and salads. Giant red mustard has deep purple-red leaves. The young, tender leaves and flowers of this spicy Japanese mustard add zip to salads or sandwiches when eaten raw. Steam or lightly stir-fry large leaves. Mizuna is highly ornamental, with feathered green leaves on slender white stalks that form an upright foot-tall rosette. Its tender stalks and mild flavor make it a good salad green. Look for mustards that have glossy, brightly colored leaves.

Additional Cultural Notes (excerpted from *Asian Greens Offer Tasty, Easy-to-Grow Source of Nutrition*, by Orin Martin. See *References and Resources*, below.)

Plants perform best if transplanted from speedling or plug trays or six packs, as they have a primary tap root and weak, restricted fibrous roots. A seedling that is easily handled can be raised in 30–40 days and maturation takes place within 30–80 days after transplanting, depending on the species and variety.

Because the Brassicas have been bred to be out of balance (all top, very little root system), they respond to high nitrogen inputs and frequent, shallow waterings. As the heading Chinese cabbages approach maturity, they require a good dry down between irrigations to avoid a bacterial soft rot that rots the head from the inside out. Liberal spacing (15"–18") between plants contributes to better air circulation at the base of the plants and decreases the chance of bottom rot.

While Asian greens are versatile in terms of soil textural class, they grow optimally on rich loams high in organic matter. Because these crops grow and mature so rapidly, growers should amend the soil with a fully mature, particulate compost with quickly available nutrients. Nitrogen and potassium are especially critical; potassium contributes to the leaves' structural support and speeds maturation.

References and Resources

To learn more about growing and using Asian greens and other Asian vegetables, see the following websites –

"Asian Greens Offer Tasty, Easy-to-Grow Source of Nutrition": <http://zzyx.ucsc.edu/casfs/publications/gardenideas/asiangreens.html>

Excellent, comprehensive article by the Farm's own Orin Martin, manager of the Alan Chadwick Garden on the UCSC campus—everything you need to know to get started!

Kitazawa Seed Company: www.kitazawaseed.com/index.html

This venerable San Jose seed company is the oldest American seed company to sell Asian vegetable seeds. The focus is on Japanese vegetables and cuisine but not exclusively so.

Easy Asian Greens

1 1/2 pounds mizuna mustard greens, baby bok choy, Chinese broccoli, or a combination with bunching green onions if desired. Always chop into relatively uniform pieces for even cooking.

3 tablespoons low-sodium soy sauce

2 tablespoons rice wine vinegar

1 tablespoon honey or agave nectar

1 tablespoon sesame oil

1 tablespoon toasted sesame seeds, plus more for garnish

Rinse greens in cold water and shake off excess water (a salad spinner works well). Steam or stir-fry in a little oil until just tender, maybe five minutes. Meanwhile, make the dressing by combining the soy sauce, vinegar, honey, oil, and 1 tablespoon sesame seeds in a small bowl or bottle. Stir or shake well.

Put the cooked greens onto a serving platter, drizzle the dressing over them, and toss to coat. Garnish with sesame seeds and serve immediately or at room temperature. They're great served over white or brown rice or buckwheat noodles or on the side with a richer main course.

Oriental Vegetable Seeds: www.evergreenseeds.com/index.html

You can order practically any Asian vegetable seed from this site, which also includes pictures, cultural requirements, and culinary uses.

Access to Asian Vegetables Thesaurus: www.dse.vic.gov.au/trade/asiaveg/thes-00.htm

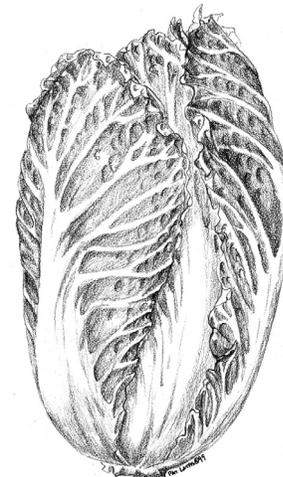
This Australian site lists common names of Asian vegetables along with their less common counterparts, their botanical names, and, best of all, photographs!

Asia Recipe Com: <http://asiarecipe.com/asianveg.html>

A great site for fans of Thai cuisine, with Thai names of vegetables and great descriptions and recipes, but it also includes an impressive amount of info about Chinese, East Asian, Japanese, Korean, Indonesian, Philippine, and Vietnamese cuisine.

Garden Web's Asian Vegetable Forum: <http://forums.gardenweb.com/forums/asianveg/>

This forum discusses plant selection, care, harvest, and more!



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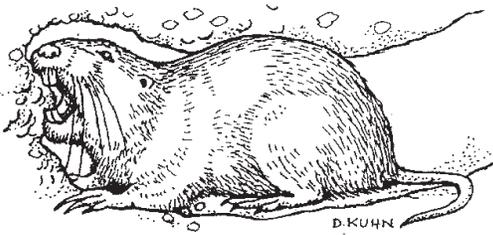
Summer/early Fall Calendar

Gopher Control & Exclusion Workshop

Saturday, July 22, 9 am - 1 pm

Louise Cain Gatehouse, UCSC Farm

Back by popular demand, Thomas Wittman shares the latest techniques for controlling gophers and other vertebrate pests with non-toxic methods. No pre-registration necessary. \$15 for Friends' members; \$20 for non-members, payable the day of the workshop.



Perennials in the Landscape

Saturday, August 26, 10 am - 12 noon

Louise Cain Gatehouse, UCSC Farm

Ken Foster, owner of Terra Nova Ecological Landscaping, shares his ideas on incorporating perennials into your yard and garden. Get ready for the fall perennial-planting season (and get ideas for the upcoming Fall Plant Sale!) as you learn about best-performing varieties, drought-tolerant plants, and much more. No pre-registration necessary. \$15 for Friends' members; \$20 for non-members, payable the day of the workshop.

A Taste of Summer: Life Lab's Seasonal Benefit & Silent Auction

Saturday, September 16, 4 pm - 8 pm

Life Lab Garden Classroom, UCSC Farm

A seasonal tasting benefiting Life Lab's Garden Classroom programs. Enjoy hors d'oeuvres, wine, and a silent auction in the beautiful Garden Classroom overlooking the Monterey Bay. See www.lifelab.org or call 831.459-4035 for details.

Farm & Garden Fall Plant Sale

Friday, September 8, 12 noon - 6 pm

Saturday, September 9, 10 am - 2 pm

Barn Theatre Parking Lot, UC Santa Cruz
(corner of Bay & High Streets)

Fall is a wonderful time to plant vegetable crops that will extend your gardening season and to give perennials a good head start for spring. The region's best-suited varieties of organically grown winter vegetables and landscape plants will be available. Friends' members receive a 10% discount on all plant purchases. Proceeds support the Farm & Garden Apprenticeship training program.

Note the days: Friday and Saturday.

Fall Harvest Festival

Saturday, October 7, 11 am - 5 pm UCSC Farm

Save the date now! You don't want to miss our annual Farm celebration. Great music, food, apple tasting, an apple pie bake-off, garden talks, hay rides, kids' events, tours, display by local farmers, chefs, and community groups, and an all-around good time are in the works. Free for members of the Friends of the Farm & Garden and for kids 12 and under; \$5 general admission. Call 459-3240 or email jonitann@ucsc.edu for more information or if you'd like to volunteer.

Also coming up –

Native Treasures—Gardening with the Plants of California

Sunday, September 10, 1:30 pm at the UCSC Arboretum

Nevin Smith, well known Director of Horticulture at Suncrest Nurseries in Watsonville, will give a talk based on his recent book from University of California Press (see page 4, this issue). Books will be available at the lecture. \$15 general public, \$10 for Arboretum Members.

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.

Book review

Native Treasures: Gardening with the Plants of California

M. Nevin Smith

University of California Press, 2006

This amply illustrated practical guide to using California natives in the home garden begins with an introduction to California's geography, geology, and plant communities. Next comes an overview of gardening basics, including planning your garden, choosing plants, planting the garden, propagation, and much more. Following are sections on native trees, shrubs, sages and buckwheats, herbaceous perennials, bulbs, and annuals. For each group of plants, common features, uses and culture, propagation, and several species of interest are discussed.

The author, director of horticulture at Suncrest Nurseries in Watsonville and a frequent columnist for *Fremontia*, the journal of the California Native Plant Society, conveys his rich and varied experience via an engagingly informal narrative style and provides easy-to-understand explanations of plant propagation, the appropriate use of California natives in a variety of landscapes and gardens, and a variety of other topics guaranteed to pique the interest of the home gardener. The book also contains a helpful resource list and comprehensive index.

Native Treasures (288 pages) is available for \$60 (hardback) or \$24.95 (paperback) at local independent bookstores, at Norrie's gift shop at the UCSC Arboretum, or on the web at www.ucpress.edu/books/pages/9864.html. Author Nevin Smith will give a talk on gardening with native plants on Sunday, September 10 at the UCSC Arboretum (see calendar, page 3).

“Back 40” Celebration News

Planning for the 2007 “Back 40” event marking the 40th anniversary of Alan Chadwick's founding of the UCSC Student Garden Project is proceeding apace. The dates have been set: July 27–29, 2007, and several subcommittees are at work developing outreach, fundraising, and program plans. We'll soon be sending out a “save the date” postcard to former apprentices and staff.

If you're interested in helping serve on a planning subcommittee or as an event volunteer, or have suggestions for potential donors that can help support this effort, please contact Erin Justus at farmandgarden@gmail.com, or call Joni at 831.459-3240. Stay tuned for developments!

Farm-to-College Effort Receives Support

A \$35,000 grant from the Wallace Genetic Foundation will support UCSC's Farm-to-College Sustainable Food Systems Project, designed to link the UCSC Farm with other local organic farms and with UCSC campus organizations to bring organic produce to the campus dining halls, while bringing students to the Farm for sustainable food systems education. The Farm is one of seven local organic farms providing organic produce to the campus dining halls and Terra Fresca restaurant as part of the Monterey Bay Organic Farming Consortium.

Center staff will also work with UCSC's Food Systems Working Group to promote and foster more sustainable food systems practices, policies, and education at UCSC and at other UC campuses, both refining our own farm-to-campus model and sharing it with other institutions statewide and nationally.

For more information on UCSC's Farm-to-College effort, see <http://zzyx.ucsc.edu/casfs/farm2college/index.html>, and www.farmtocollege.org.

Strawberry Spinach Salad

- 1/4 cup sesame seeds
- 2 tablespoons red wine vinegar
- Minced garlic to taste
- Dry mustard to taste
- Salt and pepper to taste
- 1/4 cup olive oil
- 1 bunch spinach, cleaned and stemmed
- 1 cup strawberries, sliced or chunked
- 1 1/2 teaspoon fresh dill or 1/2 teaspoon dried dill

Toast sesame seeds in dry skillet for a few minutes, stirring often. Set aside. Combine sugar, vinegar, garlic, dry mustard, and salt and pepper. Whisk in oil in a thin stream. Toss with spinach, strawberries, dill, and sesame seeds. Serves 4.

Check out the 2006 Apprentice Blog

Daniel Paduano (see page 7), a member of this year's apprentice class, has created an attractive and informative blog, featuring information on sustainable agriculture topics, policy updates, farming and gardening information and links, calendar listings, and much more. Check it out at <http://casfs.blogspot.com>.

THE FARM & GARDEN COMMUNITY LOSES A BELOVED FRIEND

The day after the Summer Solstice, the Farm & Garden and the Santa Cruz community lost a dear and kind friend. On June 23, 2006, after 86 years, Graydon Livingston passed from this bodily world.

Many of us who knew Graydon well considered him to truly embody the sometimes-overapplied phrase "Renaissance man." His interests, skills, and talents ran the gamut from classical music, flamenco, poetry, and languages to sculpture, pottery, gardening, woodworking, and painting. He was a lifelong learner, always seeking to broaden his knowledge base and far-ranging aptitudes. By way of example, in his 80s he actively studied Spanish because he saw it as a gateway to communicating with so many people here in California. Likewise, he put considerable effort into learning Italian in preparation for a recent family trip.

As an artist and craftsman, Graydon had an incredible eye for detail and capacity to carry an idea or concept into three-dimensional reality. Since the late 1980s he channeled this capacity into countless utilitarian works of beauty. Everywhere one walks at the UCSC Farm and Alan Chadwick Garden, Graydon's influence graces the landscape. From arbors and trellises upon which flowers flourish, to t-tape rollers and adjustable dibblers that make our daily work in the fields and gardens more efficient, to detailed and informative illustrations of plants, to the dragon head above the garden chalet that greets the rising sun and waning moon, to clumps of sculptural wooden "grasses" that provide a perch for passing birds and that dance playfully in the breeze, Graydon's creativity and generosity surround us.

Whoever said either function or form must take precedence had never met Graydon Livingston. From this amazing mind and those gnarled hands also came exquisitely detailed lamps illuminating architecturally intriguing plant material that Graydon wildcrafted while venturing around our county. With both found and readily purchased material, Graydon consistently delighted the viewer/user of his work. The vast majority of this creative outpouring emanated from his garage/workshop. Here, friends and visitors had ready access to Graydon's unconditional generosity through his always-open garage door.

Not only did Graydon build beautiful, functional works of art, he empowered generations of Farm & Garden apprentices to pursue their own creative visions. Always inclusive and supportive, Graydon taught by example, with thoroughness, through kindness and humor, and with constant encouragement.

Ever humble, Graydon often said he took as much or more than he ever gave to the Farm & Garden. For the many people he mentored and inspired, I believe we also felt that we too were much more the recipients than the

givers when working with Graydon. Perhaps this is just a reflection of how our strongest and healthiest relationships should always be.

When I grow up, I truly aspire to be like Graydon Livingston, a man who so clearly radiated a love of simple beauty, maintained an inquisitive mind and an unattached generosity, and easily offered a warm smile and open heart.

– Christof Bernau
Garden manager, UCSC Farm



Sundials, wooden sculptures, benches, trellises, and many other examples of Graydon's creativity and talent enhance the UCSC Farm & Alan Chadwick Garden.



Graydon's family asked that memorial gifts go to support the Friends of the Farm & Garden. Gift checks may be made out to "UCSC Foundation," with "Friends of the Farm & Garden" in the memo line, enclosing a note that the gift is in Graydon Livingston's memory. Checks should be mailed to:

*Heidi Rentería
Associate Director of Development for Social Sciences
Social Sciences 1
UCSC, 1156 High Street
Santa Cruz, CA 95064*

Credit card gifts may be made online at <https://urnet.ucsc.edu/secure/pledge.html>. Online donors should enter "Friends of the Farm & Garden" in the "please direct my gift to..." field and "in memory of Graydon Livingston" in the "additional comments" field.

To read more about Graydon, see www.santacruzsentinel.com/archive/2006/Jul/09/robit/stories/04robit.htm



Meet the 2006 Apprentices

Here's a brief introduction to the second half of the group of apprentices who joined us on April 11 to begin the 6-month training course in organic farming and gardening (we profiled the other half of the group in the *Spring 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. Come meet members of this year's class at the Market Cart at the base of the UCSC campus on Tuesday and Friday afternoons, or drop by the Farm and Chadwick Garden to say hello.

Stephen Hall: I grew up frequenting the Holden Arboretum in Kirtland, Ohio. In high school, I spent six months living and working on a farm in Vermont. In the fall of 2001, I worked at a small farm in Italy that emphasized sustainable modes of agriculture and forestry. I anticipate a career involving small-scale sustainable agriculture and organic horticulture, perhaps as a gardening instructor at a school like the one I attended in high school.

Karalee Hill: I missed my chance at FFA classes during high school, but got my first chance to farm (via World Wide Opportunities on Organic Farms, or WWOOF) on Kauai. Taro, bamboo and avocados the size of a fat eggplant, not to mention the taste of bananas right out of the tree. With the help of the apprenticeship, I hope to implement biologically sound farm techniques to my own garden/my friends/my families and then get the edibles and ultimately those techniques to the community.

Ryan Hofrichter: I'm from Miami, Florida. I became interested in farm and garden work through ideas represented in permaculture circles. I enjoyed six months of related work with farmers in Mexico and Guatemala and returned last year to San Francisco, where I completed a short permaculture certification course. I'll be leaving work as a school garden/ecology teacher to participate here. I am looking towards open-ended plans to apply and share these interests on a small-scale.

Diane Hollister: I'm a born and raised Californian, living in the North, South, and in-between. For the last 26 years I've been gardening in my yard in San Diego. With

a forgiving climate and lots of trial and error, I've managed to create a yard full of fruits, vegetables and flowers. My plan is to become a better gardener and to work on developing community gardens in "active older adult" communities.

Robyn Rose Hosey: I have been farming about four years. From the first time I picked a beet at Morning Glory Farm, I fell in love with agriculture. Later, I became the education coordinator at The FARM Institute. The goal of my work at TFI was to help children forge an intimate and lasting relationship and understanding with the earth and its inhabitants. My life's work truly began there and continues here.

Kennon Kay: I was born and raised in Providence, RI. After finishing college in Amherst, MA last year, I drove to Grants Pass, OR to live and work on an organic farm (where I WWOOFed the previous summer). I want to either continue on this path, toward having my own farm and on-site restaurant, or become involved in integrating agriculture into education. Whatever happens, I hope to always share and enjoy Slow Food!

Ulli Klein: I grew up in rural Austria where I gained my first gardening skills helping my parents in their garden and orchard. In the last four years I have been working as a garden educator, gardening and teaching in 1/2-acre size organic gardens. I hope that farming will give me the opportunity to continue to live and work in a sustainable way, as well as to educate others about the beauty of working with and in our natural environment.

Matt McCue: I was born in Albuquerque, New Mexico. I first became interested in agriculture as a soldier in Iraq. I saw the freedom that farming can bring to a society and I was hooked. I enjoy watching life blossom, and I could not think of a more rewarding and challenging working environment. I volunteered on an organic farm in Hawaii and most recently worked on a farm in Santa Fe.

Toby McPartland: Just prior to the apprenticeship I lived in my hometown of San Luis Obispo, CA, working on the organic farm at Cal Poly. Five months ago I returned from Senegal, West Africa where I was a Peace Corps Volunteer, working on an agroforestry project. I studied cultural anthropology at UCSC and look forward to returning in the spring.

Rachel Mencher: I'm a New Yorker, 22, aspiring farmer/teacher. I spent two seasons working at Wheatland Vegetable Farm in Virginia, tending crops and running a market stand. I've also spent two summers at farm-based camps, teaching gardening and animal husbandry. My other passions include pacifism, chatting with children, dairy production (especially homemade ice-cream), American history and novels. My dream is to have a small family farm/homestead and provide food and education for local schools.

Molly Nakahara: San Francisco East Bay local. Acclimated to milder climates and people-powered vehicles. A picker of strings (beans and brass). Find me amongst school garden weeds or singing to the trees. Worked in public education and community food (in)security. Hungry for practical training. Plans include creating urban food production systems to enhance self-sufficiency and stimulate greater socio-enviro-political change. Attempting to be a vehicle for knowledge: may it ride through me to reach those most in need.

Dana Nixon: I grew up in Indiana, spending summers on my uncle's "U-pick" strawberry farm. After studying biology in college, I started a career in environmental activism. While in the career, I felt a need to have more of a positive impact for the earth. When I envision a future for myself, it includes living peacefully connected to the land. My goal is to learn to effectively run/manage a CSA in the Midwest.

Mike Nolan: I was raised in Melbourne, Australia and San Jose, California. I have spent the past four years working and living with communities and organizations in Davis, California, that focus on sustainable, self-sufficient, and organic living. Most recently, I worked on an organic farm in Yolo County, where we started a small 10 person CSA. I want to work in school gardens, getting youth in touch with their local foods and soils.

Zach O'Donnell: I grew up in the mighty Midwest and acquired a love of the outdoors. Off at college I studied what I loved, and then went off to teach Biology in Mozambique, where I lived in a community dependent on local non-sustainable agriculture. I moved out to San Francisco eight months ago, and ride my bike everywhere. I want to end up back in Africa teaching, not in a classroom, but in the fields.

Daniel Paduano: My goal is to start a residential treatment program on the grounds of a working organic farm for adolescents reintegrating into society following institutionalization. This vision evolved through my work at Green Chimneys Farm and Wildlife Conservation Center in Brewster, NY, Four Season Farm in Harborside, ME, Kundalini Yoga Teacher Training in Española, NM, and my clinical internship and substance abuse research experience at UCSF. I love my girlfriend and my mountain bike.

Amy Rice-Jones: Born and raised in arid Colorado, I first learned xeriscaping from my mother. At Whitman College in Washington, I worked in an organic garden, planning and maintaining diversified plots and developing children activities. This past summer a friend and I operated a half-acre vegetable garden, selling our produce at a market and local restaurants. My aspirations are to educate others how to grow nutritious food in a manner that replicates natural patterns and processes.

Catarina Schmidt: I was born in Antigua, Guatemala and spent my childhood between there and Belize on my dad's farm, where I developed an intense love for farm life. In college I became interested in sustainable agriculture's role within environmental issues and have worked on several organic farms in Central America and the U.S. since then. I plan to combine sustainable building design, permaculture principles, and edible landscaping into a consultancy business for home-space design.

Alexis Schoppe: I am an East Coast girl, but recently have been living in the mountains of Colorado. I have been involved in organic farming since college, where I created an organic garden on campus. I traveled to New Zealand and worked on organic farms there. While living on Martha's Vineyard, I worked on an organic teaching farm. I hope to one day have my own teaching farm, nurturing a love and respect for the earth and ourselves.

Kasey Scott: I am a prodigal Midwesterner, raised in Oklahoma and Texas. My first garden was planted while I was a Peace Corps volunteer in Paraguay. Providing balance for the lack of produce available in my town, my garden gave me things like okra, chili peppers and spices. I also worked in Paraguayan school and community gardens. I plan on eventually starting a camp in the Midwest centered on farming, music and simple living.

Adrea Tencer: As an undergraduate at UC Berkeley, I conducted research looking at the toxic effects of atrazine, the most commonly used herbicide in the U.S. I then did research on the island of Moorea, French Polynesia looking at the effectiveness of organic mulches in controlling vegetative weed growth. Recently, I developed a rooftop garden for an independently owned restaurant in Chicago. My next step is to gain practical experience in organic farming in the U.S. and abroad.

Amadeus Thevoz: Born in Ukiah, California, but raised in the French part of Switzerland (English is my second language). My first experience with farming was at the Old Mill Farm in Mendocino. For the past 7 years, I worked as a landscaper off and on, and volunteered on different farms. My goals for the future are to learn goat cheese making in the French Pyrennees and to farm with my partner.

Katy Vigil: Born in the suburbs, descended from farmers—those fluorescent desk jobs always failed to charm her. She un-tucked her shirt, and sat down in the dirt, and said Look, Mom and Dad, I'm a gardener! Broke now, happy, with mud on her specs, she is wondering which step to take next. Join her Iowan brood? Or sow suburbs with food? After CASFS, she'll feel less perplexed.

See next page for more Apprenticeship Updates

Apprenticeship Updates (cont'd)

From January to May this year, **Molly Rockmann** (2005 apprenticeship graduate) coordinated the **Eat Grub! Tour** with Anna Lappé and Bryant Terry, the goal of which was to not only promote their new book *Grub: Ideas for an Urban Organic Kitchen*, but also to serve as a catalyst and a coalition-builder in the sustainable agriculture and food justice movements. She enjoyed seeing many farmies while accompanying the authors for parts of the tour, especially at UC Santa Cruz, where the Education and Sustainable Living Program and Center for Agroecology and Sustainable Food Systems hosted a local foods community dinner (featuring kiwis from the Farm!) and a lecture by Anna.

While on tour, Molly also had the pleasure of attending a benefit dinner with supporters of Marin Organic, where **Sheila Foster** (2005) now acts as Development Director, and visiting with **Corie Pierce** (2005) at the Kellogg Food and Society Conference in Asheville, North Carolina.

Currently, Molly is developing and seeking funding for The Fiji Organic Project (www.fijiorganic.org), as well as assisting "Farmer John" Peterson with his creative projects, including planning for the theatrical release of *The Real Dirt on Farmer John* this fall.

Molly would love to hear from you!
mollyinghana@yahoo.com, 314.348-6999

Apprenticeship grad **Josh Slotnick** is the first featured interview in the ATTRA/National Sustainable Agriculture Information Service's new "Conversations from the Field" series, which posts interviews with sustainable agriculture leaders to "highlight successful practices, creative programs, and progressive ideas, and to encourage readers to develop a more comprehensive understanding of the sustainable agriculture movement."

Slotnick directs both the Program in Ecological Agriculture and Society (PEAS) Farm for Garden City Harvest, and the PEAS Program based in the Environmental Studies Program (EVST) at the University of Montana.

According to the interview, the PEAS program provides an opportunity for college students to intern at a working community farm in Missoula, Montana. The PEAS Farm is a collaborative effort between EVST and Garden City Harvest, recently recognized with the Jimmy and Rosalynn Carter Partnership Award for an outstanding nonprofit/university partnership. Josh and his wife **Kim Murchison** (1990 apprenticeship graduate) also run the Clark Fork Organics farm in Missoula.

To read the interview with Josh, see www.attra.ncat.org/interviews/

Attention apprenticeship grads: we'd love to hear what you're up to! Send updates to alindsey@ucsc.edu or mtbrown@ucsc.edu.

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