



# News & Notes of the UCSC Farm & Garden

Issue 134, Summer 2012

## Early Summer Gardening Tips

— by Martha Brown

It felt like mid summer had already arrived when I went to find garden manager Christof Bernau for this interview. Hot and dusty, he'd been working with a group of apprentices as they chopped up cover crops of fava beans, vetch and oats to feed into the compost piles that border the UCSC Farm's handworked garden. Bernau sat down long enough to share some gardening tips for the coming months.

### *Root Crops and Direct-Sown Leafy Crops (Salad Greens, etc.)*

If you're growing root crops such as beets, carrots, and parsnips, think about weed control and thinning to allow the plants to develop to optimal size. Note that the recommended spacing between plants will depend on variety and the size you're looking for in your ultimate harvest. For leafy greens such as salad greens, arugula, and spinach, weed control is also critical both for crop quality and for ease of harvest. Crowding and competition from weeds or too-close spacing of plants, along with water stress, lack of nutrients, and inconsistent harvest are all factors that contribute to the phenomenon gardeners call "bolting."

When I asked about this, Bernau explained that as the outer leaves of crops such as spinach are exposed to warmth and daylength over 14 hours they begin to produce a protein called *phytochrome*, which flows to the apical or growing tip of the plant. This triggers the plant shift from vegetative leaf production to reproductive flower production and begin to bolt. "Although phytochrome is present and influences the growth processes of virtually all green plants, it is a particularly important factor in triggering spinach to bolt," says Bernau. Keeping the older growth harvested will encourage new growth and suppress bolting.

With all leafy crops, Bernau notes that consistent harvest, providing adequate fertility, appropriate water, thinning as necessary and regular weed control will help ensure the best quality crops. Leaves from the kale and chard you planted this spring can be harvested throughout the summer if well maintained.

These and other plants that will be in the ground a long time (see cucumbers, squashes, and tomatoes, below) will also benefit from a mid-season nutrition boost. Finished compost or an organic granular fertilizer such as Sustane can be worked into the soil around the base of the plant to provide supplemental nutrition. Compost "tea" made from fully decomposed compost soaked in water and applied as a "soil drench" to the plants' roots is also a good way to get address the plants' nutrient needs, as are kelp or fish liquid fertilizers.

When applying a compost tea or liquid fertilizer (diluted according to directions), Bernau recommends irrigating first with 75% of the water you plan to apply (either through drip tape or overhead irrigation), then drenching the soil with the liquid fertilizer and following that with the final 25% of your irrigation "set" to flush the nutrients into the root zone.

### *Summer Squashes and Cucumbers*

When it comes to summer squashes and cucumbers, "the more you pick, the more you get," says Bernau. Harvest anything that's at optimal size at least twice a week. If left for too long on the plant, oversized fruit will hinder future flower production as the plant puts its energy into producing seeds instead of more fruit.

If you see signs of powdery mildew (a white "dusting" on the plant leaves), intervene early with a neem-based foliar spray or compost tea. A "swing" between wet and dry conditions caused by fog or overhead watering can trigger powdery mildew, so try and keep the canopy of the plant as dry as you can.

If you're trying to sustain production on your initial squash and cucumber plantings for an extended period, the plants will benefit from the same type of mid-season fertility boost described above. Bernau notes that at the UCSC Farm they normally plant two to three successions of both crops; although summer squashes, if kept picked, will keep setting fruit throughout the season, their production will start to taper off compared to that of younger plants.

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Harvest summer squash regularly to keep the plants producing.

And if you haven't already done so, it's a good idea to trellis your cucumbers. "This isn't as important for American slicer types," says Bernau, "but for the long types such as a Japanese or Armenian varieties, a trellis will encourage long, straight fruit."

### Tomatoes

If you haven't done it yet, Bernau also recommends pinching/pruning off the lower few stems and axillary buds (the small bud that emerges from the plant's "trunk" just above the stem), leaving three to five main "canes" or branches per plant.

"The reason we thin this way is to promote better air circulations," says Bernau. "This helps avoid fungal diseases by promoting rapid 'dry down' of the plants, particularly in foggy conditions." He also notes that any tomato plant handling—including harvesting or trellising—should be done in the dry portion of the day to avoid moving fungal spores around on the plant or from plant to plant.

Like summer squashes and cucumbers, tomatoes should be picked regularly to encourage more fruiting—especially for cherry tomatoes (and for 'Padron' peppers). This is less important for determinate tomato varieties such as 'San Marzano' or 'Roma', which set their crop all at once.

For the indeterminate varieties that produce over a long period, supplemental fertility as described above can help extend the harvest.

When it comes to watering tomatoes, Bernau recommends keeping the young plants well watered but allowing a good "swing" between wet and dry. As plants mature and begin to set fruit, scale back water delivery to get a better concentration of flavors. "But don't go too far in withholding water," he notes. "If the plants get too dry and then you water them, the fruit may crack by virtue of taking up water faster than plant tissues can develop to receive the water."

### Brassicas

Broccoli, cauliflower and cabbage should be kept well watered and weeded. Since these plants only produce a single crop, plan for successional plantings if you have the space. Some broccoli varieties, including 'De Cicco', 'Gypsy', and 'Green Goliath', will produce side sprouts after the main head is removed, ensuring a longer harvest period.

### Miscellaneous Tasks

Keep an eye out for flea beetles, cucumber beetles (especially prevalent this year), aphids, thrips and other pests, and intervene if you start to see damage. Some pests can be controlled with a strong stream of water to knock the pests off the plants. In other cases organic controls such as botanical soaps, neem, or horticultural oils can help.

Keep up on harvesting annual flowers in order to get continued production.

"Deadhead" roses if you're not keeping the roses for hip production; deadheading is critical if the rose is a repeat bloomer, but not as important if it's a one-time bloomer.

Remove weeds before they set seed to minimize the buildup of a weed "seed bank" in the soil. It's easier to control weeds when they're small!

Check your irrigation system to make sure it's functioning well—if it's an automatic system on timers, you may need to adjust it as we move into longer days and warmer temperatures. Look for leaks and drips that might need repairs.

If you haven't yet thinned your apples, do it now to get better-sized fruit and head off "alternate bearing" (a large crop followed by a small one next season). Thin plums to avoid brown rot.

### Looking Ahead

Bernau also offered some ideas for things to consider as the season progresses—

Start planning for where your fall and winter vegetables and flowers can be planted.

Plan for cover cropping and a crop rotation for next year; this can be challenging in a small space, but it's important to avoid planting crops from the solanum (tomato, pepper, eggplant, potato), cucurbit (squashes, cucumbers), and brassica families in the same beds year after year to avoid building up levels of soilborne fungal diseases and pest organisms in the beds.

Crop rotations also make the most of your soil's available nutrients. Different crops draw nutrients from different soil levels, so by rotating crops from bed to bed you balance out fertility extraction.

And finally, it's not too early to think about where to plant cane fruits and fruit trees next winter. Dedicate the space now, plant a cover crop to build soil fertility, and start managing weeds to prepare the site so that it's ready when a dry "window" opens for winter planting.

# Summer/early Fall Calendar

## Grow and Arrange Your Own Bouquets

*Saturday, June 30, 10 am - 1 pm*

*Louise Cain Gatehouse, UCSC Farm*

Learn how to grow and arrange cut flowers at this hands-on workshop led by local organic farmer Zoe Hitchner and Chadwick Garden manager Orin Martin. \$30 general admission, \$20 for Friends' members, \$5 for UCSC students, payable at the workshop. No pre-registration necessary. See page 5 for more information. Bouquets for sale at the workshop.

## Summer Pruning Workshop

*Saturday, July 28, 10 am - 1 pm*

*Louise Cain Gatehouse, UCSC Farm*

Although we often think of pruning as a winter chore, summer pruning is one of the best ways to ensure the health and productivity of your fruit trees. Learn the basics of summer pruning from fruit tree expert Matthew Sutton, founder of Orchard Keepers. Wear comfortable shoes, sun protection, and bring a snack. \$30 general admission, \$20 for Friends' members, \$5 for UCSC students, payable at the workshop. No pre-registration necessary.

## Late Season CSA Share Pickups Begins

*Tuesday, August 21 – Friday, November 2*

*Pick up at the UCSC Farm or at the Market Cart*

Get in on the summer bounty by becoming a "late season" CSA member! Members receive a weekly share of summer and early fall produce from the UCSC Farm. See page 6 for details.

## Planting the Thanksgiving Feast

*Sunday, August 26, 10 am - 1 pm*

*Louise Cain Gatehouse, UCSC Farm*

August is the time to start planning for your fall and winter vegetable garden. Gardening instructor Trish Hildinger will teach you how to extend your gardening season and prepare your garden for fall and winter. Wear comfortable shoes and bring a snack. \$30 general admission, \$20 for Friends' members, \$5 UCSC students payable at the workshop. No pre-registration necessary.

## Garden Cruz: Organic Matters— An Intensive Organic Gardening Course

*Wednesday, August 28 – Saturday, October 27*

*Alan Chadwick Garden and UCSC Farm*

This weekend and evening comprehensive organic gardening course is designed for community members and students. The course curriculum is based on many of the skills and concepts taught in the six-month Apprenticeship training program. This course will take place over eight consecutive Saturdays and five Wednesday evenings. See page 4 for details and registration information.

## Farm & Garden Fall Plant Sale

*Friday, September 14, 12 noon - 6 pm*

*Saturday, September 15, 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 (see *Planting the Thanksgiving Feast* workshop) and to give perennials a good head start for spring. A wide selection of the region's best-suited varieties of organically grown winter vegetables and perennial landscape plants will be available. Friends' members receive a 10% discount on all plant and Friends' merchandise purchases. Proceeds support the Apprenticeship training program at the UCSC Farm & Garden.

*Save the dates and stay tuned for details!*

## Follow the Fruit Trees Workshops

*July 14, August 18, September 16, 10 am – 4 pm*

*Alan Chadwick Garden*

See page 4 for more information

## Farm-to-Fork Benefit Dinner

*Sunday, September 9, 3 pm – 7 pm* UCSC Farm

## Fall Harvest Festival

*Sunday, September 30, 11 am – 5 pm* UCSC Farm

## Cover Crops in the Orchard

*Sunday, October 7, 10 am – 1 pm* Alan Chadwick Garden

*If you'd like more information about these events, need directions, or have questions about access, please call 831.459-3240 or see our web site, [casfs.ucsc.edu](http://casfs.ucsc.edu).*

*Please note that we cannot accept credit card payments for classes, plant sales, or merchandise (cash or check only).*

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



### Garden Cruz Again on Tap for Summer, Fall

If you're looking for an in-depth organic gardening course, this one's for you: a 13-session course designed for community members and students involved in campus and community gardens, or looking to enhance their ability to grow food and flowers at home and develop their urban homesteading skills.

Taught by staff and graduates of the Apprenticeship training program and invited experts, topics will include compost preparation, soil analysis, bed preparation, direct-sowing seeds and transplanting starts, sexual and asexual propagation, irrigation, pest and disease control, and fruit tree care. Also planned are classes on individual crops, cut flowers, backyard chicken and duck raising, bee keeping, and more.

Classes and hands-on activities will take place at the UCSC Farm and Alan Chadwick Garden at UC Santa Cruz on Saturdays from 8:30 am–4 pm and Wednesday evenings from 6:30–8:30 pm starting Wednesday, August 29 and running through Saturday, October 27. The course combines lectures with hands-on instruction in the gardens, greenhouses and orchards of the Chadwick Garden and UCSC Farm. Enrollment is limited to ensure a high quality learning experience.

Cost of the course is \$1,200, with a \$100 discount for Friends of the Farm & Garden members. Course reader included. Sign up by August 10 and receive an additional \$50 discount. Support for qualified UCSC undergraduates is available through UCSC's Measure 43 funding. Payment plan available.

To register, please contact Amy Bolton at 831.459-3240 or [casfs@ucsc.edu](mailto:casfs@ucsc.edu), or see <http://casfs.ucsc.edu/gardencruz>.

*Please note that we will not be offering the July 20-22 session of the 3-day Garden Cruz class as originally planned. The 3-day class format will be offered again in May 2013.*

### Follow the Fruit Tree Workshops Offered

There are three "Follow the Fruit Trees" workshops coming up this summer: Saturday, July 14; Saturday, August 18, and Sunday, September 16. The July session will address seasonal care, irrigation, stone fruits, and citrus; August will focus on seasonal care, summer pruning and training of stone and pome fruits, and a tasting of early apples; September topics include cover cropping, summer pruning, harvesting and processing fruit, apple tasting, and preparations for winter planting.

Each session runs from 10 am – 4 pm at the Alan Chadwick Garden at UCSC. Per-session cost is \$90 for Friends of the Farm & Garden member, \$100 for non-members. To register, please contact Amy Bolton at 831.459-3240 or [casfs@ucsc.edu](mailto:casfs@ucsc.edu).

### New Center for Agroecology & Sustainable Food Systems (CASFS) Director Appointed

Environmental studies professor Daniel Press has been named executive director of the Center for Agroecology and Sustainable Food Systems (CASFS) at UC Santa Cruz. Dean of Social Sciences Sheldon Kamieniecki announced Press's appointment on Monday, June 11, effective July 1, 2012.

"I am pleased and proud to be joining CASFS, one of the jewels in the UC Santa Cruz crown," Press said. "The Center transforms many lives daily, from grade school children in Life Lab to undergraduates seeking experiential education to graduate students doing innovative research and apprentices eager to adopt the most sustainable agronomic and horticultural practices on their farms."

Press succeeds Patricia Allen, who has served as CASFS director for the past five years and has done ground-breaking research on social issues in sustainable agriculture during her long tenure with CASFS.

Read more at <http://news.ucsc.edu/2012/06/press-casfs.html>. We'll bring you more about Press and his vision for CASFS and the Farm & Garden in the next issue of the *News & Notes*.

### Project Grants Bolster Impact of Apprenticeship Training Program

CASFS received a \$98,783 grant from the Western Sustainable Agriculture Research and Education (WSARE) program to support the revision of the two CASFS Apprenticeship training manuals, *Teaching Organic Farming & Gardening: Resources for Instructors*, and *Teaching Direct Marketing and Small Farm Viability: Resources for Instructors*. These manuals, published originally in 2003 and 2005, will be updated and expanded over the next two years. The WSARE grant will also fund outreach and training for educators interested in using these teaching tools in their own sustainable agriculture education program, college farm program, and urban gardening organization. To view the current manuals online, please see <http://casfs.ucsc.edu/education/instructional-resources>.

The True North Foundation has awarded CASFS a \$40,000 grant that will support both the training manual revision project described above, and the ongoing training in Community Supported Agriculture (CSA) at the CASFS Farm. True North has provided over a decade of support for the CSA training and outreach done annually through the CASFS Apprenticeship. Of the \$40,000 grant, \$25,000 will be used to support the farm instructional staff running the CSA and teaching the apprentices about this innovative direct marketing strategy. The remaining \$15,000 of the grant will support the revision of *Teaching Direct Marketing and Small Farm Viability: Resources for Instructors*.

# Source and Grow Your Own Organic Bouquets

- by Orin Martin

Not to start out on too negative a note, but the cut flower bouquets you find at many chain grocery stores are indeed pretty and pretty cheap, too. But in reality, those eye-catching flowers are expensive in that they are produced with many negative environmental and social consequences—

- Most retail/commercial flowers are produced “off-shore” (a high percent in Central and South America).
- These production systems are chemical, water and energy intensive.
- The environmental laws in these offshore countries are often lax, and thus pesticides and fungicides now banned in the U.S. are featured; even the toxic and outdated DDT is still employed.
- These flowers are well traveled (1,500–3,000 mile footprint) and in the aggregate contribute to atmospheric as well as land and water pollution worldwide.
- As or more importantly, the working conditions in these controlled (often enclosed greenhouse) growing environments are toxic for workers—a high percentage of whom are women of child-bearing age, and some are in fact children themselves.
- Workers in many of these “offshore” flower operations also often endure low wages, long hours and abusive treatment.

## “Root Down” with Real Field Flowers

What are some positive alternatives? You can go—

- Seasonal
- Local
- Organic/Sustainable

Just as there are “locavores” and “100-mile diets” how about the “50-mile bouquet” or better yet the “50-foot bouquet.” The first term involves buying your flowers at local farmers’ markets and other local sources (see page 6 for some recommended sources—most are Farm and Garden Apprenticeship Program graduates). Develop a personal relationship with your flower farmers as no doubt many of you have done with your vegetable and fruit growers. The second term entails growing your own.

While the first, last and deciding reason to grow cut flowers is for the sheer beauty of it, there are other compelling reasons to do so—

Even in the best of economic times, the cost of cut flowers lies somewhere between a luxury and prohibitive. You can grow your own for pennies per plant with annuals.

Just as vegetables are food for the body, think of flowers as food for the spirit and soul.



Organic flower grower Zoe Hitchner creates beautiful bouquets at local farmers' markets.

Cut flowers in a farm or garden landscape also make biological sense. Showy flowers attract crop pollinators (often winged insects). The concept of using flowers to attract and provision for beneficial insects that in turn aid in controlling detrimental insects (aphids, mites, thrips, mealybugs, etc.) is now a well-documented sector of entomology. Terms like farmscaping, provision of resources to natural enemies, habitat management to enhance biological control of arthropod pests and the like speak to the confluence of age-old folk wisdom and research-based studies showing that fewer crop pests are found as the plant species diversity of an agroecological system increases.

## Workshop Shows You How

If you're ready to learn more, come to our “Growing and Arranging Organic Cut Flowers” workshop on Saturday, June 30 from 10 am to 1 pm at the Louise Cain Gatehouse on the UCSC Farm (see calendar listing on page 3).

The workshop will feature a lively mix of classroom and garden activities—

- Criteria selection for growing cut flowers
- Growing and timing (seasonal tips)
- A thumbnail sketch of perennial and annual flowers—both a slideshow and garden walk
- Ideal times of day to harvest

*continues on page 6*

- How and what to cut, based on flower maturity
- Tools of the trade
- Post-harvest handling
- And a demonstration of “rules of the road” when it comes to fashioning a knock-your-socks-off bouquet featuring Zoe Hitchner, a Farm & Garden Apprenticeship graduate now farming at Everett Family Farm

If you have questions about the workshop, contact Amy Bolton at (831) 459-3240 or [casfs@ucsc.edu](mailto:casfs@ucsc.edu). Hope to see you at the workshop!

### **Catch the Last Wave! Late-Season Shares in Community Supported Agriculture (CSA) Program Now Available**

If you're away for part of the summer but still want to get in on the UCSC Farm's CSA program, here's your chance! We're once again offering a “late season” CSA share of freshly harvested organic fruits and vegetables. The 11-week season starts August 21 and runs through November 2. One share feeds 2–3 people per week.

Late-season shares will feature strawberries, corn, green beans, zucchini, heirloom tomatoes, cooking greens, lettuce and salad greens, basil, carrots, beets, sweet peppers, winter squash, onions, potatoes, apples and pears. Members also have access to the Farm's “pick-you-own” flower and herb garden and receive a weekly newsletter with recipes, Farm news, and local gardening event information.

Cost of the late season share is \$280. Payment can be divided into two installments. Pick up days are Tuesdays and Fridays from 12 pm–6 pm, and shares can be picked up at the UCSC Farm or at the Market Cart at the base of campus.

For more information, call Amy Bolton at 831.459-3240, email [farmcsa@ucsc.edu](mailto:farmcsa@ucsc.edu), or see the CSA website: [casfs.ucsc.edu/community-outreach/produce-sales/community-supported-agriculture](http://casfs.ucsc.edu/community-outreach/produce-sales/community-supported-agriculture)



### **Market Cart Now Open**

The Market Cart takes place twice a week at the base of the UCSC campus, with free parking on site. Stop by Tuesdays and Fridays from 12 noon –6 pm to pick up freshly picked organic blueberries, strawberries, lettuces, cooking greens and much more, along with beautiful flower bouquets.

### **Local Growers Offer Organic Flowers for the San Francisco and Monterey Bay Regions**

Looking for a greener alternative for your flower purchases? These young, emerging organic farmers, along with a pair of experienced organic flower growers, are all committed to growing beautiful, fresh, and guilt-free flowers. Come support them at a farmers' market near you or contact them about flowers for your next special event.

**Dogwood Farm**—Dogwood Farm is a certified organic family farm located in Pescadero. Newlyweds Ned Conwell and Rachel Dixon grow a diverse selection of cut flowers, berries and vegetables on 15 acres. They can provide custom floral design for events, weddings, and special occasions and, being a small farm, can tailor their design according to your needs. Contact Ned and Rachel at [dogwoodfarm@gmail.com](mailto:dogwoodfarm@gmail.com) for more information.

*Dogwood Farm -  
[dogwoodorganicfarm.com](http://dogwoodorganicfarm.com)*

**Everett Family Farm**—Located along the beautiful Soquel Creek, Everett Family Farm enjoys an ideal climate for growing flowers. Along with their vegetables and berries, the farm managers proudly grow over 50 varieties of organic flowers that they sell at their farm stand onsite, at the Saturday Westside market, the Sunday Live Oak Market, and at the River Street Café produce stand on Tuesdays. For inquiries about flowers for weddings and events, contact flower farmers Zoe Hitchner and Carra Duggan at [everettfamilyfarmflower@gmail.com](mailto:everettfamilyfarmflower@gmail.com)

*Everett Family Farm – 2111 Old San Jose Road, Soquel  
[www.everettfamilyfarm.com](http://www.everettfamilyfarm.com)*

**Fat Cabbage Farm**—This women-owned and operated organic farm grows a fragrant selection of seasonal flowers along with their vegetables and herbs in the cool coastal climate of Pescadero. You can find self-described “fearless farmers” Miranda Roberts and Maggi Aaronson at the San Carlos Market on Thursdays, the Palo Alto Saturday Market or at the Sunday Belmont Market. You can also follow them on facebook under Fat Cabbage Farm.

**The Flower Ladies** are long-time, Bonny Doon-based organic flower growers specializing in weddings and other special events. Find out more about their services at [www.theflowerladies.com](http://www.theflowerladies.com), by email at [nancy@theflowerladies.com](mailto:nancy@theflowerladies.com) or [marcia@theflowerladies.com](mailto:marcia@theflowerladies.com), or give them a call at (831) 423-0261.







# Apprenticeship Updates

From coast to coast, graduates of the CASFS Apprenticeship training program based at UCSC's Farm & Alan Chadwick Garden are putting their talents to work in a wide variety of settings—

**Harrell Fletcher** (Apprenticeship class of 1996), is curating a new show, "Only Birds Sing the Music of Heaven in This World" at the Museum of Craft and Folk Art (MOCFA) in San Francisco (through July 7). Fletcher is now an Associate Professor of Art and Social Practice at Portland State University. Read more about the show and find a link to Fletcher's essay "Like a Really Good Carrot," which talks about his Apprenticeship experience and its influence on his work, at the MOCFA website: [www.mocfa.org/exhibitions/index.htm](http://www.mocfa.org/exhibitions/index.htm)

**Hannah Shulman** (2010) and **Dartanian Kaufman** (2009) are now working for Urban Sprouts in San Francisco. Founded by **Abby (Rosenheck) Jaramillo** (2000), Urban Sprouts is a garden-based education program working with urban schools. Dartanian is the farm manager at the June Jordan School for Equity, and Hannah is the Garden Educator at the program's Log Cabin Ranch

**Rachel Vigil** (2011) has been hired as the urban youth development director at Pie Ranch, which was founded by alumni **Nancy Vail** (1997) and **Jered Lawson** (1994). Also at Pie Ranch are farm production manager **Amy Ridout** (formerly Rice-Jones) and farming apprentice **Aileen Suzara** (2011). Vigil will work with students from San Francisco's Mission High School at their school garden and at the ranch. Read more at [www.pieranch.org](http://www.pieranch.org).

**Deborah Grieg** (2006) and **Molly Culver** (2008) were featured in a recent *New York Times* article on sunflowers and urban gardens. Grieg is the urban agriculture coordinator for East New York Farms in Brooklyn and Culver founded Molly Oliver Flowers ([mollyoliverculver.com](http://mollyoliverculver.com)) and teaches workshops for Just Food and Farm School NYC, as well as co-managing the High School for Public Youth Farm. Find a link to the article at: [www.nytimes.com/2012/05/10/garden/the-hard-working-beauty-of-sunflowers.html?\\_r=2&src=recg](http://www.nytimes.com/2012/05/10/garden/the-hard-working-beauty-of-sunflowers.html?_r=2&src=recg)

**Oran Hesterman** (1971–72) recently discussed food system issues and his new book, *Fair Food: Growing a Healthy, Sustainable Food System for All*, with Sanjay Gupta on CNN (<http://sanjayguptamd.blogs.cnn.com/2012/05/07/hesterman-our-food-system-is-broken/>).

## Keep Up with Farm & Garden News!

Keep up with the latest news from CASFS/UCSC Farm & Garden by becoming a Facebook friend. Type Center for Agroecology and Sustainable Food Systems into your Facebook search engine and "Like" our page. And check out the CASFS website for updates, information and resources: <http://casfs.ucsc.edu>.

Another great way to stay current with what's happening at the Farm & Garden is through the *Field Notes* newsletter. Written by members of the 2012 Apprenticeship class, *Field Notes* goes out to our Community Supported Agriculture (CSA) members each week and contains news from the Farm & Garden and the Apprenticeship, along with timely recipes that feature the week's harvest. You can access current and past issues of *Field Notes* on the CASFS website:

<http://casfs.ucsc.edu/community-outreach/produce-sales/community-supported-agriculture>

And check out what many of the Apprenticeship graduates are doing with their training at the Grow a Farmer website ([www.growafarmer.org](http://www.growafarmer.org)), which includes information on the Apprenticeship and the Farm & Garden, profiles of alumni, blog and video posts, and resources for beginning farmers.

## Versatile 'Panisse' Lettuce Featured at Farm & Garden's Market Cart

This season, we will be featuring a lettuce called 'Panisse' (formerly 'Gallisse') from Johnny's Selected Seeds. It is an oakleaf type with the delicate, sweet, silky taste and texture of a heart of butterhead.

'Panisse' has an almost shocking lime-green leaf color and is a versatile cropper: it performs well under spring, summer and fall conditions. Additionally, it can be densely planted in clusters of 2–4 at 3"–4" apart and harvested in 20–30 days as a "cut-and-come-again" ingredient in salad mixes (cut 3–5 times). Spaced at 6"–8" in rows it "matures" to a nice, compact mini head in 30 days; one head equals a salad for two. Spaced 10"–12" apart it keeps both its sweet taste and succulent texture while bulking up to a large, dense looseleaf head. While tender, it is amazing how sturdy the leaf structure is and thus how well it holds together during post-harvest handling—something lacking in most oakleaf types.

We'll be selling 'Panisse' at our Market Cart, Tuesdays and Fridays from 12 noon–6 pm at the base of the UC Santa Cruz campus. Look for it in all three of the above formats, but give a special look at our bagged and loose-pack mixed mini-head format along with 'Little Gem', 'Bambi', 'Rhazes', 'Breen', 'Teide', and another great oakleaf type, 'Paradai'. Find out more about these varieties and see photos at [www.johnnyseeds.com](http://www.johnnyseeds.com).

- Orin Martin

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University of California Santa Cruz  
Center for Agroecology & Sustainable Food Systems  
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Santa Cruz, CA 95064

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## New Gardening Book Offers Ideas for Gardening with Kids

Many gardeners find that once they have children, gardening goes the way of late-night dinner parties and Sunday morning sleep-ins. Raising kids and maintaining a garden can be a juggling act, leaving the family garden forgotten and neglected. But kids can make great gardening companions, and the benefits of including them are impossible to ignore. Gardening gets kids outdoors and away from television and video games, increases their connection to plants and animals, and helps build enthusiasm for fresh fruits and vegetables. Their involvement becomes the real harvest of a family garden.

In *The Book of Gardening Projects for Kids: 101 Ways to Get Kids Outside, Dirty and Having Fun*, Life Lab / CASFS staff members Whitney Cohen and John Fisher draw on years of experience in the Life Lab Garden Classroom and gardening with their own children to teach parents how to integrate the garden into their family life, no matter its scope or scale. The book features simple, practical gardening advice, including how to design a play-friendly garden, ideas for fun-filled theme gardens, and how to cook and preserve the garden's bounty. 101 engaging, family-friendly garden activities are also featured, from making Crunch-n-Munch Vegetable Beds and Muddy Miniature Masterpieces to harvesting berries for Fresh Fruity Pops.

This step-by-step guide to working with kids will inspire all parents to grow their own little gardener and to get dirty, plant seeds, and enjoy the garden's delicious rewards.

Published by Timber Press, *The Book of Gardening Projects for Kids* is available for online purchase at Lifelab.org ([www.lifelab.org/store/curriculum/#gpk](http://www.lifelab.org/store/curriculum/#gpk)), at Bookshop Santa Cruz and at booksellers nationwide

Join the authors for talks at Bookshop Santa Cruz on Sunday, July 15 at 4 pm and at Annie's Annuals and Perennials on Saturday, August 11th at 11 am (Annie's Annuals is located in Richmond, California; for directions see [blog.anniesannuals.com/visit-us/](http://blog.anniesannuals.com/visit-us/)).

