

UC Santa Cruz

News & Notes of the UCSC Farm & Garden

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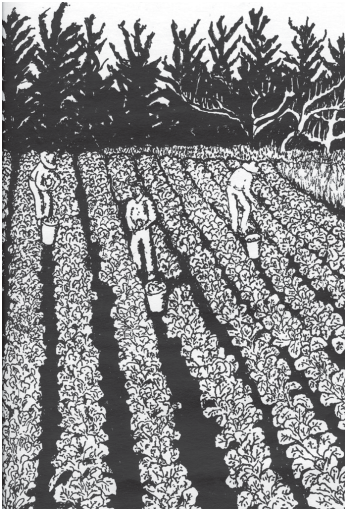
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Author

University of California, Santa Cruz

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News & Notes of the UCSC Farm & Garden

Issue 168, Spring 2021

CSA and Farm Stand are Back! Starting June 8 at the Hay Barn

Starting June 8th, you can once again feast on the Farm & Garden's fabulous produce, either by picking up a CSA share or shopping at the Farm Stand, both offered every Tuesday and Friday through November 19 at the Cowell Ranch Hay Barn. CASFS staff and student workers have been busy planting fields and gardens that were largely left unplanted last year due to Covid-19 restrictions, and they're excited to share the bounty at the Hay Barn through the CSA and Farm Stand (aka Market Cart)!

Here's a snapshot of some of the seasonal produce the Farm and Garden will have to offer this year:

Spring: Strawberries, blueberries, snap peas, arugula, beets, carrots, fresh herbs, salad mix, salad turnips, kale, chard, collard greens, scallions, spinach, spring onions, lettuce, bok choy.

Summer: Strawberries, plums, basil, broccoli, cucumbers, dry farmed and heirloom tomatoes, basil, sweet corn, cabbage, cauliflower, potatoes, kale, chard, collard greens, celery, green beans, fresh torpedo onions, scallions, fresh herbs, summer squash, lettuce.

Fall: Strawberries, apples, dry farmed and heirloom tomatoes, basil, peppers, winter squash and pumpkins, potatoes, green beans, dry beans, sweet corn, storage onions, leeks, summer squash, kale, chard, collard greens, broccoli, cauliflower, cabbage, brussels sprouts, spinach, lettuce, bok choy.

What is a CSA?

By participating in Community Supported Agriculture (CSA), you are making the choice to support local agriculture in a substantial way. By committing to purchasing produce from the Farm and Garden for the whole season, you provide a market staff can count on and plan for. In exchange, you get an assortment of fresh produce with quality, nutrition and flavor and that is unmatched! Your CSA box will contain favorite staples and interesting varieties not widely available that will expand your tastes. Plus, CSA members will receive weekly recipes and updates from the field to keep you in the loop about what's happening at the Farm and Garden.

2021 CSA Program

This year the Farm and Garden will be offering a 23-week CSA season, from June 8 through November 19. CSA members can choose to pick up produce on either Tuesdays or Fridays, from noon to 6pm at the Cowell Ranch Hay Barn on the UC Santa Cruz campus. Weekly shares include an abundance and diversity of produce, with the goal of providing a balanced box each week including sweet berries, cutting and bunching greens, root crops, summer fruiting crops (tomatoes, cucumbers, eggplant), alliums and more!

This year, CSA members can choose a free choice share, which gives members the opportunity to pick out \$25 worth of fruit and vegetables from the CASFS Farm Stand each week. For those who prefer the more traditional pre-packed produce box, farmer's choice shares are also available for an additional \$2 per week. CSA members will also be able to purchase additional produce from the Farm Stand at a special 10% discount.



The CSA full season rate is \$550 for free choice shares (includes one free share as a thank you for your ongoing support) or \$594 for farmer's choice shares, with optional payment plans and limited-income shares available. Sign up for your share today!

Your support of the UCSC Farm and Garden's CSA program helps us to steward this piece of land and train the next generation of farmers, gardeners, and food system activists through the education programs of the Center for Agroecology & Sustainable Food Systems.



Farm Stand

If you don't feel you can commit to purchasing produce for a whole season, you can shop for organic produce and flowers at the CASFS Farm Stand every Tuesday and Friday from June through November, also at the Hay Barn.

By purchasing UCSC Farm and Garden produce and flowers, not only are you supporting a local farm, but you are investing in CASFS's educational programs and mission to advance agroecology and equitable food systems through education, research, extension and public service.

To find more information on the Farm Stand and to sign up for a CSA share, visit casfs.ucsc.edu/support/produce-sales. Thank you for your support!

Land Acknowledgement

"The land on which we gather is the unceded territory of the Awaswas-speaking Uypi Tribe. The Amah Mutsun Tribal Band, comprised of the descendants of Indigenous people taken to Missions Santa Cruz and San Juan Bautista during Spanish colonization of the Central Coast, is today working hard to restore traditional stewardship practices on these lands and heal from historical trauma."

The above text is UC Santa Cruz's land acknowledgement. You may recognize it from being read aloud at Friends of the UCSC Farm & Garden workshops and CASFS events.

Why recite a land acknowledgement? A land acknowledgement is a statement that recognizes the history and presence of Indigenous peoples and their enduring relationship to their traditional homelands. Land acknowledgements help create awareness of the cultural erasure of Indigenous peoples and the processes of colonization and subjugation that have contributed to that erasure.

The land acknowledgement used at UCSC was developed in partnership with the Amah Mutsun Tribal Band Chairman and the Amah Mutsun Relearning Program at the UCSC Arboretum. As current stewards of the UCSC Farm and Garden, CASFS finds it important to share the land acknowledgement at workshops and events.

To learn more about the Amah Mutsun Relearning Program, visit arboretum.ucsc.edu/education/relearning-program. Learn more about the Amah Mutsun Tribal Band at amahmutsunlandtrust.org/the-tribal-band.



Upcoming Events

Poetry in the Garden

Wednesday, June 9, 5:00pm — 6:30pm, Online

Join us (virtually) for poetry read by the authors, and a short video interview with Orin Martin from the Chadwick Garden in beautiful spring flower. Visit casfs.ucsc.edu/news-events/events/index.html for more information and registration instructions for this free event.

Meet the Poets:

Nikia Chaney is the author of *us mouth* (University of Hell Press, 2018) and two chapbooks, *Sis Fuss* (Orange Monkey Publishing, 2013) and *Ladies, Please* (Dancing Girls Press, 2013). She is the founding editor of Jamii Press, an independent press for writers who are involved in community service projects. She teaches at Cabrillo College.

Kim Scheiblauer's *The Visitant* (her debut) was published by Hummingbird Press. She has read often at the Celebration of the Muse and has been published locally and statewide. She lives in Soquel with her husband amongst tall cypress and the California oak.

William Ward Butler is a writer and educator from Northern California. He is the author of the chapbook *Life History* from Ghost City Press and will be graduating from the MA/Credential Program at UC Santa Cruz in July. He has received support from the Napa Valley Writers' Conference, the Catamaran Writing Conference, and the Wellstone Center in the Redwoods.

Michael Hannon has been writing and publishing poetry for 61 years. Michael's 30-year collaboration with the artist William T. Wiley has produced books, sculptures and numerous gallery and museum shows. He is the author of 35 poetry titles, including six full-length poetry collections: *A Door in the Water*, *Poems & Days*, *Ordinary Messengers*, *Trusting Oblivion*, *Imaginary Burden-Selected Poems*, *The Muse Turns Her Back*.

Lee Perron lives in Santa Rosa, California where he has hiked and written poems for 24 years. In 2009, after ten years of research, he produced his first tome, a scholarly bibliography of the book publications by the great San Francisco poet Kenneth Rexroth. His recent books and chapbooks include *Celtic Light*, *Fourteen Poems of Transparency*, *North American Suite: Day Dreams at Night*, *The World of Hypnos*, and a translation of René Char's poetic volume, *In Thirty-Three Pieces*.

Julie Murphy's poems appear or are forthcoming in New Ohio Review Online, Atlanta Review, Massachusetts Review, CALYX, SWWIM, Common Ground Review, and The Louisville Review, among other journals. A licensed psychotherapist, Julie developed Embodied Writing.™ She teaches poetry, as a volunteer, at Salinas Valley State Prison and serves as a host for The Hive Poetry Collective, which broadcasts live on radio KSQD 90.7 FM.

Growing Citrus for the Home Gardener and Small-Scale Grower

Wednesday, June 16, 5:00pm — 6:30pm, Online

In this free lecture, participants will learn from Garden Manager Orin Martin about the best varieties of citrus (lemons, limes, oranges, tangerines, and more) for the Monterey Bay region; how to select and prepare a planting site; how to plant; and how to irrigate, fertilize, prune, and control pests and diseases in a range of citrus trees. Visit casfs.ucsc.edu/news-events/events/index.html for more information and registration instructions.

Winter Squash Grow-Along, Part III

Wednesday, July 7, 5:00pm — 6:00pm, Online

Garden Manager Orin Martin and guest "stars" will instruct participants in this series of online sessions that will follow the lifecycle of one or more winter squash you will grow at home. Learn from the experts, from each other and from your own guided experience. This series is especially good for beginning gardeners, those who want to grow their own food, and families with children who want to grow pumpkins. Session III will address watering, feeding, training, pest protection, cross-pollination. Visit casfs.ucsc.edu/news-events/events/index.html for more information and registration instructions.

Missed Part I and II of the Winter Squash Grow-Along? Find them and other past workshop recordings on the CASFS YouTube channel: youtube.com/user/casfsvideo.

Garden management methods and insect diversity

Many gardeners strive to keep their growing space tidy for aesthetic reasons, but a study by Stacy Philpott, director of the Center for Agroecology & Sustainable Food Systems (CASFS), and a team of researchers shows that tidy gardens can have impacts on beneficial insects, which are essential to a healthy and productive agroecosystem.

While a growing space with a large presence of weeds and unkempt foliage can appear “messy,” “tidy” gardens often include wood chip mulch, used to suppress weeds in garden pathways or for soil management, which can impact the diversity of beneficial insects in these environments.

“We have done several projects that revealed that heavy use of wood chip mulch is an important factor influencing the diversity and function of gardens,” said Philpott. “For instance, we have found that gardens with more mulch have fewer bee species, but more spiders. We figured this might be due to mulch blocking nest sites for ground-nesting bees, or making it easier for spiders to

hide from predators, but we didn’t have the data to know for sure.”

The researchers sought to find out more about the impacts of wood mulch on insect diversity by experimenting in eight gardens across Santa Cruz and Monterey Counties. They created “tidy” environments by removing weeds and adding wood chip mulch, and created “messy” environments with potted grass and vetch incorporated to simulate weeds. The team then monitored the changes in natural enemy communities, pest populations, and pest control in both the “tidy” and “messy” areas.

The resulting differences in natural enemies in tidy versus messy garden areas were noticeable after only two weeks—while the addition of mulch did not impact the number of pests or the number of natural enemies, it did cause a shift in which species were present. The researchers also observed that the creation of messy environments resulted in the higher removal of pest eggs, while systems with mulch already present saw lowered egg removal. The team did observe a short term reduction in the presence of aphids in the mulched environments, but by one week later the aphid population rebounded to the amount seen before the mulch was added.

These results are important because altering which species are present in an ecosystem has implications for that environment and may affect yields and the success of gardens, since some natural enemies are more effective at pest control than others.

Although wood chip mulching helps growing spaces look tidy and orderly, there may be some hidden consequences to the beneficial insects in these environments. “Maybe leave some areas of your gardens ‘mulch-free’ and allow some weeds and grass to grow, leave some soil uncovered,” said Philpott. “All of these are important habitat features for insect communities that defend your crops from pests.”

—Erin Foley



Stacy Philpott recognized for excellence in ecology

CASFS Director Stacy Philpott has been recognized as a 2021 Ecological Society of American Fellow for her agroecology research and dedication to teaching and mentorship. Congratulations, Stacy!

Center Spotlight: Avry Miller, apprentice alum

Avry (pronouns: they /them) was an apprentice at the Center for Agroecology & Sustainable Food Systems (CASFS) in 2017, a second year apprentice in 2018, and a staff member in 2019. Avry's interest in the food system was sparked while volunteering at Brooklyn's Prospect Park Farmers Market. While simultaneously managing a restaurant in New York, their curiosity in the food system grew into a desire to work on a farm.

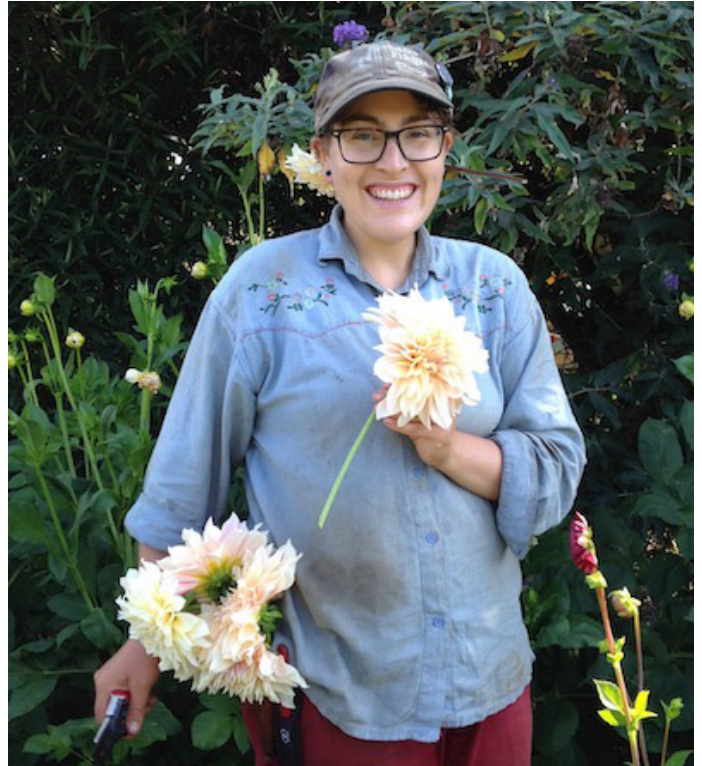
In 2012 Avry pursued a farming internship on an 8-acre farm in Arizona. It changed their life, connected them with food seasonality, shifted their connection to physical work and created a deeper passion for growing food with holistic, organic techniques. For years they continued to volunteer on farms and gardens as they migrated north to the Pacific Northwest. They learned about CASFS after completing their herbal studies at The Elderberry School of Plant Medicine, where they had dreamed of growing their own organic herbal medicines and seedlings.

As an Apprentice Fellow (aka second-year apprentice), Avry had the opportunity to solidify the information and concepts they learned as an apprentice while mentoring first year apprentices. Avry found their teaching voice and developed their irrigation skillset in the two seasons of supporting apprentices in one on one learning. Avry's favorite moment at CASFS was organizing and engaging with the Queer Farmers Collective and its Queer Farmer Field Day. "Growing, preserving and sharing food with others feels so precious when you've put so much work into cultivating a crop."

Some of the most useful lessons Avry learned at CASFS were irrigation techniques. It drew them to their current position at Perennial Permaculture Nursery in Santa Cruz County's San Lorenzo Valley. Their goal is to cultivate resilient plants with loving intention. The nursery began as a food forest, but in spring 2021 launched as a nursery to fill the growing demand for perennial vegetables, cane berries, and herbs.

Avry has this advice to offer those wanting to study agroecology and/or pursue a career in agriculture: "Go out and get involved in any small ways you can. Attend the farmer's market to get to know local farms and volunteer opportunities to learn skills. Then, begin with whatever you have, whether it be a pot of soil on your porch or a small garden bed. Also, have a lot of gratitude, for the people who grow the food, for the earth, for ourselves."

Watch the recent Friends of the UCSC Farm & Garden online workshop on irrigation techniques with Avry on the CASFS YouTube channel: youtube.com/user/casfsvideo. Find out more about Perennial Permaculture at perennialpermaculture.com.



Maggie Cheney (2009) of Rock Steady Farm and **Anita Ashok Adalja** (2011) of Ashokra Farm were featured in a *Civil Eats* article entitled, "Queer, BIPOC Farmers are Working for a More Inclusive and Just Farming Culture," about young, queer farmers working to dismantle identity-based discrimination in farm country.

Katie Davis (2007) is now the director of teaching at Jones Valley Teaching Farm in Birmingham, AL. The community program is opening a \$7.5 million Center for Food Education that will be a hub for people and organizations interested in food as a pathway to good health and true wealth.

Fatuma Emmad (2009) is co-founder and director of Frontline Farming, a food production and education organization working along the front range, based in Denver, Colorado. frontlinefarming.org/

Gratitude for Grants and Gifts

In February CASFS received a \$20,000 grant from the UC Santa Cruz Foundation's Board Opportunity Fund (BOF) to help bring CASFS Farm & Garden education online. We are grateful for this timely infusion of funds as we respond to the unique challenges and opportunities of expanding remote and online instruction under Covid-19. This project will bring our field- and garden-based teaching online through videos and webinars, greatly increasing the reach of our educational programming. The BOF funding is helping us produce a series of teaching videos capturing core how-to demonstrations, as well as "follow the crop through the season" videos for use in short courses, undergraduate classes, internships, public workshops, and the Apprenticeship. The videos will be organized in an online learning center on the CASFS website and YouTube channel.

The Friends Board is supporting the effort to bring the Farm and Garden education online in many ways, including a recent allocation of \$10,000 to the video project and support for the cost of a Zoom webinar license for CASFS. The Friends Board has also been integral to bringing our public gardening workshops online, with these free educational events attracting over 200 people on average and a great line up of online workshops and events for the months ahead.

Other grants for the video project include \$20,000 from Organic Valley / CROPP's Farmers Advocating for Organic (FAFO) fund. This grant and a grant from the UC Sustainable Agriculture Research and Education Program (SAREP) include funding for the translation of instructional videos into Spanish. The \$6875 SAREP grant will pay for the audio and text translation of approximately 25 videos, ranging in length from five to 20 minutes, as well as paying for live in-person and online translation for Spanish-speaking participants in short course pilots that use the videos.

Joanna Miller, a Friends Life Member, gave a generous donation of \$10,000 to the Friends this past month. The generosity of Friends members allows the Friends Board to make allocations to special projects during the year, such as the support given to hire the Black Lives Matter Garden student staff member and for the video project described above.

We are grateful for general support grants and gifts as well, with a recent \$20,000 grant from the Newman's Own Foundation added to the operating fund that covers essential staffing.

CASFS Programming Update

Spring is in full swing and the Farm & Garden are bustling with activity! The 2021 plant sale was a wonderful way to welcome back the community after over a year of being closed to the public. Thank you to all the volunteers and patrons who made this such a successful event!

CASFS and the Friends of the UCSC Farm & Garden will continue to hold free workshops, lectures, and other events online, while planning some in-person events as well. CASFS is also planning a schedule of quarterly lectures and "Intensives," short, in-depth courses on agricultural topics, and continues to plan the new and improved Apprenticeship Program to begin when it is safe to host the residential program.

The Basic Needs team has resumed offering Farm & Garden produce, along with organic produce from other local farms, to the UCSC student community through the Produce Pop-Up stand in addition to the Cowell Coffee Shop, which has been serving students through the pandemic. We look forward to fall 2021 when the new CASFS Mobile Food Hub will begin mobile food distribution to students.

As more of our community receives COVID-19 vaccines (did you know the Cowell Ranch Hay Barn served as a COVID vaccine center for UCSC staff?) the campus is beginning to plan for more in-person instruction this fall. Research activities have resumed and CASFS researchers are happy to be back on the farm on a more regular basis.



Spring blooms at the UCSC Farm. Photo - Carolyn Lagattuta

Stuffed Squash Blossom Soup

A recipe from Brooks Schmitt of the Cowell Coffee Shop

(Serves 4-8)

You can cook along with the Squash Grow Along workshops presented by the Friends of the Farm & Garden (more information on page 3) with this recipe, which incorporates many different types of squash in many stages of their life cycle. Feel free to get creative depending on what you have in your garden and in your root cellar! In the end, the hope is that you have a beautiful squash soup adorned with stuffed squash blossoms. On extra hot days, serve this soup chilled with the squash blossoms piping hot out of the oven to create some depth of mouthfeel.

Ingredients

1 Winter Squash (Butternut, Kabocha, etc.)
 3-4 Summer Squash
 16-32 Squash Blossoms
 1 Cup Ricotta Cheese
 3 Spring Onions
 1 Hunk of Stale Bread
 2 Tablespoons Mustard
 1 Bundle Parsley
 4 Cups Vegetable or Chicken Stock
 (Optional) 1-2 Serranos
 2-3 Lemons, Limes, or Oranges
 Olive Oil
 Butter
 Rosemary
 Salt
 Garlic
 Freshly Cracked Pepper
 Ground Espelette or Cayenne

Soup Base

Preheat the oven to 425 degrees. Halve your butternut squash lengthwise and scoop out the seeds and pulp. Lay out on a baking sheet with parchment paper. Peeling is optional depending on how thick the skin is on your winter squash. If in doubt, go ahead and peel the squash, however, winter squash skin can also impart a lot of depth of flavor and help to cook the squash more evenly in the oven. Lightly season both halves with salt, pepper, and olive oil. Squeeze a half of one of your pieces of citrus into both divots.

Roast in the oven for 1-1.5 hours until soft and brown on the edges. Let cool, then cut into 1-2" chunks, and pulse in the blender with your stock and the juice of two pieces of citrus. If the puree is too thick, add more stock or water.

In a medium soup pot, bring puree to a boil and season to taste. Set aside for service. If you can make this a day ahead, soup tastes better when it has a full day for the flavors to repulmelize.

Bread Salsa

Melt equal parts olive oil and butter together in a saucepan over low heat with a dollop of mustard, a sprig of rosemary, and two cloves of peeled garlic. Cut your stale hunk of bread into thin crostini slices and brush generously with your olive oil and butter mixture. Try to save half of this mixture for later. Remove the garlic cloves and rosemary. Lay the slices of bread out on a baking sheet and cook in the oven at 400 degrees for 7-12 minutes until golden brown and very crispy. Take out of the oven and let cool.

Put the crostini in a resealable bag and close it, and run over it with a rolling pin until it is broken up into small pieces. It should be halfway between sand and pea gravel in consistency. Over medium heat, lightly saute the ground crostini with the rest of your olive oil mixture until extra brown and crunchy, being careful to stir constantly and not to burn it. Season to taste. Set aside your bread salsa for your squash blossom stuffing. This is to create some crunch and texture!

Stuffed Squash Blossoms

Dice your summer squash into ¼" pieces. Cut your spring onions into thin rounds about halfway up the stalk. Saute your squash and spring onions over medium low heat in olive oil until soft and lightly caramelized. Season with salt and pepper to taste.

Transfer your squash and onions to a mixing bowl. While still hot, add the ricotta and mix thoroughly. Finely chop half of your parsley bunch and add to the bowl. Add the bread salsa and mix thoroughly (you can hold back a little bread salsa for garnishing if you would like.) This is your filling for your squash blossoms. Optionally, add some minced serrano or jalapeño here to taste if you enjoy a kick!

Using a spoon, generously fill each of your squash blossoms with your stuffing and lay them out on a baking sheet lined with parchment paper. Roast them for 5-15 minutes at 300 degrees until the edges of the blossoms just begin to wilt, then remove from the oven.

Plating

Fill a bowl with your soup base, hot or cold, depending on the weather outside. Carefully transfer your hot squash blossoms with a spatula into each bowl, about 4-5 per bowl. Garnish with picked parsley leaves, a pinch of espelette or cayenne, any of your reserved bread salsa, and a spritz of fresh citrus juice from your remaining citrus. Enjoy!

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Center for Agroecology & Sustainable Food Systems
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Comings and Goings

Earlier this year CASFS said farewell to their wonderful assistant director of finance and planning, Kim Chamlin. Kim came to CASFS in August 2018 and helped oversee the center's finances and, as a member of CASFS senior leadership, helped guide the center in fulfilling its mission. Her insights and experience were extremely helpful during the strategic planning process that CASFS embarked on last year. She will be missed, but luckily she isn't too far in her new role at UCSC's Transportation and Parking Services (TAPS). We thank Kim for her service!



CASFS welcomes new assistant director of finance, planning, and general operations, Jessica Lenth. Jessica was born and raised in Santa Cruz. Her background includes working with organizations throughout the Bay Area including at Oakland Based Urban Gardens (OBUGs) where she helped establish gardens on under-resourced school campuses. Jessica earned her Bachelor's Degree in liberal arts with an art his-

tory concentration from the Hutchins School of Liberal Studies at Sonoma State University and her Master's Degree in public administration from the University of Southern California. She most recently worked as the director of Administrative Services at YMCA Camp Campbell in Boulder Creek. Welcome, Jessica!

Friends Board Update

The Friends of the UCSC Farm & Garden Board thanks former Board members Sarah Thorne and Amy Bolton for their valuable service. We welcome Steve Cummings, a "founding farmer" (original member of the group that left the Chadwick Garden to start the Farm in the 1970s) and a long time dedicated volunteer, to the Board.

Friends Membership Renewals

Need to renew your Friends of the UCSC Farm & Garden membership? You can find renewal information and a secure donation link online at connect.ucsc.edu/joinffg. Contact us at casfs@ucsc.edu with any questions. Thank you for your support!