

UC Santa Cruz

News & Notes of the UCSC Farm & Garden

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News & Notes of the UCSC Farm & Garden

Issue 126, Summer 2010

“A Rose by Any Other Name” – The Allure of Species Roses

– by Orin Martin

A species rose (abbreviated spp.) is a wild rose. They hail from diverse climates and geographic centers of the northern hemisphere (North America, Europe into North Central Asia, the Mid East, with a high percentage occurring throughout China). More often than not, they are classified and listed by genus (*Rosa*) and species with no varietal or cultivar name, although they often have a common name:

Rosa eglanteria – Sweet Briar rose

Rosa banksia – the Banksia rose

Rosa foetida – Austrian Copper

Rosa rugosa – the Rugosas

Conversely, with cultivated, bred garden roses, the genus and species are assumed (if known) and are classed by type, class (a non-botanical term), and variety or cultivar:

Grandiflora – ‘Gold Medal’

Hybrid Tea – ‘Dainty Bess’

Characteristics of Species Roses

- Simple flower form, 5–10 petals
- Often borne as a single, terminal bloom
- Rarely (if ever) repeat blooming
- Early season bloomers (for example, Banksia blooms in March in Santa Cruz)
- Abundant bloom
- Restricted bloom period (3–6 weeks)
- Double dividend of blooms and then attractive, in some cases edible and choice, hips (swollen ovaries)
- Limited color range: mostly shades of soft or shell pink, rarely pure white, crimson or yellow, some reds or scarlets
- Require little or no garden care (fertility, sprays, deadheading, pruning) and only moderate water (1–2x/month)

As pre-eminent rose breeder David Austin writes in his book *Shrub Roses and Climbing Roses*, “The pleasure of wild roses lies not so much in their colourfulness or the showiness of their flowers, but more in their simplicity, as well as in the elegance of their growth, the daintiness of their foliage, and their often richly colored fruit. Indeed, hardly any of the wild roses are lacking in beauty, but it is a beauty that has to be looked for.”

‘Nough said. Find a way to bring a few species roses into the garden and both time (history) and terrain (geography) will beckon to you and lure you back out beyond the garden gate.

Rugosa spp. and *Rugosa* Hybrids

Most *Rugosa* spp. roses hail from northeastern Asia—northern Japan, Korea, China and north to Siberia. They are among the most cold hardy of all native or garden roses (–40° to 50° F). They are ridiculously tolerant of a wide range of soil types, especially sandy soils. In fact, they are referred to as “sand dune” roses. I have a strong visual memory, from my youth, of Rugosas growing and thriving on the sand dunes of Cape Cod, coastal Maine and New Hampshire.

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As species roses, by definition, Rugosas breed true to type from seeds if pollinated by themselves or other varieties within the species. That is oh so not true about garden roses, which generally have more complex parentage genetics and often several different species in their background. *Rugosa* hybrids offer a wider range of flower colors than the species, along with more of a tendency to repeat bloom and greater petalage (>10). They are the result of breeding programs crossing a *Rugosa* rose with various garden roses. As per looks and performance, they are virtually as carefree and wild as the species.

Rugosas are reliably consistent performers and yet they remain among the most under-appreciated and unsung members of the rose family. Roses that strongly repeat bloom, have long, strong cutting stems, and flowers with a vase life of more than 5–7 days are often preferred as more useful by gardeners, especially in small gardens. But that is not the *Rugosa* rose.

Rugosas, typical of most shrub (as opposed to modern bush) roses, have more of an abiding presence, character and grace in the garden. When they bloom, both the number of blooms coupled with their elegantly simple, single (5 petaled), 4"–6" across, undulating petals make a compelling statement. But in truth they are only intermittent in their proclivity to rebloom. The stems possess many fine prickles that are impossible to remove and thus reduce vase life. The books talk endlessly—in a positive vein—about the scent of Rugosas, calling them "well scented." Keep in mind most of the books are written by the Brits. I find this to be a euphemism for lightly or even weakly scented. Scent is variable variety to variety. But when it's good, it's intoxicating.

Features of *Rugosa* Roses

Bush Characteristics: *Rugosa* bushes are tall (3–7 feet), very erect but not stiff, and usually have gracefully arching canes (rose jargon for branches). The bushes are thick and full with the ability to self-propagate and spread gently via underground rhizomes. The canes feature many prickles that are small and bothersome, but not large and menacing like many wild species roses. The evolutionary purpose of these prickles is to repel unwanted predators from the succulent seed-bearing hips (swollen ovaries).

Foliage: *Rugosa* leaves tend toward dark greens and serve as a sedate, contrasting backdrop to the flower. The foliage undulates and has a very waxy cuticle (surface). The botanical term for the foliage is *rugose*, derived from the Latin word *ruga*, which essentially translates as having a wrinkled, crinkled and wavy leaf surface.

Rugosa foliage is a strong feature of the plant. The waxy cuticle also prevents fungal diseases from gaining a foothold and proliferating, which is a serious problem on most garden roses, modern or heirloom. Much like kelp products are an organic gardener's insurance policy against trace nutrient deficiencies, Rugosas are an organic

gardener's hedge against fungal diseases. They are not just disease resistant but virtually disease immune. That is to say they never need spraying (not low, but no-spray roses.) As an added bonus, *Rugosa*'s foliage goes all autumnal in the fall, with shades of yellow, orange and bronze-y red.

Hips: Another *Rugosa* dividend is the hips (fruits, or swollen ovaries). They tend to large (1–2"), colorful (orange-red), succulent and delicious. During the growing season, they develop alongside canes with continuing summer-fall blooms. At maturation in the fall they can be dried and used as a sweet-tart, high vitamin C tea, made into jam or be left to ferment "on the vine" and offered as an adult beverage/food source to birds along with two other berry-producing members of the Rose family (Cotoneaster and Pyracantha). Birds will actually get drunk from fermented rose hips.

Flowers: Most Rugosas feature striking simple single flowers 3–6" wide. The petals are tough but give the appearance of being delicate, even fragile. Stamens are prominent, many and protruding, often cream or soft yellow to bold golden. Scent can be variable; from none to sweet-tart to overwhelming (in a good way). Most Rugosas feature a strong early spring flush of blooms and then little or only intermittent flowering, but some bloom almost continuously or at least offer a strong repeat bloom. Some Rugosas have semi- or fully-double flower forms.

Greatest Hits of *Rugosas*

***Rosa rugosa* var. *alba*:** Tall—up to 6'—with large (up to 6" across) pure white, single (5 petals) flowers with strong fragrance. The bloom period extends intermittently through fall after a strong push in spring. Hips are large, red, abundant and tasty. Very prickly (lots and little).

***Rosa rugosa* var. *rubra*:** Tall—up to 6'. As Alba, but with a graceful arch to the canes and brilliant magenta-purple flowers. Blooms in clusters and sets hips similarly.

Rugosa Hybrids

Scabrosa: This *Rugosa* is a knockout, growing 4–7' tall with large (5") single flowers whose color has been described variously as: purple-pink, velvet crimson shading to violet-mauve, mauve-red, rosy magenta and the outrageous violaceous-crimson. Flower color is stronger as it opens, softening at full bloom. As big on lustrous, shiny foliage as it is on tasty, fleshy hips the size of cherry tomatoes. Strong, intense fragrance and just about continuously in bloom April–October.

Blanc Double de Coubert: At 3–4' in height, this is one of the more compact Rugosas, bearing white semi-double blooms that are delicate snow white and strongly fragrant. A little sparse in both foliage and hips.

Roseaie de L'Hay (named after famous Parisian rose garden): Grows 6–7' in height and bears large, rich

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Summer/early Fall Calendar

A Garden of Poetry and Music

Saturday, June 26, 12 noon – 2 pm (free)

Alan Chadwick Garden, UCSC

Join us for one of our favorite events as we gather in the Chadwick Garden for poetry and music from some of the region's most talented artists. Readings by poets Len Anderson, Lisa Coffman, Nancy Dahl, Farnaz Fatemi, Michael Hannon, Danusha Lameris, Stephen Meadows, Lee Perron and Gary Young. Music by renowned singer-songwriters Alisa Fineman and Kimball Hurd. *The Chadwick Garden Anthology of Poets* will be available at a special event price of \$15. Snacks provided; free parking at Stevenson College, across the street from the Chadwick Garden.

Grow a Farmer Benefit

Tuesday, June 29

Redwood Pizzeria, 6205 Hwy 9, Felton (see page 4)

Summer Pruning Workshop

Saturday, July 31, 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 experts Orin Martin and Matthew Sutton. Wear comfortable shoes, sun protection, and bring a snack. \$15 for Friends' members; \$20 general public, payable at the workshop. No pre-registration necessary.

Planting the Thanksgiving Feast

Saturday, August 28, 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. \$15 for Friends' members; \$20 general public, payable at the workshop. No pre-registration necessary.

Farm & Garden Fall Plant Sale

Friday, September 10, 12 noon - 6 pm

Saturday, September 11, 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 CASFS Apprenticeship training program at the UCSC Farm & Garden.

Fall Harvest Festival (note the new date!)

Sunday, September 26, 11 am - 5 pm UCSC Farm

Save the (new) date now, and plan to join us for our annual Farm celebration! Enjoy great music, food, apple tasting, an apple pie bake-off, garden talks, hay rides, kids' events, student and community group information, tours, and cooking demos. Free for members of the Friends of the Farm & Garden, UCSC students with ID, and for kids 12 and under; \$5 general admission. Call 459-3240 or email casfs@ucsc.edu for more information or if you'd like to volunteer.

Also coming up –

A Taste of the Harvest: Life Lab's Seasonal Benefit Event & Silent Auction

Saturday, September 11, 4 pm - 7 pm

Life Lab Garden Classroom, UCSC Farm

Join Life Lab for a seasonal tasting prepared by Jon Dickinson of Café Cruz to benefit Life Lab's Garden Classroom programs. Enjoy hors d'oeuvres, wine, organic beer, and a silent auction in the beautiful Garden Classroom at the UCSC Farm overlooking the Monterey Bay. See <http://www.lifelab.org/dinner.php> or call 831.459-4074 or email development@lifelab.org for details.

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.

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

Oral History Reveals Sustainable Agriculture's Deep Roots on the Central Coast

A number of Center for Agroecology & Sustainable Food Systems (CASFS) staff, faculty affiliates, and Apprenticeship alumni are interviewed in a new oral history, *Cultivating a Movement: An Oral History Series on Sustainable Agriculture and Organic Farming on California's Central Coast*.

This ambitious project, headed by Irene Reti of the Regional Oral History Project at UC Santa Cruz's University Library, includes fifty-eight interviews conducted by Reti, Sarah Rabkin, Ellen Farmer, and Rebecca Thistlethwaite with farmers, activists, researchers, and educators, encompassing the 1960s through the present. Friends of the Farm & Garden board member Tana Butler took many of the photos for the project.

Included are interviews with Patricia Allen, Beth Benjamin, Amy Courtney, Tim Galarneau, Lyn Garling, Steve Gliessman, Paul Glowaski, Stephen Kaffka, Godfrey Kasozi, Wendy Krupnick, Jered Lawson, Jim Leap, Orin Martin, Jim Nelson, Heidi Skolnik, Sean Swezey, and Nancy Vail. The interviews can be read online at <http://library.ucsc.edu/reg-hist/cultiv/home>.

The Town that Food Saved: How One Community Found Vitality in Local Food

by Ben Hewitt, Rodale Press, 2010

Reviewed by Sue Tarjan

Hardwick, Vermont, is a little town of 3,200 where a thriving granite industry once guaranteed good wages and prosperity to the townspeople. When that boom ended, dairy took its place but gradually faded with the post-World War II demise of the small farm. The hippie back-to-the-land movement of the 60's and 70's inspired some intrepid young people to reverse the population shift toward the cities; a few took advantage of the cheap, high-quality agricultural land around Hardwick and established farms there once again.

But the unemployment rate still ranked 40 percent higher than the state average while the median income measured 25 percent lower—until recently, that is. Over the last three years, Hardwick has garnered a lot of press as it has metamorphosed into a veritable agricultural hotspot with a plethora of food-based companies and nonprofit organizations coalescing around the town.

What does it all mean? Is this what a healthy local food system looks like? Is this the positive alternative future of an agricultural system that many of us see as definitely too big and not sustainable enough to succeed over the long term? That's what Ben Hewitt, native Vermonter, family farmer, and journalist, wants his readers to ponder as he takes them on a tour of the region, talking over the question with many of the new ag entrepreneurs and old-timers alike. While he doesn't come up with any pat answers, the question is a fascinating one.

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Grow a Farmer 2010 Campaign Update

The Grow a Farmer 2010 campaign got its biggest boost so far with a contribution of \$6,079 from New Leaf Community Markets as part of their Community Day program. New Leaf contributed 5% of profits from their May 27 sales at all five Santa Cruz-area stores to the campaign, which supports the Center for Agroecology & Sustainable Food System's Apprenticeship training program in organic farming and gardening.

Other campaign donors this year include—Acre Gourmet, Albert's Organics, California Organic Fertilizers, Flea Street Café, Phil Foster Ranch, Johnny's Selected Seeds, Santa Cruz Community Farmers' Market, and Whole Foods Market.

See the Grow a Farmer website (www.grow-a-farmer.org) to find out more about the campaign and how you can support the training of new organic farmers and gardeners. We especially welcome additional business and restaurant sponsors that want to get involved in this year's effort!

Note: If you're in the Santa Cruz region, join us at the Redwood Pizzeria in Felton on Tuesday, June 29, when a portion of the day's sales will be donated to the 2010 campaign.



Thank You to Our Supporters!

We are grateful to Newman's Own Foundation for a \$50,000 grant for the Apprenticeship Program, and to the Monterey Peninsula Foundation (AT&T Pebble Beach National Pro-Am) for their grant of \$25,000 for the Apprenticeship Program and to support some of the Apprenticeship Program's staff in their roles as instructors in public gardening classes taught through the Friends of the Farm & Garden.

This winter we also put out the call for help to raise the needed \$25,000 to renovate the Farm Center Kitchen and we're happy to report the money was raised and the kitchen redone! The floor of not only the Farm Center Kitchen, but also the dining room was repaired and replaced. A new stove, oven, and refrigerator were installed, and other small improvements made. While many gifts from former apprentices and Friends made this happen, the prize for the most fun had while fundraising goes to former apprentice Eric Johnson who raised a rallying cry to the 1988-89 apprentice group. Eric and six other apprentices from his era brought in over \$1,000 for the cause.

We are especially thankful for an anonymous donation of \$10,000 from a former apprentice, a \$5,000 donation from former apprentice Meg Cadoux Hirshberg and Gary Hirshberg, and a \$1,000 donation from former apprentice John Bailey, to support the Farm Center Kitchen renovation.

Easy Ways to Keep Produce Fresh

by Sue Tarjan

'Tis the season of summer bounty, the time to feast on fresh seasonal produce of every description. But fresh produce does tend to be perishable. There are few things less appealing than rotting, oozing, smelly fruit and vegetables. So here's what I do when I get home from shopping or back inside the house with my harvest to ensure that my produce stays crisp and appetizing until I'm ready to serve it. Once you get in the habit, too, you'll find that the time it takes is more than made up for by the money you'll save by not wasting food and the time you'll save preparing meals.

Handy to have on hand –

- Sink with stopper
- Cutting board
- Knife or kitchen shears
- Clean cotton towels or paper towels
- Plastic tubs with tight fighting lids and/or plastic bags
- Salad spinner (indispensible)
- Quart and pint glass jars
- Good quality cold pressed extra-virgin olive oil
- Vinegars of all sorts

Storing Fresh Produce Simply

Salad greens are among the most delicate produce items and sometimes the most expensive, so don't let them go to waste. This method will keep them fresh for a good week and ready to use as needed.

First, fill your sink with cold water. For baby lettuces or other greens, just dump them in the water, stir around, let sit a few minutes to loosen any dirt, and shake off excess water by handfuls. Place leaves in salad spinner and spin vigorously until mostly dry. Put in plastic tub or bag lined with paper towels and top with another paper towel (I use the unbleached cheap brown ones). Fasten securely: air-tight lid, rubber band, twist tie, or zip-lock. Store in refrigerator.

For larger leaf and head lettuces, remove cores, compost outer funky leaves, and separate the rest of the leaves as you immerse them in the cold water bath and swish them around. Unless you're going to use them right away, leave them whole. Spin and store as above.

Other semi-tender greens like Asian greens, chard, dandelions, and spinach can be done the same way as with lettuce. Another method that's less work is to just remove the tie from each bunch (or chop to separate leaves at base if just harvested from your garden). Don't ever wash before storing unless you're going to spin dry thoroughly—excess moisture always encourages decomposition! Spread a clean cotton dishtowel or three or four attached paper towels on the counter and fan the leaves out on the towels.

Then loosely roll the towels up with the produce inside like a jellyroll and put back in the bag they came in and tie securely.

Alternately, you can store the rolled-up greens in one of the produce drawers in your refrigerator with the moisture control setting set to high. Always line the drawers with several layers of paper towels to soak up excess moisture. When they become saturated, replace with fresh towels. This combination of high humidity without excess moisture will keep greens from wilting OR turning black and gooey.

This more expedient technique won't keep the semi-tender greens fresh quite as long as washing and spinning, so remember to use them first. Tougher greens like collards, kale, and mustard greens can be stored the same way and keep up to two weeks. I find that heads of any kind of cabbage store fine in the produce drawer set to high humidity just wrapped whole in paper towels. So do broccoli, cauliflower and other cruciferous vegetables, celery, carrots, and any other root veggies that tend to go limp and rubbery as they dry out.

On the other hand, apples, peppers, citrus, thin-skinned potatoes, beets, summer squash, cucumbers, and other hard fruits and vegetables with tougher skins that resist moisture loss do better loose in a produce drawer set to low humidity—again, lined with several layers of paper towels. Always remove any leafy tops before you store root vegetables—store the tops the same way you would greens if you're going to eat them. Otherwise, toss them in the compost, or treat your bunny, turtle, or other greens-loving pet to a nice surprise.



Fresh produce and flowers are available on Tuesdays and Fridays from 12 noon–6 pm at the Farm & Garden Market Cart, at the base of the UCSC campus (corner of Bay & High Streets)

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Soft summer fruit like apricots and peaches are usually a bit green when they come home. I gently place mine unwashed on plates or broad, flat baskets (lined with the usual towels) in an airy, sunny location to ripen. If lots come ripe at once, the best thing to do is to rinse the dirt and dust off, pit, skin if you must, cut up, toss with lemon juice and a little sugar or liquor, and store in an airtight container in the fridge for a quick fruit salad or dessert. Most berries are so delicate that we just eat them the same day they come home. If that isn't possible, prepare them as you do soft fruits. Strawberries are a bit harder and will last a day or two but don't push it.

Most herbs will keep pretty well for several days if you treat them like flowers. Just snip a bit off their stem ends and put them in vases. Not only will they look festive but they'll smell good, too. Tomatoes should never be refrigerated. Just keep them on a dry surface and use as they come ripe. Onions, garlic, thick-skinned potatoes, and winter squash will keep fine in a dry, cool space.

Preserving Food Fast

But what do you do when you suddenly notice that an onion or several garlic bulbs have gotten soft, or you've simply miscalculated and gotten too much stuff to eat before it's too late? Here are some simple, nonthreatening ways to preserve food.

Olive oil: onions, garlic, cilantro, basil, and most likely anything else (we've even done this with kumquats) can be preserved this way. Just discard any bad parts, wash, peel and seed if necessary, and mince the rest. Pack in jars and pour olive oil to the top. Cover tightly. Store in fridge. It will keep for months. When you want to use some, just scoop out with a spoon—perfect if, for example, you want to sauté some onion and garlic for a pasta sauce.

You can do this with salad ingredients like radishes and green onions, too. The oil will have solidified in the fridge but will melt at room temperature, so, for example, I'll put a couple of tablespoons of olive-oil preserved green onion and basil in a glass measuring cup or cruet, add more oil and vinegar and salt and pepper to taste with maybe a little agave nectar, pomegranate molasses, or sugar, whisk or shake vigorously, and there you have your salad dressing! If you want it creamier, just throw it all in a blender.

Pickling: this is similar to the olive oil idea but prettier. There are a zillion pickling recipes out there, but the basic idea is to get your veggies, say green beans, wash them, pat dry, snip the ends if you want, arrange them nicely in a quart jar, and cover with a solution of diluted vinegar, salt, sugar, spices, or whatever. The most important ingredient is the vinegar. Screw the top on your jar, put it in the fridge, and wait a few days or until you like the taste. Food will keep a long time this way.

Freezing: you might have heard that you have to blanch fresh vegetables before freezing, which is basically

true. Cooking for a few minutes in boiling water stops the ripening process. But I'm talking quick here. Citrus fruit and fruit pulp freezes fine with minimum fuss. Say you have a bunch of grapefruit or oranges from a friend's tree. Peel them and separate into segments and just put them into single serving containers. Eat them frozen like a popsicle or thaw first. Or mash up bananas or ripe berries with some sugar or whichever sweetener you like and lemon and freeze the same way. Then dump them into the blender and make a smoothie. Or put whole small berries in ice cube trays and stick in air-tight bags. Squeeze out as much air as possible. Fruit can be kept up to a year this way.

Cooking: pardon me for being obvious, but one sure-fire way to keep produce longer is to cook it. Steam, roast, or sauté your produce and store it back in the fridge until you're ready to complete your recipe. Not only will it keep better, but you'll have meals ready in minutes having already done most of the prep in advance.

Drying, salting, smoking, preserving and canning are beyond the scope of this article. I will say that hot peppers can be dried simply by leaving them out on a dry counter or on a cooling rack. For other vegetables and fruits, slow ovens work well, too, and there are counter-top dehydrators that do a fabulous job. And we've salted lemons and kumquats just by cutting a cross in each one, sprinkling with salt, and cramming them in a jar. Preserving techniques are not particularly difficult and can be fun if you organize a group of folks to help with the peeling and chopping. See the National Center for Home Food Preservation website for help steering you in the right direction: www.uga.edu/nchfp/.

A Few Warnings

You probably know that apples give off a gas called ethylene that hastens ripening. Many other fruits do, too. Even in the refrigerator, they can make cucumbers and peppers and summer squash and other things rot if you store them together with apples and other ethylene emitters. For a complete list of these ethylene producers, ethylene-sensitive produce, and some other fascinating if a bit technical tidbits, see "Post-Harvest Handling of Fruits and Vegetables" at the National Sustainable Agriculture Information Service: <http://attra.ncat.org/attra-pub/postharvest.html>.

Another problem that can arise when you store produce in the refrigerator is inadvertent frost damage, which can turn the freshest produce (particularly tender greens) into suppurring ruination in no time. If you see any signs of frost damage, immediately turn up the temperature of your fridge a notch and make sure that vents aren't blocked and there's enough room around everything for air circulation. Any produce frozen this way should be prepped and cooked immediately to keep it from an unseemly and wasteful demise.



Apprenticeship Updates

Thom Broz's Live Earth Farm was profiled in a recent online issue of the Wild Farm Alliance's newsletter. Thom, a 1995 CASFS Apprenticeship graduate, recently added a 130-acre piece to his original farm, where he's working with the Wild Farm Alliance and the Community Alliance with Family Farmers (CAFF) to restore a portion of the new site to encourage biodiversity.

According to the article, "Efforts are currently underway to restore fertility to the recently purchased land and to increase its value as wildlife habitat. Riparian and upland plantings that promote biodiversity, provide wildlife connections, stabilize soil, and create beneficial insect habitat are beginning to dot the landscape. Native grass filter strips are entering a second season of capturing nutrients and sediment that could otherwise follow gravity to the nearest waterway."

Read more about the project at www.wildfarmalliance.org/what/LiveEarth.htm, and about Live Earth Farm at www.liveearthfarm.net.

Jones Valley Urban Farm, founded by **Edwin Marty** (1998 graduate) and **Page Allison** (1998 graduate, 1999 second year apprentice), was one of the "bold new faces of urban farming" cited in a recent *Salon* online article. Read about this flourishing urban farming and education program at www.jvuf.org; see the Salon slideshow at www.salon.com/food/feature/2010/05/17/community_gardens_slide_show/slideshow.html

Corey Block (2008 graduate, 2009 second-year apprentice) has started a new job in San Francisco, developing a brand-new farm on Treasure Island for the Treasure Island Job Corps.

In a recent email she writes, "It's been an amazing experience—I'm basically the superintendent of a construction site, overseeing everything from the ground up, and learning more than I ever expected to know about trenching electrical lines, operating a bobcat and building concrete formwork. I'm just thrilled to be a part of this incredibly visionary project; for a government-run vocational program to champion urban farming as a way to increase the employability of their students is truly a sign of our blossoming movement. The farm is currently a training ground for green construction techniques, and when it's up and running, I'll be teaching all of the wonderful things we learned during the Apprenticeship, especially the information about flavor, post-harvest han-

dling, varietal selection, peak ripeness and food origins, to our culinary and advanced culinary students, as well as horticulture to our budding landscapers in the Facility Maintenance trade."

Nancy Vail (1997 graduate, 1998 second-year apprentice) is featured in *Farmer Jane: Women Changing the Way We Eat*, a new book by author and sustainable food activist Temra Costa. From the Pie Ranch online newsletter, *The Slice*: "In her book, Costa tells the stories of Farmer Janes who have made significant contributions to the sustainable food and farming movement across the U.S. Nancy's journey as a co-founder of Pie Ranch is highlighted in the first pages of the book alongside Pie Ranch co-founder Karen Heisler's work at Mission Pie and stories of other notable women making change, such as author Novella Carpenter and filmmaker Deborah Koons Garcia." Learn more about Nancy's work at www.pieranch.org

Also featured on the Farmer Jane website is a profile of 2005 Apprenticeship graduate **Molly Rockamann** and Earthdance FARMS, the project she founded near St. Louis. Read about it at: <http://featuredfarmerjane.blogspot.com/2010/05/molly-rockaman-earthdance-farm.html>

Book Review (from page 4)

The people he interviews are even more interesting, whether newcomers or old-timers like the middle-aged couple who make their living slaughtering livestock for local farmers. Among the new players are Vermont Soy Company, High Mowing Organic Seeds, Jasper Hill Cheese, True Yogurt, Pete's Greens, Honey Garden Apiaries, Highfields Center for Composting, Claire's Restaurant and Bar, Buffalo Mountain Coop, Vermont Food Venture Center, the Center for an Agricultural Economy—well, you get the idea. These outfits and more have generated 100 jobs along with all the media buzz and certainly jolted a sleepy little town wide awake. Despite all the excitement, however, Hewitt would have readers pause and reflect upon whether Hardwick truly exhibits what he believes are the necessary components of a healthy decentralized food system.

First, such a system must offer small-scale food producers economic viability, which means they must be able to compete with agribusiness. In Hardwick, they do this by offering high-end, value-added products like artisanal cheeses but must sell outside the area to find enough customers because most locals can't afford their wares.

Second, the system must be based on sunshine and compost, not petroleum and chemical fertilizers. With its own composting company, short distances, and small organic farms, Hardwick manages better than most areas of the United States in this regard but still has a long way to go.

Third, and often overlooked in discussions about sustainable food systems, it must feed the local population. Hardwick doesn't come close to achieving this goal. It still has a supermarket where most folks still buy their

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Rugosa Roses (from page 2)

crimson flowers with a sweet scent. The flowers are fully double and flop in on themselves and alas, there are no hips. Repeat blooming. The overall effect of the dense, luxuriant foliage and audacious flowers (number, shape, color and scent) make this a stunning must-have.

Agnes: A rare yellow *Rugosa* that grows 3–6' in height. Flowers are globular, double (3") and of a "pale harvest moon yellow." Dark green foliage serves as a good foil to the flowers. Sweet, tangy fragrance. Alan Chadwick had one planted just at the entrance to the garden chalet that lamentably gave up the ghost in the wet El Niño of '98. A hard plant to source—the good news being that Roses of Yesterday and Today (see below) had one remaining container of 'Agnes' that now graces the same planting spot in front of the chalet. It is situated in a bed along with 'Roseraie de L'Hay', 'Blanc Double de Coubert', 'Alba', and 'Scabrosa'. They'll achieve bloom size in spring 2011, along with a burgeoning collection of five to six more *Rugosas*, which were established thanks to a grant from the Stanley Smith Horticultural Foundation.

Ann Endt: A slow-growing, 3–4' tall shrub. Dense foliage, attractive in the landscape. Rich velour-like deep purple single flowers with striking golden stamens. A show stopper!

Frau Dagmar Hartopp, a.k.a. **Frau Dagmar Hastrup:** Grows 4–5' tall and bears flowers that feature wide petals of a delicate pink with showy soft yellow stamens. Arguably the most beautiful of all *Rugosas*. Blooms June–September, followed by large (3"), succulent red hips.

Good Sources of Rugosa Roses

Raintree Nursery offers 7 varieties (bareroot): www.raintreenursery.com, 800.391-8892; located in Morton, WA

Roses of Yesterday and Today carries a smattering of varieties: www.rosesofyesterday.com; 831.728-1901, located in Corralitos, CA. This family business has a beautiful garden that is open daily to the public.

Heirloom Roses – offers 9 quality varieties from "own root" cuttings, live plants during growing season (plants are small): www.heirloomroses.com, 503.538-1576; located in St. Paul, OR

Antique Rose Emporium – bareroot and actively growing plants in season: www.antiqueroseemporium.com, 800.441-0002; located in Brenham, TX

Vintage Gardens – heirloom specialists: www.vintagegardens.com, 707.829.2035; located in Sebastopol, CA

Book Review (from page 7)

fish sticks and Fruit Loops. How to make the shift from "cheap" food is still a sticking point and likely to remain so until the cost of fuel and the ecological cost of monoculture become so prohibitive that food prices start to reflect the true cost of raising food.

Fourth, the system must be circular. Hewitt notes with approval that within a 10-mile radius of Hardwick, there is a seed producer, a composting operation, and various vegetable growers, which allows for a nice self-sufficient local feedback loop. So that's a start.

The point is that even Hardwick's recent success isn't surefire over the long run. Look at our Farm & Garden: even with its 43-year history and seminal impact in the global organic food movement, is facing its own challenges in the wake of the continuing state budget crisis. Agribusiness, the petrochemical industry, and an entrenched, decades-old addiction to over-processed food can't be overcome without enormous energy, determination, and vision. But don't despair. Buy this book. Read it. Share it. Debate it. If hardscrabble Hardwick can come so far in three years with a three-month growing season, what's our excuse here in Santa Cruz?

And don't miss this Dan Rather report on Hardwick and Hewitt's book:

www.youtube.com/watch?v=xy_hTRkvRQ0