

UC Santa Cruz

News & Notes of the UCSC Farm & Garden

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News & Notes of the UCSC Farm & Garden

Issue 125, Spring 2010

SPRING PLANT SALE PREVIEW

Mini Head Lettuces Offer Gardeners Delicious, Affordable Salad Options

— by Orin Martin

The term mini head lettuce refers to lettuces that are either –

- Genetically small at maturity, such as short romaine types and small-framed butter lettuces
- Any leaf or romaine type spaced intensively (4–8" apart) and harvested immature, as a whole plant, at about 20–30 days following transplanting.*

For the home gardener, this format for growing lettuce offers high yields from small spaces, diversity and variety of color, shape, size, taste, and texture, as well as a low-cost way to create delectable salads from your backyard garden plot or container garden. For the market grower, it offers high yields, rapid bed turnover in the field, a stunningly attractive presentation and big time “ka-ching, ka-ching” at the cash box. The old joke being,

Baby lettuces (formerly “yuppie chow”):

- 3 times the planting density
- 1/3 the time in the ground
- 3 times the price per unit—what’s not to like?

So if you’re tired of paying \$3–4.50/lb for high-end mini romaines and butter lettuces, here’s a chance to try growing them yourself. These lettuce formats will be offered ready to plant from six-packs at the UCSC Farm & Garden’s Spring Plant Sale, Saturday and Sunday, May 1 and 2 at UCSC’s Barn Theater parking lot. And if you don’t have the opportunity to grow your own, you can find these varieties ready for your salad bowl at the Farm & Garden’s Market Cart from early June through October (Tuesday and Friday, 12–6 at the Barn Theater).

Mini head lettuces are not simply immature full-size varieties, but rather varieties that are bred to be small but plump at harvest. What they lack in stature, they deliver in density; the heads are exceedingly weighty for their size. While they may be diminutive (4” wide x 4–6” high), they often weigh in at 1/3 of a pound (+ or -) per head.

Romaine Types

Some of these types are truly crosses between romaine and butterheads. That is, the overall plant and leaf presentation speaks of romaine, while the creamy, blanched silky hearts scream—butterhead!

Undoubtedly, the leader of the pack is the old English heirloom variety alternately referred to as Little Gem or Sucrine. Seems any time you attach a French word to a vegetable, the law of economics dictates the price soaring double or treble—*aubergine* for eggplant, *mangetout* for sugar peas, *courgette* for zucchini and, the most outrageous, *haricot vert* for snap beans. Hey, they’re just skinny beans. While I’ve been growing Little Gem for about 20 years, I’ve been unable to track down its date of origin. So much for the omnipotence of the internet. I even checked with the British Leafy Greens Association (now, there’s an interesting group to run with.)

Little Gem is only 4–6” tall and 3–4” wide. Thus, the plants can be spaced ultra-intensively in the garden bed or window box: 4–6” between plants, with rows 6” apart, leading to high yields per square foot. The overall appearance is romaine-like: upright (keeps both slugs and grit at bay) and cylindrical-bullet shaped. The outer leaves are “spoonbill” shaped with a pronounced, juicy midrib. It’s got the requisite romaine crunch, too. This is

*It takes about 30 to 40 days of post-germination growth to produce a transplant in 6 packs or plug trays. Germination should occur in 5 to 10 days with soil/air temperatures 55–70°F.

all well and good, but the double dividend is the silky, butter-sweet heart that is blanched creamy yellow-gold. Catalogues list it as being mature at 33 days. Patience is, as they say, a virtue. Little Gem is fully mature with a heavy heart at 48–55 days post transplant.

An exciting presentation for this or any mini romaine variety is to split it longitudinally, lay it out on a long platter, and slather it with the dressing of your choice. Add a sprinkling of pine nuts and crumbles of white Stilton cheese laced with either dried apricots or cranberries and a wild pandemonium will set in amongst the dinner guests. The in-season inclusion of fresh pears will require crowd control.

Other Mini Green Romaines of note:

Tintin (Thompson & Morgan Seeds), 60 days. A later-maturing, supposedly improved Little Gem. It is and it isn't. The improvement is that it is both more disease and bolt resistant with a more bubbly or puckered leaf. While the taste and texture is good, it is, nonetheless, a pretender to the throne.

Winter Density (Johnny's, Territorial Seed Co., Wild Garden Seed), 54 days. A good 3-season mini romaine, fall–spring. Slightly bigger (8–9" tall) and both slightly darker and denser.

Claremont (Johnny's), 46–50 days. A slightly bigger, darker Winter Density "wannabe."

Red Romaines

Little Leprechaun (Territorial Seed Co.), 57–60 days. Perhaps the "wee people" have been dabbling with performance enhancers—it is taller (10") and wider than most. Leaves are a mahogany red overlaid on olive green.

Petite Rouge (Territorial Seed Co.), 48–50 days. Oval, cabernet-colored leaves with distinct puckering (puckering = crisp). This compact 6–8"-tall plant is good for container or windowbox growers.

Dazzle (Territorial Seed Co.), 40 days. New, quick and small; head fits into the palm of your hand and the heart is dense. Foliage is ruby red/sienna. Cute too.

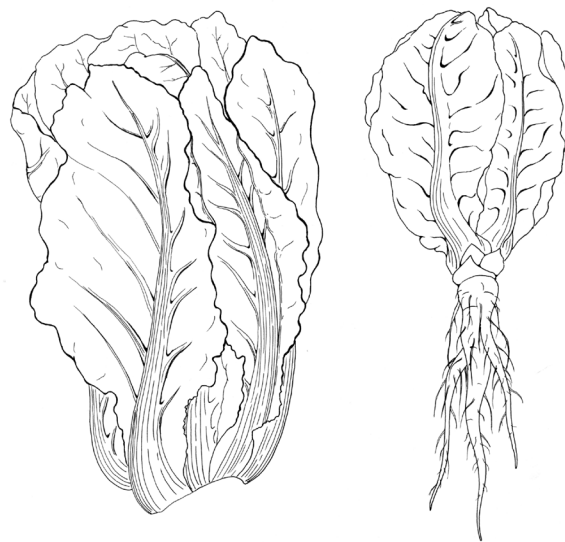
Marshall (Territorial Seed Co.), 65 days. An 8"-tall compact plant, with a firm heart, upright habit. Leaf color is burgundy gone dark. Flavor is sweet with a crunchy texture.

Small-Framed Butterheads

Australe (Johnny's), 45–50 days. This red-mottled, green-leafed beauty produces small, dense, buttery heads that top the class in both taste and texture. The fly in the ointment is that it bolts quickly at maturity. Simply whisper the words "long days, warm temps" and it is gone.

Focsa (Johnny's), 42–45 days. Great for stripped-down butterhead production. Juicy, sweet, buttery, dense heads hold well in the field and fridge.

Blushed Butter Cos (Territorial Seed Co., Wild Garden Seed) 50 days. Has a bit of an identity crisis as the name implies (Cos is a corruption of Kos, an island in the east-



Janet Chao

Both full-size Romaine (left) and mini Romaine (right) varieties offer gardeners a rewarding crop for superb salads.

ern Mediterranean where romaines are alleged to have been first grown). At 8–10" tall, call it a tall butterhead or a short romaine. Very buttery flavor, good cold tolerance, okay heat tolerance. Ruffled leaves are red, mottled with green.

Deer Tongue, Red and Green Leafed (Johnny's, Wild Garden Seed, Seeds of Change), 46 days. This old heirloom dates back to the 1840s. Mild taste, good crunch. Despite what the catalogues say, only good for spring and fall production.

Speckles (Territorial Seed Co.), 50 days. Extremely buttery, blanched, dense heart. Old Amish heirloom that still "brings it."

Buttercrunch (Territorial Seed Co., Johnny's), 48–50 days. Small (6–8" tall), oblong-shaped, firm-headed butter type. Thick, dark-green outer leaves with yellow-creamy heart, smooth and sweet. Can take a bit of heat for a lettuce.

Too Many Seeds of One Variety? Renee's Garden Seeds Offer an Elegant Solution

Sometimes elegant solutions are all about simplicity. Such is the case with Renee's Garden seeds.

The problem: too many seeds of one variety for the backyard gardener. After all, do you really need 39 seeds of any given bell pepper? How about 13 seeds of 3 varieties in a single packet of seeds?

The solution: Renee Shepherd and crew offer a novel solution to the above problem—summer squash, peppers hot and sweet, heirloom tomatoes and other vegetables that are color coded. The coloring is a harmless vegetable dye. On the back of the packet is a legend indicating which color = which variety.

A slightly different format exists for a lot of Renee's leaf crop vegetable packets, including some you'll see at this year's Spring Plant Sale.

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Spring/early Summer Calendar of Events

Farm & Garden Spring Plant Sale

Saturday, May 1 10 am – 3 pm, and

Sunday, May 2, 10 am – 2 pm

Barn Theatre Parking Lot, UC Santa Cruz

Note: Friends of the UCSC Farm & Garden have pre-entry priority, Saturday, May 1, 9 am – 10 am

Don't miss this chance to enhance your home and garden with organically grown flower, herb, and vegetable starts as well as perennial landscape plants and some perennial vegetables. Friends' members receive 10% off all plant and merchandise purchases. See page 4 for additional details. All proceeds benefit the Apprenticeship training program in organic farming and gardening.

New Leaf Community Day in Support of the 2010 Grow a Farmer Campaign

Thursday, May 27, 8 am – 9 pm

Santa Cruz County New Leaf Markets: Boulder Creek, Felton, Westside & Downtown Santa Cruz, and Capitola

Help support the Apprenticeship training program at the UCSC Farm & Garden by shopping at Santa Cruz-area New Leaf Markets on May 27. New Leaf will donate 5% of profits from the day's sales to support the 6-month Apprenticeship course in organic farming and gardening. To learn more about the 2010 Grow a Farmer Campaign, see www.growafarmer.org, and read more on page 4.

Market Cart Opens in early June! Community Supported Agriculture (CSA) Pick Ups Begin!

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

For information on joining the UCSC Farm's Community Supported Agriculture Project (CSA) and receiving a weekly box of fresh-picked organic produce, see page 4.

A Garden of Poetry and Music

Saturday, June 26, 12 noon – 2 pm

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. Enjoy the Garden at its early summer best at this free event. Snacks provided; free parking at Stevenson College, across the street from the Chadwick Garden.

Also coming up –

Summer Day Camps in the Life Lab Garden Classroom on the CASFS Farm!

Wildlands & Watering Cans Day Camp for Ages 7–10

* Session I - June 21-25 & June 28-July 2, 2010, 9:00-3:00

* Session II - July 12-16 & 19-23, 2010, 9:00-3:00

* Session III - July 26-30 & August 2-6, 2010, 9:00-3:00

Join us on the farm for gardening, cooking fresh food from the farm, hiking, crafts, music, and art. Each session serves 28 campers with a 1:7 ratio of instructors to campers.

New! Garden Sprouts Summer Day Camp for Ages 4–6

* Session I - July 12, 14, 19 & 21, 2010 (Mondays and Wednesdays 9:15-12:15)

* Session II - July 26, 28, August 2 & 4, 2010 (Mondays and Wednesdays 9:15-12:15)

Inspired by our popular Seeds of Wonder preschool and Kindergarten field trip program, this new camp will serve 8 campers with a 1:4 ratio of instructors to campers.

Farm and Wilderness Exploration for Ages 11–14

* August 9-13, 2010, 9:00-3:00

Join us this year for a brand-new Farm & Wilderness camp, put on in partnership with Tod Haddow of Standing Tree Nature School. This session will serve 14 campers with a 1:7 ratio of instructors to campers to allow for hands-on exploration.

Please visit www.lifelab.org and click on the Summer Camp tab for more information and registration forms. Financial assistance available; see registration information. For questions, please call 831.459-4035 or email gardened@lifelab.org.

If you'd like more information about these events, need directions, or have questions about access, please call 831.459-3240, email casfs@ucsc.edu, or see our web site, casfs.ucsc.edu.

Please note that we cannot accept credit card payments for classes or at the plant sale (cash or check only).

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

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



Take advantage of your Friends' membership by enjoying early entry to the UCSC Farm & Garden's Spring Plant Sale on Saturday, May 1. Friends' have shopping priority from 9 am to 10 am, with the sale opening to the general public from 10 am to 3 pm. On Sunday, May 2, the sale will open to everyone from 10 am to 2 pm. Friends' members also receive a 10% discount on all plant and merchandise purchases. Please remember that we can only accept cash or checks for purchases.

If you're not sure whether your membership will be current for this year's sale, take a look at the mailing label of this newsletter. If it says June 2010 or later, your membership will be current for the sale.

If your membership expires in May 2010 or earlier, you can renew it at the sale on Saturday morning starting at 8:30 am, or contact us and we'll send you a membership envelope that you can bring with you or mail in prior to the sale. Call 831.459-3240 or send email to casfs@ucsc.edu to request a membership envelope, or if you have any questions about the status of your membership. You can also access a membership form at <http://casfs.ucsc.edu/community/friendsform.html>.

Shares in the 2010 CSA Program Still Available!

We still have some shares available in the UCSC Farm's CSA (Community Supported Agriculture) program, with pickups scheduled to start in early June. As a CSA member, you'll receive a season's worth of fresh and local organic produce, along with other benefits, including a complimentary membership to the *Friends of the Farm & Garden*.

Shares for the 22-week season cost \$480. A share is designed to feed a household of two or three for a week, or a larger family that perhaps doesn't cook every day but still wants to eat fresh, organic and local. Payment can be in full or divided up into two or four installments. Limited-income shares are available for \$240.

If you'd like to receive our CSA Brochure and Pledge Form or have any questions regarding the CSA program, please contact Miranda Roberts or Liz Milazzo at 831.459-4661 or email farmcsa@ucsc.edu. More information and the CSA Brochure and Pledge Form are also available at <http://casfs.ucsc.edu/community/csap.html>.

Grow a Farmer Launches 2010 Campaign

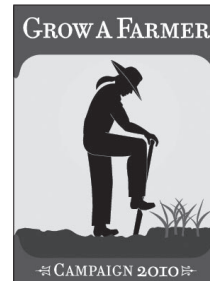
We initiated the "Grow a Farmer" Campaign in 2009 to help fund permanent housing for apprentices taking part in the full-time organic farm and garden training program at UC Santa Cruz's Farm & Garden. With the housing project completed at the UCSC Farm, we're now turning our 2010 Grow a Farmer fundraising efforts to support much-needed program operating costs and long-deferred facility and farm equipment upgrades.

During its 43-year history, the Apprenticeship has trained more than 1,300 new organic growers at the 25-acre farm and 3-acre garden on the UCSC campus. Our graduates are working to grow and promote local, healthy food in communities around the country and abroad. Your support will help ensure that this critical training and demonstration program continues to educate future generations of organic farmers, garden teachers, land stewards, and sustainable food system advocates.

You can help us grow more farmers by supporting the Apprenticeship Program through the Grow a Farmer campaign. The Apprenticeship self-generates most of its operating income through produce sales, plant sales, and program tuition and fees, but we depend on donations and grants to complete our annual budget. To learn more about the campaign, the Apprenticeship training program, and the work of Apprenticeship graduates, see www.growafarmer.org, where you can also make an online donation to support this year's fundraising effort.

Your donation will help us meet our operating expenses and ensure that this critical training program continues to thrive. Join Johnny's Selected Seeds, New Leaf Community Markets, Chef Cindy Pawlcyn and other top chefs, farm-to-fork restaurants, businesses and individual donors to support the premier organic farmer training program in the country.

We welcome you to tour our farm and garden sites, see the new apprentice cabins, and find out more about our programs. Please feel free to contact us for more information about visiting and about the campaign at GrowaFarmer@ucsc.edu or (831) 459-3240.



Plant Sale Catalogue Correction

Please note that the recently mailed Spring Plant Sale catalogue contained a pricing error. The *Clematis lasiantha* was listed at a price of three 1-gallon pots for \$20. This is in fact the price for the *Chrysanthemum maximum*. Apologies for this mistake.



Meet the 2010 Apprentices

Here's a brief introduction to the new group of apprentices who joined us on April 12 from across the U.S. as well as India, England and Canada. For the next six months they'll be learning organic farming and gardening skills at the UCSC Farm & Garden, part of the Center for Agroecology & Sustainable Food Systems (CASFS).

Your membership in the *Friends of the UCSC Farm & Garden* helps fund this 43-year-old internationally known training program by providing funds for scholarships, teaching staff, equipment, and facility improvements. Thanks for your ongoing support.

Claire Acosta: I've lived in Southern California and studied/ worked in biological research for most of my life. Biology has taught me about the natural processes behind sustainable agriculture. I hope to further explore them and teach the advantages of ecologically diverse and integrated farming to various communities. I believe the farm or garden can act as a community classroom to teach about sustainability, stewardship, food, biology, diversity, health, community and more.

Reed Adam: I grew up in Seattle, Washington but have been living in the San Francisco Bay Area since 2000. After finishing college in 2005, I worked as an Americorps member at the Edible Schoolyard in Berkeley. For the past three years I've coordinated a nutrition education and garden program at an elementary school in Hayward. My future goals are to grow food with youth and use gardening and farming as tools for community empowerment.

Matthew Armbrust: I was raised in Green Bay, Wisconsin, and have experienced agriculture throughout my life via my family's dairy farming heritage. In 2006, I helped design and implement community gardening programming for UW-Extension in Milwaukee to teach low-income youth about science, nutrition, and life skills. My future plans involve incorporating organic horticulture into sustainable development practices, such as brownfield redevelopment (restoration and reuse of contaminated lands) and urban agriculture, in economically disadvantaged communities.

Arturo Cea: I was raised in El Salvador, and I have been living in the U.S. for the last decade. My interest in agriculture comes from my passion for cooking and

nutrition in a way that links the cycle of seed to food. My background is in industrial engineering, and I want to find ways to apply this training toward sustainable agriculture, promoting higher standards of production, and access to healthy food.

Joe Chavez: I grew up irrigating pastures and looking after livestock in central New Mexico. I moved to New York City to pursue arts education but after an overdose of concrete and steel I began working as an environmental educator in inner-city schools and volunteering in community gardens. In the future I hope to start gardens at urban schools that can be used as classrooms and sources of food and income for community residents.

Emiko Corey: I was raised in Santa Barbara, California and spent 4 years at Wheaton College, located outside of Chicago, studying sociology. Prior to the Apprenticeship I worked at Fairview Gardens in Goleta, California as the Marketing Manager. My long-term goal is to be a small-scale urban farmer. Local farms can be one of the most important aspects of a community: feeding those who are hungry, educating about organic, sustainable agriculture, and overcoming cultural and socio-economic differences.

Saskia Cornes: Having worked on a handful of small-holdings here and abroad, I moved to New York to start a PhD in english literature, and a coalition working to build a new community garden/farm in West Harlem. In all of these spheres, I'm trying to understand how community-based models of land stewardship did and could work. Ultimately, I'd like to bring my academic and agricultural experience together to create humanities-based curricula for college farm programs.

Shevaun Coy: I first farmed in my hometown of Boulder, Colorado with the non-profit Cultiva! Youth Project, and helped to create their beekeeping program. I went on to farm at Boulder's Longs Iris Gardens for two summers. I had an internship at Synergy Farm of San Juan Island, Washington last fall, and this past year I studied viticulture in Northern California. I aim to create an educational farm center in the interest of empowering young homeless mothers.

Sky DeMuro: I've been farming and teaching on the California coast for two years at Pie Ranch. Prior, I worked as a crops apprentice at a farm near Boston. My parents have a diversified homestead in Massachusetts. Before farming, I worked in non-profit development for an educational farm near Boston, and for Farm Aid, where I learned about food systems and farm activism. I hope to make a living teaching, farming and connecting people to food and community.

Cristina Dominguez Eshelman: I'm from El Paso, Texas. I've worked in both rural and urban communities, developing sustainable agriculture projects along the southwestern border through Heifer International. I currently facilitate a garden-based, youth development program in two community gardens in southern New Mexico. I'm

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eager to use my Apprenticeship experience to develop a farm and garden-based education center to address nutrition and health issues, and create economic and educational opportunities for youth in my border community.

Fatuma Emmad: I was raised in Ethiopia and Colorado. I have been engaged in the fight against the push for genetically modified seeds across Sub-Saharan Africa. I believe resistance by the world's land caretakers to single solutions for crop productivity point to many problematic aspects of what we are able to grow and eat. My future plan is to establish a seed bank in the Omo Valley of Ethiopia and to work on reframing issues of food sovereignty.

Meredith Epstein: I grew up in Rockville, Maryland and attended St. Mary's College of Maryland (SMCM). My academic background is in climate change and community organizing. I worked on an organic farm from 2007-2009. I also ran the SMCM Community Garden and sold at a farmers' market last summer. Just prior to the start of the Apprenticeship I was a professional peanut butter maker at Roots Market! My future plans include graduate school and a collective farm.

Jonathan Farber: I am a partner at a small landscape architecture firm in New York City. In the future, I hope to participate in transforming portions of the landscape in and around my hometown to support small, interconnected, community-based agriculture.

Matt Finkelstein: Growing up in Marin, California, my passion for social and environmental activism through food and farming developed post-graduation from UC San Diego in 2007. Since then, I have worked with the San Diego Roots Sustainable Food Project as a director, project coordinator, and as advisor for the UCSD Urban Farm Initiative. My goals are to further my farming knowledge and to experience a model program we are working to recreate in San Diego.

Danielle Garcia: I am originally from Portland, Oregon, and after venturing across Oregon and Montana, have settled in San Francisco. I spent this last year in Argentina working with various organic farms, and returned to the bay to intern with City Slicker Farms in Oakland, California. After the apprenticeship I plan on returning to Portland to help start up an urban farm project, aiming to build backyard gardens for the community as well as providing workshops and youth internships.

Anna Greenland: I'm from England. Four years ago I joined a cooperative of organic growers producing vegetables for local restaurants. I then got a job at "The Lost Gardens of Heligan" working on the restored vegetable garden that replicates a Victorian garden in the 1800s. Alongside this I grew cut flowers in my polytunnel, selling to local restaurants. In the future I'd like to develop a project to educate a new generation of organic growers in England.

Stephanie Hall: I became involved in sustainable agriculture four years ago after moving home to Chapel Hill, North Carolina from Oregon. My Dad and I enrolled in continuing education classes in farming. Since then I have worked in Vermont for Farm & Wilderness as a farm intern and educator. I am currently developing a farm plan for our new family farm outside of Durham, North Carolina.

Zoe Hitchner: I was raised in Berkeley, California where I developed a love of gardening at a young age. While in college at UC Santa Cruz, I worked as a garden educator at a local elementary school. I have since apprenticed on farms and gardens in Santa Cruz, Hawaii and Mexico. My future plans are to help to provide training and resources to garden educators.

Jane Hodge: I live in Brooklyn, New York and work for Just Food, a New York City nonprofit. I work with urban farmers and gardeners to increase the amount of food being grown in the city. My goals for attending the UC Santa Cruz program include both developing my skills as a farmer and bringing back knowledge and experience to share with other NYC urban farmers.

August (Gus) Jones: I began gardening in my home state of Illinois. In 2002, a friend and I began an organic farm called Hill Street Gardens; we went to market weekly and offered a Community Supported Agriculture program. Currently, I am managing Paradise Farms Organic in Homestead, Florida. My future plans involve urban gardening—I hope to coordinate a community effort to seize abandoned lots in St. Louis for food production and the teaching of basic gardening skills.

Bianca Kaprielian: After growing up on a fruit farm in central California I thought I wanted nothing to do with farming. That is, until I left the farm to go to college. When I eventually moved to the Bay Area I became involved in local food systems and sustainable farming advocacy. I'm looking forward to getting back into the family business and moving it in a sustainable direction.

Guy Kilpatric: I grew up in Sharpsburg in rural Western Maryland. I first worked on a vegetable farm while at college in Southern Maryland. During that time I lived in a house with my friends where we grew vegetables and raised eleven chickens. We plan to reconvene in the future with a dream to have our own farm together. Since graduating in December I have lived at home in Sharpsburg with the chickens.

Erik Kirby: My first experience with gardening was helping my father in Santa Cruz, weeding, planting and sowing seeds. Working subsequently as an environmental consultant highlighted the detrimental effects of industrial agriculture. In recent years, I have kept my own substantial vegetable garden, orchard and backyard chickens. I plan to eventually start my own organic farm, as well as explore alternative methods of soil amendment to restore soil ecology and reduce nutrient run-off.

Anna Lee: I've lived my whole life in the San Francisco Bay Area. In college, I studied environmental sciences and anthropology, focusing on land use and food systems. I currently work in academia, studying agricultural yield gaps in developing countries, volunteering on the side in a school garden program and as a master composter. My future plans are fuzzy, but will definitely include farming, education, community outreach, more science and school, and being outside a lot.

Mike Libsch: I have enjoyed gardening for several years. I began working on a vegetable and raspberry farm in New York two years ago. This winter, I worked on a vegetable farm in Florida. I hope to start my own farm in the near future.

James Marzluff: I was raised in the low country of South Carolina, and attended college at Swarthmore College in Pennsylvania. I helped start the school's composting and gardening program. I have worked summers at a USDA experimental station in South Carolina and I recently worked on one of the area's few organic farms. My goal is to start my own small farm, but where it will be and what it will look like remain unknown.

Kate McDevitt: East Coast girl mellowed by 5 years in San Diego! Love cooking/DIY projects/yoga/hiking. Slow Food Urban San Diego Board and Cultivating Food Justice Conference planning committee. Intro to Farming course with apprentice Matt Finkelstein! Certifications in Indigenous Permaculture Design and nonprofit management. Goals: advocate for new generation of farmers through organizing and policy reform! "Back to Basics" organization to connect urban and rural communities through basic need for sustainable food.

Anna McHugh: I was born and raised in western Montana, and returned two years ago for a graduate program in environmental studies. My academic focus was sustainable food and farming, and I spent two summers working on organic vegetable farms. I also interned with the Refugee Agriculture Partnership Program in Washington, D.C. I'm interested in agricultural development as a tool for poverty alleviation and environmental sustainability, and particularly its effect on women.

Nathaniel Munro: I was born in Santa Cruz and raised in the Northwest. My first experience working on an organic farm was in New Zealand. This past summer I worked at Camp Joy Gardens in the Santa Cruz Mountains. I have taken horticulture courses at Cabrillo College. Most recently I have been working as a school garden teacher with the Life Lab Program. I am looking forward to continuing my education in farming, permaculture and herbal medicine.

Danelle Myer: I grew up on a farm in Iowa. Think "King Corn." I have worked for non-profits and advertising agencies, and am currently the director of marketing for the botanical center in Omaha, Nebraska. My ultimate goal is to start a small sustainable agriculture operation

on my family farm and serve as an educator and advocate of sustainable living and healthy eating in a geographic area that has yet to see much organic farming activity.

Hari Pant: After serving in the Indian Army for 33 years, I moved to a small town nestled in the lower Himalayas. I currently lead a nonprofit that provides medical assistance to the community. I also work with local farmers to understand the challenges facing their livelihood. At CASFS I plan to acquire skills to enhance the capacity of farmers in my community. In the process, I hope to have a positive impact on the community's health.

Rupert Poole: Born in England, raised in Southern Maryland. In 2003 I moved to New York City to follow a dream of becoming an urban gardener. I learned horticulture and urban agriculture with New York Restoration Project, building and maintaining community gardens in Brooklyn. I studied horticulture at Brooklyn Botanic Garden, Landscape Design at New York Botanic Garden and Permaculture with Green Phoenix. I intend to teach ecological agriculture and start an edible landscaping business and nursery.

Malin Ramirez: I was raised in San Francisco's Mission district. I am an author, educator, performer, Aztec dancer and program developer for the Traditional Native American Farmer's Association. I've taken permaculture trainings and created school gardens. My goal is to become a model of sustainability and empower others to become agents of social change and take back their food security through the practice of growing their own food and saving their seeds.

Ana Rasmussen: I grew up on a farm in eastern Oregon and have lived in Santa Cruz for 26 years. My two sons recently flew our nest, allowing me to make the career change of my dreams, from school social work to sustainable agriculture. I've interned on an organic farm in northern Idaho and with City Slicker Farms in West Oakland. I recently started a local food justice program, creating organic gardens with preschools serving low-income kids.

Evelyn Rosas: I left the ineffective and bureaucratic world of law to apprentice on organic farms where hard work has both long-term and immediate effects. As a sustainable farmer, my goals are to provide affordable organic foods to my neighbors in marginalized communities through a non-profit Community Supported Agriculture (CSA) project. To this end, I'm working with a pilot project to maintain multiple urban farms to feed CSA members within walking distance of the grow sites.

Hannah Shulman: I'm coming to CASFS from Philadelphia, Pennsylvania, where I've been working with a community gardening organization to grow vegetables for people in need. I've been a farm hand on a goat farm doing direct marketing and animal care as well as an environmental educator. My future plans are to return to urban agriculture as a means of empowering and educating

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2010 Apprentices (from page 7)

ing communities. I'm looking forward to coming back to my home state and meeting all of you.

Lucia Stephen: I am from Halifax, Nova Scotia. Recently I completed a degree in social anthropology, in which my studies focused on the historical relationship that people share with food. For the past five years I have volunteered with and helped design various urban agriculture projects through two local non-profit organizations. My future plans are to develop a resource network in Nova Scotia using food knowledge to educate and connect people with their local sustainable food supply.

Patrick Emmanuel Sullivan: I was born and raised outside of Philadelphia and now live at an Orchard in Vermont. Along my way I have had influential experiences, mentors, and dreams that have led me to farm. I am excited to live with you all, share our ideas, and collaborate. My plans for the future are to make my livelihood on a small, diverse, and integrated farm.

Ian Wilson: Born and raised in Portland, Oregon. An apple harvest in Shelburne, Vermont opened me to something powerful, tangible, beautiful, collaborative, necessary, real. A season interning on a farm in Oregon answered some questions, raised many more, pointed me here. This winter has been spent working with troubled teens growing food in Hawai'i. I acknowledge the transformative power of growing food, its lessons and its gifts. My life work is to share these gifts with others.

Plant Sale Preview (from page 2)

Caesar Duo—featuring a mix (equal parts) of red (Cimarron) and green (Noga) romaine lettuces. They can be harvested young for salad mix in a cut-and-come-again format, as a whole plant at the “teenage” phase, or let go to majestic full maturation.

Blush Batavians—French Batavian lettuces are the most versatile of all classes of lettuce: They serve well as cut-and-come-again babies in a salad mix; at 40 days post-transplant they offer a handsome full-leaf lettuce; in another 15–20 days you get a loose butter-type head; add another 15–20 days of patient waiting and you'll end up with an ersatz head lettuce.

The Blush Batavian combines thick and crunchy leaves with a refreshing sweetness. The Batavians are also both the most cold and heat tolerant of all lettuces. The Blush Batavians mix includes:

- *Carioca* – with intense red leaves
- *Soprane* – green and wavy leaved
- *Rossia* – red-tinged leaves

Garden Babies—features small-framed, baby butter-heads. They're cute as all get out, tasty too.

Sweetie Baby Romaine—ranks up there in the pantheon with Little Gem for its diminutive size, serious sweetness and killer crunch.

Other seedlings from Renee's Garden Seeds offered at this year's Spring Plant Sale include:

- Heirloom Cutting Lettuce Mix
- Baby Mesclun (cut and come again)
- California Spicy Greens

Renee's Garden Seeds are available at www.reneesgarden.com and at local retail outlets.