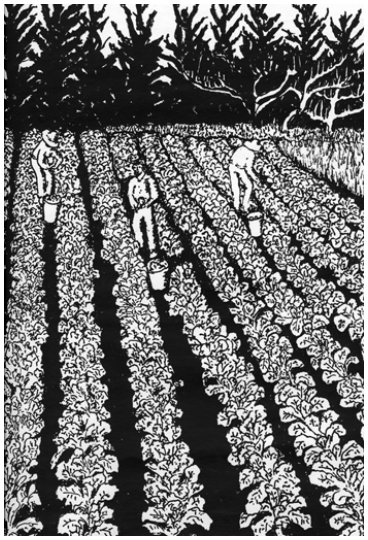

Forrest Cook

News & Notes of the UCSC Farm & Garden

Issue 143, Fall 2014

Center for Agroecology & Sustainable Food Systems

For the Love of Garlic

– An Interview with Pete Rasmussen of Sandhill Farms

Pete Rasmussen fell in love with hardneck garlic (*Allium sativum ophioscorodon*) more than a decade ago as a UC Santa Cruz student while visiting the Alan Chadwick Garden. His marine biology focus quickly shifted to hands-on sustainable agriculture education with UCSC's Center for Agroecology & Sustainable Food Systems (CASFS), laying the foundation for a lifelong journey into the world of farming. Encouraged by CASFS instructors and UCSC faculty, Rasmussen, along with family and friends, broke ground and planted his first garlic crop in the fall of 2005.

Today, Rasmussen grows over 35 rare and unique varieties of hardneck garlic (and one softneck, Inchelium Red) on 4 acres in the mountains of northern Utah at Sandhill Farms (www.sandhillfarms.org). On Saturday, October 25, he'll team with Chadwick Garden manager Orin Martin to share his passion at a workshop on growing garlic in the home garden and on the small farm (see registration details on page 3). Here he offers some growing tips for home gardeners and thoughts on his favorite varieties.*

Why is garlic a good crop for the home garden? Although garlic's growth cycle is long (October/November–June/July) and it does need timely care and attention to yield a productive harvest, growing garlic in the home garden is a must. Why? In addition to the countless reasons why "growing your own" is preferable when talking about fresh produce, herbs and flowers, growing your own garlic has some unique advantages:

1. Growing your own garlic connects you to the seasons in a special way. Fall is planting time (seed selection, site preparation, clove popping, planting, labeling, mulching); winter (climate depending) is the hibernation time, when below-ground development is at work; spring brings the excitement of new growth (often the first green in the garden in cold winter locales), weed management, irrigation preparation, more weed management (as Orin Martin says, you either grow weeds or you grow garlic, but not both), and scape harvesting; and summer is the season for timely irrigation, attention to plant signals for maturity, and the joys of harvesting bulbs that have been hidden beneath the soil for nearly 9 months. Then curing, cleaning, eating—the cycle begins again as summer rolls into fall. Garlic is a crop of all seasons.

2. Garlic's list of medicinal benefits is immense, well studied, and ancient. Growing your own plant medicine is a great way to keep immune systems strong when winter arrives.

3. Garlic is a natural pest deterrent: you can take advantage of its strong odors from sulfur and other chemical compounds by making a simple garlic water or garlic pepper spray that can be effective in controlling aphids and other garden pests. Companion planting or border planting in the home garden is also a natural deterrent (again, odor factor) for deer, moles, and voles. You can explore integrated pest management by incorporating garlic in the home garden.

4. And of course, the culinary factor. Many people's home-cooked meals start with garlic, reason enough to grown your own.

Some Tips for the Home Gardener

What type of soil preparation is involved? Like many home garden crops, garlic loves well-drained soil high in organic matter and well-aged compost. Because garlic has a shallow root system, shallow (4–12 inches) incorporation of compost prior to planting will give garlic access to the nutrients it needs to produce a robust vegeta-

continued on page 2

*Read more about growing garlic and the many garlic varieties available in the For the Gardener series article *Garlic: A Primer*, online at casfs.ucsc.edu/about/publications/for_the_gardener.html. You can also request a free copy by calling (831) 459-3240.

tive plant (December–May) that will result in large and healthy bulb growth and harvest (mid May–July). So, in the home garden, loosen soil (double digging is great if needed) and add well-aged compost prior to planting. Composts that include animal manure as an ingredient will provide a good source of nitrogen. Don't plant in an area that has had other alliums (leeks, onions, etc.) in the past year or two if possible to minimize disease risks.

Can garlic tolerate much shade? Full sun is best. Bulb size will be significantly reduced in shade and even partially shaded locales.

What is the timing for planting and harvesting in this area? I like the "holiday plant" explanation in the *Garlic: A Primer* article, where Orin Martin writes, "In mild Mediterranean climates like that of Central California, garlic can be thought of as the "holiday plant." You plant it just prior to Thanksgiving, top dress, foliar feed, or otherwise add supplemental nutrients on Valentine's Day and St. Patrick's Day, start to taper off watering on Memorial Day, and harvest around the Fourth of July."

In the workshop on October 25, we'll also discuss the pros and cons of early vs. late plantings in this area. Late plantings (December, January) can be one method to address rust challenges in coastal California climates; plants are younger and more resistant to rust (a fungal disease characterized by small reddish to dull orange flecks on the leaves) hitting at an earlier growth stage vs. rust hitting a maturing plant that was planted in October.

What sort of cultural care is required? Garlic: A Primer addresses many of the cultural requirements for garlic. Here I'll just emphasize a few for the home garden:

Fertility: green manure crops (vetch, broad beans, grasses, etc.) are a great way to add long-term fertility to the garlic plot. Also, I highly recommend growing Buckwheat (*Fagopyrum sagittatum* Gilib) before a garlic crop. It matures (when first white flowers appear) in just 30 days after sowing, helps smother weeds, and brings up phosphorus from lower in the soil profile. When incorporated into soils before garlic planting, buckwheat improves tilth greatly. It's also a great bee attractant.

What about supplemental fertility? Healthy, rich soil (which is created months and months or years and years before you plant your garlic) is the number one way to successfully grow garlic (in addition to good seed quality). Supplemental fertility is just that, supplemental. I know plenty of good garlic growers that grow legume green manure crops the summer before planting, add animal manure compost 4 weeks before planting, and don't do any supplemental feeding and harvest great bulbs.

That being said, garlic is very responsive to supplemental fertility in the early vegetative stages of growth. We foliar feed our garlic in early spring (when garlic has four true leaves) with 2–4 rounds of liquid kelp and liquid fish emulsion applied as a foliar spray in March/April/early May. Although not required, plants do seem to respond well—and any improvement in vegetative growth in early spring will have positive effects on bulb size and storability later in the season.

The farmers' lounge and drying barn at Sandhill Farms in Eden, Utah. The farm produces 2,000–3,000 pounds of garlic annually.

In addition to providing fertile soil and supplementing that fertility, growing great garlic also means managing weeds. Mulch can be great for this, as is timely and constant care during early growth and throughout the growth cycle.

Are there particular pests or diseases to be concerned with? If so, what are the options for organic control? Pests can include ground rodents like moles and voles (even though garlic can often deter them, it seems some moles and voles like garlic) and setting traps is the best options for addressing this should it be a problem. Diseases include both fungal and viral infections that can come from infected seed and/or infected soil. Due to clonal regeneration of garlic through the cloves rather than cross-pollinated seeds, disease can be a serious concern. Rotating garlic plantings year to year, securing quality seed, and keeping an eye out for signs of disease are the best methods of prevention and mitigation.

How do you know when garlic is ready to harvest? We harvest when about 50–60 percent of the leaves are still green. As Orin writes in *Garlic: A Primer,* "Each green leaf on the plant represents an intact bulb wrapper at harvest and in storage. Inevitably, two to three wrappers will be destroyed in the harvest or during postharvest handling. Garlic stores best with a minimum of two intact bulb wrappers; with fewer than two wrappers, cloves can split apart, turn green from sunburn, and suffer the effects of dehydration, or rot from too much moisture. Harvesting garlic at the slightly green or immature stage is safer than waiting until it's overmature. Good drying and curing conditions can compensate for a slight degree of immaturity."

continued on page 6

early Fall Calendar

Fall Harvest Festival at the UCSC Farm

Sunday, October 12, 11 am – 5 pm UCSC Farm

Join us to celebrate the fall harvest with a fun day on the farm! Enjoy live music, great food, workshops, tours, kids' crafts, fresh produce, wine tasting, and much more at this campus and community event. $5 general admission. Free for Friends' members, UCSC students, and kids 12 and under. For more information or to volunteer, call (831) 459-3240 or email casfs@ucsc.edu. See the schedule at: casfs.ucsc.edu/news-events/events/index.html

13th Annual Apple Pie Contest

Entry period: Sunday, October 12, 11 am – 12:30 pm
UCSC Farm

Attention pie bakers! Pull out your favorite recipe, get out your rolling pin, and heat up the oven—it's time for our annual Apple Pie Contest at the Fall Harvest Festival! Bring your pie to the festival for the chance to win prizes from local businesses and merchandise from the Friends of the Farm & Garden. Entry deadline is 12:30 pm on Sunday, October 12.

See the contest details at tinyurl.com/piecontest2014, or contact us for more information: (831) 459-3240 or casfs@ucsc.edu.

Entries to the pie contest at the annual Fall Harvest Festival always draw an admiring crowd!

Grow Great Garlic! Cultivating Organic Garlic in the Home Garden

Saturday, October 25, 9:30 am – 12:30 pm UCSC Farm

Join us for a special workshop! Garlic farmer Pete Rasmussen of Sandhill Farms in Eden, Utah, and Orin Martin of the Alan Chadwick Garden will discuss the ins and outs of selecting, plantng, growing, harvesting, and storing organic garlic. Enjoy a taste test of roasted garlic varieties as well as seed and culinary garlic for sale. Don't miss this workshop—it's going to be great!

Cost: $20 for Friends of the Farm & Garden members (pre-registered) or $30 (at the door); $30 general admission (pre-registered) or $40 (at the door); $15 for UCSC students and limited-income (pre-registered) or $20 (at the door). Learn more and sign up at: garlic2014.bpt.me. Rain or shine.

Last Day of Market Cart & CSA Pick Ups

Friday, October 31, 12 pm – 6 pm
Corner of Bay & High Streets, base of the UCSC campus

It's not only Halloween, it's your last chance to shop at the Farm & Garden's Market Cart stand for the 2014 season. Pick up some delicious fall produce and a fall bouquet.

Free Guided Tour of the UCSC Farm

Sunday, November 2, 2 pm – 3:30 pm UCSC Farm

Join us for the final monthly tour of the 2014 season. Enjoy a fall stroll on the 30-acre organic UCSC Farm and learn about the research, education and community outreach projects taking place. No registration necessary; meet at the Louise Cain Gatehouse, just inside the Farm's entrance. Heavy rain cancels.

Save the Date! Friends' Annual Meeting

Thursday, November 6 UCSC Farm

The Friends of the Farm & Garden's annual meeting will take place on November 6. Details (including food plans) are in the works, so stay tuned! The Friends' Board of Directors is currently recruiting new members. If you're interested in finding out more, call Melissa Betrone at (831) 459-3695 or send email to mbetrone@ucsc.edu.

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.
Co-sponsored by the Center for Agroecology & Sustainable Food Systems at UC Santa Cruz, and the Friends of the UCSC Farm & Garden. UCSC's Measure 43 supports UCSC student participation in workshops.

Fourth Annual Farm-to-Fork Dinner Sells Out, Raises Funds for Apprentices

Our fourth annual Farm-to-Fork dinner at the UC Santa Cruz Farm was the biggest yet, both in the number of guests and funds raised for the 2015 class of apprenitices. Over 170 supporters enjoyed a beautiful afternoon and evening on the Farm, with dinner prepared by Apprenticeship graduate and Chef Matthew Raiford, ending with a lively live auction.

Matthew and his fellow apprentices in the 2011 class created the Farm to Fork event as a way to "pay it forward" by raising funds for the incoming class of apprentices. Now a co-owner of his family's sixth generation family farm in Brunswick, Georgia, Matthew has made a special trip each of the past three years to help put on the event.

This year's Farm to Fork dinner grossed over $90,000 through ticket sales, silent and live auction proceeds, and sponsorships. Funds raised will help offset costs and provide scholarships for the 2015 class of apprentices during their six month organic farming and gardening training program at the UCSC Farm & Garden.

Our thanks to the many, many generous guests, donors, and volunteers who helped make this event a success, including the 2014 Apprenticeship class. Special thanks to keynote speaker Cathrine Sneed, sponsors David Doolin at Petrinovich and Pugh, Sandi Eason of Wells Fargo, community volunteer Judy Boemer, and auctioneer Lee Joseph.

Farmer Training Video Effort Funded

Capturing some of the organic farmer and gardener training on video to share with a broader audience has long been a goal of the Center for Agroecology & Sustainable Food Systems (CASFS) Farm & Garden staff.

Now, thanks to the talents of Jim Clark and a generous donation from the Hirshberg Family Fund of the New Hamphsire Charitable Foundation, that goal is getting closer. Jim, one of the Farm & Garden's docents and a professional film maker, will work on an initial round of instructional videos, focused on mixed-crop organic vegetable production.

You can get at taste of Jim's work in a wonderful video he produced earlier this year. It tells the story of a class of UCSC undergraduates working at the UCSC Farm to grow a lettuce crop for the dining halls as part of a hand-on organic farming internship. You can see it at: http://vimeo.com/101745978

Thanks So Much Daniel!

After five years at the helm of the Friends of the Farm & Garden Board of Directors, Daniel Paduano has stepped down as Board president.

Daniel did an amazing amount of critical work during his time on the Board, advocating for the Apprenticeship training program and spurring the Board to take on new projects and outreach efforts. We'll miss his steady hand on the tiller, but look forward to future collaborations through workshops and other efforts.

Vice president Robin Somers is currently serving as acting president of the Board, which is now recruiting additional Board members and new officers; if you're interested in learning more about this volunteer opportunity, please contact Melissa Betrone at (831) 459-3695, or mbetrone@ucsc.edu.

Book Reviews

The Bee: A Natural History
Noah Wilson-Rich
Princeton University Press, 2014

Farming with Native Beneficial Insects: Ecological Pest Control Solutions
Xerces Society Guide, Storey Press, 2014

Bees have been much in the news in the United States since 2006, when honey bees in Pennsylvania orchards began to go missing. Over the ensuing months, millions of bees vanished in 22 states. A new term, "colony collapse disorder," was coined to describe what was happening, but the cause remains elusive as well as controversial to this day despite the fact that mass die-offs of bees have happened periodically throughout the recorded history of bee-keeping. Habitat loss, pesticides, and diseases all no doubt take their toll.

Noah Wilson-Rich, author of *The Bee: A Natural History*, writes in an op-ed in the New York Times ("Are Bees Back Up on Their Knees?" September 24, 2014) that honey bee losses have stabilized, and the recent crisis appears to be over for now but warns against complacency, noting that beekeepers are still losing thirty percent of their bees a year. With so many natural and human-caused calamities clamoring for our attention, honey bees and other pollinators may not seem such a high priority but consider this: 75 percent of flowering plants have evolved to depend upon insect and other animal pollinators. Hardworking bees alone pollinate over 100 fruit and vegetable crops humans grow for food and profit, contributing more than $100 billion to the global economy.

continued on page 8

Green Garlic—An Easy to Grow Winter & Spring Treat

— by Orin Martin

Cooking without alliums—absolutely unthinkable, utterly unacceptable. And yet there are times of year when the cupboard is bare, the larder empty. What's an enterprising cook to do?

Well, if the cook is also an adventurous gardener, he or she will plant garlic cloves as green garlic, either in the fall along with full-size garlic or in January–February, and harvest it at the 4–6 leaf stage (see article, page 1).

Green garlic simply entails harvesting, selling,* and best of all consuming whole, immature garlic plants. The green leaves, the blanched white stem, and the nascent, succulent, forming bulbs can be diced, sliced, and thrown into almost any dish you like: breakfast scrambles, savory sautees, clear broth soup.

Green garlic serves as a welcome antidote to the gray, dreary days of February, the unsettled zephyrs (we call them the "Westerlies") of March, and April's on-again, off-again flirtation with steady, sunny warm weather.

Green Garlic Offers a Lighter Alternative

Green garlic is an age-old, marvelously loose concept that is back in vogue, creeping beyond the boundaries of the kitchen garden and cropping up at farmers' market stalls and small retail stores.

The flavor of green garlic is basically garlic, but owing to the young plants' high water and nitrogen levels, the flavor and texture are light, delicate (don't overcook it), mild and even sweet, as well as highly aromatic. The young, leafy stage, when the plant is barely bigger than a scallion, is particularly sweet and light; as the plant approaches maturity and the succulent bulb forms (but the leaves are still green), it packs a bit more of a wallop: greater pungency, intensity, and more "staying power" in a cooked dish.

One note: varietal taste characeristics in garlic only truly express themselves when garlic is mature, dry, and cured. So, one variety tastes much like any other when used at the green garlic stage.

Green Garlic in a Nutshell

When "popping" bulbs and cracking cloves prior to planting–

- Save and plant large cloves for full-size garlic
- Keep the small cloves* and plant them intensively: 2–3" between cloves, with 6–8" between rows. Note that it's good to be able to drag a hoe between the rows for weeding; the 4"- and 6"-wide collinear hoes are exquisite tools for controlling weeds prior to their emergence, when the stems are still at the "white thread" stage.
- Grow through the 4–6 leaf stage and harvest as green garlic, or let the plants mature all the way to a still-green plant, with formed and unsegmented bulbs, and then harvest. At this stage the garlic has more bite and needs to cook a bit longer.

Planting times; Plant cloves along with your main crop of fall garlic (October–November), to get green garlic in February–March

Or, save and refrigerate cloves, then plant in January–February, which yields green garlic from late March through late April–early May

**At $4–$7 a pound, green garlic is a good early season cash crop for growers.*

***A note on clove size: The biggest garlic bulbs are produced from planting the largest cloves from the biggest "seed" bulbs, whereas small cloves yield small bulbs. So instead of totally discarding substandard-sized cloves, plant them as green garlic.*

Green Garlic Pesto

- 8 stalks green garlic, blanched for 10 seconds in boiling water if you want to remove the sharp edge of the raw garlic taste (see comparison, below).
- 1/4 cup (or less) extra virgin olive oil
- 2 tablespoons toasted pine nuts, or other nuts you have on hand such as walnuts or almonds
- pinch salt
- 1–2 pinches black pepper
- 1/2 inch chunk of parmesan, cut up into a few pieces

Whirl the nuts and parmesan pieces in the workbowl of a food processor for a few pulses. Cut the green garlic shoots into 1–2 inch lengths. Drop in the garlic pieces through the feed tube as the food processor is running. Add the olive oil while it's running. When it's all chopped up and ready to spread on toast or mix into sour cream or ... you're done!

Note: I made this recipe with raw pieces of green garlic, and with blanched-for-10-seconds pieces of green garlic. Verdict: Both versions were good. The raw, skip-the-blanching-step works if you're going to toss it with very hot pasta and serve it to garlic lovers that are familiar with each other. The blanched version is good for folks who like garlic but are not passionately in love with it ... I would blanch it for using the pesto on little appetizer crackers with goat cheese, serving at a potluck, things like that.

Julia from Mariquita Farm

A Note on Sandhill Farms' Garlic Operation

Pete grows garlic commercially at Sandhill Farms in Eden, Utah, where he harvests about 2,000–3,000 pounds annually. A majority of the harvest is sold as Heirloom Seed Garlic and Heirloom Culinary Garlic via the farm's on-line store (www.sandhillfarms.org).

In describing the operation, Pete says, "We ship garlic across the country to garlic enthusiasts, home gardeners, and home chefs who are interested in exploring the diverse world of Heirloom Garlic. We use social media (Facebook, Instagram, etc) as part of our marketing outreach efforts. Additionally, we sell bulk seed garlic to local community gardens, farms and market gardeners throughout the Inter-Mountain West, mainly in Utah. We sell culinary garlic to local Salt Lake City restaurants and specialty produce markets—and I'll just note here that it's taken about 5–6 years to create the demand for Heirloom Garlic from restaurant chefs who were previously accustomed to pre-peeled Costco/Christopher Ranch commercial garlic."

"Several years ago Whole Foods Markets (which has four regional stores in the Salt Lake City area) contacted us, so we are also experimenting with the wholesale garlic market through their stores. Our production currently is only enough for about 1–2 months of sales in the Whole Foods stores (September/October), so this is an area we are exploring further. Although it takes more time and effort to sell our crop via smaller on-line accounts and local restaurants, I enjoy and thrive on these more intimate markets versus the larger wholesale accounts. I think a balance is key to a financially viable garlic-focused farming operation."

What are some of your favorite varieties and why? I love hardneck (stiffneck/ophioscorodon) garlic the most. Compared to softneck garlic, hardneck garlic is more closely related to the wild garlic of South Central Asia's mountains—garlic's homeland—and for me this creates an extra layer of mystique and curiosity. Flavors of hardneck garlic are often said to be more "complex" more "intense" and more "diverse" than their softneck counterparts, although I think so much with garlic flavor is linked to the terroir—climate, soil type, cultural growing techniques, etc.

Hardneck garlic is extremely diverse in terms of its bulb and clove coloration (from jasmine white wrappers to purple-tinged pinstripe wrappers, mahogany clove wrappers, and pink-hued clove wrappers), bulb size (golf ball sized to larger-than-elephant garlic sized) and clove segmentation: some hardnecks have just 2–3 huge cloves (Porcelains) while others have 9–12 slender, crescent-shaped cloves (Standard Purple Stripes).

Hardneck garlic also produces a "secondary harvest" of delicious scapes (the flower stalk)—this creates an additional marketable product for farmers, and a seasonal treat for the home gardener. Lastly, hardneck garlic thrives in extremely harsh growing conditions (-60ºF winters, 100ºF summers) such as where we farm in the Wasatch Mountains of Northern Utah. Every season, I experiment with new varieties, I notice mutations on existing varieties, and the flavors and character of each variety seem to change slightly, reflecting the effects of terroir and seasonal climate variations.

Below are notes on some of my favorites varieties (for additional varietal descriptions, see: www.sandhillfarms.org/seed-garlic.html).

Corona Music: Very productive and reliable Porcelain variety, huge bulbs and huge cloves (4–8 per bulb), good storability, excellent and intense raw flavor, so creamy and sweet when baked. Thrives in cold weather climates but also produces well in mild climates.

Music is probably the most common of all hardneck varieties and is in high demand from both culinary and seed garlic customers. We call our Music "Corona Music" in honor of Corona Farms in northwest Washington, which originally provided the seed many years ago.

Siberian: Stunning bulb coloration, purple stripes and mahogany cloves. A great hardneck for milder winter climates. Very juicy and thick scapes are excellent for use in the kitchen.

Wasatch: Porcelain strain with satiny white bulb wrappers, pink and purple clove coloration, 4–6 large cloves per bulb. Well adapted to winter growing conditions.

Tibetan Purple: My favorite garlic from the 2014 harvest, this Standard Purple Stripe has long, slender, elegant crescent-shaped cloves, deep purple striping on the wrappers and deep purple on the clove wrapers. Very long-storing hardneck; firm bulbs last well into winter when grown, harvested, and cured well. Excellent and crunchy raw flavor, holds its flavor integrity well when roasted. A prized garlic in our collection.

What are some good sources for garlic "seed"? Hood River Garlic (www.hoodrivergarlic.com), Filaree Farm (www.filareefarm.com), Sandhill Farms (www.sandhillfarms.com), and Renee's Garden (www.reneesgarden.com) all offer a good variety of high quality garden seed.

A workshop on Growing Great Garlic will take place on Saturday, October 25 at the UCSC Farm (register online at garlic2014.bpt.me). The workshop will cover varietal selection, planting, cultural care, harvest, and the various uses for garlic, as well as a tasting of raw and roasted garlic varieties.

Planting stock and culinary garlic will be available for sale at the workshop. Contact Pete Rasmussen at sandhillfarmsutah@gmail.com if you have questions or would like to order garlic prior to the workshop.

Apprenticeship Updates

Here's a brief look at what some of the graduates of the Apprenticeship training program at the UCSC Farm & Garden have been doing recently, along with coverage of their work. Apprenticeship alumni, we welcome your updates! Please send them to casfs@ucsc.edu.

The New York Times recently featured four Apprenticeship grads—**Onika Walker** (2012 graduate), **Maggie Cheney** (2009), **Deborah Greig** (2006), and **Karen Washington** (2008)—in an article on women who are leading many of New York's urban agriculture projects. Onika is now director of Farm School NYC, Maggie is director of farms and education for EcoStation:NY, Deborah directs the East New York Farms Project, and Karen—who was a recipient of the 2014 James Beard Leadership Award—is involved in a variety of urban ag projects in the Bronx. See the article, "Mother Nature's Daughters," at: www.nytimes.com/2014/08/28/garden/mother-natures-daughters.

You can read about Karen's James Beard award at www.jamesbeard.org/awards/leadership/honorees. Karen was also featured in another *New York Times* article that dubbed her the "Grande Dame" of urban farming (September 19).

Vera Chang (2009), now working at Shelburne Farms (www.shelburnefarms.org) in Shelburne, Vermont, was interviewed by examiner.com about her work in food entrepreneurship as Shelburne's marketing director. You can read the interview at: www.examiner.com/article/10-questions-for-food-entrepreneur-vera-chang-of-shelburne-farms

In addition to her work as farm manager of the Petaluma Bounty Farm (www.petalumabounty.org/programs/bounty-farm/), **Lennie Larkin** (2011) is now blogging about gardening for the Grab 'n Grow website. Check out her wonderful articles at: grabngrowsoil.com/read-grab-grow/

Josh Anderson (2009) is the farm manager for Boys Grow in Kansas City, Missouri (www.boysgrow.com). Josh, a US Army veteran, received support from the Farmer Veteran Coalition to participate in the apprenticeship. The Boys Grow program he helps run got a nice write up in the *Kansas City Star*, online at: www.kansascity.com/news/local/community/816/article1304695.html

Keep Up with Farm & Garden News—and See Us on Instagram!

Keep up with the latest news from the UCSC Farm & Garden by becoming a Facebook friend. Type Center for Agroecology and Sustainable Food Systems into your Facebook search engine and "Like" our page. And check out the wonderful photos of the Farm & Garden on our new Instagram site at: instagram.com/ucscfarm. The CASFS website also offers updates, information, and resources: casfs.ucsc.edu.

Another great way to stay current with what's happening at the Farm & Garden is through the *Field Notes* newsletter. *Field Notes* goes out to our Community Supported Agriculture (CSA) members each week from June through October, featuring Farm news and recipes. You can access current and past issues of *Field Notes* on the CASFS website:

casfs.ucsc.edu/community-outreach/produce-sales/community-supported-agriculture

Also online are back issue of the *News & Notes* newsletter. Along with other CASFS publications, you can find them at: casfs.ucsc.edu/about/publications

The Ecocentric blog ran a feature on **David Evershed** (2008) and his farming partner **Dede Boies** of Root Down Farm (www.rootdownfarm.org), located in the Cloverdale Valley near Pescadero, California. David and Dede raise heritage chickens, and the operation has received Animal Welfare Approved certification. You can read the blog post at gracelinks.org/blog/4473/our-heroes-dede-boies-and-david-evershed-of-root-down-farm.

Matthew Raiford (2011) gave a presentation on "Moving Farmers and Chefs Closer to the Same Table" at the 2014 Farm to Table International Symposium in New Orleans. You can see a video of his talk at http://goo.gl/cfJ5I1

Vernay 'Pilar' Reber (2001), founder and owner of Sunnyside Organic Seedlings nursery (www.organic.biz) in Richmond, California, was profiled by *Edible Marin and Wine Country* in its summer issue (ediblemarinandwinecountry.com/summer-2014/the-farmer/). The nursery supplies organic seedlings to nurseries throughout the Bay Area, as well as hosting school groups and special events, and employing at-risk Richmond youth.

Taste Marin interviewed **Amy Ridout** (2006), farm coordinator for the College of Marin's Indian Valley Organic Farm & Garden. Amy trains future farmers and raises more than 400 different crop varieties on the 5.8 acre farm. Read the interview at www.tastemarin.com/tales-of-taste-marin-2/.

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Book Reviews *(from page 4)*

Wilson-Rich's natural history of the bee is a lovingly crafted, lavishly illustrated argument against indifference to these amazing invertebrates. Designed to appeal to a wide audience, the book covers the evolution and development of bees, anatomy and biology, solitary and social behavior, human significance throughout history, the basics of beekeeping, selected bee species, threats to survival, and resources for further information.

We learn among many other things that bees are descended from their carnivorous wasp cousins but are strict herbivores. They dine exclusively on flowers: pollen for protein and nectar for carbohydrates. While most of us are familiar with the honey bee, bumble bee, and carpenter bee, there are in fact twenty thousand or so species of bees. Why should we care? This tantalizing tidbit from Wilson-Rich's op-ed might give you a hint: "Just last year, Jeffery S. Pettis of the United States Department of Agriculture and his colleagues published data indicating that honeybees appeared to be getting credit from farmers for work that other bee species were actually doing. We continue to get crops of blueberries, cranberries, cucumbers, watermelons, and pumpkins, but honey bee hives in those fields are not filled with pollen from those crops. If honeybees aren't pollinating them, then what is? The answer most likely lies with the lesser-known 20,000 or so related species of bee."

His book will introduce you to some of these species and why they are so essential. *Farming with Native Beneficial Insects*, a Xerces Society guide, goes further to familiarize you with other insect and arachnid species that are likewise crucial to our survival. Moreover, this guide provides practical strategies to enhance their health and wellbeing that can be applied by the backyard gardener as well as the commercial farmer.

The Xerces Society is a Portland, Oregon, nonprofit established in 1971 to support wildlife through the conservation of invertebrates and their habitats. This guide utilizes plenty of case studies, how-to illustrations, step-by-step instructions, checklists, and tables to assist your efforts. It covers beneficial insect ecology, including employing beneficials to control pests, and how to improve and manage their habitats with native plant field borders, insectary strips, hedgerows, cover crops, conservation buffers, and shelters for beneficials like "beetle banks," first devised in Great Britain in response to the loss of ancient hedgerows that consist of long earthen berms planted with perennial bunch grasses and sometimes native wildflowers to provide winter homes for predatory ground beetles mounded up next to cultivated fields. In addition, it provides an overview of common beneficial insects and other helpful invertebrates and the native and nonnative plants that provide food and shelter for them.

Great additions to any gardener's library, these two books are invaluable resources for anyone who eats, drinks, gardens, and delights in the abundance of the earth.

Many thanks to Sue Tarjan for the book reviews. Sue and her husband Jim are long-time supporters of the Friends of the Farm & Garden, and were some of the Farm's earliest Community Supported Agriculture (CSA) members. They'll be moving to Portland soon, and we'll miss them!