



News & Notes of the UCSC Farm & Garden

Issue 164, Spring 2020

Spring Gardening Tips from Orin Martin

An admixture of rambling, random and not so random thoughts, reflections, and even a few remembrances

In a call and response-like manner the “shout out” is: “What’s goin’ on / what can be done in the garden during these days of early spring?”

Now, mind you, a spring that seems to be flickering on and off, variously. Be of good cheer, it will come ashore shortly and grace us with the typical six to eight weeks of why we prize our mild Mediterranean climate: abundant sunshine, day time temperatures in the 60s and 70s, nary a trace of fog and the rains have abated. Yes, we are subject to the prevailing afternoon westerlies whipping along West Cliff. But still, you can understand the origins of the quip about Santa Cruz—“three degrees off paradise, climatically” (but then that puts Santa Barbara at ground zero).

The return chorus is: “Just about everything, and with great simultaneity too.”

There are not many climates that feature the growing of citrus within spitting distance of an apple tree, or side cropping spinaches and lettuces in the same bed as tomatoes (relay cropping). But ours is such a climate!! So the list of what can either be direct seeded or transplanted now runs the gamut from A-Z, and should include vegetables, flowers, and herbs, from artichokes and arugula to sunflowers and zinnias.

This list includes, but is not limited to:

Vegetables:

Artichokes—the delicious seedling sown type from Johnny’s Seeds

Basil

Beans—bush and pole, fresh and dried

Beets—red, white, yellow, and candy striped too

Broccoli—and especially that trending broccolini

Cabbage—Asian and Euro

Carrots—the Nantes types taste best

Cauliflower

Celery and the unsung celeriac

The Chicories (radicchio, endive, and escarolle)

Corn—sweet or popcorn

Cukes

Eggplants—the elongate Asian types and the minis mature best here

Fennel/Finocchio—indigenous to the coastal regions of the Mediterranean so it does well here. You can grate it into just about any dish or soup.

Greens, greens, greens galore (more on this ubiquitous, utilitarian class of vegetables later in this article; but the possibilities abound!)

Kale—full size or baby leaf for salads

Leeks—slow but strong and stalwart

Lettuce—baby or big

Parsnips—“salt of the earth” root crop

Peas—be they pod, snow, or snap



The Alan Chadwick Garden (Carolyn Lagattuta)

News & Notes

Peppers—sweet or fiery

Potatoes—new, creamers, or storage

Pumpkins—Cinderella, Rouge Vif D'Etampes

Radishes

Spinach

Both summer and winter squash

Sweet potatoes (Yes! Even in SC)

Swiss Chard

Tomatoes

Turnips

Hold off on watermelons...

Tips for cool coastal settings

The smaller fruited tomatoes, peppers, and eggplants ripen more reliably.

Some recommended varieties

Tomatoes—cherry types (especially Sungold) and the slightly bigger (both plant and fruit size) Green Zebra

Peppers—Apple and Lipstick as Sweet Bell Pepper substitutes

Eggplants—the mini “Fairytale” purple speckled white; 3-4” fruit. Roast and eat whole—in the oven or on the barbie; Hansel and Orient Express are good too

Flowers:

Ageratum

Asters

Ammi majus and *Daucus* (basically wild carrot blooms)

Bells of Ireland

Calendula

Celosia

Centaurea (Bachelor’s Buttons)

Cerinth—try it, it’s as easy as a weed

Cynoglossum

Cosmos

Dianthus (Sweet Williams and carnations)

Matricaria (feverfew)

Nigella

Orlaya—try it, it’s a “knock-out”

Pansies (some of the taller types cut well)

Rudbeckia

Scabiosa

Snapdragons—the Chantilly types are a cut above

Statice

Stock

Strawflower

Sunflowers—it can’t be summer without towering sunflowers for seed or cut flowers

Tithonia—adored by the Monarch butterfly

Zinnias—they win the race for most flowers produced over the longest time period

The first and last deciding reason to grow cut flowers is for the sheer beauty of it. ‘Nough said, drop the mic...

But in a more perfunctory vein, flowers offer gardeners the ability to have blooms in the vase, in the house, year round. Even in the best of times (and let’s stipulate that these are not the best of times) the cost of cut flowers lies somewhere between a luxury and prohibitive. But you can grow your own for pennies a plant with annuals. Cut flowers in the garden also make biological sense. A vegetable garden is a system somewhat out of balance. Most of the vegetables we grow don’t feature flowers prominently, if at all. Showy flowers attract crop pollinators (winged insects) and beneficial insects as well. The pollen and nectar (protein and carbohydrates) serve as dietary building blocks for these awesome arthropods. So it’s vegetables to sustain our bodies and flowers to provision for the spirit and soul.

Find more information on growing cut flowers on our website (casfs.ucsc.edu/about/publications).

Salad Mix / Stir Fry Greens:

Option paralysis, overwhelmed? (No need to answer my rhetorical question.) Then cut to the quick (and easy). Try broadcast (scatter) sowing of salad mix or stir fry ingredients:

- Prepare a bed.
- Make sure the surface soil is fine and particulate to “accommodate” the small scatter sown seeds.
- Take a small amount of salad green seeds and hold them in the palm of your slightly-cupped hand.
- Now, moving in a patterned back and forth motion over the bed, let the seed “roll” off the side of your hand. Keep moving!! Be even and patterned (not a bad life-lesson).
- Your aim is to evenly distribute the seed on the soil surface with about 1/8” - 1/4” (and no more!) between the seeds. This close spacing sizes down the plant and produces the “de rigeur” 3” long leaf size requisite for a salad mix. It is better to oversow than undersow, as close spacing also “snuffs-out” weed competition.
- To cover the seed, either sift and lightly cover with soil or gently rake the seed in 1/4” deep.
- Sprinkle to start the germination process. Rewet when 50-100% of the soil surface is dry. And when watering seed beds, seed trays or flats, invoke the image projected by Alan Chadwick: “Emulate a gentle spring rain.” Well, he was also a man of the stage...

The cast of characters for zesty, zingy salad mixes includes:

Arugula

Kale—all manner of kales: Johnny’s seeds has a new kale mix, “Kalebration Kale Mix”

Asian greens galore! (Johnny’s seeds is your ‘go-to’ source). Including the mustards—mild and spicy (m+s):

Mizuna (m)—melts in your mouth

Amora (m)—dark green African green AKA Ethiopian Kale

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Agroecology Major Available This Fall

For years, agroecology has been a hallmark of UCSC's programming, with faculty conducting pioneering research, students gaining hands-on research and practical experience, and alumni making transformational contributions to the field and to organic farming. The only thing missing was an undergraduate major.

That's about to change.

Beginning this fall, students will have an opportunity to enroll in a new agroecology major, an interdisciplinary program housed in the Environmental Studies Department.

As an academic discipline, agroecology focuses on the basic ecology of agricultural systems with the goal of designing farming methods that conserve resources, maintain yields, and protect the health of people and surrounding natural landscapes. It encompasses conservation biology, political ecology, and political science and builds on ecological principles such as nutrient cycling, biodiversity, and predator-prey relationships.

"A lot of sustainable agriculture programs don't include the social sciences," said Stacy Philpott, professor of environmental studies and the director of the Center for Agroecology and Sustainable Food Systems (CASFS). "They call themselves interdisciplinary because they include chemistry, physics, and biology. We are thinking about chemistry and biology—but also about the sociological and political ramifications of food production."

Critical topics include farming practices, the use of pesticides and herbicides, corporate control over seeds, and problems related to food distribution and access.

The new major incorporates ecological concepts, the development of sustainable agricultural systems, and hands-on experiences. The core curriculum builds on three classes and at least one internship: a natural science-focused lab course based at the UCSC Farm; a social science-based class that focuses on food justice aspects of agroecology; and a hands-on class that establishes the foundation for subsequent independent work, said Philpott. Like the environmental studies major, students must meet a senior exit requirement by writing a senior thesis or doing a senior-level internship, or taking a senior seminar or capstone class.

Students have access to CASFS, which manages the UCSC Farm, perhaps the oldest university-based organic farm in the country, and the Alan Chadwick Garden, both sites where undergraduates have opportunities to work, learn, and intern.

"International leaders in their field"

Damian Parr (B.A., Kresge College, environmental studies, 2000), research and education coordinator for CASFS, was instrumental in getting the new major approved, having helped design a major at UC Davis

in sustainable agriculture and food systems. Parr experienced learning from "international leaders in their field" at UCSC before earning a master's in international agricultural development and a doctorate in agricultural and environmental science education from UC Davis.

"UCSC has played a lead role in advancing this field from the very beginning," said Parr, who is also a 1991 graduate of the Apprenticeship in Ecological Horticulture. "There were robust academics doing research and developing courses decades before anyone else. The apprenticeship and the student garden project and farm were way ahead of their time."

Over the years, the program integrated practice and partnerships with community stakeholders to encompass justice and inclusivity, environmental degradation, pesticide management, and wildlife and water conservation. "It's been my goal to create a major like this," he said. "It's central to our mission as a hybrid liberal arts and research university, to have commitments to both the ethical and empirical sides of research and education."

Environmental Studies has offered a "concentration" in agroecology that has been popular with undergraduates, attracting 25-30 students per year. In addition, 250-300 undergraduates take agroecology classes and internships every year, according to Philpott. Courses address plant physiology, the anthropology of food, research ecology, food sovereignty and social movements, as well as farming practices and ecological stewardship of the land. Professor Emeritus Steve Gliessman literally wrote the book on agroecology, authoring the first textbook in the discipline, and it was time to formalize the programming as a major, said Philpott, noting that the concentration will no longer be offered to new students beginning this fall.

"We started losing students to other schools who offered programs," she said, noting that UC Davis offers a sustainable agriculture major. "This will boost our recruitment of high school and community college students." Philpott expects to enroll about 150 majors.

"This new major acknowledges the work our students are already doing in this area," she said. "Agroecology is the way of the future, and we need to be able to train students in the theory, farming practices, research practices of organic agriculture, and the sociopolitical ramifications of agroecology. We really need it."

Philpott said she "takes issue" with the assertion that we must intensify agricultural systems to feed the world's population. "Really what the industrial food system is producing is food for cars and food for cows—grain they weren't evolved to eat—and grain to make Coke and candy," she said. "Agroecological food systems produce food that actually feeds people, here and in the developing world."

The job prospects for graduates are strong, she said,

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In Memoriam

Alfred E. Heller

Environmental advocate, writer, and CASFS supporter Alf Heller passed away in December at the age of 90, after a brief illness.

Alf had the vision to support the UCSC Farm & Garden and the fledgling Agroecology Program four decades ago, at a time when organic farming was viewed skeptically at most agricultural institutions. Inspired by Professor Steve Gliessman's work, Mr. Heller created the first endowed chair at UCSC, the Ruth & Alfred Heller Endowed Chair in Agroecology, now held by CASFS Director Stacy Philpott.

Mr. Heller was a founding trustee and first president of the Clarence E. Heller Charitable Foundation, established by his brother to support programs that help the environment, human health, education, and the arts. The foundation's most recent grant to CASFS was made in honor of Alf Heller for the development of the new agroecology major, described in the article on page 3. Please watch for a special article on Mr. Heller's legacy in the next News & Notes.

Patricia Lindgren

In December we lost one of the early Friends' Board members and passionate supporter of the Farm & Garden, Patricia Lindgren, at the age of 87.

As a board member starting in the 1970's, she spearheaded projects like brick laying at the Gatehouse with donated bricks she procured from the Davenport Cement Plant. For years she led the Friends vinegar-making operation, bottling vinegars with apprentices for Friends' sales. She cared deeply about the welfare of apprentices, often opening her home to them as well as hosting an art auction fundraiser for the Apprenticeship in 2003. The Farm & Garden was lucky to have her creative energy and excellent advocacy over the decades.

David Ross

We were saddened by the passing of David Ross, one of the Farm & Garden's volunteer docents. David was a retired lawyer who practiced family law. He was an avid gardener and became a docent at the UCSC Farm in 2015. He passed away in December after battling an illness. He was 80 years old.

David's family held a beautiful celebration of his colorful life at the Cowell Ranch Hay Barn earlier this year. His spirit and energy will be greatly missed.

New grants support undergraduate education and research

A new \$100,000 grant from the Clarence E. Heller Charitable Foundation, made in honor of Alf Heller, will help support the launch of the new agroecology major, described on page 3. Before Alf Heller passed away in December, he also arranged a \$10,000 grant through the San Francisco Foundation to help support the undergraduate education work and strategic planning at CASFS.

These grants represent some of the many ways that the Hellers have supported agroecological learning and research at UC Santa Cruz over the decades, including their endowment of the Ruth & Alfred Heller Chair in Agroecology in 1982.

The Heller's investment in agroecology at UCSC has helped to create an entire generation of agroecologists long before these ideas took hold in other areas of the country. Just in the past six years, funds from the Heller Endowment have supported more than 40 graduate student research projects on topics ranging from sustainable livestock production to seed sovereignty to agroecological coffee production. The support for student learning, experiential education, the UCSC Farm, and the Program in Community and Agroecology have laid a strong foundation for the new major.

Additional grant funding for undergraduate education includes two USDA grants awarded to CASFS Director Stacy Philpott that will create new opportunities for undergraduates studying agroecology and food systems.

The most recent grant is a five-year USDA Research and Extension Experiences for Undergraduates award of \$499,000 to continue the project entitled Supporting Undergraduates by Promoting Education, Extension, Research, Diversity, and Agricultural Resilience (SUPERDAR).

Another of Dr. Philpott's successful grants in support of undergraduates has resulted in \$218,000 in funding from the USDA Multicultural Scholars Program to continue a project entitled Fostering Agroecology and Multicultural Scholarship.

Stay Connected

Keep up with CASFS and the Farm & Garden by connecting on social media. Follow @ucscasfs on Facebook, Twitter, and Instagram.

Herbal Remedies for Immunity

by Cami Salomon, founder of Kindred Herbs

Now is an especially important time to think of your medicine as food and food as your medicine. The following recipes are great to use everyday to keep your immune system strong. Seasonal tonic herbs are “everyday” herbs that strengthen and nourish the body to support itself to maintain health.

Chinese Tonic Soup Stock Herbs

Soups are medicine in the cold months! I want to share a recipe I use to make herbal infused broths, which then become a base to my soups. This is the basic recipe I got from my teacher at Herb School.

These Chinese herbs taste delicious and help build and strengthen immunity. They are considered tonic herbs, which is basically a food herb that is safe to consume regularly and enhances the overall wellbeing of your body. They are very intelligent herbs that are gentle yet powerful.

In addition to these Chinese herbs you can add other food-like herbs to this, such as turkey tails, shiitake, burdock, nettle, cumin, coriander, fennel, turmeric, ginger, seaweeds, bone broth, etc.

Ingredients:

- Astragalus, AKA Huang Qi. Sweet, slightly warming, lung chi tonic. Builds immunity.
- Poria, AKA Fu Ling: Bland, takes on flavor of other ingredients, the “tofu” of herbs. Drains dampness.
- Codonopsis, AKA Dang Shen: Sweet, warm, chi tonic. Increases vital energy and builds immunity.
- Lycium Berry, AKA Goji Berry: Sweet. Blood and Yin tonic.

Directions:

1. Boil 8 cups of water.
2. Add 1/2 ounce of each herb for a strong medicinal dose for the broth.
3. Reduce to gentle simmer and allow to cook for no less than 45 minutes to an hour.
4. Strain out herbs.

Note: For some of these herbs listed, I like to put them into the soup after I make the broth when I add the other ingredients. For example goji, shiitake, seaweed, fresh burdock.

Fire Cider (Recipe from Rosemary Gladstar)

Ingredients:

- ½ cup grated fresh horseradish root
- ½ cup or more fresh chopped onions

- ¼ cup or more chopped garlic
- ¼ cup or more grated ginger
- Chopped fresh or dried cayenne pepper “to taste.”

Can be whole or powdered. “To taste” means it should be hot, but not so hot you can’t tolerate it. Better to make it a little milder than too hot; you can always add more pepper later if necessary.

- Optional ingredients: turmeric, echinacea, cinnamon, etc.

Directions:

1. Place herbs in a half-gallon canning jar and cover with enough raw, unpasteurized apple cider vinegar to cover the herbs by at least three to four inches. Cover tightly with a tight fitting lid.
2. Place jar in a warm place and let sit for three to four weeks. Best to shake every day to help in the maceration process.
3. After three to four weeks, strain out the herbs, and reserve the liquid.
4. Add honey “to taste.” Warm the honey first so it mixes in well. “To taste” means your Fire Cider should taste hot, spicy, and sweet. “A little bit of honey helps the medicine go down.....”
5. Rebottle and enjoy! Fire Cider will keep for several months unrefrigerated if stored in a cool pantry. But it’s better to store in the refrigerator if you’ve got room.

Dosage:

A small shot glass daily serves as an excellent tonic, or take teaspoons if you feel a cold coming on. Take it more frequently if necessary to help your immune system do battle.

Classic Elderberry Syrup (Recipe by Tieraona Dog, M.D., R.H)

Makes about 3 cups of syrup without alcohol, 4 cups with alcohol. Active Time: 1 hour

Ingredients:

- 2 cups dried organic elderberries
- 4 cups cold water (distilled, purified, or spring water works best)
- 2-3 tsp. organic dried ginger root
- 1 organic sweet cinnamon stick
- 1 cup raw, local honey (or organic maple syrup or agave for a vegan/infant-friendly recipe); double the amount of sweetener to increase shelf life
- 1 cup vodka or brandy (optional to increase shelf life)

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Apprenticeship Updates

Iwalani Farfour (2009) and her husband Michael opened Farm Cart, a small farm-to-table breakfast and lunch spot that specializes in locally-sourced biscuit sandwiches, in Athens, GA in 2019. Iwalani also runs Full Moon Farms and is a member of Collective Harvest, a collective CSA project.

Erin Harvey (2008) is the market manager at the Keller Market House, a local foods marketplace in her hometown of Lancaster, OH. She continues to maintain The Kale Yard, a small-scale 3-acre farm that she runs with no additional employees. She says her goal as a farmer is to thrive rather than profit.

Joy Moore (2007) was bestowed the Justie Award at the 2020 EcoFarm Conference for her role in community efforts to reform school lunch in Berkeley, CA and in the campaign to tax soda. She currently teaches a garden-based nutrition program to K-12 students and their families and continues to strive to provide low resource communities access to organic growing, eating, and living.

Sarah Bush (2014) returned to her hometown of Nashville, TN after learning to farm in Alaska, Santa Cruz, and Long Island. She currently works as the steward of The Hermitage Hotel's Glen Leven, a 64-acre historic farm protected by the Land Trust for Tennessee.

Anandi Ghandi (2019) is working with farmers at the Sunol Agricultural Park in her new job as a sustainable agriculture specialist with the Alameda County Resources Conservation District

Ricardo Santos Mendez (2019) is working with Huerta Semilla in Puerto Rico, a university food garden started by two former apprentices from Puerto Rico.

Luke Girling (2013) continues to run Cyclops Farms in Oceanside, CA. He was featured in the local press for his efforts to provide the community with produce after the state stay-at-home order was issued this March in response to the COVID-19 pandemic.

Emily Maheux (2019) is working at the Fort Apache Indian Reservation with the Ndee Bikiyaa (The People's Farm) of the White Mountain Apache Tribe.

Vera Chang (2009) is a researcher and journalist. She recently spent time with the Coalition of Immokalee Workers, documenting their effective methods of protecting men and women from sexual violence on big farms. Look for her article, "After #MeToo, This Group Has Nearly Erased Sexual Harassment in Farm Fields," in *Civil Eats* and *Food & Wine*.

Silver Linings: CASFS Update

In response to the COVID-19 pandemic, UCSC has suspended in-person instruction through summer session and has encouraged students to return home to their families if they are able. The Farm & Garden are closed until further notice and only operations deemed "essential" are permitted to continue at this time. All campus events planned through June 18, 2020 have been canceled.

The majority of CASFS staff is working from home, while a handful of land-based staff have received permission from campus to attend to essential onsite duties, including caring for perennial crops, some research activities, and providing food to students who continue to live on campus. Though the fields are not in full production, the farm abides under cover crop and mulch, still a home for birds, wildlife and the famous farm cats.

While it is disappointing that the Spring Plant Sale was canceled, we're delighted that the seedlings have been donated to the Homeless Garden Project, Spiral Gardens, and Pie Ranch. And the 1,500 students who remain on campus continue to be fed through the basic needs program. In fact, CASFS has hired a new basic needs staff member, Brooks Schmitt, who will be preparing meal kits for students living on campus for spring quarter and will eventually put a new mobile food trailer into service.

Without apprentices, UCSC students, or community members, the Farm & Garden are quieter than usual but staff is taking advantage of this break to continue to refresh the Center's programming. They're hard at work revisiting the Center's mission, vision, and values and organizational development, and working to integrate equity into CASFS programs. In exploring ways to improve the Apprenticeship program, they've taken virtual tours of similar programs all over the country and beyond, some of which were started by former apprentices.

Your ongoing support, membership, and engagement help make CASFS resilient in times like these. We'll need community engagement more than ever as we see the shape of things emerging from this period of introspection.

One of the most therapeutic uses of your time is tending your own garden, and we can help! Visit casfs.ucsc.edu/about/publications to download free publications including the *For the Gardener* and *For the Fruit Tree Grower* series, a vast collection of past *News & Notes*, and *Grower Guides*. You can also find instructional videos on our YouTube channel: youtube.com/user/casfsvideo. Enjoy!

Take care, be well, and we hope to welcome you all back to the Farm & Garden as soon as possible.

Green Wave (s)—your standard “mess o’ greens” spicy mustard

Wasabina (s)—mustardy hot when raw, mellows when cooked

Golden Frills, Scarlet Frills, Ruby Streaks—good looking and tasty too; all are sweet yet slightly pungent

Garnet Giant and Red Giant—the heat will get your attention

More mizuna type variations on a theme:

Miz America (Red)

Red Kingdom

Tatsoi types:

Tatsoi

Red Cloud

Koji—a distinctive dark green (darker leaf color = higher nutrition)

Chinese (Napa) Cabbage substitute:

Tokyo Bekana—a non-heading Chinese cabbage for baby leaf. Extremely well suited for 3-4 cut and come agains.

Edible chrysanthemum—shungiku; aromatic and edible; both distinctively flavorful and highly piquant.

Any of the baby *pac chois* work well in a salad mix

Mei Quin—the standard

Li Ren choi

Black summer

Rosie (yep, it’s red)

And the exquisitely white stemmed *Joi choi*

All of these chois, as well all other Asian greens, can also be transplanted from 6-packs and grown to stir fry size (6-8” spacing).

If you are enamored of endive, but find it difficult to grow to full size, fear not. *Bianca Riccia* is a leaf endive. Simply broadcast sow and in 25-30 days begin to cut. It can “survive” 3-5 cuts, if you are fastidious in your cutting methodology; how’s that for intrigue?

If your salad palate runs to smooth and slightly sweet, try an admixture of:

- *Spinach* (smooth leaf types)
- *Kale* (any and all)
- *Lettuces* (leaf and Romaine types)
- *Chard* and *beet greens* (Bull’s Blood -- a deep burgundy)

And while you can buy pre-mixes of salad ingredients, I prefer to sow separate patches of diverse ingredients. That way, you can be creative and improvisational on a daily basis. Some days loading up on the pungent and powerful, somedays mellowing down with the more “sedate” varieties. Or even just going “Straight, No Chaser” (A Jazz standard from the phenomenal Thelonious Monk [T. Monk]) with only arugula or just spinach, as you wish.

A note on establishing warm season crops

The herald for the direct seeding or transplanting of such crops as corn, beans (try the climbing Romanos or Scarlet Runners), squash, tomatoes, peppers, eggplant, cukes and the like is sustained soil temps—greater than 60°F in the top 6” of soil for a few days running (sun is also a good variable in this equation). You can order a simple soil thermometer (5” long) made by Taylor online at groworganic.com (aka Peaceful Valley Farm Supply). We are on the cusp...

William’s words of wisdom

In closing, maybe some words from “the Bard” William Shakespeare (perhaps you’ve heard of him) can offer both solace and inspiration. As a footnote, Shakespeare holed up in his London “flat” for a year during the plague (one of many) and wrote *Macbeth*, *King Lear*, and *Antony and Cleopatra*. Not bad, for “working remotely.”

I am excerpting words from Mike Ryan, Santa Cruz Shakespeare director: “These moments of isolation lead to profound changes, however: a renewed sense of self, a regeneration of purpose, and a deeper understanding of about why it is good to love one another. As the exiled Duke Senior says in *As You Like It*: ‘And this, our life, exempt from public haunt, finds tongues in trees, books in the running brooks, sermons in stones, and good in everything.’”

Mike goes on to write, “Shakespeare whispers in our ear that we will be better for this time of isolation, that there will come an end to exiles, and that, in exchange for our losses, the world to which we return will be better than the one we left behind.” Thank you, Mike!

And I add—keep calm, garden on, preserve the legacy (10,000 years of farming on the planet!!)

Fruit Trees for Every Garden recognized

Orin Martin’s *Fruit Trees for Every Garden* has been recognized by the American Horticultural Society as one of the outstanding gardening books of 2019. The book was recognized for its detailed information and described by one judge as “a no-nonsense guide for beginning fruit tree growers using the French intensive method of the late Alan Chadwick.” Another judge noted the authors’ overall expertise but singled out the extensive pruning section for high praise, which brought Martin particular joy, because he said it was a difficult section to write—and even more difficult to negotiate with the editor.”

—Jennifer McNulty

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Center for Agroecology & Sustainable Food Systems
1156 High St.
Santa Cruz, CA 95064

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Herbal Remedies for Immunity, from page 5

Directions:

1. Combine berries and herbs with cold water in pot and bring to a boil.
2. Reduce heat and allow herbs to simmer 30 to 40 minutes.
3. Remove from heat and let steep 1 hour.
4. Strain berries and herbs using a funnel overlaid with doubled cheesecloth or undyed cotton muslin bag and squeeze out liquid (careful, liquid will likely still be hot!). Discard used herbs in compost.
5. Once liquid has cooled to just above room temperature, add honey and stir to incorporate.
6. If using vodka or brandy, add here and stir until well combined.
7. Bottle in sterilized glass.
8. Store in refrigerator for up to 2 months.
9. Always use a clean spoon to measure syrup.

Dosage:

1-2 tsp per day for general immunity strengthening or 1-2 TBS every 3-4 hours as needed when fighting a cold or flu.

Contraindications:

Elderberry is generally considered safe to consume during pregnancy but please check with your health care provider before using. Elderberry is safe for children. As always with children, the dosage is less than an adult. Please consult your health care provider for appropriate dosage for your child's age/weight. Honey is not recommended for babies under one year old.

Agroecology Major Available This Fall, from page 4

noting that alumni of the agroecology concentration are working in education, as farmers, in research positions at the Almond Board of California and Driscolls, coordinating farmers markets, in the cannabis industry, and more.

With a nod to UCSC's decades-long leadership in the field of agroecology, Philpott acknowledged the early support of Alfred Heller and his wife Ruth, who were early and vocal advocates of an agroecology major. Their establishment of the Ruth and Alfred Heller Endowed Chair in Agroecology—the first endowed chair at UCSC, which Philpott now holds—continues to provide invaluable support to campus programs. Alfred Heller died in December; a new \$100,000 grant from the Clarence E. Heller Charitable Foundation, made in his honor, will help support the launch of the new major.

"This is definitely the culmination of a lot of things, and I think people have assumed we've had this for a long time," said Philpott. "We're able to launch this new major without creating new classes or hiring new faculty, and we'll be able to be more formally recognized for this education we're providing students."

—Jennifer McNulty