



# News & Notes of the UCSC Farm & Garden

Issue 165, Summer 2020

## In Solidarity with Black Lives Matter

### CASFS Blueberries for Black Lives Matter

The Center for Agroecology & Sustainable Food Systems (CASFS) staff is saddened and enraged at the murders of Tony McDade, Breonna Taylor, Ahmaud Arbery, George Floyd, and so many others in the Black community at the hands of police throughout the history of our country. We are appalled at the violent, militarized response that police have been meeting protestors with around the country. We assert that Black lives matter.

As CASFS emerges out of our year-long strategic planning process, we are deeply reflecting on how we can advance equity in our organization and the food system. We are working to implement specific programmatic and organizational changes to reflect our refreshed commitment to equity.

Our recent blueberry campaign helped move resources to grassroots organizations that are organizing to support Black liberation, providing direct aid and resources to communities impacted by police violence, as well as supporting Black farmers and gardeners. The fundraiser helped raise over \$7,000 for these organizations, and though this blueberry campaign is over, you can help support these organizations directly:

- Black Lives Matter, National Chapter ([secure.actblue.com/donate/ms\\_blm\\_homepage\\_2019](https://secure.actblue.com/donate/ms_blm_homepage_2019))
- Black Earth Farms (to donate, Venmo @blackearthfarms)
- BUGS (Black Urban Growers) ([blackurbangrowers.org/donate](https://blackurbangrowers.org/donate))

Thank you for helping to support Black farmers and food security and the Black Lives Matter movement!

### Friends support Black Lives Matter Garden

We, the Board members of Friends of the UCSC Farm & Garden, stand in solidarity with the Black Lives Matter movement. In support of CASFS's solidarity with Black Lives Matter and other social justice efforts, the Friends of the UCSC Farm & Garden pledge a gift of \$3,000 to be applied to the Black Lives Matter Garden, either as an apprentice scholarship, student worker, and/or supplies and tools, as CASFS staff determines.

### The Story of the Black Lives Matter Garden at CASFS

by *Leo Orleans, CASFS apprentice and second-year apprentice, 2014-2015*

This is the story of how the Black Lives Matter (BLM) Garden at CASFS began in 2015, including the intention for the BLM Garden along with the original groundbreaking work:

**Timeline:** Mike Brown in August 2014; Tamir Rice in November 2014; Eric Garner in July 2014; Darren Wilson (Mike Brown's murderer) not to be indicted in November 2014; Freddie Gray in April 2015; Sandra Bland in July 2015; Hugo Pinell in August 2015; Daniel Pantaleo (Eric Garner's murderer) not to be indicted in December 2014.

Still had heartbreak over Aiyana Jones, Trayvon Martin, Oscar Grant.

And yet still—Nia Wilson, August 3, 2018; Stephon Clark, March 18, 2018; Antwon Rose Jr, June 19, 2018; William Simms, November 12, 2016 .

The Black Lives Matter Garden at CASFS, UC Santa Cruz, Amah Mutsun territory, began as a response to the call of our Ancestral Legacy as Black and Indigenous people to rematriate the land and to create autonomous and regenerative healing of our hearts, our spirits, our minds, and our bodies, and with one another. The BLM Garden is a place to honor and to convene with our relatives and ancestors, plant, land, animal, and people, lost to state, systemic, and colonial violence. It is also a place to set intention and create space to propagate love and joy, hold our grieving and mourning, and provide a sanctuary of solace for all our relatives who are still in struggle towards a sovereign future of true and collective Liberation and Self-determination.

# Troubleshooting Home Compost

by Sky DeMuro, CASFS Flower & Orchard Production Manager

With all of the cooking I'm doing at home during the pandemic, my home compost pile is more active than it's been in a long time. Recently, a friend asked me for some pro-tips for his home compost, and it was a good opportunity to improve my own system and jot down some thoughts on the matter.

Managing a predominantly food scrap-based pile can be a struggle, even for compost enthusiasts and professional growers like me. It is worthwhile to learn about the aerobic, high heat method we use and teach at the UCSC gardens, and I encourage you to read articles Orin has written ([casfs.ucsc.edu/documents/for-the-gardener/quality-compost.pdf](http://casfs.ucsc.edu/documents/for-the-gardener/quality-compost.pdf)). For the beginner composter or for folks who have been at it for a long time who want some troubleshooting tips, please, read on.

Ideally, compost piles feature small particle size, have a good mix of greens and browns in the right carbon to nitrogen ratio, are appropriately moist (not wet or dry) and are built in thin even layers. I had the pleasure and honor of working as Orin's assistant for several years, and his voice in my head says, "Think baklava." Diverse, moist, and even is what to strive for with compost.

Practically, kitchen scrap piles tend to be heavy on nitrogenous "greens." Rodent intrusion can be a problem, but can be deterred by a secure 3-bin system lined with wire, or a prefabricated bin. At my house, I have a rodent-proof tumbler prefab for active compost, a 3-walled bin for in-process compost, and a freestanding pile of finished compost, though I tend to use it fairly quickly. The first pro-tip is to understand that at a certain point, compost must be allowed to "rest" and decompose. (There is nothing restful about the active decomposition process of millions of microbes and macrobes doing their work!) If you keep adding fresh ingredients to the same bin, you will never have uniformly finished compost.



Finished compost

## Supplies:

- A bale of clean rice straw near the pile to put a small handful each time you unload kitchen scraps. I leave mine in the rain to start the breakdown process. Straw can be really hard to wet up if it's bone dry.
- A digging fork or shovel near the pile to even out glops & spread out the layers
- A hose nearby in case your pile is too dry (this probably won't be the case with predominantly food-scrap piles, but dryness leads to ceased microbial activity.)

## The Three-Bin System

### Bin 1: Active

This is where you will add kitchen scraps, straw, and perhaps other yard waste. Pay attention to avoiding big chunks (I sometimes cut my food scraps a little extra in the kitchen, with particle size in mind for my beloved compost creatures). It is imperative that when emptying food scraps into Bin 1, that you spread any chunks or glops out in thin, even layers. You also want to take advantage of the full space available; big air pockets at the corners will slow down decomposition along the edges.

After an addition of food scraps, add a bit of straw. I won't say every time; it always depends on the nature of the ingredients. The point is that you want to balance carbon (straw) with nitrogen (wetter "greens," as most food scraps are). Too much carbon will arrest compost development, and too much nitrogen or glops will lead to anaerobic (stinky!) conditions. Tossing a bit of soil onto the fresh food scraps can help with flies if they become an issue.

### Bin 2: In Process

When Bin 1 is full or you are ready to get things moving and start a fresh batch, you'll flip everything from Bin 1 into Bin 2. This is a good time to observe moisture, add any straw if things are looking wet or gloppy or stinky (anaerobic = too much Nitrogen, too much water, and/or not enough air. If this is the case, break up chunks or pockets as you flip, spread it out into thin even layers. The second bin is sometimes referred to as a "resting" pile, although it is a very active process.

### Bin 3: Finished Compost

When Bin 2 is full or looking fairly dark and even in texture, even if there are a few undecomposed chunks of carbonaceous material in the pile, it's time to turn it into Bin 3. This is the last opportunity to add water if it seems dry, or break up and spread out wet glops. You can either sift into Bin 3 if it's looking good, or you can let it sit a bit more after this last turn, and sift it into a wheelbarrow as you are ready to use it. I don't sift at home, because, well,

*continued on page 8*



## Center Spotlight: Moretta Browne, apprentice alum

We recently caught up with Moretta Browne, AEH class of 2016. Mo now works at Berkeley Basket CSA in Berkeley, CA, providing families with “hyper local” produce grown in three backyard gardens. Mo is interested in food justice, queer ecology/queer theory, and non-hierarchical farm systems.

### *What brought you to CASFS?*

I got a bachelor’s degree from Virginia Commonwealth University in creative advertising in 2011 but wasn’t feeling passionate about what I got my degree in. I realized that a lot of what I’d been excited about before college was around nature, to put it broadly, and specifically looking at diet and nutrition and that whole realm of work. So I started looking more into that and doing research around where our food comes from to find out, what is a food desert? What does that mean? Do I live in one? I remember reading somewhere that someone said you don’t truly know where your food comes from or what it goes through unless you grow it yourself. And that was kind of my lightbulb moment, so to speak.

I volunteered with a nonprofit group that focused on growing food in what had been deemed a food desert in Richmond, VA to redirect the food back into the community. A lot of folks were involved in the project, but the people heading it up were predominantly Black and Brown people and I was really excited to be involved in that. I realized that I wanted to know about farming as much as possible, so I started looking at places I could go to learn more. A friend from Santa Cruz told me about CASFS. I still remember her words to this day. She said, “You know, I’m pretty sure you’re on the side of the mountain, you’re growing food and you’re living in a tent.” And I was just like, “Sure, sign me up.” It sounded like the complete opposite of what I was doing at that time. So in September of 2015 I applied and in March 2016 I packed a suitcase full of stuff and flew out to California.

### *Do you have a favorite memory of your time at CASFS?*

The first thing that came to mind, acknowledging all that’s happening in the world, specifically around police brutality and the Black community and my community, and how the pandemic is disproportionately affecting Indigenous people, Black people, Brown people, and so one of the most impactful moments on the farm was the Black Lives Matter Garden. It was a space where we all felt seen by each other, we all felt heard, held and cared for. I still think about this space because it really was something that I felt wholly connected to and I’m really happy that we were able to build that space for future farmers of color who come to the program and my only hope is that they are able to lean into the space as we did in 2016-2017



and feel safe in that space.

And then it was to the credit of Edgar Xochitl (AEH 2016) and Clare Riesman (AEH 2016) that I was introduced to queer ecology. I remember being completely floored by this idea of a nonhierarchical collective living with nature. However you show up, however you present or acknowledge yourself as a person, you can find a lot of that relationship to gender and sexuality and relationship already in nature and that felt so affirming and now the three of us have been sharing space for folks who want to learn more about queer ecology at different conferences and garden spaces around the Bay Area. It’s felt very rewarding because if folks could feel how I felt when I learned about queer ecology for the first time, that’s what I want. If I’m solely imparting that feeling into other people, my work here is done.

### *What are you doing now?*

I work at Berkeley Basket, founded by City Council Member Sophie Hahn and Willow Rosenthal of City Slicker Farms. Berkeley Basket came out of this home gardening legislation that basically allows Berkeley residents to sell unprocessed food from their homes. With the addition of two more backyard gardens over the last few years, we are lucky enough to be able to feed 21 families now, which is up from 13 we had last year. We grow and forage about 40 crops each season, which is a lot coming out of just three backyards. Our season runs from mid March to the end of November. I’ve been grateful to co-lead this project because it’s just what I’ve been wanting to do.

*Find out more about Mo at [asfs.ucsc.edu/about/profiles/moretta-browne.html](https://asfs.ucsc.edu/about/profiles/moretta-browne.html)*

## Diane Nichols moves on to new adventures

CASFS Apprenticeship Coordinator Diane Nichols is retiring after 18 years! Diane was an apprentice and then a fellow (aka “second year”) in 2001 before becoming apprenticeship coordinator in 2002. She has touched the lives of over 700 apprentices during her tenure and we’re sad to see her go, but also excited to see what adventures she’ll find next. Chadwick Garden Manager Orin Martin best captured our feelings about Diane in the following tribute:

When you go some place, you view that place and its people, especially people ensconced in craft and a craft that involves the dignity of physical labor, through a “lens” like this—

To stand in a place and to understand all the tough work, sweat, care, worries and skill that went into creating it, and to understand and know the people who created it....

In this instance, it’s the Farm and Garden and the apprenticeship program nestled within it, and, again, in this instance, a spectacularly unique individual (a full human being)—DIANE NICHOLS !!! ! And one more for good measure. Apprenticeship coordinator, colleague, friend. Someone well worth knowing. A truly “dedicated servant” of others—enabling all others.

A word regarding the Apprenticeship Program coordinator position—the Apprenticeship coordinator is a bit like the drummer in a rock ‘n roll band. Yeah, there are more glamorous, upfront positions—lead guitarist, lead singer, even the funky bass player (seems a genetic requirement for all bass players regardless of the music genre) but, and a big but here, if you don’t got a drummer back there knockin’ down the beat, you don’t got a song.

We have spun sweet melodies and songs for the better part of two decades with Diane “back there”—knockin’ down the beat...Sometimes it’s a beat as steady as a metronome. Sometimes the “sticks are ablazing”—all a whirl and a blur, too. Sometimes the brushes just whisper on the cymbals....but always the bass drum pedal keeps a steady cadence.

She has called cadence for us all in this millenium, which came in with 9/11 and now sees a double pandemic: COVID-19 and the pandemic which is the sickness revealing 401 years of institutional and societal racism in America, and through it all she has kept an even keel (no mean feat.....) and created a milieu that has allowed those of us out in the “trenches” (a la trenches dug in rendering up a raised bed) to simply do our jobs—attend to the “daily grind.”

So, to Diane, who is as the river rafters/mountain climbers/cyclists say, “beyond category”—I/we owe Diane a debt of gratitude and a wistful, sad farewell.

So, as our old boss used to close: ONWARD!

Diane=world class.

With fondness and respect.



*Diane Nichols (center) with some of the 2006 apprentice cohort*

### Farm & Garden Update

The UCSC Farm, Alan Chadwick Garden, and Cowell Ranch Hay Barn continue to be closed to the public until further notice. We have delayed the start of Market Cart, which ordinarily runs from June through November. We do not know at this time if or when we can offer Farm & Garden produce to the community this season.

We have also canceled our free, docent-led tours of the Farm for the summer. UC Santa Cruz continues to be cautious about reopening to the public, and the majority of CASFS staff continues to work from home. A handful of land-based staff continues to care for perennial crops and attend to essential on-farm research. Our Basic Needs team is as busy as ever, adapting to fulfill the needs of UCSC students during the pandemic.

We are very excited to be in the home stretch of our strategic planning! We submitted our report to Katharyne Mitchell, dean of Social Sciences at UCSC, and we’re pleased to begin fine tuning the final details of our programming.

It has been an eventful year and we’re thankful for your support during this exciting and unprecedented time. We hope to welcome you back to the Farm & Garden as soon as it is safe to do so. Until then, we hope you enjoy the resources and news we can provide you in our print and online updates and virtual events!



# Preserve the harvest with recipes from Cowell Coffee Shop Food Supervisor Brooks Schmitt

Brooks Schmitt joined CASFS in March of this year, just as the state and our university began closing up due to the COVID-19 pandemic. Brooks runs the Cowell Coffee Shop “For the Peoples,” a non-transactional cafe that offers free coffee, tea, and snacks to the UCSC community. The Coffee Shop is currently operating as a food processing center, with Brooks leading efforts to prepare and preserve produce from the Farm & Garden and other local farms to continue to offer delicious, nutritious food to UCSC students. We hope you’ll enjoy Brooks’s recipes for preserving the harvest!

## Umeboshi (salted plums)

This ancient Japanese technique of salting and pickling plums is uniquely sour and salty. Some people call them the “secret of longevity.” Being preserved fruit, they are incredible umami flavor bombs you can use for the rest of the year, whether you are pulsing them into a dressing, serving them with sticky rice, chopping them up and adding them to a salad, or using them in a cocktail.

You’re looking for yellow Japanese plums that are just ripe, but not yet soft. If some of your *ume* are still a little green, put them in a paper bag and let them ripen in a warm place for another day or two. Don’t use any plums with bruises or discoloration. Wash your plums thoroughly and then carefully dry with paper towels or a very clean rag. Then, remove the stems without piercing the skin. The easiest way to do this is by carefully poking them out with a bamboo skewer.

Sterilize your container by rinsing it with boiling water and wiping it down with alcohol or a rinse-free sanitizer solution. An ideal container would be a cylinder shaped urn with an open top. A large mason jar or a deep pan works as well. Weigh your pitted plums, and add 10% of the total weight in salt (e.g. 10 lbs of plums, 1 lb of salt). Add a splash of high proof alcohol to prevent mold. Mix thoroughly with well-washed hands or a sanitized rubber spatula and put into your container. Cover the plums with saran wrap and then put a plate over the top of the plums, followed by a weight of roughly 4kg to exert pressure on the ume while you are sweating them. Put in a dark cool place.

After about two or three days, check your *ume*. If they have released some water, reduce the weight on the plate down to about 2 kg. One week later, this is your opportunity to optionally add red shiso if you can find it. Take the red shiso and strip it off the stem. Wash and spin thoroughly. Massage in 15% of the weight of salt into the shiso and pour off any of the bitter liquid that it releases. Add your salted shiso to the plum and water mixture and put back the saran wrap over the plums and shiso. The

shiso will add aroma as well as dye the *umeboshi* to their signature darker shade. Place the plate back on top, this time without a weight.

Wait three to four weeks and then strain the plums, reserving the delicious *ume-zu* (plum vinegar) for use in cooking. Lay the plums and shiso out on a cooling rack and put them out in the sun for one to three days, depending on the intensity of the weather (three days for 60 degrees and foggy, one day for 90 degrees and sunny). Bring them in at night—tanuki love umeboshi!

The dried plums can be stored in a sanitized jar and will keep for several years. Pulse the dry shiso in a spice blender and use it as a garnish or seasoning.

## Umeboshi Old Fashioned

2 ounces bourbon  
1 *umeboshi*  
1 orange twist  
1 tablespoon sugar  
Soda water  
3 drops bitters

Put your *umeboshi* in the bottom of your rocks glass and pour your sugar, bitters, and bourbon over the *umeboshi*. Gently muddle the ingredients together without pulverizing the *umeboshi*. Add a large ice cube, an orange peel twist, and a dash of soda water (to taste) for a little spritz. Swirl and enjoy.

*Optional:* dip half of the rim of the glass in a little fresh orange juice and then your shiso powder before making the cocktail.

## Three Sisters Sopos

This recipe is an homage to the three sisters, Corn, Beans, and Squash, grown together in an ancient Meso-American practice of companion planting and symbiosis. The corn provides a trellis for the beans to climb, the beans in turn fix nitrogen for the corn and squash, and the squash provides shade for the ground, preventing weeds from growing around the plantings.

There are countless variations of these three elements throughout the Americas, but this particular culinary iteration seeks to highlight these ancient and venerable staples through the timeless mediums of fried dough and fresh, seasonal vegetables.

### Ingredients:

3 cups masa harina  
3-4 summer squash  
1 lb anasazi beans (or any other dry heirloom beans)  
3 ears sweet corn  
½ pint feta cheese  
½ lb shishito or padron peppers

*continued on page 6*

### *Preserve the Harvest (from page 6)*

4-5 limes  
2 serranos  
2 heads of garlic  
½ red onion  
1 bunch cilantro  
1 pint sour cream  
3 arbol chiles  
olive oil  
neutral oil for frying (rice bran recommended)  
salt  
pepper  
cumin seed  
*Optional:* 2 tablespoon lard

#### **For the beans:**

Soak the beans overnight the day before. Drain the water and put in a pot with fresh water and several generous four-finger pinches of salt, a head of garlic, and 3 arbol chiles. Bring to a gentle boil for 1-2 hours until you taste them and they are soft and have some nice give. Season to taste. Remember that unlike most dishes in the kitchen, rather than continuing to cook, beans tend to stiffen back up a little bit after you take them off of the heat, so cook them a tiny bit past your comfort point and allow them to come back to your ideal soft, creamy texture.

#### **For the summer squash:**

Halve the squash down the length, and then cut the squash into rough half moons about ½" thick. Toast your cumin seed in a pan until it starts to crackle and brown a little, and then grind in a molcajete or spice grinder. Saute the squash with the juice of one lime, a couple dashes of olive oil, a few pinches of freshly ground cumin, salt, and pepper. Cook until the squash gets a little color and set aside.

#### **For the sweet corn salsa:**

Shuck your corn. Take a large metal bowl and put a smaller metal bowl inverted inside of it. Put the base of your ear of corn rested vertically on the small bowl and shave down the sides with a sharp knife. The larger bowl will catch all of the kernels and keep them from flying all over the place. Remove the small bowl, and squeeze in the rest of your limes, and several pinches of salt, cumin, and pepper.

Mince three cloves of garlic, two serranos, half of a red onion, and add to your bowl. Saute your padrons or shishitos on high heat with some sea salt and olive oil, and then let cool for several minutes. Gripping the stem with your finger tips, roughly chop the peppers with a very sharp paring knife, dragging your knife firmly toward yourself across the soft peppers. Add to the bowl and mix.

*Optional:* to really make it impossibly delicious and give it more of an elote feel and complexity, grill the corn over piping hot charcoal before shaving it.

#### **For the masa cakes:**

Put three cups of masa in a bowl, add three table-spoons salt, squeeze half a lime, and optionally add your two tablespoons of lard for a smoother, better texture.

Fill a measuring cup with three cups of water as hot as you can stand to touch (ideally 110 degrees or so). Holding the cup in your non dominant hand, start sprinkling the water into the masa while coaxing the moisture into the dough with the tips of your fingers and beginning to gently knead the mixture together. When you have added all of the water, begin to work the dough with both hands in a steady aggressive kneading for three to seven-minutes.

When it is well incorporated and not sticking to the sides of the bowl, feel free to transfer the dough to a lightly masa-floured surface or keep it in the bowl and continue to work the dough until it is smooth and elastic—with a play-doh like texture. It should be as moist as you can get it without it being tacky and sticking to your fingers. If it is too wet, add more masa, if it is too dry, add more hot water. This is the same masa dough that can also be used to make fresh tortillas! Let the dough rest for at least 20 minutes, covered with a damp cloth.

Form the dough into orbs roughly the size of a medium plum. With the palm of your hand, compress the ball down into a small cake, and use your finger tips to pleat a small rim around the edge. They should look like tiny upside-down frisbees, about pencil thick throughout and about 4" in diameter.

Heat your oil in a pan or shallow pot to 370 degrees. Using a slotted spoon, carefully lower the sopes into the oil, allowing the temperature of the oil to drop to roughly 350 degrees. Stir occasionally to keep them from sticking to each other. Cook for two to five minutes until they are golden brown and floating on the surface. Set aside to cool and drain on paper towels. Try to make this step your last step so that they are fresh, moist and still crispy when you assemble the sopes.

#### **Assemble the Sopes:**

Set down one to three sopes on a plate, rim up. Using a slotted spoon, put down a base layer of beans, then sauteed squash. Then put a generous dollop of sour cream on each sope, followed by your corn salsa, some crumbled feta, and some whole cilantro leaves as a garnish. If you want more flavor, add your favorite mole, hot sauce or spicy salsa. Enjoy!

## **Pivoting to Fall Gardening** *Talk and Q&A with Orin Martin*

Join Orin Martin for a virtual gardening information and Q&A session on Thursday, August 6 at 5pm! Register at [bit.ly/fallgardenqa](http://bit.ly/fallgardenqa). Send your questions to [casfs@ucsc.edu](mailto:casfs@ucsc.edu).

# Apprenticeship Updates

Here's a brief look at what some of the graduates of the Apprenticeship Program at the UCSC Farm & Garden have been doing recently, along with some of their recent writings. Apprenticeship alumni, we welcome your updates! Please send them to [casfs@ucsc.edu](mailto:casfs@ucsc.edu).

**Willow Heinz** (2007) is one half of the Soil Sisters farm and florist business in Nevada County, CA. Willow and business partner Maisie Ganz have been farming their half acre of land since 2008, overcoming many challenges along the way. The cancellation of weddings this year, which usually account for more than half their income, has put a damper on their flower sales. Willow and Maisie have adjusted to this particular challenge by improving their website and flower CSA and collaborating with a neighboring farm to provide a convenient pickup location.

**Marsha Habib** (2009) has pivoted her farm business, Oya Organics, to focus on a CSA program she created virtually overnight to move produce after the closure of restaurants and campus dining halls affected her sales. She was featured in an article in *Civil Eats* about stimulus funds not making it to small farmers who need assistance due to COVID-19-related shutdowns.

**Katie Watters** (2015) now runs Wild Heart Farm in Rimrock, AZ where she is building, planting, and creating with the lessons and techniques learned at the Farm & Garden as well as from working at the Grand Canyon. Katie wrote an article entitled, "The intricate web: Farms and people need one another" for the *Arizona Daily Sun*, in which she writes: "The missing piece on my farm during COVID-19 has been people, since we have all been isolated and sheltering in our place...Farms need people woven into their fabric, to gather around them and encircle them with support, attention and energy...People need to experience farms to touch the intricate web of everything that happens behind the fence, during the night and beneath the ground so they understand the extent of the cloth they are woven into when they eat a salad, bite into an apple or hold a bouquet of fresh flowers."

**Rick LeJeune** (1971) co-owner of Heath & LeJeune, an organic produce wholesaler based in Los Angeles County, shared how the COVID-19 situation has affected business in a profile from the Organic Produce Network. Rick had

a positive outlook on the situation, sharing that, "Our business increased by a large percentage, which is nice, but what's been especially heartening for us to see is the way that our team has responded under really difficult circumstances so that we could remain open and serve our customers. It's amazing how everyone just embraced it—I don't know of anybody who said, 'No, I want to stay home.'"

**Scott Chang-Fleeman** (2015) and Shao Shan Farm, a 5.5 acre farm in the Bay Area which he founded after completing the Apprenticeship, are featured in the new Hulu show, *Taste the Nation*. The episode, "Chop Suey," explores Chinese American history and Chinatown cuisine.

**Megan Capp** (2007) received a scholarship from the American Association of University Women to continue her studies in mechatronics at Rogue Community College in Medford, Oregon, to acquire skills to design and manufacture automated equipment for small farmers.

## Free For the Gardener tip sheets at [casfs.ucsc.edu](http://casfs.ucsc.edu)

You can find a large selection of gardening tip sheets on the CASFS website! Visit [casfs.ucsc.edu/about/publications/for\\_the\\_gardener.html](http://casfs.ucsc.edu/about/publications/for_the_gardener.html) to download the free PDFs. Seasonal topics include:

- *Asian Greens Offer Tasty, Easy-to-Grow Source of Nutrition*
- *Garden Beans Offer Year-Round Source of Great Flavor, Nutrition*
- *Beets, Spinach, Chard: Growing a Goosefoot Trio*
- *Adding Cane Berries to the Home Garden*
- *A Garlic Primer*
- *Mini Head Lettuces Offer Gardeners Delicious, Affordable Salad Options*
- *Peppers - From Sweet to Fiery*
- *Potatoes in the Home Garden*
- *Salad Mixes for the Home Garden*
- *Choosing, Growing, and Harvesting Cut Flowers*
- *Flower Arranging 101: The Basics of Bouquet Making*
- *Growing the Easy Annual "Backdoor Bouquet"*
- *Water Conservation Tips*
- *Seed Sources*
- *Controlling Small Animal Pests*
- *Your Soil - A Primer, with Some Strategies for Sustainable Management*
- *Soil Cultivation: Fundamental Concepts & Goals*

Looking for tips on growing fruit trees? Visit [casfs.ucsc.edu/about/publications/for\\_the\\_orchardist.html](http://casfs.ucsc.edu/about/publications/for_the_orchardist.html) for more tip sheets!



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### *Troubleshooting Home Compost (from page 2)*

I'm a working mom and it seems like a small miracle to even make compost at all. Bin 3 is finished compost, or nearly done, in the home stretch.

Finished compost should look dark, crumbly, and not have much smell besides an "earthy" one. There might be dry bits on the outside, of course, or the random undecomposed chunk. That's fine and to be expected at the home scale, as long as the general consistency somewhat resembles brownie crumbs.

#### **A note on yard waste**

Perhaps every now and then you will have an influx of yard waste. You can add yard waste to a kitchen scrap pile. The same principles apply—Diverse, moist, and even. Avoid huge pieces (chop up any stalks, etc.) and avoid sticks and branches, as these will take a long time to decompose. Please also avoid throwing large amounts of the same thing in all together. Remember thin, even, diverse layers. You might consider keeping some yard waste nearby (out of the bin) to mix in with food scraps in thin, even layers as you go over the coming weeks.

#### **A note on C:N Ratio, aka "browns and greens"**

By volume you want about half and half brown, crunchy, drier (carbonaceous) ingredients and wetter, greener, more succulent (nitrogenous) ingredients. Molecularly, you want the C:N ratio to be about 30:1. See this chart: [casfs.ucsc.edu/documents/Teaching%20Organic%20Farming/1.7\\_Compost.pdf](https://casfs.ucsc.edu/documents/Teaching%20Organic%20Farming/1.7_Compost.pdf), Appendix 3 and do math only if that sounds fun, but please don't stress out too much about math. Simply don't let your pile be too wet or too dry, and remember, thin, even layers. Big air pockets will dry out and stop microbial activity, but not enough air in a pile will lead to stinky anaerobic situations. In winter and spring, cover bins with a tarp if it

rains to avoid saturation and anaerobia.

Please have fun! Decomposition is an alchemical process that can not only transform "waste" into rich wealth, but also help you tap into the magic of biology. In these times, especially, I find joy in relationships, be they human, earthworm, or microbe. I hope you do as well.

## **Save the date—Sept 26**

The Friends of the UCSC Farm & Garden annual meeting is going virtual this year! We are delighted to invite you to join together via Zoom on September 26 at 4pm to hear from CASFS Director Stacy Philpott about 2020 Farm & Garden highlights and CASFS's plans for the upcoming year, and to vote for new Board officers.

This year's meeting will include a virtual apple tasting with delicious fruit grown on the farm to pick up and taste at home. More to come!

