

Gardening Gazette

Free copy

SPECIAL EVENTS Plan It Green Conference

The next annual Plan It Green conference, scheduled for April 3, 2010, will be held at the Arcata Community Center from 9am. to 10p.m.

This year's conference focus will be "local self reliance." Why is this a hot topic? Because by providing as many essential goods and services from local sources as possible, we keep our money recirculating in the local economy and it puts decisions about human and natural resources back in the hands of the local community.

By becoming more self reliant, we also lessen the effects of natural disasters which can result in the slowing down of essential goods and services that are imported to our area.

For more information on the free Plan It Green conference, visit www.humboldtliving.com.

If you have a special event that is food/nutrition or gardening based and you would like to see if the Community Garden Collaborative can help with the logistics, contact us! We are here to support local efforts around food security.

For more information on how the Garden Collaborative can support you, contact Chris Lohofener at Redwood Community Action Agency, (707) 269-2064 or send email to lohofener@nrscac.org.

PLAN IT GREEN

SPRING 2010

~ Around Humboldt ~

Vol. 1 No 1

The Benefits Of A Community Garden

The North Coast Community Garden Collaborative is eager to support community garden efforts in Humboldt, Del Norte and Trinity Counties. But you may be asking, what is a community garden and what's so great about them?

Community Gardens include food pantry gardens, gardens for homeless and runaway youth, school gardens, neighborhood gardens, or small-scale urban farms dedicated to growing food for local food banks or service organizations.

Benefits of a community garden include:

- Provides fresh fruits and vegetables with little or no pesticides/herbicides
- Provides exercise opportunities in the form of gardening
- Socially, community gardens provide a place where people come together with a common purpose, and are a place to meet other community members
- Provides increased food security
- Provides beautification of community lands

For more information on where to find a community garden near you, see page 2.

Spring Into the Garden

When does spring really start? In Humboldt County we have many false starts. When you are thinking about starting the garden, soil temperature and moisture levels are the most important parameters to think about. Wet, cool soil is death to seedlings for several reasons.

Fungus will thrive in those wet, cold soils and kill young sprouting roots and shoots. Even with transplants, the cold itself doesn't inspire plants to grow. You don't gain much time if you plant too early.

Gardeners can use transplants to get a head start, as we wait for soils to warm up here on the north coast. You can also build raised beds. The sun will strike the sides of the bed and warm up the soil, and they will dry down faster than flat ground. You don't have to use wood to build a raised bed, just create a berm of soil about one foot wide, flatten the top off and plant into the berm.

Another trick to getting the spring garden off to a good start is to build row covers. These mini greenhouses arecont. on next column

only about 12-18 inches high and as long as the row. Create these by using heavy duty wire, or even bendable pvc. Cover with clear plastic, and use the soil to hold down the edges. You can also use two sheets that come up to the top of your structure, held on by clothes pins, and can vent it later when needed. You can find photos of these on the internet.

Floating row covers can also be used. This light polyester fabric doesn't harm plants, it just floats around them. A cheaper way to go is to use plastic gallon milk containers as mini greenhouses. Anything to keep the cold wind off the plants can work.

If you don't want to mess around with these materials, just wait until May to get your garden going, and use transplants. Only the cool season vegetables should be started in April: peas, cabbage, chard, broccoli and other greens. Potatoes can be planted in early May, and warm season vegetables after that into the first week of June.

Article submitted by:
Deborah Giraud
U.C. Cooperative Extension

Food For Thought Start a Garden with EBT

Farmers market season is around the corner, which makes this a good time to highlight a wonderful nutrition program that helps households stretch their food budgets - and their garden budgets too.

The Food Stamp Program is a U.S. Department of Agriculture nutrition program that helps folks to afford the foods they need for good health. The program began in the 1930s as a pilot project to help people access more food and to help America's farmers. In addition to improving households' nutrition, the program has a huge impact on our local economy. Today, every \$1 in food stamps generates nearly double that in local economic stimulus, because it frees up the cash households need for other necessities and expenses.

Here is the exciting part for gardeners: the food stamp EBT card (no more paper coupons) can also be used to purchase plants and seeds that produce food, and it is accepted at many local farmers markets. Simply find the market manager's table and swipe the food stamp EBT card, just like a debit card, in exchange for farmers market tokens used to pay farmers directly. Plant starts and seeds are also available at many local grocery stores that accept food stamps.

Planting a garden with food stamps is a great way to improve nutrition, and an economical way to get one's hands on the health benefits of fresh, local produce throughout the season. To learn more about the program, or to apply, please contact Food for People (707) 445-3166 or DHHS (707) 269-3590.

Article submitted by:
Deb Waxman,
Community Education and
Outreach Coordinator
Food For People



~ Food Pantries : Humboldt County ~

Arcata
North Coast Resource Center
Contact: Lori O'Brien
501 9th St., 822-5008
Tue.-Fri. 1-3:00p.m.
(call after 9:00am for appt.)

Arcata Seniors Contact: Christine Tomascheski, 825-2027, 321 Community Park Way, 3rd Thurs. 11-11:30a.m. (for seniors)

Blue Lake
Blue Lake CRC/Mad River Grange, Contact: Pat Falor
110 Hatchery Rd. (distr. day)
111 Greenwood Ave. (non-distr. days), 668-4281 (CRC), 3rd Thurs. 10-1p.m., or anytime at the CRC

Bridgeville
Bridgeville Community Center
Contact: Cathy Stanley, 777-1775, 38717 Kneeland Rd., 3rd Fri. 10-3p.m., or as needed

Eureka
Food for People, 445-3166,
307 W. 14th Street, Call for an appointment

Humboldt Senior Resource Center, Contact: Joel Correia
443-9747, 1910 California St.
3rd Thurs. 8:30-10:00 (for seniors)

St. Vincent de Paul
Contact: Tony Semore, 268-8865,
528 2nd Street. As needed

Ferndale
Ferndale Community Church
Contact: Pastor Sean Peifer,
786-4475, 712 Main St., 3rd
Thurs. 1-3:00p.m.

Fortuna
St. Joseph's Parish, Contact:
Dan Lytle, 725-1216, 2292
Newberg Rd.. Mon/Wed/Fri
10-12p.m.

Fortuna Community Services,
Contact: 725-1166, 2331
Rohnerville Road, Mon. 6:30-
8p.m., Tues/Wed 9-11:30a.m.,
(once every 3 months)

Garberville
Garberville Presbyterian Church, Contact: Patti Rose,
923-3295, 437 Maple Lane, Tue/
Thu 10:30-12p.m., Wed. 2-4p.m.

Loleta
Loleta Community Church
Contact: Marina Cortez-Hash
(CRC) and Pastor Tim Huffman
(Church), 845-0464 (CRC)
733-5751 (Church). 228 Church
Street. Thurs. 3-5:00p.m.

McKinleyville
Grace Good Shepherd Church Pantry, Contact: Kathy Schmidt,
839-3726, 1450 Hiller Rd.
Wed. & Sat. 11-1

Orick
Orick Elementary School/FRC Pantry, Contact: Michael Myrick,
488-2803, 120918 Hwy 101, 3rd
Thurs. 1:30-2:30p.m.

Rio Dell
Church of Christ 3rd Thursday 9 -
1pm. 325 2nd Street
Assembly of God Church
(Emergency Food), 95 Bellevue
Ave., Mon-Thurs, 9 am-noon.

Scotia
Bread for Life Contact: Don Williams,
764-3068, Scotia Union Church, 402
Church St, Scotia, 3rd Thursday, 10a.m.
- 11:30a.m.

Willow Creek
Willow Creek Community Resource Center Pantry
Contact: Tamara Jenkinson,
530-629-314, 38883 Hwy 299
Mon/Wed/Fri. & 3rd Thurs. 10-
12p.m.

Trinidad
Trinidad Lion's Club Pantry
Contact: Pastor Michael Blaine,
677-3202, Trinidad Town Hall
409 Trinity Street, 3rd Wed. 11-
12:30p.m.

Trinity Co. Food Pantries

Weaverville
Trinity Congregational Church Food Cupboard: (530) 623-3101, 735 Main St. Parish Hall, Weaverville. Wednesdays 10a.m.- Noon.
Human Response Network: (530)623-2024, 111 Mountain View, Weaverville.

Lewiston
Old Schoolhouse Library: (530) 778-0111, 39 Schoolhouse Rd. Sundays, 12:30 -2.m.

Hayfork
Human Response Network:
(530)628-4565, Hayfork Community Center, Tule Creek Rd. Mon/Wed/Fri 9a.m. - 3p.m.

Del Norte Food Pantries

Community Assistance Network, (707) 464-9190, 355 Standard Veneer Road Crescent City, CA 95531. Distribution hours for April 1st to October 1st, Monday, Wednesday, Friday 10a.m. - 2p.m.

Rural Human Services, (707) 464-744, 286 M Street, Suite A, Crescent City, 95531. Distribution locations in Klamath, Crescent City and Smith River on various days and times. Call for more information.

Mad River
Southern Trinity Health Services: (707) 574-6616 Van Duzen Rd. First Wednesday of the month, 9a.m. - 1p.m.

(This Space Reserved for those businesses that have shown support to the NCCGC or local Community Gardens)



Gardening Gazette

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To submit community garden or other appropriate information for publication, please send to:

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707-269-2064, Fax 707-445-0884
lohofener@nrscac.org



North Coast Community Garden Collaborative Springs Into Action

The North Coast Community Garden Collaborative (NCCGC) is excited to launch its first quarterly edition of the *Gardening Gazette*! This quarterly publication is a resource for those interested in joining or supporting community gardens, and is a way to connect a wide range of local activities that collectively address issues of food security and food sovereignty for north coast residents. We look forward to providing continual updates on what is happening throughout Humboldt, Del Norte and Trinity Counties.

Who are we? The NCCGC is a grassroots group that encourages community gardening as a form of direct action to increase the level of food security and food sovereignty in the north coast region. The NCCGC Steering Committee consists of 12 individuals who represent various organizations and neighborhoods in the north coast. We meet regularly to discuss issues that concern local community garden efforts including: funding opportunities, start-up efforts, special events, organizing community garden workdays, and more!

What kind of support is needed? The NCCGC encourages its members to get involved in their local community garden efforts. Support may include: becoming a coordinator of a community garden; participating in a tool-share effort; volunteering labor; or renting a plot at a local garden. Of course, you don't have to be a gardener to get involved - there are many support roles, such as fundraising, web design, neighborhood outreach, language translation, and much more... the only limit is your imagination! And people can always donate materials or funding as additional assistance. For more information or to become a member, contact Chris Lohofener at (707) 269-2064 or visit us at www.reachouthumboldt.org.

COMMUNITY GARDENS IN HUMBOLDT COUNTY

Arcata**Arcata Community Garden**

Located behind the Arcata Presbyterian Church, 11th and 'J' Streets.

Jacoby Creek School Garden

1617 Old Arcata Road (next to the school), Bayside, Greg King, (707) 498-4900, gking@asis.com
Garden Info: The garden was launched in Fall 2009, with the hope of supplementing school lunches with the produce, and sending excess home to families in need. Almost all of the JCS classes have worked in the garden, with a long-term goal of creating a CSA to help to fund the garden while providing students both garden instruction as well as hands-on business experience.

Potawot Community Food Garden

1600 Weeot Way
Alison Aldridge, (707) 825-4098, Alison.aldridge@crihb.net
Garden Info: The produce grown in the two-acre Potawot Community Food Garden provides the United Indian Health Services community with a wide range of fresh organically-grown foods. The organic produce is distributed to the community through a bi-weekly produce stand at the clinic, subscription to the Kay-Woi Basket membership program, and vouchers allocated to Diabetes Program and WIC clients.

Blue Lake**Blue Lake Community Farmers**

Mad River Grange, Hatchery Rd
Shelly Honig (707) 822-6186, shellyhonig@gmail.com, Marina Duncan (707) 668-5005
Garden Info: Blue Lake Community Farmers currently grow vegetables and flowers in three neighborhood gardens, sharing the produce for our own use and with food pantries. We are also a social group that focuses on garden-related educational programs and community issues. We welcome new participants.

Eureka**Garden of Eatin'**

716 South Avenue
Suzanne O'Dea (707) 839-1560, suzodea@mac.com

Garden Info: This neighborhood garden is located at the Calvary Lutheran Church. The garden plots are rented for an annual fee that covers water and basic maintenance costs.

Henderson Community

Garden 800 West Henderson St.
Chris Lohofener (707) 269-2064, lohofener@nrsrcaa.org

Garden Info: Henderson Community Garden is Eureka's longest running community garden, started in the early 1980's. Currently there are 14 people who rent plots yearly for a nominal fee. The garden is in the process of

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being expanded to accommodate more interested gardeners.

RCAA Demonstration Gardens

6th & 'T' Streets, Chris Lohofener (707) 269-2064, lohofener@nrsrcaa.org

Garden Info: The gardens span the adjoining backyards of two Redwood Community Action Agency (RCAA) buildings, yielding fruits, vegetables, and herbs as well as educational opportunities.

Unity Garden California & 15th Streets, Linda Atkins (707) 441-4168, latkins@ci.eureka.ca.gov

Garden Info: This neighborhood garden is run collectively, with everyone working throughout the garden for a share of the produce.

Wabash Street Garden

Wabash & 'F' Streets, Chris Lohofener (707) 269-2064, lohofener@nrsrcaa.org

Garden Info: This community garden is currently under development.

Fortuna**Fortuna Community Garden**

Christ Lutheran Church, 2132 Smith Lane, Pamela Goodwin (707) 725-2995

Garden Info: Raised bed community garden with plot rental fee of \$5 per season. There are currently plots available.

Fortuna Healthy Garden

Deborah Giraud (707) 445-7351, ddgiraud@ucdavis.edu

Garden Info: A group of diabetes patients with the Mobile Medical Clinic are working on the development of this new garden. About 20 families will be planting in Spring 2010. There are no plot vacancies at this time.

McKinleyville**Grace Good Shepherd Church**

Hiller Road, Stan Schmidt (707) 839-3726,

Garden Info: This community garden produces food on an annual basis for the McKinleyville food pantry, the local Head Start program, and congregation members.

Orick**Orick Community Garden**

Orick Elementary School, Orick Community Resource Center (707) 488-2403

Garden Info: Orick Garden is located at the Orick Elementary School/Community Resource Center and is currently in need of fencing and volunteers to get the site ready for Spring 2010.

Rio Dell**Rio Dell Community Garden**

100 Butcher St., on Rio Dell Baptist Church lands, (707) 764-5239,

Garden Info: Located near the church playground, plots are 4'x10' with a nominal fee to cover water and insurance costs.

Farmers Markets

Spring time is nearly upon us which, means the local Farmers Markets will be delivering us fresh goodness soon!

Early markets bring plenty of salad greens, landscaping plants and shrubs, vegetables and flower starts, herbs, fresh flowers and strawberries.

As the summer blossoms the range of fruits and vegetables grows to include squash, cucumbers, tomatoes, corn, peppers, potatoes and other favorites from farms all over the county. **This is your Farmers Market schedule update.**

ARCATA: Opens April 11th thru November 21st, 9a.m. - 2p.m., on the Arcata Plaza.

EUREKA: Opens June thru October; Tuesdays from 10a.m. from 1p.m. in Old Town. Thursdays from 10a.m. to 1p.m. in Henderson Center.

FERNDALE: Opens May thru October, Saturdays, 10a.m. - 1p.m., at the end of Main St., next to the Victorian Inn.

FORTUNA: Opens mid May thru October, Tuesdays from 3p.m. - 6p.m. For more information, contact Holly Krebs at (707) 722-4330

GARBERVILLE: Opens May thru October, Fridays, 11a.m. - 3p.m., located at the town square.

HAYFORK: Opens May thru October, Tues: 9a.m. - Noon, Fri 4 -7p.m. Located across from the post office on Hwy 3, (530) 628-4750.

McKINLEYVILLE: Opens June thru October, Thursdays from 3:30p.m. - 6:30p.m. at the McKinleyville's shopping center, near the totem pole.

MIRANDA: Opens May thru October, Tuesdays, 1p.m. - 5p.m., located on the Avenue of the Giants, near post office.

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~ More News ~

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SHELTER COVE: Opens May thru October, Tuesdays, 11a.m.—3p.m., located next to the marina.

WEAVERVILLE: Opens May thru October, Wed, 4:30 - 7:30p.m. at Main and Mill Streets, (530) 623-6821.

Limited Space to Grow?

Sometimes you have to get creative when you garden. People living in apartments or with limited outdoor space may not be able to plant the "typical" garden. Although most of us have seen containers growing flowers, we may not often see containers growing food. Vegetables and some small fruit bushes can be grown in containers on patios and balconies with wonderful results! Certain varieties of tomato and bell pepper plants as well as leaf lettuce, radishes, spinach and carrots will all grow nicely in containers. Containers can also be easily moved around with the varying seasons in order to capture the best sunlight. And if containers do not quite cut it and you are interested in finding

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Humboldt CAN (Community for Activity and Nutrition) is a collaboration of local businesses, government and non-profit agencies, and individuals committed to community health, disease prevention, and health equity. Humboldt CAN's vision is that everyone plays an important role in creating and supporting communities that eat smart, move more and feel good.

Humboldt CAN's work is focused on the following goals: Increase Physical Activity Levels of Adults and Children; Improve Healthy Eating for Adults and Children; Increase Adult's and Children's use of Active and Public Transportation.

We can progress toward these goals by working together to help build communities that promote health and are healthier places to live. Some specific actions individuals, community groups, and employers can work on to further the goals are: create neighborhoods that are safe and aesthetically pleasing and promote active transportation such as walking and biking; provide access to affordable, healthy and local foods; provide physical access to physical activities for children and youth; provide access to healthy and appetizing foods including fresh vegetables and fruits, in schools and after school and child care programs; and employers provide policies and opportunities for employees to work smoke free, eat healthfully and be physically active

Please join Humboldt CAN in supporting the goals to make Humboldt County a community with a strong commitment to good health for all people who live here, where we care for each other and take good care of ourselves and our neighbors.

Humboldt CAN is funded by the Tides Foundation Convergence Partnership, Administered by the Humboldt Area Foundation and managed by the DHHS Public Health Branch

Featured Gardener

This edition of Gardening Gazette would like to recognize the efforts of Community Gardener Brent Mitchell. Brent has been gardening in the Rio Dell Community Garden for four seasons now.

"Community gardens can bring together a diverse group of community members, and provide a great benefit to not only our community, but to our whole planet," says Mr. Mitchell.

Brent has been successful at growing parsley, beets, chervil, arugula, Greek and Italian oregano, and other vegetables.

In between taking care of his two plots at the community garden, Brent offers his gardening knowledge.

"Brent has not only given advice to other gardeners, but has given me tips on how to arrange the plots, and best manage the area. I'm just the coordinator, and I rely on gardeners such as Brent to get involved, and make the garden what our community needs and wants", says Garden Coordinator, Brian Olson.

**Community Gardens Aid in the Struggle for Food Security and Food Sovereignty**

In Humboldt County, 26% of adults are living in food insecure households, having limited or uncertain access to adequate food resources on a daily basis according to the California Center for Rural Policy. The concept of food security refers to the idea that families or individuals are able to access enough food for an active, healthy life. The presence of "very low" food security in the Redwood Coast region (Mendocino, Humboldt, Trinity, and Del Norte Counties) is more than twice the prevalence in the state of California (CCRP 2008). The idea of food sovereignty is a related concept that enriches the case for increasing food security by suggesting that people not only have a right to adequate amounts of food, but that all people have a right to "healthy and culturally appropriate food produced through ecologically sound and sustainable methods" (La Via Campesina 2003). This vision of food sovereignty is important because it calls for the restoration of our current food system to ensure that all people have the ability to participate in deciding how food is produced and distributed.

Community gardens are re-emerging as an on-the-ground approach to increasing food security and food sovereignty. Community gardens can provide access to fresh, affordable, healthy, and culturally appropriate foods by restoring self-determination, control and autonomy to participants. Community gardens allow families to determine for themselves what and how to grow foods, practices which often include spiritual and medicinal plants unavailable to them elsewhere.

Community gardens are not a new concept for increasing food security and food sovereignty. During the 1890's depression in Detroit the mayor created community gardens in abandoned lots that produced 14,000 bushels of vegetables in their first year. And "Victory Gardens" became so common during World War II that in 1944 they produced 44% of the fresh vegetables in the United States (Food Security Learning Center 2010)! If you are interested in learning more about community gardens, please get in touch with Chris Lohofener at the North Coast Community Garden Collaborative, (707) 269-2064.