

UC Santa Cruz

UC Santa Cruz Campus Food & Garden Guide

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UC SANTA CRUZ

Campus **Food & Garden Guide**

**Discover ways to engage in
your campus & community
food system in here!**

**Food
Access
Resources
& Map
pages 6-7**

**DINING HALLS • CAMPUS EATERIES • CAMPUS GARDENS • FOOD SYSTEMS RELATED
ACADEMIC COURSES • STUDENT AND COMMUNITY ORGANIZATIONS • VOLUNTEER
OPPORTUNITIES • STUDENT INTERNSHIPS & PROJECTS • FARMERS' MARKETS**

13TH EDITION



The Food Systems Working Group



Formed in 2003–2004, the Food Systems Working Group (FSWG) includes UCSC students, staff, faculty, and community members. FSWG works to bring sustainably grown food produced by socially responsible operations to campus dining halls

and through a collaborative process, promote education and awareness of our food system. Over time FSWG has incubated a range of projects as student voices have called attention to the intersectional relationship of food, culture, power, and equity. To this end FSWG works across experiential learning sites, curates open pollinated organic seeds for student gardens, partners on food security and basic needs efforts, and hosts outreach events to build our village, while continuing to work with Dining to improve our supply chain.

See pages 3–5 in this Guide for a detailed history of our student-led and mentor-advised efforts to advance a just and sustainable food system.

Examples of FSWG activities include:

- Hosting inspiring speakers, offering awareness-raising film nights, and providing a number of workshops and programs across campus to support students
- Holding conversations with College, Housing, and Educational Services (CHES) and Dining administrators on food purchases that will further UCSC's goal of procuring 40% Real Food for campus dining halls and establishments by 2020
- Organizing regional farm tours for students and the campus community
- Creating opportunities for students to receive credit through classes and internships that focus on food and farming (see pages 23-24)
- Supporting student projects with Measure 43 funding (see page 15)
- Hosting “Field to Fork” tours for other universities and colleges interested in starting their own farm-to-college programs

- Working with the UC Global Food Initiative to partner with campus stakeholders on food access and basic needs efforts to advance student success and uplift the most helpful interventions (see page 16)

FSWG collaboration partners include representatives from:

- Center for Agroecology & Sustainable Food Systems (CASFS)
- Community Agroecology Network (CAN)
- Dean of Students Office
- UCSC Blum Center
- Program in Community & Agroecology (PICA)
- Education for Sustainable Living Program (ESLP)
- Campus Housing and Educational Services (CHES)
- Student Environmental Center (SEC)
- Sustainability Office
- Campus Gardens
- Interested UCSC Staff and Faculty
- UCSC Undergraduate and Graduate students
- State and National Student Empowerment Projects

How YOU Can Get Involved

To find out how to attend upcoming FSWG meetings about exciting campus and community events and projects, visit casfs.ucsc.edu or contact FSWG coordinators at ucscfswg@gmail.com or (831) 459-3675. Find us on FB under Food Systems Working Group and LIKE our page to get updates on FSWG and our events.



Members of the Food Systems Working Group on a spring retreat



Contents

About this Guide

The UCSC Campus Food & Garden Guide is designed to help you find sustainable food on campus, to share what is happening with our current food system at UCSC, to raise awareness of opportunities on and off campus, and to encourage involvement in internships and volunteerism that address agriculture, hunger, nutrition, and social justice. It will also introduce you to the many campus gardens and how you can get involved with them. Our hope is that this guide will help create connections and foster a strong network of people who want to build a more sustainable and just food system.

CREDITS & THANK YOU'S

The Food Systems Working Group (FSWG) would like to express our deep appreciation to our 2018-2019 Campus Food Guide Coordinator, Adrian Warlick, and the following individuals:

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*Keep your eyes peeled for this icon throughout the guide to find **Volunteer & Internship Opportunities!***

What you eat affects your body, your mind, your community, and the earth

What's a Food System?

Food arrives on your plate via a food system—a network of farmworkers, farmers, processors, packers, drivers, grocery stores, eateries, farmers' markets, and you ... a consumer and much more: an active partner in creating a more just and sustainable food system! The average food item you eat today has traveled 1,200 miles, and often those who harvest and process your food experience unjust working conditions. A sustainable food system embodies concepts such as local, just, organic, and equitable. What does your food system look like?

Why Local?

Buying local is gaining popularity, just like organics. Today we can buy anything, at any time, from anywhere on the planet. This may be convenient, but it comes with a cost: weakened local economies, fossil fuel pollution, and lower-quality, less-diverse types of food. Buying local helps small farmers survive and keeps money circulating within communities, provides fresh foods, and much more. Our diverse communities are reclaiming many crops to honor food ways that come from many lands, making local food connect to the lives and diets of Californians. Although buying local is one way to positively affect the food system, it is important to recognize that the effort does not stop there.

Why Organic?

Organic food is better for you and for the environment. **Organic food** is produced by farmers who use



Organically raised produce from the UCSC Farm & Garden, including the chard pictured above, is sold on Fridays at the base of campus from early June through October.

renewable resources, conserve soil and water, and promote biodiversity to enhance environmental quality for future generations.

Organic food is produced without synthetic pesticides, synthetic fertilizers, or sewage sludge; bioengineering; or ionizing radiation. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones. Despite its success as an industry, organic alone does not solve issues of access, affordability, or just working conditions...more must be done.

Why Just?

Justice is essential for knowing how we regard and support those who toil in the fields and work across our food chain. If we fail to care for those who are most vulnerable and exploited we neglect our ability to engage in and support struggles that persist today in this complex global food system. At present there are domestic and international standards that we seek to support on campus in our food system.

Why Sustainable?

A sustainable food system is environmentally sound, economically viable, socially responsible, nonexploitative, and serves as a foundation for future generations. A sustainable food system integrates production with processing, distribution, consumption, and waste management systems designed to enhance a community's environmental, economic, and social health. By working together, farmers, consumers, and communities can create a more locally based, self-reliant food economy.

What you can do to feel better and to help grow a healthy food system:

- Visit your campus Pop-Up Markets or explore local farmers' markets to begin to connect to your food more.
- Plan healthy meals with friends and center your celebrations around sustainably grown food!
- Keep a journal of what you eat and how you feel ... connect the dots with peers and family.
- Advocate for a more just food system for workers, families, and the environment!
- Intern or volunteer with one of many campus organizations or farm and gardens at UCSC.
- Discover food access and basic needs resources available to help you at UCSC.
- Read this guide and find out how you can connect with the UCSC **Food Systems Working Group!**



The Roots of the *Farm to College & Food Access* Efforts at UCSC

by Tim Galarneau, Nancy Yang, & Carlos Lemus

Nearly fifteen years ago, in the winter of 2003, UCSC's Students for Organic Solutions (SOS) brought together diverse stakeholders of the campus food system at the annual Campus Earth Summit to discuss how to create sustainable change in the system, including the advantages of purchasing organic produce from local farmers. This grassroots effort was largely unsuccessful in garnering support from Sodexo—the largest food and facilities management services company in North America—which was then under contract to provide all the food to UCSC campus dining halls.

Sodexo was at the same time dealing with its own challenges. UCSC's Students for Labor Solidarity—unhappy with the company's labor practices—had organized to “dump Sodexo” in conjunction with campus labor unions. After a six-month student campaign the UCSC administration ended its 30-year contract with the company in June 2004, enabling Dining Services to contract directly with suppliers for the first time. This transition to an “in-house” service structure opened a crucial avenue to designing a more sustainable food system.

Early in this process, conversations between members of the Center for Agroecology and Sustainable Food Systems (CASFS) and campus staff in Student Affairs brought Dining Services to the UCSC Farm, an impor-

tant step in introducing the concept of sustainability to the campus food system. Other early efforts included the Dean of Students Office to bring organic, Fair Trade coffee to campus through a UCSC student research and internship partnership project, the Community Agroecology Network (CAN).

During the 2004 UCSC Earth Summit, Students for Organic Solutions facilitated a group of students, faculty, staff, and representatives from student and community organizations in brainstorming ways to bring local organic food to campus dining halls. The two top strategies that emerged from the group were:

- To develop guidelines for purchasing local, organic, “socially just” food by campus Dining Services, and
- To educate and organize students to express the need for a socially just, organic, and sustainable campus food system, from the dining halls to the coffee carts.

Crafting the Purchasing Guidelines

Several months of meetings followed the 2004 Earth Summit as members of campus and community organizations came together as the Food Systems Working Group (FSWG; see inside front cover) to craft the details of a purchasing guidelines proposal. Included were representatives from the Center for Agroecology and Sustainable Food Systems (CASFS), Community Alli-

ance with Family Farmers (CAFF), Comercio Justo (a student group working to bring Fair Trade-certified products to UCSC), the Community Agroecology Network (CAN), Students for Organic Solutions, and the Education for Sustainable Living Program (ESLP)—all of whom brought expertise in various aspects of sustainable agriculture and food systems.

Based on undergraduate and graduate student interest, and with staff and faculty support through Environmental Studies and Sociology, the Food Systems Working Group developed guidelines to assist Dining Services. These guidelines prioritize local/community driven, fair, ecological, humane, and healthful food vendors and products. In May 2004, the Food Systems Working Group formally presented these guidelines to UCSC's Dining Services, with endorsements from 2,000 meal plan holders. Soon after, UCSC Dining put the guidelines into practice. Today, based on the the collaborative FSWG model, UCSC Dining invests over \$1.8 million annually in sustainable food sourcing.

Key to the success of the purchasing guidelines idea was the support of our past Dining Services director Scott Berlin and our current lead, Bill Prime. UCSC's Dining Services leadership includes executive chef Josh Martin, and assistant director Clint Jeffries, who together continue to support increasing real and sustainable food sourcing, amongst other student-engaged initiatives.

Creating a Model

Each year UCSC's Food Systems Working Group reviews the goals and guidelines for the campus food system in collaboration with Dining Services, making necessary adjustments based on student demand and operational feasibility. This process is done in conjunction with UCSC's Campus Sustainability Plans; the current plan covers 2017-2022 (see sustainabilityplan.ucsc.edu). UCSC also helped shape the UC-wide sustainable food policy that includes an annual assessment (available online) providing information on the overall status of dining in terms of sustainable practices and the enhancement of student and staff education efforts around those practices (see ucop.edu/sustainability/policy-areas/sustainable-foodservice).

Sustainability goals in the UC-wide policy include: 100% diversion of all compostable materials within food operations, completing green certification for all food operation facilities at UCSC, incorporating sustainable food criteria into contracted and retail venues at UCSC, and educating students and staff. The Food Systems Working Group hopes to enhance the relationship between Dining Services and UCSC vendors to source greater amounts of sustainable food (see page 17). At present CASFS is a proactive partner working toward FSWG goals. Each year the campus farm directly supports undergraduate students in planning, producing, and delivering farm fresh organic product to campus dining. In addition, dining and CASFS co-host FSWG interns who analyze over ten million dollars in annual purchasing, while advising

Farm-to-College Movement: *Building on a Tradition of Organic Farming, Gardening, & Education*

While efforts to formalize a local, organic, farm-to-college connection at UCSC are relatively new, the campus community has long enjoyed organic vegetables, fruit, and flowers grown at the 30-acre UCSC Farm and 3-acre Alan Chadwick Garden. Now managed by the UCSC Center for Agroecology and Sustainable Food Systems (CASFS), both sites have served as training grounds for organic farmers and gardeners for more than 50 years, as well as outdoor classrooms for UCSC students, research sites for faculty and cooperators, and resources for visitors from the local community and around the world.

Participants in the CASFS six-month Apprenticeship in Ecological Horticulture training program market the produce they grow at the Farm and Chadwick Garden through a 120-member Community Supported Agriculture (CSA) project focused on the campus community, at the roadside Market Cart set up at the base of campus on Fridays from 12–6 pm (June through October 2019), and to campus dining halls. In 2015, student interns initiated a weekly “Pop-Up” organic food market integrating food grown by students at CASFS with seasonal offerings from the downtown Santa Cruz Farmers Market. Currently, students are working to get even more produce from the UCSC Farm onto the plates of students in the campus dining halls, cafés, and other campus venues.

Since 2004, CASFS staff members have also been involved in the campus Food System Working Group, collaborating with UCSC students, staff, and faculty to create a more sustainable food system on the campus. Darryl Wong and Kirstin Yogg, the CASFS Field and Research Land managers, have expanded the opportunities for students to be involved in growing food for campus cafeterias through a series of on-farm internships and work opportunities. Damian Parr, the CASFS Research and Education Coordinator, has worked with Katie Monsen of Environmental Studies to develop new UCSC classes and internships that incorporate hands-on farming and gardening activities. See pages 23–24 for details. Dig into the change happening on campus today!

on improving supply chain sustainability within our campus food system.

As UCSC's Farm-to-College program expands, the "ripple effect" grows as well, with impacts not only on local organic food producers, food system workers, and campus chefs, but on thousands of students throughout the UC system who are more aware of their food: where it comes from, who grows it, and how their choices affect the larger food system.

With its emphasis on student involvement, social justice issues, and educational opportunities, UCSC's program offers unique lessons for others working to improve the sustainability of their campus food system.

The impact of efforts such as those taking place at UCSC and throughout the UC system can now be seen across the U.S. Over the past decade most contracted food service companies such as Aramark, Sodexo, and Compass Group have implemented sourcing and operational practices to meet the burgeoning demand for more sustainable campus food systems nationwide, while social movements introduce new campaigns and challenges for students to address.

Increasing Slug Support

In July 2014, UC President Janet Napolitano allocated funding to the UC campuses as part of the UC Global Food Initiative (UC GFI) to address food insecurity, sustainability, and justice. At UCSC, the Food Access & Security Working Group is developing programs to address student needs, including—

- **Increased student support services through the Dean of Students Slug Support model:** We work closely with the Dean of Students Office to provide crisis support and short-term food insecurity alleviation in the form of pantry bags, grocery gift cards, meal vouchers, and fresh, organic, ready-to-eat meals prepared by local chef Jamie Smith. Financial Aid also works closely with student support efforts.
- **Farm to pantry connection:** The UCSC CASFS Farm is a key partner in our food security work, providing fruits and veggies for the Slug Support Pantry and the Produce Pop-Up mobile farmers' market. With the addition of a half-acre hoop-house and food trailer, we are looking forward to increasing year-round campus produce production to support mobile cooking demonstrations and food distributions.
- **CalFresh outreach:** CalFresh Ambassadors with the Dean of Students (DOS) Office provide peer-to-peer CalFresh application assistance, and host drop-in info sessions and outreach events throughout the year. Visit basic-needs.ucsc.edu for an updated calendar of CalFresh info sessions and events!
- **Food, Nutrition, and Basic Skills Workshops:** This collaboration between GFI student interns and support staff seeks to empower students in food and financial wellness during their time at UCSC, through hosting free or low-cost nutrition, budgeting, and cooking workshops. Please check our Basic Needs website, basic-needs.ucsc.edu, for an updated event and workshop calendar.

- **Swipes for Slugs Meal Donation Drive:** The UCSC Swipes campaign is derived from the national Swipe Out Hunger nonprofit, which aims to address local hunger through unused meal swipes on students' meal plans. Through a partnership with UCSC Dining, Swipes for Slugs seeks to distribute unused swipes to Slugs who lack access to meals, and to encourage donations of unused swipes. The campaign will resume Winter and Spring Quarters of this upcoming year; give to a fellow Slug and visit donatemeals.ucsc.edu to donate meals online.
- **Food security data analysis and communications:** In partnership with the Blum Center, CASFS, and UC Institutional Research and Policy Studies, we launched the UCSC Basic Needs website (basic-needs.ucsc.edu) in Winter 2018. The website offers an online hub for campus and community food access and basic needs resources.

This year, we will continue supporting farm-to-pantry operations, programming, and student leadership, while building out an effective communications network. See the UCSC Basic Needs website (basic-needs.ucsc.edu) to find an online hub for food, housing, and financial security resources. We will be posting updates, event calendars, and further opportunities to get involved with the Food Access and Security Working Group. See pages 6–7 for basic needs resources and further details.

For more information on farm to college and food access efforts please contact Tim Galarneau, co-chair of the UC & UCSC Basic Needs Working Group at tgalarne@ucsc.edu or (831) 459-3248.

Food Access Resources

On Campus

UCSC Slug Support

UCSC Dining Meal Vouchers

Assistance in applying for CalFresh benefits

Access to emergency food pantry – Hahn Student Services 245

Open Mon-Fri 9 am-5 pm or by appointment

For direct assistance please contact the Dean of Students Office deanofstudents@ucsc.edu (831) 459-4446 (Dean of Students Office Front Desk)

Dean of Students Slug Support Pantry

Food, prepared meals, pantry bags, and toiletries; bringing your own bag is encouraged—Snacks, coffee, tea, & microwave are available

Hahn Student Services 245

Open Mon-Fri 9 am-5 pm

Follow UCSC Food for All on Facebook for updates on hours, fresh deliveries, and current menu

SUA Food Lounge

Choice-based food pantry and lounge space, students are allowed

10 points per visit—Snacks, coffee, tea, & microwave are available

Current UCSC ID necessary to receive food; bringing your own bag is encouraged

Contact: Isabella Bullock, Vice President of Student Life suavpsl@ucsc.edu

Follow SUA Food Pantry & Lounge on Facebook for updated hours

ERC Snack Pantry

Choice-based food pantry with healthy snacks and dry goods

Ethnic Resource Centers, Third floor of Bay Tree Building

Open Mon-Fri 9AM-4PM

Contact: ercadmin@ucsc.edu or (831) 459-2427

Off Campus

CalFresh Benefits

Apply online via GetCalfresh - students.getcalfresh.org

Apply in person at the local county office during business hours

1020 Emeline Avenue, Building B Santa Cruz, CA 95060

(831) 454-4165 / 8 am-5 pm

The Salvation Army Santa Cruz Corps Community

Pantry is open Monday-Thursday from 9 am-11 am, featuring fresh produce on Wednesdays

721 Laurel Street Santa Cruz, CA 95060 / (831) 426-8365

Accessible via the 15, 16, and 19 bus routes www.scmtd.com

Nueva Vista Community Center (Familia Center)

Distributions are held on the 2nd and 4th Wednesday of every month from 3 pm-5 pm

711 E. Cliff Drive Santa Cruz, CA 95060 / (831) 423-5747

Beach Flats—Second Harvest Food Bank

First Tuesday of every month, starting at 2:30 pm while supplies last

Beach Flats Park - 136 Leibbrandt Ave, 160 Raymond Street Santa Cruz, CA 95060

Accessible via 19 and 20 bus routes

Community Food Hotline

Call for information (such as food pantries, food truck distributions) or referrals. Information also available in Spanish

(831) 662-0991

thefoodbank.org/need-food

Dial 211

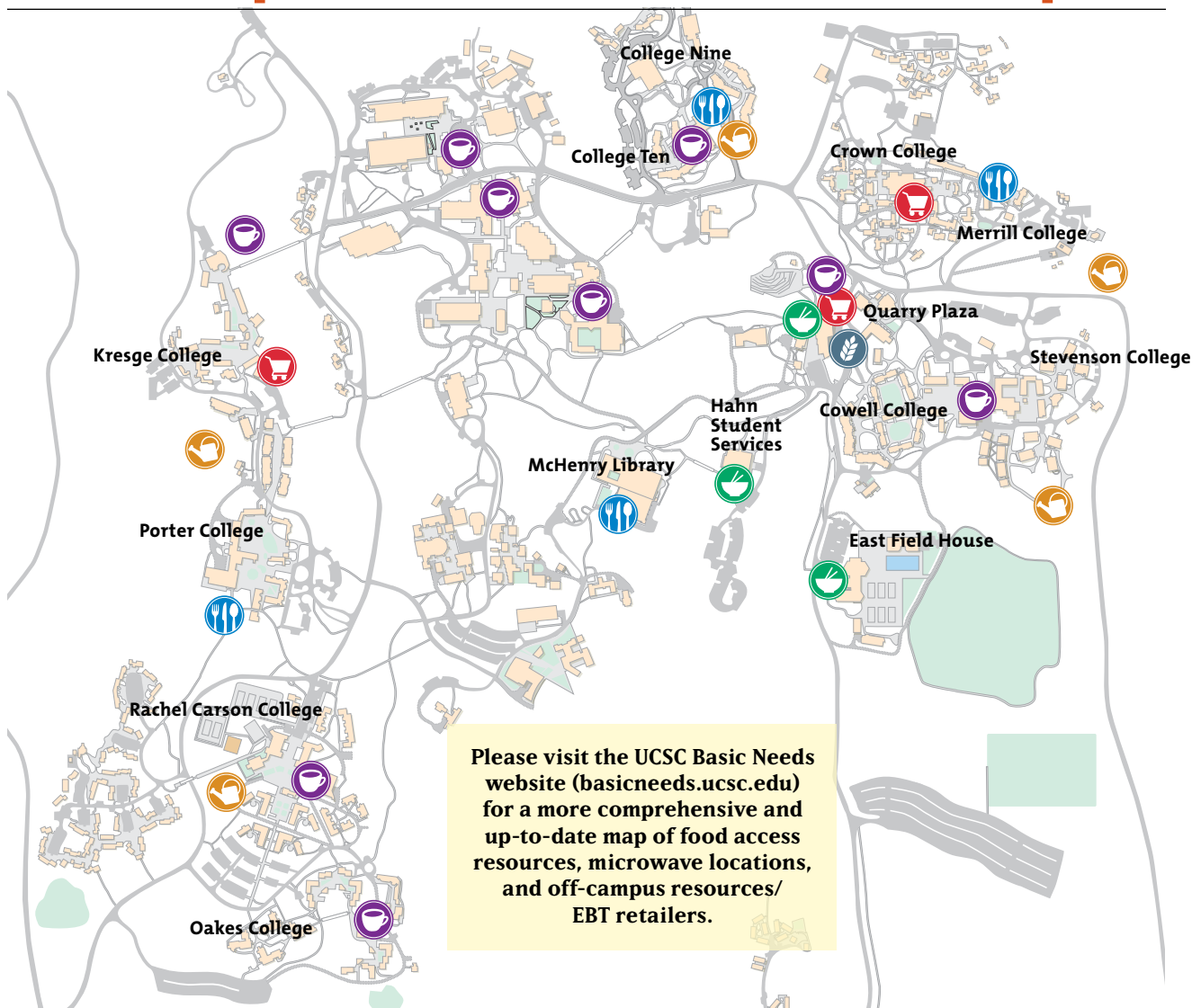
Information about community food banks and resources available via phone or online

211bayarea.org/find-help

For most updated food access resources, please visit the UCSC Basic Needs website (basicneeds.ucsc.edu).



Campus Food Resources Map



Please visit the UCSC Basic Needs website (basicneeds.ucsc.edu) for a more comprehensive and up-to-date map of food access resources, microwave locations, and off-campus resources/ EBT retailers.



Food Pantries

- ERC Snack Pantry
- DoS Slug Support Pantry
- SUA Food Pantry & Lounge



Produce Pop-Up

- Quarry Produce Pop-Up



Food/Grocery Resources

- Banana Joe's
- Bay Tree Express Store
- Kresge Natural Foods Co-Op



Cafés

- Café Ivêta
- College Eight Café
- Oakes Café
- Owl's Nest Café
- Perk Coffee Bar at Baskin Engineering
- Perk Coffee Bar at Earth & Marine Sciences
- Perk Coffee Bar at Physical Sciences
- Terra Fresca Café
- Stevenson Coffee House



Restaurants

- Amazon Juices-Global Village Café
- Bowls by Café Brasil
- Terra Fresca Restaurant & Coffee Bar
- Vivas Mexican Food



Gardens

- Alan Chadwick Garden
- College 9/10 Garden
- Kresge Garden
- Rachel Carson College Garden
- Stevenson Garden

Places that accept EBT

The UC Santa Cruz *Real Food* Campus Commitment & Measure 43

On February 17, 2012, Chancellor George Blumenthal signed UCSC's Real Food Campus Commitment, making UCSC the first campus in the University of California system to commit to the national Real Food Challenge campaign's goal of purchasing 40% or more "real food" for Dining Services by 2020—double the 20% required by UC Office of the President's current sustainability initiative.

"Real food, as defined by the Real Food Challenge,* is food that is produced in a fair, humane, and sustainable manner," said Alexandra Villegas, a member of UCSC's Food Systems Working Group (FSWG) and a co-signer on the commitment, along with Dining Services director Scott Berlin and Student Union Assembly chair Amanda Buchanan.

UCSC already has an outstanding track record of sourcing real food for the campus dining halls. Since 2004, UCSC's Dining Services has increased the amount of its real food purchases annually, including the organically grown products it buys from local farmers. As they increase real food purchasing to 40% by 2020, campus leaders also recognize that food services must be kept both affordable for all students and economically viable for the campus. With the co-leadership of students in FSWG, the model of change serves to inspire the next generation of leadership while providing practical

*The Real Food Challenge is a national organization uniting students to advocate for a just and sustainable food system on their campus; realfoodchallenge.org



Events such as Food Day are a chance to reach UCSC students with information on sustainable food options and the work that the Food Systems Working Group is doing to meet UCSC's Real Food Campus Commitment.

lessons and wisdom from seasoned staff and faculty.

The Real Food Campus Commitment builds on UCSC's history both of real food purchases and of student efforts to improve the campus food system and increase their own learning opportunities. It commits UCSC to education programs that give students hands-on experiences in the campus's gardens and at the CASFS/UCSC Farm, on Food System Learning Journeys, and through internships and leadership training. It also supports FSWG members to work with students and diverse stakeholders to establish a real food policy plan within the food section of the campus's overall sustainability plan.

The commitment will continue efforts to support and recognize local growers and farmworkers while recognizing the importance of keeping food service staff members informed and part of ongoing efforts.

Finally, the commitment serves as a model for students and administrators at other campuses to work together to establish their own commitments to sustainability.

For the full text of the commitment, see casfs.ucsc.edu and select the "Farm-to-College" link

Annual events, from the OPERS Fall Fest and the Harvest Festival to the Spring Strawberry and Justice Festival and the UCSC Dining's Annual Local & Organic Tasting Fair, offer a chance to learn more about the work that the Food Systems Working Group is doing to meet UCSC's Real Food Campus Commitment.

Measure 43

In Spring 2010, UCSC undergraduate students voted overwhelmingly to approve Measure 43, the Sustainable Food, Health and Wellness Initiative.

Measure 43 generates over \$100,000 each year from student fees to support a wide variety of education efforts, student grants, and other activities designed to promote a healthy campus food system and enhance students' understanding of the

food system and their food choices. You can read about some of the student projects and events supported by Measure 43 funding on page 15. Learn more about Measure 43, how to apply for grant and public speaker funds, and upcoming events supported by Measure 43 at casfs.ucsc.edu. See the Farm-to-College link. casfs.ucsc.edu/farm-to-college/measure-43-initiative



Food Systems Working Group Organizations & Partners

Center for Agroecology & Sustainable Food Systems



305 Ranch View Road, UCSC
Santa Cruz, 95064
(831) 459-3240

casfs.ucsc.edu

EMAIL: casfs@ucsc.edu

UCSC has been a leader in sustainable food and agriculture systems research, education, and public service for more than 50 years. Through the work of the Center for Agroecology & Sustainable Food Systems (CASFS), UCSC students, apprentices, staff, and faculty have developed cutting edge programs in food systems and organic farming research and extension, national and international work in agroecology, an internationally known apprentice training course, an award-winning children's gar-

den, and much more. Members of CASFS have also played key roles in developing UCSC's model farm-to-college program and UC's Global Food Initiative. These efforts reflect our dedication to increasing the understanding and practice of environmental and social sustainability in the food and agriculture system.

UCSC has its own organic farm and a world-famous organic garden, managed by CASFS. The 30-acre UCSC Farm and 3-acre Alan Chadwick Garden serve as outdoor classrooms and research sites for students and faculty interested in organic farming and gardening, agroecology, and sustainable agriculture (see pages 36 and 37).

The UCSC Farm is also home to Life Lab, a science-based garden and nutrition education program for preschool–middle school students that offers internship opportunities throughout the year (see page 11). "Food, What?!", a program that uses



Students learn about soil moisture testing at the UCSC Farm.

food and farming as a vehicle for youth empowerment, is also based at the Farm (see page 11).

To learn more about upcoming events, activities, and other information about CASFS, including details on the six-month Apprenticeship in Ecological Horticulture, see casfs.ucsc.edu. The UCSC Farm & Alan Chadwick Garden are open to the public daily from 8 am to 6 pm, so please stop in and visit us!



Volunteer & Internship Opportunities

Students can get involved in the Center for Agroecology and Sustainable Food Systems through classes, internships, and workshops. For information on internships and other student activities at CASFS, contact Damian Parr, dmparr@ucsc.edu, (831) 359-8710.

The Environmental Studies (ENVS) Internship Office also lists CASFS-related internships: Contact Chris Krohn, ckrohn@ucsc.edu or call (831) 459-2104. Read more about ENVS internships on pages 23 and 24.



"CASFS is the country's leading university program in sustainable agriculture and food systems. Here you will find talented scholars and instructors from a wide range of natural and social science disciplines joining together in one of the most beautiful agricultural landscapes California has to offer. Our diverse perspectives create new knowledge and provide transformative, experiential education—all in pursuit of food justice and sustainable agricultural practices."

**—Daniel Press, Executive Director, CASFS
Associate Dean, Social Sciences**

The Community Agroecology Network (CAN)



PO Box 7653
Santa Cruz, CA 95061
(831) 459-3619

canunite.org

CONTACT: Sophia Bassett, Youth Network Coordinator

EMAIL: agroeco@canunite.org
Carmen Cortze, Associate Director
Email: carmen@canunite.org

CAN is a multinational non-profit organization working toward social, economic, and environmental justice in five regions of Nicaragua, Mexico, and California. CAN forms action research partnerships with community-based organizations, farmers' cooperatives, nonprofits, and universities to generate local solutions for community-based sustainable development. Their programs promote agroecological farming practices, food sovereignty/security, alternative economic trade models, and empowerment of rural youth and women locally and abroad. Through their website you can: order AgroEco® Beyond Fair Trade coffee, sustaining small-scale farmers; take part in CAN's action research projects to reduce seasonal hunger; and collaborate with CAN on community-based programs in the CAN international network. Join us locally as CAN, Growing Justice youth, and Mesa Verde Gardens broaden action-research and culturally sustaining practices for food systems change in Watsonville. Stay tuned as CAN re-folds social movement into agroecology and just food systems!



Volunteer & Internship Opportunities

We have local and international internship opportunities available for academic credit. Each quarter we collaborate closely with the Friends of CAN (FoCAN) student organization. To get involved with CAN's efforts to raise consciousness about food justice and/or our Annual International Youth Exchange (Intercambio), please contact Sophia Bassett (agroeco@canunite.org). To get involved with FoCAN's efforts to foster dialogue and experiential learning about the global food system and sustainability, please contact focan@ucsc.edu or visit focan.weebly.com.

Campus Sustainability Council

csc.enviroslug.org

CONTACT: Student leadership email

EMAIL: csc@ucsc.edu

The role of the Campus Sustainability Council (CSC) is to provide funding to registered UCSC student organizations for programs and events that create, implement, and monitor environmentally sound practices on campus as established through the protocol outlined in the Blueprint for a Sustainable Campus. These organizations additionally facilitate greater collaboration amongst students, the administration, staff, faculty, and the community.



Volunteer & Internship Opportunities

We would love to have new members for the full 2018–2019 school year! If you are interested in being on the Campus Sustainability Council, please email csc@ucsc.edu

Education for Sustainable Living Program (ESLP)

200 Heller Drive
Santa Cruz, CA 95064
(831) 459-1714

eslp.enviroslug.org

CONTACTS: student cochairs can be reached at eslp@ucsc.edu

The Education for Sustainable Living Program (ESLP) is a collaborative and interdisciplinary effort to reshape the way we learn, effectively mentor students, and engage in projects that support the sustainable development of the University of California at Santa Cruz community. Every year, we offer an accredited Spring course. Our class has two components: a Monday Night Speaker Series, and student-led sections. Students can enroll in 2- or 5-unit classes. Each section and speaker night is based on topics found in the Blueprint for a Sustainable Campus.



Volunteer & Internship Opportunities

Students can be involved with ESLP in three ways:

- a. **Organize:** Organizers work with core group of students to design and implement the structure of the class.
- b. **Facilitate:** Students interested in creating their own class can apply to be a facilitator. Facilitators design their course in winter and teach it in the spring.
- c. **Take the class:** ESLP is offered every spring. It can be found under Rachel Carson College through the UCSC portal.

ESLP has many positions available in their leadership as well as internships and volunteer opportunities! For more info contact the student co-chairs at eslp@ucsc.edu, or call the SEC/ESLP office (831) 459-1714.

Kresge Community Gardening Cooperative

kresgegardencoop.weebly.com

CONTACTS: Kresge Garden Co-op Core, garden-coop-core@googlegroups.com

The Kresge Garden is a beautiful one-third acre site nestled between the Porter Meadow and Kresge College, abundant with fruits, flowers, vegetables and herbs. And people!

In recent years the gardeners have tripled the garden's size, built a greenhouse, planted a food forest, and started many exciting projects for you to get involved in this year. See page 38 for more!



Volunteer & Internship Opportunities

Come learn and play at our work parties every Sunday from 10 am–12 pm. Also, consider becoming either a working member or core (paid) member in the Co-op, or doing a 2-unit Environmental Studies internship (see page 24).

Kresge Community Natural Foods (aka Kresge Coop)

(831) 459-1506

kresge.ucsc.edu/activities/coops/food-coop.html

EMAIL: kresgenaturalfoodscoop@gmail.com

Weekdays 9 am–6 pm

Accepts EBT

The Kresge Food Co-op has been a Kresge College tradition for over thirty years, supporting small farmers, including the UCSC CASFS Farm, and the Kresge Organic Garden. The Kresge Community Natural Foods Co-op is a nonprofit, student-run food store located on the south side of Kresge. While anyone can buy food

at the Food Co-op, members receive a discount. The Co-op operates as a collective and a variety of membership options are available. Special pricing is available on bulk orders. Come in for groceries, lunch, snacks, hot coffee, tea, or just to spend time connecting and making new friends.



Volunteer & Internship Opportunities

To volunteer, come in whenever you are available and offer your time to the person behind the register. Volunteers receive 10% off weekly purchases with a one hour minimum commitment.

Life Lab Garden Classroom on the UCSC CASFS Farm



1156 High Street
Santa Cruz, 95064
(831) 459-5395

lifelab.org

CONTACT: Amy Carlson

EMAIL: amy@lifelab.org

OUR MISSION STATEMENT:

Life Lab cultivates children's love of learning, healthy foods, and nature through garden-based education. Located on the UCSC Center for Agroecology & Sustainable Food System's (CASFS) Farm, Life Lab manages the Garden Classroom, a model educational garden. In the Garden Classroom, Life Lab offers teacher trainings and internships in garden-based science and environmental education, and serves thousands of children and youth through field trips and summer camps.



Volunteer & Internship Opportunities

Interns teach standards-based science, gardening, and sustain-

able agriculture concepts to local school groups (preschool–middle school). Interns receive training in: garden-based science education, working with children, concepts in organic gardening, environmental education, games, songs, activities, and much more! Internships are available Fall, Winter, Spring, and Summer Quarters, for 2 or 5 credits. Contact Amy Carlson at (831) 459-4035, amy@lifelab.org.

Food, What?! on the UCSC CASFS Farm



1156 High Street
Santa Cruz, 95064
(831) 459-4576

foodwhat.org

CONTACT: Irene O'Connell

EMAIL: Irene@foodwhat.org

OUR MISSION STATEMENT:

FoodWhat?! is a youth empowerment and food justice organization using food, through sustainable agriculture and health, as the vehicle for growing strong, healthy, and resilient teens. We partner with low-income and struggling youth across Santa Cruz County to grow, cook, eat, and distribute healthy, sustainably raised food and address food justice issues in our community.



Volunteer & Internship Opportunities

Interns work with staff and/or high school-age youth on a variety of projects. Farm interns assist in getting the farm up and running in the Spring and then support the ongoing operations throughout the season. Media interns document

the youth's journey through their time in FoodWhat and participate in marketing and social media. Admin and Development interns help bottom line core non-profit operations. Internships are available Fall, Winter, Spring, and Summer Quarters, for 2 or 5 credits. Contact Irene O'Connell at (831) 459- 4576, irene@foodwhat.org.

Program in Community & Agroecology (PICA)



The Sustainable Living Center/
Lower Quarry
(831) 459-5818

pica.ucsc.edu

CONTACT: PICA Student Leadership Team, PICA Program Coordinator Sarah Elkotbeid, PICA Staff Advisor Damian Parr, PICA Faculty Advisor Stacy Philpott; Dave Shaw

EMAIL: pica@ucsc.edu, cnsam@ucsc.edu, dmparr@ucsc.edu, sphilpot@ucsc.edu, daveshaw@ucsc.edu

The Program in Community and Agroecology (PICA) is a student organization that offers education focused on linking agriculture, food systems, and community. PICA partners with the Center for Agroecology and Sustainable Food Systems (CASFS) by engaging food production on campus, addressing issues of student food security, and healthy and nutritious food in dining halls and throughout the campus food system. Students have the opportunity to apply to live right next to one of the PICA gardens, the Foundational Roots Garden, as part of the Sustainable Living Center in the Village. PICA members

believe that food can be grown in non-conventional ways—without toxic chemicals, excessive use of fossil fuels, mass produced factory food, and slave labor while also maintaining that class, race, and gender are deeply embedded in these conventional practices. PICA students have the opportunity to work the soil, grow their own food, and share the food in community meals. Students also have the opportunity to connect with other campus organizations that represent marginalized groups to promote awareness about food issues and spread food security amongst those who need it most via events, garden workdays, and workshops.



Volunteer & Internship Opportunities

PICA hosts garden workdays every Saturday from 10 am–2 pm at the Foundational Roots Garden (at the entrance to the B-quad, the Village). Help dig garden beds, pull weeds, build compost, plant veggies, and sow seeds. FREE organic lunch harvested from the garden!

Please visit our website, pica.ucsc.edu, for more information regarding upcoming sustainability events, workshops, and internship opportunities.

Student Environmental Center (SEC) and Students for Organic Solutions (SOS)

Rachel Carson College Commons,
Room 210
200 Heller Drive
Santa Cruz, CA 95064
(831) 459-1714

sec.enviroslug.org

CONTACTS: Madeleine Keller (staff advisor) and Student Co-chairs

EMAIL: mlkeller@ucsc.edu (staff) , seclead-group@ucsc.edu

Our mission is to collaborate with the University to find ways to implement environmentally sound practices on campus. As a fully registered student organization founded in summer 2001, the SEC serves as a central space for existing student environmental organizations, and encourages the development of new projects.

We currently have campaigns focused on the ten topics highlighted in the Blueprint for a Sustainable Campus. We are a campus-wide organization based at Rachel Carson College where we hold the majority of our organizational meetings. We have weekly Steering Committee meetings, where we determine the course of our organization. These meetings are open to the the community (see the SEC website for the most up-to-date meeting times).

Our Students for Organic Solutions (SOS) campaign works on food security by having quarterly food giveaways and student and food system efforts. Getting involved can mean working on creating educational materials, talking with peers about what impact their food choices have, addressing food security and many other things.



Volunteer & Internship Opportunities

The SEC and SOS have many positions available in leadership as well as internships and volunteer opportunities.

We are looking for creative and passionate students interested in building their leadership skills and helping to make UC Santa Cruz a sustainable campus!

We meet on select Wednesday evenings in the Rachel Carson College Red Room.

For more info contact the Student Co-chairs at seccochair@ucsc.edu or call the SEC office at (831) 459-1714.

Real Food Challenge

Oakes College, Room 311
150 Heller Drive
Santa Cruz, CA 95064
realfoodchallenge.org

ADVISOR CONTACT: Tim Galarneau

EMAIL: tgalarne@ucsc.edu

The Real Food Challenge works in conjunction with student leaders and administrators across the state to create and implement clear guidelines and best practices that prioritize local, organic, and socially responsible purchasing as well as waste reduction and green dining facility standards. This will support the health of consumers and workers, local economies, the environment, and California agriculture. As a student- and youth-driven initiative we:

- Represent the student voice in designing and implementing sustainable practices on UC, CSU, and CCC campuses.
- Collaborate with diverse constituents to raise awareness that food issues include environmental, health (e.g., nutrition and obesity crises), and social affairs.
- Support the National Real Food Challenge. Find out more at realfoodchallenge.org.



Volunteer & Internship Opportunities

Through internships and projects of the Food Systems Working Group you can get involved with RFC. Contact Tim Galarneau at tgalarne@ucsc.edu.

UCSC Arboretum

Located on Empire Grade, between the East and West entrances to the UCSC campus
(831) 502-2998

arboretum.ucsc.edu

EMAIL: arboretum@ucsc.edu

The UC Santa Cruz Arboretum was founded in 1964 just before the first students started attending UCSC. It is a botanical garden that promotes drought-tolerant plants from Mediterranean climates around the world that are appropriate for the Central Coast. Using drought-tolerant plants not only saves water, it reduces the greenhouse gases produced in the pumping and purifying of water for gardens.

In addition to having the largest collection of Australian plants outside of Australia, the Arboretum cultivates the largest collection of conifer genera in the world, the largest collection of New Zealand plants outside of New Zealand, “primitive flowering plants,” dozens of endangered species from around the world, and the largest collection of *Dudleya* anywhere. The collection also includes plants that are edible, utilitarian, or that have indigenous medical uses. The Arboretum’s gardens are open every day from 9 am–5 pm and are free to UCSC students.



Volunteer & Internship Opportunities

The Arboretum accepts interns and volunteers year round. Internships may be in horticulture, conservation education, endangered species, habitat restoration, plant taxonomy, various topics about native plants, or science writing, among others.

For internships and work study jobs contact: Brett Hall, California Native Plant Program Director, brett@ucsc.edu, (831) 502-2304.

For volunteering and internships with the the Amah Mutsun Relearning Garden Program contact Rick Flores, Curator of California Native Plants, rflores@ucsc.edu, (831) 502-2310.

Banana Slugs for Animals

SOAR Student Organization
(831) 427-2998

facebook.com/groups/29417064795/

EMAIL: slugsforanimals@gmail.com

Banana Slugs for Animals is an on-campus group at UCSC that focuses on education about animal agriculture and food alternatives to animal products. This group is also great for those who are vegan, vegetarian, or interested in the veg diet. You don’t have to be vegan to join! All individuals are welcome!

CalFresh: A Program that Can Help Support Your Monthly Grocery Budget



What is CalFresh?

CalFresh is a financial aid program that awards you up to \$192 a month to buy groceries. Essentially, it's a free debit card for groceries—you can check the balance online or over the phone. You're likely eligible if you are approved for Work-Study, work part-time (20 or more hours a week, or average about 80 hours a month), have children, receive Cal Grants A or B, or participate in an EOP/EOPS, or AB12/AB212 program. For a full list of programs, visit the CalFresh page on the UCSC Basic Needs website (basicneeds.ucsc.edu).

How to Apply:

There are many ways to apply for benefits; on-campus support with a peer ambassador is available and recommended:

- **Apply with a CalFresh Peer Ambassador on campus**, who will walk you through the application process. To schedule an appointment with an ambassador, please contact the Dean of Students (DOS) Office: email deanofstudents@ucsc.edu, or call (831) 459-4446.
- **Apply at an on-campus CalFresh Info Session**: visit the UCSC Basic Needs website (basicneeds.ucsc.edu) for an updated schedule.
- If you prefer to apply at a non-university affiliation, CalFresh application assistance is available at the local county office during business hours. The local Santa Cruz county office is located at



2017-18 UCSC CalFresh & Dean of Students Ambassador Team

1020 Emeline Avenue, Building B,
Santa Cruz, CA 95060

- **Apply online via StudentsGetCalFresh.org**; select Santa Cruz County. If you are student who commutes to UCSC, select your county of current residence.
- **Apply by phone**: 1-888-421-8080.

How long will applying take?

It takes just a couple of minutes to check your eligibility and apply. The county will call you to verify your situation (it may come from a blocked or unknown number). If approved, you'll get money within 30 days.

Where can CalFresh be used?

Anywhere that says "EBT accepted," such as Trader Joe's, Costco, Safeway, and Grocery Outlet. Visit basicneeds.ucsc.edu for an updated map of EBT retailers on campus and in Santa Cruz; all Santa Cruz Community Farmers' Markets accept EBT and WIC.

On campus, CalFresh/EBT can be used at the following locations:

UCSC's Produce Pop Up Stand

- Double your bucks on campus by purchasing local produce at the student-run Produce Pop Up Stand, located in Quarry Plaza. The Produce Pop-Up team will match every CalFresh dollar you spend, with double the amount of produce.

- Follow the UCSC Produce Pop Up on Facebook for updated hours, locations, and menus.

Kresge Natural Foods Co-op

- Student-run grocery store with fresh produce, bulk goods, and community space located at Kresge College.
- Hours: Mon-Fri 9am - 6pm
- Phone: (831) 426-1506

UCSC Farm Produce Stand

- The Market Cart starts in early June and runs through late October, on Fridays from 12pm–6pm. The Market Cart is located at the base of the UCSC campus (corner of Bay & High Streets). Please note: weather conditions may affect the opening day of the Market Cart, please check the CASFS website (casfs.ucsc.edu) closer to the date for confirmation of the opening date.

Banana Joe's

- Convenience store with beverages, on-the-go menu selections, groceries, and natural foods to-go located at Crown College.
- Phone: (831) 459-4619

Visit UCSC Basic Needs (basicneeds.ucsc.edu) for additional tools to find retailers that accept CalFresh benefits.

The *Demeter Seed Library* & Much More!

Student projects funded by Measure 43



The Demeter Seed Library of UCSC

involves local farmers, gardeners, students, and biologists who believe in the importance of preserving the genetic heritage of our food.

In a seed library, a community can store its rare heirloom varieties of seeds. We hope to present an alternative to the industrialized and patented mainstream seed system. We seek to preserve biodiversity and provide free, heirloom, high quality seeds to people. We want to create a living seed library, not just a vault of frozen seeds.

Through free seed “loans” and exchanges, the library helps small gardeners and mid-sized organic farmers gain access to locally adapted organic varieties. We hope to decrease our community’s reliance on large seed companies and are strongly opposed to the patenting of life by genetic engineering companies.

To borrow seeds from the seed library come to our free seed exchanges during the fall, winter, and spring quarters or contact demeterseedlibrary@gmail.com to set up a meeting with the seed librarians. Learn more by “liking” our Facebook page, www.Facebook.com/DemeterSeedSavingProject, and going to casfs.ucsc.edu/farm-to-college/demeter-seed.html.

In 2017–2018 Measure 43 (M43)

funded a variety of campus staff- and faculty-advised projects. In addition to the Demeter Seed Library (at left), M43 grants included support for —

- **The Slug Support Program Student Pantry**, providing summer and fall food sourcing grants (located on the second floor of UCSC’s Hahn Student Services) with healthy and sustainable food options. For more info on the Pantry and how we can support you please contact our front office at (831) 459-4446.
- **Student-led Instruction and Peer Outreach at the Kresge Garden**, designed by students with a space led through peer-facilitation providing garden internships and partner programs that are flourishing. To plug into the Kresge Garden check out kresgegarden-coop.weebly.com or contact us through: garden-coop-core@googlegroups.com. See more about the Kresge Garden on page 38.
- **The Program In Community & Agroecology (PICA)**, PICA provides a unique approach to teaching students about sustainable food systems, as well as providing opportunities for students to gain garden-based skills. Measure 43 provides funding for PICA staff and students to connect campus gardens via collaborative meetings and sustainability events/programs, while also providing hands-on education to students in civic agriculture and the local food system during garden work groups. For more info check out: pica.ucsc.edu.
- **Fostering Collaboration amongst UCSC, Calabasas Elementary School, and Watsonville Families**. This project integrates garden-based education, undergraduate research, and community outreach to inspire UCSC students to help address food and educational inequity in the Watsonville community. Among other activities, UCSC students worked with the staff, faculty, and youth of Calabasas Elementary School to implement hands-on, garden-based curricula for first through sixth graders in the after-school enrichment program.
- **Rachel Carson College Garden Course** hosted by Rachel Carson College and the Food Systems Working Group. M43 supports the student-run garden course offered quarterly. For more information see page 24.

In addition to supporting grants, Measure 43 co-sponsored over 30

programs and events in 2017–2018 including the Sustainability Tent at the OPERS Fall Festival, Fall Harvest Festival, 4-5 quarterly Food System Learning Journeys offered through the Office of Physical Education and Recreation (OPERS, opers.ucsc.edu), a dynamic alternative food systems-based spring break program (see page 45), and the annual Strawberry and Justice Festival.

Further, Measure 43 supports a team of student interns conducting research and analysis on campus food purchases to better understand how to increase local, organic, humane, fair, and socially just relationships with those who harvest, process, and distribute food we consume at UCSC (see next page).

In the coming year we are looking to increase partnerships to support student food access and security as an important commitment for ensuring no UCSC Slugs go hungry. With the development of the UCSC Food Access and Security Working Group we will be working closely to advance new services, communication, and support for students at UCSC who live on or off the hill.

Stay up to date at casfs.ucsc.edu/farm-to-college/measure-43-initiative/index.html with M43 events, programs, and projects! If you're interested in further involvement in M43 efforts please feel free to contact Tim Galarneau at tgalarne@ucsc.edu or (831) 459-3248.

UC Global Food Initiative & Student Fellowships

Initiated in 2014 by UC president Janet Napolitano, the UC Global Food Initiative (GFI) uses the UC system's expertise in research, education, and outreach to improve the food system, both locally and around the world (ucop.edu/global-food-initiative). The GFI is addressing topics such as food security on UC campuses, agroecological practices, and resource conservation, as well as encouraging hands-on agricultural education, improving K–12 school food programs, and increasing the amount of locally produced, organic food available to the UC community. Student fellowships are also available through the GFI for both undergraduate and graduate students.

At UCSC, GFI efforts take place through a number of subcommittees on which CASFS and UCSC staff work with members of other UC campuses to pursue GFI's goals. Subcommittee topics include student food security, research on



The GFI subcommittee on CSA projects and farmers' markets is studying ways to improve access to fresh, local produce on UC campuses. UCSC offers a weekly farmstand (June–October), a weekly produce “pop up” during the academic year, and a CSA project for campus and community members. Pictured is intern Arianna Khieninson at the produce pop up.



UCSC FSWG Student Leaders, Adrian Warlick and E.J. Jones, prepare agua fresca for 300 high school students arriving on the CASFS Farm for the annual spring Food What!?! Strawberry BLAST.

sustainable agriculture, experiential learning, access to locally grown organic produce, campus food procurement, and K–12 dining options. With respect to bridging UCSC with high school age youth, CASFS partnered with Food What!?! to develop a toolkit highlighting resources and strategies for Universities to better support youth (high-school age) empowerment projects. ucop.edu/global-food-initiative/_files/food-what-final-toolkit.pdf

Student Fellowships through GFI

The Global Food Initiative offers a student fellowship program for undergraduates and graduate students to work on research projects or internships related to GFI efforts. Fellowships for the academic year are for \$4,000, with a spring quarter application deadline for the following academic year. Check out casfs.ucsc.edu/news-events/news/2018-gfi-fellows for FY 17-18 UCSC student fellow project details. For information on the FY 18-19 GFI fellowship please contact Tim Galarneau, tgalarne@ucsc.edu.

You can read more about the UC Global Food Initiative at casfs.ucsc.edu/research

The Real Food Calculator Project

In February 2012, Chancellor Blumenthal signed The Real Food Campus Commitment, pledging UC Santa Cruz to purchase food that not only truly nourishes but also acknowledges producers, consumers, communities, and the earth (see page 8).

The Real Food Calculator is a tracking system that works to increase UCSC Dining's purchases of "real food," a holistic term for a value-based food economy. Food purchases are classified as "real food" if they meet one of four categories:

- Local and community based: Food purchases can be tracked to locally owned and operated farmers and businesses. Food products travel fewer miles and support the local economy.
- Humane: Classification for animals that are raised in a stress-free environment, without hormones and unnecessary medication.
- Fair: Workers in all aspects of the food production system, including harvest, distribution, and food preparation, have access to safe conditions, a fair wage, and equal opportunity employment.
- Ecologically sound: Farmers and business owners run food production operations with sustainable practices such as renewable energy, alternative agriculture, and preserving natural resources.



The Real Food Calculator leadership at UCSC (left to right): Josh Martin (UCSC Dining Executive Chef), Tim Galarneau, Quincy Bowen, Nancy Yang, Ellen Stone, Arden Rosenthal. (not pictured: Aneshia Tolliver)

Purchase qualifications are then categorized into a Real Food criteria that works like a stoplight, using green, yellow, and red categories to track the amount of sustainable food on campus. The stoplight creates a visual representation of whether a food product meets the Real Food criteria. For example:



GREEN LIGHT: Meets the standard of real food

- Produced fewer than 150 miles away
- Independently owned businesses and farmers

YELLOW LIGHT: Counts as real food

- Produced fewer than 250 miles away
- 50% of ingredients must meet Real Food criteria

RED LIGHT: does not meet Real Food criteria

- Existing labor violations
- Disqualifying ingredients: high fructose corn syrup, caramel coloring
- Producer is known to be a Concentrated Animal Feeding Operation (CAFO)

The objective of the Real Food Calculator is to remove or replace non real food purchases (red) with real food (green).

The Real Food Calculator effort at UCSC also informs and engages meal plan holders, UCSC Dining administration and staff, and other stakeholders interested in sustainable procurement through partner events such as UCSC Dining's Annual Local and Organic Tasting Fair to quarterly workshops and real food coding parties!

This project is driven by the UCSC Food Systems Working Group's (FSWG's) partnership with UCSC Dining. If you would like to get involved by helping use the Real Food Calculator to assess dining hall items, increase engagement with meal plan holders, or if you have any feedback on the project, please contact Tim Galarneau at tgalarne@ucsc.edu with "Real Food Calculator" as the subject and "Like" the UCSC Food Systems Working Group Facebook page to follow our activities.



UC Santa Cruz *Dining*



“UCSC’s self-operated dining program is nationally recognized as a leader in sustainability, and this means plenty of local and organic selections available to you. The Central Coast offers outstanding fresh ingredients and our culinary team takes pride in using this ‘market basket’ in creative and innovative ways.

We encourage all Banana Slugs to socialize, study, and relax in our dining halls, cafés, and restaurants. We lovingly refer to all our locations as “the third place” (the first being the home, and the second being the work/academic areas). Third places are vital, in that they provide space to develop relationships, discuss ideas, and gain new perspectives. We’re very glad you chose to come to UCSC and will work hard to nourish you throughout your college experience.”

– William Prime, Director of UCSC Dining and Hospitality Service

Our Dining Halls

All five UCSC dining halls feature multiple serving stations, including a robust salad bar with organic offerings, vegetarian and vegan entrée options, rotating international specialty bars, classic favorites, and more. With our “all-you-care-to-enjoy” style dining, our guests are invited to roam from station to station and enjoy the variety. Our dining hall managers are always available to answer questions about ingredients, suppliers, and nutrition. Each dining hall has its own unique atmosphere and personality; try them all and discover your favorite!

Cowell/Stevenson

Located on the hill above the East Field, this dining hall features a fantastic view of the Monterey Bay, with outdoor patio dining available to capture the crisp ocean breezes. Open 7 days a week, including late night Sunday through Thursday.

Crown/Merrill

Serving the east side of campus, this dining hall boasts a 20-foot salad bar. Next door is Banana Joe’s, offering premium beverages, made-to-order menu selections, groceries, and convenient, natural foods to-go. Open weekdays.

Colleges Nine & Ten

Nestled in the redwoods near the academic campus core, this is our largest dining hall. Upstairs, you’ll find Terra Fresca Restaurant and Coffee Bar, a popular spot for students to meet with faculty. Service 7 days a week, including late night every night!

Porter/Kresge

Serving the west side of campus, this dining hall features a remodeled serving area made with natural, sustainable textures and surfaces. Come enjoy the patio, perched high on the hill overlooking the bay. Open weekdays.

Rachel Carson/Oakes

Located near the West Field House, this dining hall features incredible views of the hillsides of Santa Cruz. This is also the home of the UCSC Bakery Team, which supplies fresh-baked goods to all our locations. Open 7 days a week, including late night Sunday through Thursday.

A Leader in Sustainability

UCSC Dining continues to be a leader within College & University Food Service in the area of sustainable dining programs. We are the 4th largest dining operation in the UC System, and Food Management Magazine recognized us as the 34th largest dining operation in the country. As a large-scale operation, our choices influence and inspire the dining industry to continually innovate in the areas of sustainability and social responsibility.

Buy Fresh, Buy Local



UCSC was the first campus in the nation to become a “Buy Fresh, Buy Local” partner. We support local farmers and regional economies, and buy local foods as often as possible. Local foods consume fewer fossil fuels during transportation, since their farm-to-table journey is shorter.

We emphasize the significance of local and sustainable food on “Farm Fridays,” where our chefs create special dishes using local, organic, or ecologically sound ingredients. This strengthens our partnerships with local growers and ecologically responsible vendors. Connect with us on social media to see which dining hall is hosting Farm Friday on any given week! Instagram/Facebook/Twitter @ucscdining

(see more about UCSC Dining’s sustainability efforts on the next page)

Social Responsibility and Commitment to the Environment

UC Santa Cruz Dining recognizes the vital role we have in a sustainable food system. Our programs include:

- Supporting our campus community by purchasing organically grown produce from the UCSC Farm, run by the Center for Agroecology & Sustainable Food Systems.
- Serving 100% organic locally-roasted coffee, including beyond-fair-trade coffee from CAN (Community Agroecology Network; see page 10).
- Participating in food drives to support Second Harvest Food Bank.
- Acting as the community’s largest student employer, providing job experience and skills for 900+ student employees.
- Providing a living wage, full benefits, and professional development programs to our diverse body of food service workers.
- Purchasing fair trade and sustainable foods and goods whenever possible.
- Hosting our annual free Local & Organic Tasting Fair each April.
- Celebrating local foods via Food Day each October.
- Participating in Food Systems Working Group meetings and events, and Global Food Initiative collaborations such as Swipes for Slugs, which helps feed students in need.

UCSC DINING ACCOMPLISHMENTS

- 2017 Grade A on peta2’s Vegan Report Card
- 2015 Environmental Protection Agency Award for Waste Source Reduction
- 2014 Guinness World Record for World’s Longest Granola Bar
- 2012 Real Food Challenge Commitment
- 2012 Princeton Review Top 10 Cool Schools
- 2011 PETA’s #1 Vegetarian Friendly Campus in the Nation
- 2010 Plenty Magazine’s Greenest Cafeteria Award
- 2009 Regional Winner of the National Association of College & University Food Services Culinary Competition
- 2008 UCSC Chancellor’s Achievement Award for Diversity
- 2005-2018 Multiple Awards at the City of Santa Cruz Clam Chowder Cook-off annual fundraising event

Vegetarian/Vegan Options



Vegetarian and vegan foods generally require fewer resources (water, land, fertilizers) to produce, and are in high demand among our community. We offer plenty of veggies and meatless options at every location and during every meal period.

Our Real Food Commitment



UCSC Dining works actively with the Real Food Calculator team to assess our volume of Real Food purchases. “Real Food” is a holistic term for food that is sustainable, local, humane, and fair. Our goal is to achieve the highest percentage of Real Food purchases in the UC system: 40% Real Food by 2020. Our list of Real Food suppliers is constantly growing—some notable examples include local favorite Pacific Cookie Company, sustainable seafood supplier Real Good Fish, and local organic ice cream vendor Mission Hill Creamery.

Waste Reduction & Education



As part of a comprehensive sustainability program, educating our students about waste reduction is a prime focus of UCSC Dining. We highlight this environmental issue with the help of our Sustainability Intern and the campus Zero Waste Team.

We encourage our guests to sample foods in the dining halls before asking for a plateful. Our “trayless” dining style also encourages smaller portions, helping to reduce food waste that is caused “when one’s eyes are bigger than one’s stomach.” Our Sustainability Intern periodically conducts “Waste Buffets” at the dining halls, collecting and displaying the food waste generated by our guests, before it reaches the dish return. This creates a visually jarring display of food waste that encourages our guests to be mindful to ask only for as much food as they will realistically eat. Our efforts have also reduced our water consumption by over 1 million gallons per year.

Building awareness around recycling and composting has been extremely effective; in fact, in 2010 all

of the dining hall trash compactors were converted to solar-powered compost compactors. We simply have less and less trash in our facilities. Conducting our events with Zero Waste practices also limits the amount of trash sent to landfill. In 2015, UCSC Dining won the Environmental Protection Agency’s award for Waste Source Reduction!

Commitment to Quality

UCSC Dining prides itself on providing an excellent guest experience. Our talented and passionate culinary team participates in quarterly workshops to enhance their skills, keep up on the latest trends, and learn new cooking styles. The results are exciting menu offerings each quarter.

We believe a successful business is dependent on a healthy environment and we are actively working to show our responsibility to our greater community.



ALL UC SANTA CRUZ DINING LOCATIONS HAVE BEEN AWARDED THE GREEN BUSINESS CERTIFICATION BY THE CITY OF SANTA CRUZ.

Cafés and Restaurants

UCSC Dining also operates these excellent locations



Banana Joe's: Located near the Crown College fountain, this quick mart has everything you need, and is open late! Featuring a grill menu and a big selection of grab-and-go cooler items with plenty of snack options. This is the home of

our online grocery store, with a wide selection of natural and organic foods to stock your apartment kitchen, all with the flexibility of using your meal plan—see grocery.ucsc.edu. EBT accepted here!



Terra Fresca Restaurant & Coffee Bar: Located above the Colleges Nine & Ten Dining Hall, Terra Fresca serves fine California cuisine, specializing in local, organic, seasonal, and sustainable menus. Amidst the redwood trees, it's perfect for a special luncheon, business meeting or a relaxing meal with friends.



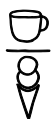
Perk Coffee Bars: With 3 locations in the academic campus core (Baskin Engineering, Earth & Marine Sciences, and the Physical Sciences Building), the Perk is a quick stop for organic espresso,

coffee, and tea, plus sandwiches, pastries, and snacks.



Owl's Nest Café: Located on the north end of Kresge College, this popular restaurant offers signature burgers, salads, sandwiches, rice bowls, fruit smoothies, and organic espresso drinks.

COLLEGE EIGHT CAFE



College Eight Café: Located across from the Rachel Carson/Oakes Dining Hall, this is the spot to grab a quick coffee or panini between classes. We proudly serve organic, local Mission Hill Creamery ice cream, made by RCC alumnus, Dave Kumec.



Oakes Café: Located downstairs beyond the Oakes academic buildings, this café is the perfect spot for a grilled chicken sandwich, famous breakfast burrito, charbroiled burger, or acai bowl. Late night hours make this a popular student hangout.



Stevenson Coffee House: A favorite spot for delicious sandwiches, soups, salads, and quiche. Features a full espresso bar and delicious home-baked goodies every day (like our famous Fudgies!).

UC SANTA CRUZ CATERING

UCSC Catering: Let the talented staff at UCSC Catering make your event spectacular and delicious! From small meetings to large-scale events, we promise convenience, sustainable practices, and competitive prices. When you choose UCSC Catering, you're supporting the large team of students we employ!

Students with a "55 Meals" plan can use Meal Equivalencies at UCSC Dining operated locations. FLEXI Dollars are accepted at all locations, including independent on-campus eateries.

Explore UCSC's Other Cafés and Restaurants

The following locations are not managed by UCSC Dining. Please contact each location directly with any questions you may have.

- **Vivas Mexican Restaurant,** located at Merrill College, prides itself on using only the freshest natural and organic ingredients, grown in California.

- **Terry Freitas Café,** located at Colleges Nine & Ten, is a non-profit student-run café and lounge dedicated to providing a platform for discussion and change.

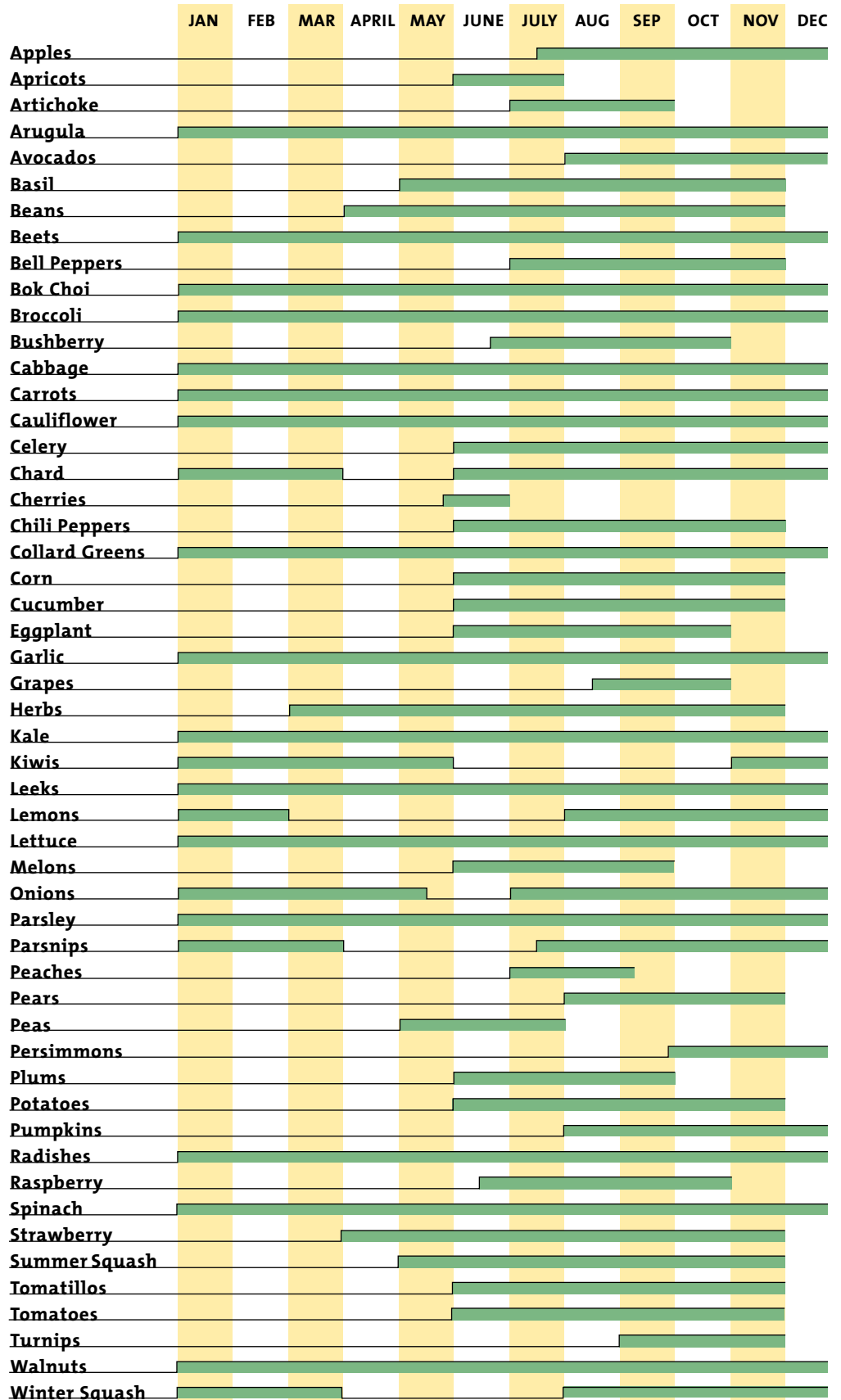
- **The Kresge Co-op** is a non-profit student-run food store where everyone is welcome to shop. Become a member and receive discounts. EBT accepted here!

- **Bowls by Cafe Brasil** located at Porter College, offers a variety of lunch bowls and juices.

- **The Global Village Café** at McHenry Library offers a full coffee bar along with juices, salads, sandwiches, and baked goods.

- **Iveta Café,** located in the Quarry Plaza, offers breakfast, lunch, and dinner, with organic options, grass-fed meats, and a full espresso bar.

- **The Bay Tree Express Store,** located in the Quarry Plaza, offers fresh lunch options in their cold case, as well as convenient snacks, cold drinks, pastries, tea, and coffee.



Get Academic Credit Studying the Food System

Courses (2018–19)

ANTHROPOLOGY (ANTH)

- **110F** Evolution of Human Diet
- **110I** Cultures of Sustainability
- **110X** Feeding California
- **129** Other Globalizations: Cultures and Histories of Interconnection
- **146** Anthropology and the Environment
- **174** Origin of Complex Societies
- **179** Slavery in the Atlantic World
- **194U** Environmental Anthropology: Nature, Culture, Politics

RACHEL CARSON COLLEGE (RCC)

- **55** Service Learning Practicum
- **56** Media Internships for Sustainability
- **61/161** Education for Sustainable Living Program
- **90** Rachel Carson College Garden Internship
- **151A** Sustainability Praxis in the Built Environment
- **151B** Tools of the Trade for Sustainability Analysis
- **151C** Sustainability Laboratory Tools, Techniques, and Applications
- **150C** Green Enterprise and Social Entrepreneurship
- **155/162** Sustainability Internship/ Internship Practicum

COLLEGE NINE (CLNI)

- **70** Colleges 9 & 10 Community Garden
- **105** Researching Food Sovereignty

COLLEGE TEN (CLTE)

- **105** The Making and Influencing of Environmental Policy
- **110/110B** Service Learning

ENGINEERING (EE)

- **80S** Sustainability Engineering and Practice

ENVIRONMENTAL STUDIES (ENVS)

- **80B** Ecological Forecast for Global Warming

Step 1 Look at courses you could take to build your understanding and level of awareness of issues that are important to you.

Step 2 Learn how to make these classes count toward your major.

Step 3 Enroll in the classes you are interested in by visiting my.ucsc.edu during your time to add courses.

- **130A/L** Agroecology and Sustainable Agriculture/Lab
- **130B** Principles of Sustainable Agriculture
- **130C** Field Experiences in Agroecology and Sustainable Food
- **133** Agroecology Practicum
- **143** Sustainable Development
- **147** Environmental Inequality/ Environmental Injustice
- **149** Environmental Law & Policy
- **151** Environmental Assessment
- **161/L** Soils and Plant Nutrition/Lab
- **163/L** Plant Disease Ecology/Lab

- **164** Soil Ecology Practicum
- **170** Agriculture and Climate Change

LATIN AMERICAN & LATINO STUDIES (LALS)

- **5** Intro to Human Rights and Social Justice
- **30** Social Movements in Latin America
- **80F** Latinos in the U.S.
- **112** Immigration and Assimilation
- **152** Consumer Cultures between the Americas
- **175** Migration, Gender, and Health
- **194B** Global Migrations and Displacement

OAKES

- **67/167** The Politics of Food: Labor and Social Justice

SOCIOLOGY (SOCY)

- **152** Body and Society
- **168** Social Justice
- **172** Sociology of Social Movements
- **178** Sociology of Social Problems

Look for additional Sociology courses in Fall Quarter

Environmental Studies (ENVS) Internship Program

Internships are another great way to get academic credit for studying about and participating in the food system. The Environmental Studies Internship Office currently has dozens of internships available on campus. These positions include the Stevenson Garden, Chadwick Garden, UCSC Farm, research projects with the Shennan Lab, the Life Lab program, the FoodWhat?! youth empowerment program, and the Education for Sustainable Living Program (ESLP; see page 24). Off-campus internship opportunities are even more abundant. We have an intern relationship with numerous farms in Santa Cruz County. You will also find interns at the Santa Cruz Farmers' Markets, the Homeless Garden Project, Christiansen Associates Gardens and Design, Food Chain Radio show, and at public school Life Lab programs.

All of our internships can be done for credit (or you can also volunteer). These internships can satisfy upper division, lower division, and exit requirement class work. They represent the best of experiential education: taking your classroom knowledge out into the field and making a difference. Get involved now. Our office is in ISB 491, or email Chris Krohn at ckrohn@ucsc.edu or esintern@ucsc.edu.

Get Academic Credit ACADEMIC YEAR 2018-2019 for Hands-on Opportunities

Center for Agroecology & Sustainable Food Systems Farming and Gardening Internships

ENVS 83, 84, 183, 183B, 184

Two- and five-credit internships at the UCSC Farm or the Alan Chadwick Garden near Merrill College. Activities include field and garden scale food production, research, and education.

CONTACT: Damian Parr, (831) 359-8710, dmparr@ucsc.edu, Chris Krohn (831) 459-2104, ckrohn@ucsc.edu or esintern@ucsc.edu

Agroecology Practicum ENVS 133 Winter & Spring 2019

Lectures and demonstrations are combined with field applications to give students direct experience and knowledge of sustainable agriculture practices and principles. Emphasis is on small-farm systems. Enrollment limited.

CONTACT: Katie Monsen, kmonsens@ucsc.edu, Damian Parr, dmparr@ucsc.edu

Rachel Carson College Sustainability Minor Pilot Program

Rachel Carson College's Sustainability Studies minor is designed for students who want to work in the sustainability field, pursue green entrepreneurship and startups, and become agents of the change needed to protect the environment in an equitable and effective way. The Sustainability Studies minor offers a model for new college-based undergraduate curricula and pedagogies and emphasizes



A Life Lab intern leads a field trip in the Garden Classroom at the UCSC Farm.

the central academic role of UCSC's college system on the campus. The minor is highly interdisciplinary, and open to all UCSC students. For information and enrollment details, please see rachelcarson.ucsc.edu/academics/Minor/Index.html or contact the Academic Coordinator for the minor via the College Advising Office at carsonad@ucsc.edu

Internships in College Gardens Rachel Carson College, Kresge Garden, Stevenson Garden, and Colleges 9 & 10 Garden

College Affiliate Course or ENVS 83 Credit Fall, Winter, Spring 2018-19

Learn and practice ecological horticulture at our many College Garden sites and the Program in Community & Agroecology (PICA). Time in this two-unit Environmental Studies internship is split between weekly group lessons and direct field experience at an on-campus garden of your choice.

CONTACT: Blake Redding, bredding@ucsc.edu; Chris Krohn, ckrohn@ucsc.edu or esintern@ucsc.edu (see more on page 22)

Life Lab Garden Classroom Internships

ENVS 83, 84, 183, 184, 183B

Teach garden-based science, nutrition, and sustainable agriculture concepts to local school groups (preschool-6th). Interns receive training in: garden-based environmental education, working with children, games, activities, and much more! Internships available Fall, Winter, and Spring quarters.

CONTACT: Amy Carlson, 459-4035, amy@lifelab.org, lifelab.org

Education for Sustainable Living Program (ESLP) Action Research Teams (ARTs)

CLEI 61 and 161

Two-credit CRAFTs (CLEI 61) attend guest lectures and discussions, five-credits ARTs also choose one of many sections, such as: Campus Gardens, Food Systems, Composting, and Gardening for Health. Meets Spring quarter. Train in the Winter quarter to facilitate a 2- or 5-unit section in the spring course!

CONTACT: eslp@ucsc.edu, eslp.enviroslug.org

2018 Harvest Festival

Sunday, September 30, 11 am – 5 pm, UCSC CASFS Farm

Don't miss our annual UCSC Farm celebration! Great music, food, apple tasting, apple pie bake-off, garden talks, hay rides, kids' events, tours, displays by campus and community groups, and an all-around good time. See casfs.ucsc.edu for details.

Free for Friends of the Farm & Garden members and kids 12 and under; **FREE** for UCSC students with current student ID; \$5 general public. For volunteering and tabling opportunities, please contact us at tgalarne@ucsc.edu, or call (831) 459-3248.

The Harvest Festival is supported in part by Measure 43 funding (read more about Measure 43 on page 8)



Harvest Festival and More!

Local & Organic Tasting Fair



Held around Earth Week in April 2019, date and time to be finalized, so stay tuned for details!

UCSC Dining hosts its annual **Local and Organic Tasting Fair** for the greater UCSC community during Earth Week. Stop by for the opportunity to taste free samples with our local and organic vendors for our dining halls and retail locations on campus. The event welcomes everyone and is completely free so make sure to bring your friends and family along.

For more information check out dining's website at dining.ucsc.edu



Strawberry & Justice Festival

May 23, 2019, 4 – 6 pm, CASFS Hay Barn

The Strawberry and Justice Festival is an annual festival in the month of May at the CASFS Hay Barn. It is a **FREE** campus and community event with a focus on good food, fun, and education!

The event includes a panel discussion of social justice and environmental topics related to strawberry production, live music, and more! Come enjoy free organic strawberry treats and drinks while you learn more about the issues regarding labor and environmental impacts surrounding one of the most economically important crops grown in our region.



Fresh, organic strawberries and whipped cream are served yearly at the Strawberry & Justice festival.



Farmers' Markets in Santa Cruz County

Support your local growers and more importantly eat with the seasons. Shopping at our campus and community farmers' markets ensures that new farmers are trained and that family farms stay in business and continue to farm local lands.

The UCSC Farm & Garden Market Cart and the Organic Pop-Up

On Fridays from early June through late October, apprentices from the UCSC Farm & Garden sell fresh produce and beautiful flower bouquets at the **Market Cart**, located at base of the UCSC campus (corner of Bay & High Streets). Now accepting EBT/SNAP credit! From October through June UCSC students run the **Organic Pop-Up** located in the Quarry Plaza. Check casfs.ucsc.edu or follow UCSC Produce Pop Up on Facebook for more info and an up-to-date schedule.

Market Cart sales support the Apprenticeship training program, a six-month, full-time course in organic farming and gardening offered through the Center for Agroecology and Sustainable Food Systems (CASFS; see page 30). For information, call (831) 459-3240, email casfs@ucsc.edu or see casfs.ucsc.edu.

See santacruzfarmersmarket.org for details on the Live Oak, Felton, Downtown Santa Cruz, Scotts Valley, and Westside farmers' markets.

Your Neighborhood Farmers' Markets

Sunday:

Live Oak

9:00 am–1:00 pm, Year-round
East Cliff Drive at 14th Street
Santa Cruz, CA 95062
(831) 454-0566

Tuesday:

Felton

2:30–6:30 pm, May–October
Hwy 9 at Russel Ave (St. John's church)
Felton, CA 95018
(831) 566-7159

Wednesday:

Downtown Santa Cruz

Fall/winter: 1-5pm; spring/summer:
1:00–6:00 pm
Lincoln Street at Cedar Street
Santa Cruz, CA 95060
(831) 454-0566

Friday:

Watsonville

3:00–7:00 pm, Year-round
Peck Street at Main Street
Watsonville, CA 95076
(831) 234-9511

Saturday:

Aptos—Cabrillo College

8:00 am–noon, Year-round
Cabrillo College
6500 Soquel Drive
Aptos, CA 95003
(831) 728-5060

montereybayfarmers.org

Scotts Valley

9:00 am–1:00 pm, May 5–Nov. 17
360 Kings Village Drive
Scotts Valley, CA 95060
(831) 454-0566

Westside Santa Cruz

9:00 am–1:00 pm, Year-round
Western Drive at Mission Street
Santa Cruz, CA 95060
(831) 454-0566

The Market Match Program is available at the Live Oak and Felton markets and offers farmers' market customers with CalFresh (EBT/SNAP) cards a dollar-for-dollar match up to ten dollars; these matching dollars can be used to purchase fresh vegetables and fruits only. The UCSC Produce Pop Up also offers Market Match at its weekly market stand on campus.

Community Organizations & Programs

California Certified Organic Farmers (CCOF)



2155 Delaware Avenue
Suite 150
Santa Cruz, CA 95060
(831) 423-2263
ccof.org

CCOF is a full-service organic certification agency and trade association passionate about certifying, educating, advocating, and promoting organic. Founded in 1973, CCOF remains the largest and one of the oldest organic certifiers in North America with over 2,700 certified members: farmers, processors, ranchers, retailers, and others.

CCOF believes that buying organic is a direct investment in the future of the planet and works to grow the organic market and its members' businesses by educating consumers and advocating at the state and national policy level. For more information, visit www.ccof.org.

California FarmLink

CA FarmLink Central Coast Office
335 Spreckels Dr.
Aptos, CA 95003

californiafarmlink.org

Established in 1999, California FarmLink supports beginning, limited-resource, immigrant and other underserved farmers statewide. FarmLink was certified as a Community Development Financial Institution (CDFI) in 2013 - one of the first agricultural CDFIs in the

nation focused on serving small farmers. Our partnerships with farmer training programs, government agencies, impact investors, and other nonprofits help farmers learn and improve business management, obtain financing, and secure land tenure.

FarmLink provides access to land and capital to build a diverse and sustainable farming community that includes women, people of color, immigrants, young and old, who are consistently under-resourced and under-capitalized. These farmers are the future of a healthy, regionalized food system.



Volunteer & Internship Opportunities

FarmLink offers internships to students with experience in agriculture or related fields. Intern tasks have included:

- Working with realtors, county assessors, agricultural commissioners, the web and classified ads to seek new land opportunities for aspiring farmers.
- Assisting with workshop development.
- Media outreach.
- Developing technical assistance materials (handouts and brochures) and translating these materials into Spanish.

Contact us at info@cafarmlink.org to get involved!

Community Bridges Meals on Wheels



1777-A Capitola Road
Santa Cruz, CA 95062
(831) 464-3180

communitybridges.org/mealson-wheels/

CONTACT: Lisa Berkowitz, Program Director

EMAIL: Lisab@cbridges.org

Meals on Wheels for Santa Cruz County enhances the lives of older adults by offering quality meals, nutrition education, and caring human contact. Meals are delivered to homes and served at senior dining centers, which are located in Live Oak, Ben Lomond, Santa Cruz, and Watsonville. The centers offer a daily hot meal to adults 60 years of age and older.



Volunteer & Internship Opportunities

We rely on the generous support of hundreds of Santa Cruz volunteers to help deliver meals to homebound seniors and to serve in our dining centers. Please join us!

Contact Volunteer Recruitment
(831) 688-8840.

Homeless Garden Project



PO Box 617
 Santa Cruz, CA 95061
 (831) 426-3609 office
 (831) 423-1020 farm
**homelessgardenproj-
 ect.org**

CONTACT: Justin Wright, Volunteer Coordinator

EMAIL: justinw@homelessgarden-project.org

The Homeless Garden Project teaches the principles of ecological sustainability and cultivates community by bringing together people from all walks of life in the beauty and serenity of our 3.5 acre certified organic farm. We also offer transitional employment, job training, and support services to people who are experiencing homelessness through our farm-based enterprises. This year, we are proud to announce that we will be accepting EBT at our Farm Stand. The farm is located on Shaffer Road, off Delaware Ave, and operates Tuesday–Friday, 10am–2pm, & Saturday-Sunday 10am-4pm.



Volunteer & Internship Opportunities

We always welcome volunteers and interns. There's plenty of work at the farm on various tasks, including preparing beds, weeding, planting, and harvesting. Other opportunities include preparing and/or staffing special events, photography, nutritional cooking at our farm kitchen, graphic arts, data entry, administration, and assisting in fundraising. Internships are generally 10–15 hours a week, there are no limits on volunteer hours.

La Manzana Community Resources/Nutrition Programs



521 Main Street,
 Watsonville, Ca 95076
 (831) 724-2997

communitybridges.org/lmcr/

EMAIL: info@cbridges.org

La Manzana Community Resources (LMCR) is a part of the non-profit organization Community Bridges, which seeks to foster economic independence and address social inequities in the Latino community. LMCR consists of a drop-in center, Adelante, a Learning Center, and Nutrition Programs including Latino 5 A Day and the Power Play Program.

Our Nutrition Programs work with Food Stamp-eligible families in the Central Coast (Santa Cruz, Monterey, and San Benito Counties) and provide nutrition education to combat the burgeoning rates of obesity in low-income communities and the resultant chronic diseases such as diabetes. Internships are available within the Nutrition Programs.



Volunteer & Internship Opportunities

Opportunities for interns include outreach to community-based



organizations, youth organizations, retail markets, and the media to educate the community about the importance of eating fruits and vegetables and exercising daily as a means to prevent overweight and obesity. A flexible schedule is necessary, as an intern may find him/herself attending fairs and festivals on the weekends. Bi-lingual, bi-cultural students are especially encouraged to apply. An intern can expect to work anywhere from 10–30 hours a week depending on availability and the Nutrition Program selected.

Central Coast School Food Alliance (CCSFA)/Farm to School Network

(831) 359-8861

cafarmtoschool.org

CONTACT: Tim Galarneau

EMAIL: tgalarne@ucsc.edu

CCSFA is a collaborative initiative started in February 2010 to serve our kids fresh and wholesome food at schools within the tri-county region of Santa Cruz, San Benito, and Monterey Counties. We imagine a food system where young people will thrive with access to nutritious



foods in an active community working together to bring about healthy change.

CCSFA's goals include providing the education and nutrition needed to ensure every child the opportunity to grow up healthy and successful, and creating school food programs that focus on healthy, fresh, culturally appropriate meals. We serve as the Central Coast lead for the CA Farm to School Network.



Volunteer & Internship Opportunities

UCSC students can get academic credit to intern and work on regional school food efforts. Build your skills, deepen connections, and be part of creating a healthy school environment for children. For volunteer and internship opportunities contact Tim Galarneau (see above).

Second Harvest Food Bank Santa Cruz County



800 Ohlone Parkway
Watsonville, CA 95076
(831) 722-7110

thefoodbank.org

Second Harvest Food Bank Santa Cruz County provides food to 54,000 people a month through a network of food pantries, soup kitchens, homeless shelters, and other programs and non-profits. Second Harvest staff is a leader in healthy food provision (more than 60% of food distributed is fresh produce), outreach programs to educate and activate the public around community hunger and food insecurity

issues, bilingual nutrition education programs to ensure clients have the information they need to make healthy choices, and bilingual Cal-Fresh (SNAP) outreach and application assistance. We are also involved with advocacy for improved hunger and nutrition policies.

Those needing food should call the Community Food Hotline: (831) 662-0991

For information on year-round food drives and special events, contact Bly Morales (831) 722-7110 ext 226, bly@thefoodbank.org

For updates on hunger and nutrition policy efforts, contact Joel Campos at (831) 722-7110 ext 222, joel@thefoodbank.org



Volunteer & Internship Opportunities

Help is needed with food sorts, food drives, work on the Community Food Hotline, bilingual nutrition education and outreach, policy advocacy, data/evaluation project, office work, etc. For opportunities, call our director of Volunteer and Community Engagement, Bly Morales at (831) 498-4115, bly@thefoodbank.org.

United Way of Santa Cruz County



Go For Health!
4450 Capitola Rd, Ste 106
Capitola, CA 95062
(831) 465-2207

unitedwaysc.org

CONTACT: Corinne Hyland

EMAIL: corinne.hyland@santacruz-county.us

Go for Health! is a collaborative of over 150 agencies addressing obesity in Santa Cruz County and working in partnership for improving health and wellness.

Go For Health!'s vision is a thriving and equitable community that supports a healthy lifestyle.



Volunteer & Internship Opportunities

Go for Health and its partners are looking for motivated interns for moving the health and wellness agenda forward. Activities will include policy advocacy, community building, event planning, and research and implementation of Go For Health objectives.



The Apprenticeship in Ecological Horticulture at the UCSC Farm & Garden

The Apprenticeship in Ecological Horticulture provides training in the concepts and practices of organic gardening and small-scale farming. This annual, full-time residential program is based at the 30-acre CASFS/UCSC Farm and 3-acre Alan Chadwick Garden, and is managed by the Center for Agroecology & Sustainable Food Systems (CASFS). The training program offers 300 hours of classroom instruction and 700 hours of in-field training and hands-on experience in the greenhouses, gardens, orchards, and fields.

Over the years, many UCSC students have taken part in the Apprenticeship, usually following graduation or during a break in their undergraduate work. Some apprentices who are also enrolled as UCSC students have arranged for UCSC course credit by setting up independent studies with a faculty sponsor. Note, however, that this may involve having to pay both UCSC fees and the Apprenticeship program's course fees in order to qualify for UCSC undergraduate course credits.

Topics covered during the six-month course include soil management, composting, pest control, crop planning, irrigation, farm equipment, marketing techniques, Community Supported Agriculture (CSA) prac-



Apprenticeship course members gathering materials for composting at the Alan Chadwick Garden.



Scott Fleeman (right) and Lucas Hill in the hoophouses at the UCSC Farm. Scott graduated from UCSC and returned to take part in the Apprenticeship.

tices, farm labor issues, food policy, equity and access within the food system.

Program graduates have established their own commercial farms and market gardens, developed farm- and garden-based educational programs, run urban garden programs, and more. You can read more about Apprenticeship alumni's work at casfs.ucsc.edu/apprenticeship/graduates-at-work.html.

If you're interested in applying

Aspiring organic farmers, gardeners, and food system activists are invited to apply for the 2019 Apprenticeship. The upcoming six-month program runs from April 8 through October 11, 2019. Scholarship support at different levels is available, including the Food Justice and Equity Scholarship, along with the Matthew Raiford Scholarship for veterans, and the Simply Organic annual scholarship. AmeriCorps funding can also be used to cover course fees. On-site housing is provided. The Apprenticeship is open to all participants 21 years or older, regardless of educational background.

Program information, application materials, details on scholarship support, and a list of dates for upcoming orientation tours are avail-

able online at casfs.ucsc.edu/apprenticeship. Application deadlines for the 2019 program are August 15, 2018 for international applicants, and September 30, 2018 for U.S. applicant.

For more information about the Apprenticeship, please contact the Center for Agroecology & Sustainable Food Systems at 831.459-3240, or at casfs@ucsc.edu. Learn more about CASFS at casfs.ucsc.edu.

Retailers, Restaurants & Cafés in Santa Cruz

Retailers

El Salchichero

402 Ingalls Street
Santa Cruz, CA 95060
(831) 423-6328 | \$\$\$

Food Bin

1130 Mission Street
Santa Cruz, CA 95060
(831) 423-5526 | \$

Grocery Outlet

120 Morrissey Blvd
Santa Cruz, CA 95062
(831) 425-6533 | \$

New Leaf Community Markets

1210 41st Avenue
Capitola, CA 95010
(831) 479-7987

1134 Pacific Avenue
Santa Cruz, CA 95060
(831) 425-1793

1101 Fair Ave
Santa Cruz, CA 95060
(831) 426-1306 | \$\$-\$\$\$

Shopper's Corner

622 Soquel Avenue
Santa Cruz, CA 95062
(831) 429-1804 | \$\$

Staff of Life Natural Foods Market

1266 Soquel Avenue
Santa Cruz, CA 95062
(831) 423-8632 | \$\$



Wild Roots Markets (formerly New Leaf)

13159 Hwy 9
Boulder Creek, CA 95006
(831) 338-7211

6240 Highway 9
Felton, CA 95018
(831) 335-7322 | \$\$-\$\$\$

Restaurants/Cafés

Bantam

1010 Fair Ave.
Santa Cruz, CA 95060
(831) 420-0101
Pizza, salads, local, organic | \$\$\$

burger.

1520 Mission Street
Santa Cruz, CA 95060
831-425-5300
Burgers/salads/pizza/beer | \$\$

The Buttery

702 Soquel Avenue
Santa Cruz, CA 95060
831-458-3020
Bakery/deli | \$\$

Café Brasil

1410 Mission Street
Santa Cruz, CA 95060
(831) 429-1855
Brazilian | \$\$

Café Gratitude

103 Lincoln Street
Santa Cruz, CA 95060
(831) 427-9583
Vegan | \$\$

Charlie Hong Kong

1141 Soquel Avenue
Santa Cruz, CA 95062
(831) 471-2609
Asian street food | \$

Companion Bakeshop

2341 Mission Street
Santa Cruz, CA 95060
(831) 252-2253
Organic bakery, local products, organic coffee | \$\$

Dharma's

4250 Capitola Road
Capitola, CA 95010
(831) 464-8638
Organic vegetarian | \$\$

Discretion Brewing

2703 41st Ave
 Soquel, CA 95073
 (831) 316-0662
Organic beer and farm-to-table food | \$\$

East End Tap Gastropub

1501 41st Ave
 Capitola, CA 95010
 (831) 475-8010
Brewpub and dining
 \$\$-\$\$\$

Engfer's Pizza Works

537 Seabright Ave
 Santa Cruz, CA 95062
 (831) 429-1856
*Organic
 Gluten-free pizza available* | \$\$

Geisha Sushi

200 Monterey Ave, Ste. 3
 Capitola, CA 95010
 (831) 464-3328
Japanese | \$\$

India Joze

418 Front Street
 Santa Cruz, CA 95060
 (831) 325-3633
*Pan Asian/California
 fresh fusion* | \$\$

Kelly's French Bakery

402 Ingall's Street
 Santa Cruz, CA 95060
 (831) 423-9059
Café/bakery/deli | \$\$

Laili Restaurant

101B Cooper Street
 Santa Cruz, CA 95060
 (831) 423-4545
Silk Road cuisine | \$\$

Malabar Café

514 Front Street
 Santa Cruz, CA 95060
 (831) 458-3023
Sri Lankan/vegetarian
 \$\$-\$\$\$

Michael's on Main

2591 Main Street
 Soquel, CA 95073
 (831) 479-9777
New American | \$\$-\$\$\$

Mobo Sushi

105 S. River Street
 Santa Cruz, CA
 (831) 425-1700
*Japanese/California
 sushi* \$\$-\$\$\$

Penny Ice Creamery

913 Cedar Street
 Santa Cruz, CA 95060 &
 820 41st Ave.
 Santa Cruz, CA 95062
Organic ice cream
 (831) 204-2523 | \$-\$\$

Pizzeria Avanti

1711 Mission Street
 Santa Cruz, CA 95060
 (831) 425-1807
Pizza, salads, and more!
 \$-\$\$

Planet Fresh

1003 Cedar Street
 Santa Cruz, CA 95060
 (831) 423-9799
*World wraps/
 multicultural burritos*
 \$

Ristorante Avanti

1917 Mission Street
 Santa Cruz, CA 95060
 (831) 427-0135
Cal/Mediterranean
 \$\$-\$\$\$

River Café

415 River Street
 Santa Cruz, CA 95060
 (831) 420-1280
Café/specialty/catering
 \$\$

Rosie McCann's

1220 Pacific Avenue
 Santa Cruz, CA
 (831) 426-9930
Irish Pub & Restaurant
 \$\$

Sabieng Thai Cuisine

1218 Mission Street
 Santa Cruz, CA
 831-425-1020
Thai | \$\$

Santa Cruz Mountain Brewing

402 Ingalls Street # 27
 Santa Cruz, CA 95060
 (831) 425-4900
Organic brewpub | \$\$

Saturn Café

145 Laurel Street
 Santa Cruz, CA 95060
 (831) 429-8505
 \$\$

Seabright Brewery

519 Seabright Avenue
 Santa Cruz, CA
 (831) 426-2739
Brewpub/American | \$\$

Soif Wine Bar

105 Walnut Avenue
 Santa Cruz, CA 95060
 (831) 423-2020
Small plates | \$\$\$

Sala Thai

353 Soquel Avenue
 Santa Cruz, CA
 (831) 426-1214
Thai | \$\$

The Abbey

350 Mission Street
 Santa Cruz, CA 95060
 (831) 429-1058
Coffee, snacks | \$-\$\$

The Picnic Basket

125 Beach Street
 Santa Cruz, CA 95060
 (831) 427-9946
Sandwiches, salads, etc.
 \$-\$\$

Tramonti

528 Seabright Ave
 Santa Cruz, CA 95062
 (831) 426-7248
Italian | \$\$

Walnut Avenue Café

106 Walnut Avenue
 Santa Cruz, CA 95060
 (831) 457-2307
American diner | \$\$

West End Tap and Kitchen

334D Ingalls Avenue
 Santa Cruz, CA 95060
 (831) 471-8115
Brewpub and dining | \$\$

Verve

1540 Pacific Avenue
 Santa Cruz, CA 95060
 (831) 600-7784
 Also 41st Ave and
 Bronson Street locations
Coffee, snacks | \$-\$\$

Vasili's

1501 Mission Street
 Santa Cruz, CA
 (831) 458-9808
Greek | \$\$

Zachary's

819 Pacific Avenue
 Santa Cruz, CA
 (831) 427-0646
American | \$\$

Sustainable Seafood at UCSC

Humans have been fishing for thousands of years, but in the last few decades we have created technologies that have allowed us to fish deeper, farther offshore, and more efficiently than ever. As a result, commercial fishing has caused dramatic fluctuations in fish populations that could lead to a total collapse in their numbers and thus damage the entire ocean ecosystem. As the demand for seafood continues to increase, the only solution to prevent the destruction of the oceanic environment is sustainable seafood.

What is sustainable seafood?

Seafood that is fished or farmed in a manner that does not jeopardize the long-term structure and function of that ecosystem.

How is our seafood caught today?

Seafood is either wild caught or farmed.

Farmed seafood is from aquaculture, the process of breeding, raising, and harvesting fish or shellfish in ponds, lakes, rivers, or the ocean. Half of the seafood currently eaten worldwide is farmed.

Wild caught seafood comes from commercial fisheries that use fishing methods such as purse seining, bottom trawling, long lining, and gillnetting. Some of these methods result in significant bycatch and other environmental damage



How does seafood production damage the environment?

Overfishing: To fish a body of water to an extent that it upsets the ecological balance of the ecosystem. It is reported that 75% of fisheries are fishing at or over capacity.

Bycatch: Accidentally capturing non-target species while fishing for a specific species. Fishing techniques can result in bycatch (and often death) of numerous non-target fish species, along with sea turtles, dolphins, sea otters, sharks, sea birds, etc.

Disruption of the natural ecosystem: Scientific research has found that bottom trawling is one of the most destructive types of fishing, as nets dragged along the ocean floor kill vast amounts of corals, fish, sponges, etc. Killing essential species of an ecosystem, such as coral, destroys entire habitats for other species

Particle run-off: Aquaculture farms can generate various pollutants, including chemicals, pharmaceuticals, and runoff high in nutrients that affect surrounding environments

and change their natural biochemical balance.

What can I do to help?

Eat lower on the food chain. Species that are plentiful and lower on the food chain are able to reproduce quickly and sustain their populations. Lower food chain seafood includes sardines, anchovies, mussels, and wild salmon.

Learn about where your food comes from. One of the most effective ways to combat unsustainable and destructive fishing and farming methods is to become familiar with where and how your seafood was harvested, and then make sustainable choices. Today, this can be easily accomplished through eco-labels and guides, which are designed to help us make informed choices about supporting sustainable food sources.

Ask restaurants and supermarkets to provide sustainably sourced seafood. As consumers, we have the right to consume food that does not harm the people and the planet. Ask businesses to serve ecologically sound seafood and buy it when you can. You also support direct sea to table businesses like Ocean 2 Table, founded by UCSC FSWG alumnus, Charlie Lambert, at: www.getocean2table.com

More information on sustainable seafood at these websites: montereybayaquarium.org, fishwatch.gov, and mdc.org

The Cowell Ranch Hay Barn

New Headquarters for the Center for Agroecology & Sustainable Food Systems



Apprenticeship graduate Robert DuBois describes new crop planning software for diversified organic growers at one of the Farm & Garden's 50th Anniversary events in the Hay Barn.

The Hay Barn serves as the new headquarters for the Center for Agroecology & Sustainable Food Systems (CASFS), providing a spacious, inviting facility for student events, concerts, classes, and more. It is located on Ranch View Road, perched on the hill just inside the main entrance to campus and adjacent to the 30-acre UCSC/CASFS Farm.

Built in the late 1860s as part of the Henry Cowell Ranch operations, the Hay Barn had recently fallen into



disrepair. A generous gift from the Helen and Will Webster Foundation supported a complete repurposing of the historic structure: it was carefully dismantled in the spring of 2014 and rebuilt using the original mortise and tenon timber framing techniques, and incorporating many of the original materials.

The Hay Barn re-opened in spring of 2016 and now houses an office area, a small kitchen, a conference room, and a "main hall" with space for groups of up to 250 (seated) or 325 (standing). In the summer of 2017, a series of interpretive displays was added to the Hay Barn to coincide with the CASFS Farm & Garden's 50th anniversary. They include information on the history of campus land use, organizations headquartered on the South Campus, and agroecology and food systems concepts and

educational opportunities offered through CASFS.

This beautiful and dramatic signature building has already won numerous design awards, including the prestigious Society of College and University Planning's Excellence in Architecture Award, and most recently the California Preservation Foundation Award in the "rehabilitation" category.

Both the Hay Barn and the Ocean View Field on the adjacent UCSC Farm are available for use by UCSC student groups, campus organizations, and the public. For information on reserving or renting the Hay Barn, or to arrange a visit, contact Heidi Harris at 831-459-3762 or hharris2@ucsc.edu. Read more about the Hay Barn at cowellhaybarn.ucsc.edu.



The Food Systems Working Group hosts a 2017 winter mixer in the Hay Barn.



Welcome to the Campus Gardens!

UC Santa Cruz students have been at the forefront of the organic gardening and farming movement for more nearly 50 years (see page 3). Now there are even more chances for students to get involved in gardening, farming, and food system activities at UCSC thanks to the growing number of campus gardens and support for student activities provided by Measure 43 (see pages 8 and 15) and the Global Food Initiative. If you're interested in developing new skills, connecting with other students, and finding out more about garden- and farm-based internships and classes, this guide will help you learn more about the many opportunities available.

Internship Opportunities

There are abundant opportunities for internships at farms and gardens at UCSC and in the surrounding community. Look through the guide for on-campus opportunities, or visit the Environmental Studies Internship Office, located in ISB 491, for information on enriching hands-on based learning internships. You can contact the internship office by sending an email to Chris Krohn, ckrohn@ucsc.edu, calling **(831) 459-2104**, or see envs.ucsc.edu/internships/



Alan Chadwick Garden



Chadwick Garden manager Orin Martin

How to find it

Located below Merrill College, the garden is visible above McLaughlin Drive, across the street from Stevenson College.

History

The Student Garden Project began in 1967, soon after UCSC was founded. Alan Chadwick, an English horticulturalist, established the garden and implemented a gardening style that combined the French Intensive and Biodynamic methods. These organic gardening practices rapidly improved the soil's fertility and crop yields, and students began flocking to the garden, creating an informal "apprenticeship" program. In 1975 Orin Martin became the Garden Manager, and since then he has worked to expand the Apprenticeship in Ecological Horticulture (see the CASFS Farm) and opportunities for students, while maintaining a diverse orchard, hand-dug garden beds, and stunning flowers.

Niche

The Chadwick Garden is a wonderful example of how aesthetic beauty and agricultural productivity can play off each other. Located on a south-facing slope, the garden's 3 acres feature numerous double-dug, highly productive vegetable beds, over 150 varieties of apple and other fruit trees, and a bounty of ornamental flowers and native plants. These products, along with fresh herbs, contribute to the market cart



operated by students of the Apprenticeship in Ecological Horticulture through the Center for Agroecology and Sustainable Food Systems (CASFS).

How to get involved

- 2- and 5-credit internships are available through the Environmental Studies Internship Office (see Key Contacts)
- During summer and fall, students are invited to cut flowers alongside apprentices on Tuesday and Friday mornings
- Stop by any day between 8 am and 6 pm and take a look around

Key Contacts

- Damian Parr: (831) 359-8710, dmparr@ucsc.edu
- General CASFS information: (831) 459-3240, casfs@ucsc.edu, casfs.ucsc.edu
- Chris Krohn, Environmental Studies Internship Coordinator: (831) 459-2104, ckrohn@ucsc.edu



CASFS/UCSC Farm

How to find it

You can reach the Farm's main entrance from Coolidge Drive by following the gravel road that merges with the base of the bike path. You can also reach the Farm from the entrance across from the parking lot at PICA/The Village, or by following a short trail from the north side of the Hay Barn (see more about the Hay Barn on page 34). The Farm is visible to the left as you travel up the hill on Hagar Drive. Directions are available online at casfs.ucsc.edu

History

Thanks to the immense popularity of the Student Garden Project (now the Alan Chadwick Garden), the UCSC Farm was founded in 1971, giving students the chance to put Chadwick's organic gardening techniques to work on a larger scale. Spread over 30 acres, the farm is large enough to provide space for field-scale agriculture, orchards, and hand-dug garden beds. Professor Steve Gliessman started the Agroecology Program at the Farm in 1980, which evolved into today's Center for Agroecology and Sustain-

able Food Systems (CASFS), where research, education, and advocacy based around sustainable food systems take place.

Niche

Thanks to its size and the large number of people involved, the Farm is home to a diverse range of agricultural practices and outreach projects. A variety of crops can be grown in the 9 acres of tractor-cultivated fields, while 2 acres of orchards feature apples, pears, plums, kiwis, and persimmons. Additionally, the 1.5 acre hand-dug Farm Garden produces vegetables, herbs, and a wide variety of beautiful ornamental flowers.

The Farm and Chadwick Garden host the annual Apprenticeship in Ecological Horticulture. Participants in this six-month, full-time course, offered each year through CASFS, learn how to grow and care for organic vegetables, fruit, herbs, and flowers, as well as learning about the many issues and challenges in developing a socially just food system. From late spring through early fall, the apprentices operate a farmstand at the base of campus on Fridays from noon

to 6 pm, as well as a Community Supported Agriculture (CSA) project. Year-round, the farm provides food to various campus basic needs projects and the dining halls. You can learn more about CASFS and the Apprenticeship at casfs.ucsc.edu and on page 30 of this guide. UCSC students can get involved at the Farm through classes, internships, and independent projects.

How to get involved

- 2- and 5-unit internships are available through the Environmental Studies Internship Office (see Key Contacts)
- A number of classes use the UCSC Farm as an "outdoor classroom" (see pages 23–24)
- Drop by any day between 8 am and 6 pm and take a look around

Key Contacts

- Damian Parr: (831) 359-8710, dmparr@ucsc.edu
- General: (831) 459-3240, casfs@ucsc.edu, casfs.ucsc.edu
- Chris Krohn, Environmental Studies Internship Coordinator: (831) 459-2104, ckrohn@ucsc.edu

Kresge Garden

The Kresge Garden is a space for the Kresge community, as well as the community encompassing the UCSC campus and the city of Santa Cruz. This multi-generational space is the oldest and largest student run garden on campus. The co-operative manner in which the students run the garden is unique to the space, and historically has had a good relationship with the students, teachers, and Kresge administration. This good relationship has resulted in a thriving green space. With a continuous harvest, it feeds the stomachs of the community as well as the spirit. Working as an outdoor classroom for undergraduates through classes, internships, and workshops, the space demonstrates how to actively reduce food waste, build soil, store carbon, and encourage biodiversity in an agroecological food system. All of this together results in the garden being a conduit through which ecosystems, both ecological and social, can flow into one another.

Mission Statement:

The Kresge Garden Cooperative's goal is to maintain and develop the space of the Kresge Garden. This includes the cultivation of the soil as well as the cultivation of the spirit. The creative permaculture practices that the cooperative applies value the interdependent and cyclical essence of nature. They do this through an autonomous and consensus based decision making process, with a horizontal power

structure. Part of the cultivation of the garden relies on the passing down of knowledge through mentorship, a student-based educational experience that reinforces and maintains the structure of the cooperative as well as the garden space.

History

A group of students and leaders from the Alan Chadwick Garden broke ground for a garden at Kresge during the college's construction in the 1970s. However, as time passed the garden was not given the care it needed. In the late 1990s Darien Rice, the Kresge groundskeeper, helped a dedicated student replace the garden fence and delineate beds.

A garden renaissance began around 2007 when, through dedicated work of students, alumni, staff, and faculty, the Kresge Garden Co-op was founded. That same year 15 apple and pear trees were planted as a part of the Edible UCSC project, in which 80 fruit trees were planted across the campus gardens. Today the Kresge Garden Co-op is a model of multi-generation mentoring, social permaculture, personal empowerment, art, consensus-oriented decision making, and a stronghold for deep nature connection.

Niche

Thanks to its location next to the Porter Meadow, the quiet setting of the Kresge Garden makes it easy to compare a natural ecosystem to

a managed agroecosystem. Native plant hedgerows adorn the garden's edges, bobcats and Redtailed Hawks are known to visit often, and permaculture design has informed the structure of the space. The Garden Co-op also has a strong connection to World Café gatherings at Kresge, supplying food and flowers for a communal dinner each week..

How to find it

The garden is located on the edge of Porter Meadow near the Kresge J and K apartments, and can be accessed from the road behind the Kresge Piazza.

How to get involved

- Attend our Sunday workdays from 10 am – 12 pm
- Become a working or core member in the garden co-op
- Contact the ENVS Internship Office to sign up for a 2-unit internship Fall, Winter, or Spring
- Teach a Student Directed Seminar, or lead an Education for Sustainable Living Program (ESLP) section in the garden (see page 24 for info on ESLP)

Key Contacts

- See kresge.ucsc.edu/activities/coops/garden-coop.html and kresgegardencoop.weebly.com for general information on meetings and garden hours
- Email the co-op at garden-coop-core@googlegroups.com
- Information on 2-unit internships: David Shaw, daveshaw@ucsc.edu



Rachel Carson Garden

Family Student Housing Garden



How to find it

The garden is located to the west of the Rachel Carson College (formerly College 8) Dining Hall (below the volleyball courts), near the bridge to Family Student Housing.

History

In 1995, a small group of students broke ground for the garden with assistance from Steve Gliessman, a professor of Environmental Studies and Agroecology. The next year, Gliessman began teaching a 1-unit course in the garden, focusing on the key concepts of organic agriculture, soil maintenance, food systems, and “learning by doing.” A group of students from the Student Environmental Center began maintaining the garden and teaching the course in 2009, and have kept it thriving.

Niche

With majestic views of Wilder Ranch State Park and the ocean beyond, the Rachel Carson College Garden is a treat for the senses. Rows of vegetables are grown amongst perennial flowers, herbs, and a variety of fruit trees, while student paintings adorn the fence and pathways. Thanks to the garden’s educational focus, there are always new crops and techniques being tried, and anyone is welcome to stop by and

take a small sample of the food and flowers being grown.

How to get involved

- Enroll in the Rachel Carson College Garden Class centered around agroecological practice (CRSN 90), offered every quarter
- Intern opportunities offered Fall through Spring, 2 or 5 units available through the ENVS Office
- Volunteer your time at our workdays where we do most harvesting and food giveaways, times subject to change so contact the core members at c8garden@ucsc.edu
- Ask/apply to our student staff positions or become a core member
- Come in, take a look around and engage with the buzzing ecologies around you
- Stay updated on workshops and other events the garden hosts by following our Instagram @ [rachelcarsongarden](https://www.instagram.com/rachelcarsongarden) and joining our Facebook page @Rachel CarsonGarden

Key Contacts

- Core members at c8garden@ucsc.edu
- Staff Advisor Tim Galarneau tgalarne@ucsc.edu
- academic advisor Katie Monsen kmonsen@ucsc.edu

How to find it

Just across the pedestrian bridge from Rachel Carson College is Family Student Housing (FSH), where you’ll find the FSH Garden located on the 600 Loop on Koshland Way (off of Heller Dr.).

Niche

The FSH Community Garden has plots available for residents. Because of limited space, gardening is available for recreation and pleasure, not subsistence. Please contact the FSH Office to be put on the waiting list for a garden plot. Once you’ve been assigned a plot you will sign a contract. Gardeners are encouraged to organize their activities to keep the garden flourishing.

How to get involved

- To volunteer or just get your hands in the dirt, call our Graduate Family Services Coordinator, Angela Perry, (831) 459-5511.





Program in Community & Agroecology (PICA)

How to find it

Located near the CASFS/UCSC Farm in the Lower Quarry. Take Village Road off Hagar Drive down to the entrance of the Village.

History

Starting in the 1860s, the Lower Quarry was mined for limestone by the Henry Cowell Lime Works Company. After the Cowell family sold the land to the UC Regents in 1961 to build the UCSC campus, the old quarry served for a period as the home of the Santa Cruz Predatory Bird Research Group for their successful Peregrine Falcon

captive breeding program. In 1995, Environmental Studies professor Steve Gliessman took over the Bird Group's facilities and moved his agroecology offices into the quarry. It became a place for international visitors to study agroecology and the site for the first annual International Agroecology Shortcourse in 1999.

In 2002, The Village housing—originally located on the site of College 9/10—was relocated to accommodate more students living on campus. The first participants in the Program in Community and Agroecology (PICA), a living-learning community based around food systems and community sustainability, lived in C-4 in The Village and gardened in the C-Quad. As the program grew the next year, it was moved to the B-Quad. The Foundational Roots Garden was started in

the fall of 2003—both as an educational experience and to provide food for PICA meals—and has been kept in top-notch shape by a stream of dedicated students.

Niche

Perhaps more than any other student garden on campus, the Foundational Roots Garden shows how integral a small-scale horticultural area can be to a community of people. Students living in PICA work together within the twists and turns of the garden, and the fruits, vegetables, and herbs they grow contribute to community meals every Tuesday—Thursday.

Compost bins, an herb spiral, permaculture areas, and a propagation center are maintained in the adjacent A-quad, making for a thriving agricultural system. And even if you don't live in PICA, you can still become a part of the community by taking part in Saturday work days.

How to get involved

- Apply to live at the Village and select PICA as your choice of themed housing options
- Come out every Saturday from 10 am–2 pm to take part in a community work day at the Foundational Roots Garden

Key Contacts

- PICA student email: pica@ucsc.edu
- Project advisor: Damian Parr, dmparr@ucsc.edu





Colleges 9 & 10 Garden



How to find it

Located on the walking path up to College 9/10, right across from the Student Health Center, this is the newest garden on campus.

History

Planning and construction for this new college community garden project began in 2013 with the help of Colleges 9/10 students, and many elements have since been added.

Niche

The Colleges Nine and Ten garden reflects our commitment to the

themes of “International and Global Perspectives” and “Social Justice and Community,” respectively. We seek to create a space that celebrates and recognizes ethnobotanical knowledge, culturally diverse foodways, and indigenous resource management. The Colleges Nine and Ten garden will also serve as a connection between UCSC and community partners in Watsonville; we see it as a “sister garden” to a community garden we helped to establish at Calabasas Elementary School to foster food security, food sovereignty, and participatory governance.

How to get involved

- **CLNI 70: Colleges 9 & 10 Garden Club**
Colleges Nine and Ten offer various opportunities to be involved in our new campus garden as well as our food justice efforts. Please contact Provost Flora Lu for more information. Contact David Shaw for information on 2-unit garden internships.

Key Contacts

- David Shaw, daveshaw@ucsc.edu, Flora Lu, floralu@ucsc.edu, c9c10garden@google-groups.com
- Website: collegenine.ucsc.edu/get-involved/garden_club_class

Oakes Garden

How to find it

Located across from the Provost’s House and above the West Field.

History

After a long fallow period, groundskeeper John Palochak planted herbs and ornamentals in 1997. Pear and apple trees were added as part of the Edible UCSC project in 2007. In 2009, two students working with the Student Environmental Center established a 2-unit course.

Niche

Today the students involved with the Oakes Garden seek to blend ecological and cultural connections into its design and maintenance.

The design of the garden involves winter crops that can rely on the

plentiful Santa Cruz rains, low-water summer crops, and a forest garden of perennials. Stay tuned—or better yet, get involved—to see what will emerge.

Objective

Our main objective is to transform the Oakes Garden to let students build a bridge amongst their community and to prove that as students we can create an organization that can benefit everyone in the community.

Our goals for the garden include strengthening community, hosting creative workshops on food, agricultural, and horticultural topics, making healthy food more accessible, educating the Oakes community on food yield and crop research, ad-

ressing food insecurity and other issues by giving students a platform for voicing their concerns among peers, and inspiring other college gardens to use their own spaces to address food injustice.

Membership

We seek for this garden to remain within the control of Oakes students. We seek to keep any decision making within the leadership and hands of the Oakes Garden Group. We do so as to accurately reflect this community’s needs, however we are eager to have this garden available for non-community members as well.

Key Contacts

- OGarden.ucsc@gmail.com
- oakes-garden-club-29.webself.net/products



Stevenson Garden

How to find it

The garden can be accessed by walking through Stevenson towards the knoll (overlooking OPERS). Once on the knoll, the space is located to the left.

History

The Stevenson Garden broke ground in the spring of 2011 through Path to a Greener Stevenson (PTAGS). The initial goal was to create a learning space to bring the Stevenson community together and promote sustainability within the college. The project was the first college garden on the East side of campus! A student internship program was developed in the summer of 2011 and



has provided the base of stewards of the garden. Then, in the winter of 2011 the Stevenson Community Garden received approval from the campus planner to greatly expand our space, and received a generous grant from the Stevenson Student Council to fund the expansion. We held garden workdays that successfully installed a fence extension and gates for the expansion.

With the support of PTAGS (Path To A Greener Stevenson), Campus Sustainability Council, Stevenson Student Council, the garden has continued to grow and thrive. The garden receives food waste from Stevenson Coffee Shop and Cowell/Stevenson apartments and composts the food, eventually adding the compost to the garden's soil. The space now has over 15 garden beds, fruit trees, perennial plants, and active volunteer and intern involvement.

Niche

Located on the knoll overlooking the expansive Monterey Bay, the garden has exquisite views of the ocean and the city of Santa Cruz. As the first student garden on the east side of campus, the Stevenson Garden

aims to create a safe space for all people to explore, grow, and make connections about the role food systems play into sustainability, food justice, and nutrition. While transforming the landscape and soil into fertile and productive land, the garden also hopes to provide a student powered space where students from different disciplines can come together. The food grown is available for all community members and volunteers to take, free of charge.

How to get involved

- Contact the ENVIS Internship Office or bredding@ucsc.edu to sign up for a 2-unit internship Fall, Winter, or Spring.
- Check our Facebook (Stevenson Community Garden) for our weekly workdays and events. All are welcome, just come by!

Key Contacts:

- For inquiries email stevenson-garden-core-group@ucsc.edu
- For general information/events <https://www.facebook.com/groups/stevensongarden/>
- Come follow us on Instagram! [@stevensongarden_ucsc](https://www.instagram.com/stevensongarden_ucsc)

Life Lab Garden Classroom



How to find it

Located next to the Gatehouse on the CASFS/UCSC Farm.

History

Life Lab, a non-profit organization focusing on garden curricula and programs for preschool–middle school students, came to the UCSC Farm in 1987. In 2000, ground was broken on a garden that acted as the model of the Life Lab motto, “Bringing learning to life in the garden,” displaying the multitude of ways that garden-based education can be incorporated into curricula. Every element of the Garden Classroom is an example of Life

Lab lessons! People from across the world visit the Garden Classroom to gain inspiration for their garden education programs.

Niche

Life Lab is home to a wonderful group of staff and students who put on field trips for preschool–middle school students. Life Lab also offers educator trainings and workshops, develops curriculum, and hosts summer day camps for ages 4–14.

Each year the Life Lab Garden Classroom field trips serve more than 3,500 students. Life Lab staff also trains more than 300 educators

at the Garden Classroom each year through workshops and consulting.

Student interns learn how to lead preschool–middle school students through garden-based science lessons, and the Life Lab Garden Classroom has many resources for doing so. A chicken coop, numerous composting examples, an herb garden, a visible bee colony, and shade-providing avocado and walnut trees are just the beginning.

Educating the next generation of gardeners, Life Lab continues to make the natural world accessible to youth from all backgrounds.

How to get involved

- Internships are available through Environmental Studies at the Garden Classroom and at Life Lab’s Watsonville Garden Projects
- A variety of summer camp staff positions are available each year
- Check out the website at lifelab.org

Key Contacts:

- For information on internships and summer camps— Amy Carlson, Garden Education Director: (831) 459-4035, gardened@lifelab.org



Gardening, Farming & Food System Events

2018-19 Activities for Students and the Community

Sustainability Tent/Zone at the OPERS Fall Fest

Tuesday of Welcome Week, Fall Quarter

3 pm–6 pm, OPERS East Field

The Food System Working Group (FSWG) co-hosts the Sustainability Tent/Zone at the annual OPERS Fall Fest. The event allows the community to come together to celebrate the launch of the school year and explore all the multifaceted ways in which students can get engaged with activities, clubs, internships, and more! We are planning a more spacious layout with outdoor space for more interactive displays.

Harvest Festival

Sunday, September 30, 2018

11 am–5 pm, CASFS/UCSC Farm

Don't miss our annual harvest celebration, free for UCSC students! See page 25 of this guide and casfs.ucsc.edu for details.



Strawberry & Justice Festival

Thursday, May 23, 2019 from 4–6 pm at the CASFS Hay Barn (see page 25 of this guide for details)



Free Seed Exchanges

The Demeter Seed Library and FSWG want you to plant seeds of change. Come to one of our seed exchanges and celebrate biodiversity! We will be offering free, locally adapted, organic seeds to you. We only ask that you try to save seeds from at least two plants you borrow. Come learn about seed saving, connect with good people, and talk about other fun do it yourself activities like fermentation and propagation. You can also set up an appointment to meet with us at the seed library (located at Oakes College) to check out some seed!

If you are interested in learning more about the seed library and seed saving visit our social networking site seedlibraries.org. For more information "like" us at www.facebook.com/DemeterSeedSavingProject, or contact us at demeterseedlibrary@gmail.com. Read more about seed saving projects at www.seedlibraries.org.

Friends of the UCSC Farm & Garden/CASFS Workshops and Events

The Friends of the UCSC Farm & Garden work with members of the Center for Agroecology & Sustainable Food Systems (CASFS) to offer a series of workshops and other events each year. These include –

- **Fruit tree care and gardening workshops**, January – October
- **Harvest Festival**, September 30, 2018
- **Spring Plant Sale**, April 27–28, 2019

For a 2018-19 schedule of gardening, farming, and food system activities, see the CASFS website at casfs.ucsc.edu.

Note that Measure 43 funds are available to help cover the cost of workshops and classes for UCSC students.

Send email to: tgalarne@ucsc.edu for more information.

MAUI WOWIE 2019 Alternative Spring Break: Agroecology and Island Food Systems



Join other students on a once-in-a-lifetime adventure of learning and community on Maui for your **2019 spring break**. Through hands-on opportunities participants will explore tropical plant ecology, traditional taro production, and cultural food ways at four sites across the island. You will also adventure on land and sea to explore different ecosystems and marine life. Like FSWG's Food System Learning Journeys, you can sign-up online in Fall Quarter 2018. For more information contact Tim Galarneau, tgalarne@ucsc.edu or (831) 459-3248, or see recreation.ucsc.edu.

UCSC Students plant tropical fruit trees at Simpli-Fresh Farm in West Maui during the 2018 Maui Wowie trip.

Food Systems *Learning Journeys*

THIS SERIES OF LOW-COST FIELD TRIPS, CLASSES, & STUDENT activities features experiential and hands-on learning that connects students with their local food system. Learning Journeys have included classes in baking, and workshops for cooking, fermentation, planting, and seed-saving as well as adventures off campus!

Food System Learning Journeys are offered in partnership with the OPERS Recreation Department during Fall, Winter and Spring Quarters. For more information, see the OPERS Recreation Department website at **recreation.ucsc.edu**.



Farm & Gardens Food Services
Community Impacts Classes

Food Systems Learning Journeys are funded by Measure 43.

Interested in helping with next year's Campus Food & Garden Guide?

The Food Systems Working Group is always looking for new student leaders who would like to build upon this year's campus food and garden guide and bring new insights and creativity into the process!

For more information please contact Tim Galarneau, Campus Food and Garden Guide advisor, at **tgalarne@ucsc.edu** or call **(831) 459-3248** and leave a message.

UCSC is leading the country in our diverse range of food, equity, & educational efforts
and you're invited to the table!



DIG IN, DIVE IN, AND GET INSPIRED!