

UC Santa Cruz

UC Santa Cruz Campus Food & Garden Guide

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Campus Food & Garden Guide

Where to find sustainable food at UC Santa Cruz and discover ways to engage in your campus and community food system!



FOOD SYSTEMS WORKING GROUP

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

9TH EDITION

The Food Systems Working Group



Formed in 2003–2004, the Food Systems Working Group (FSWG) includes UCSC students, staff, faculty, and community members who have come together with the goal of improving the campus food system.

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.

See pages 4–6 in this Guide for a detailed history of the farm-to-college movement on the campus.

Examples of FSWG activities include:

- Facilitating speakers, taste tests, and film nights at the colleges and dining halls
- Holding conversations with dining hall directors and 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
- Supporting student projects with Measure 43 funding
- Hosting “Field to Fork” tours for other universities and colleges interested in starting their own farm-to-college programs

FSWG includes representatives from:

- Center for Agroecology & Sustainable Food Systems (CASFS)
- Community Agroecology Network (CAN)
- Community Alliance with Family Farmers (CAFF)
- Students for Organic Solutions (SOS)
- Program in Community & Agroecology (PICA)
- Education for Sustainable Living Program (ESLP)
- Campus Residential & Dining Services
- Student Environmental Center (SEC)
- Campus Purchasing
- Monterey Bay Organic Farmers
- Gardeners’ Alliance

- Interested UCSC Staff and Faculty
- UCSC Undergraduate and Graduate students
- California Student Sustainability Coalition (CSSC)

How YOU Can Get Involved

To find out how to attend upcoming FSWG meetings about exciting campus and community events and projects, visit us at casfs.ucsc.edu/farm-to-college, or contact FSWG coordinators at ucscfswg@gmail.com or (831) 459-3675. Become a friend of FSWG on Facebook! Type “UCSC Food Systems Working Group” into Facebook’s search engine and “Like” the FSWG page.



Food Systems Working Group

Above: A “40% Real Food by 2020” sticker adorns a student’s bike: read about the Real Food Commitment on page 7. Bottom left: FSWG member Crystal Owings takes notes at a meeting of the Student Environmental Center. Bottom right: Students plant lettuce at the CASFS/UCSC Farm as part of an internship in organic farming systems.





About this Guide

The 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 food system.

CREDITS & THANK YOUS

The Food Systems Working Group (FSWG) would like to express our deep appreciation to our 2014–2015 Campus Food Guide Coordinator, Natalie Tran, and the following individuals:

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



You are what you eat!

*What did you just eat? Do you know where it came from?
Who grew it? What does it look like in the ground?
How far did it travel? How does it make you feel?*

What's a Food System?

Food arrives on your plate via a food system—a network of farms, farmers, processors, packers, drivers, grocery stores, eateries, farmers' markets, and consumers. The average food item you eat today has traveled 1,200 miles—not so good for you or for the planet. A healthy food system embodies concepts such as local, organic, just, and sustainable. 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 retains the cultural heritage of regional foods. Plus you have the opportunity to get to know your local farmers!

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 better for the environment.

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

Organic food is produced by farmers who use 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; bio-engineering; or ionizing radiation. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones.

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.



Why Sustainable?

A sustainable food system is environmentally sound, economically viable, socially responsible, non-exploitative, and serves as a foundation for future generations.

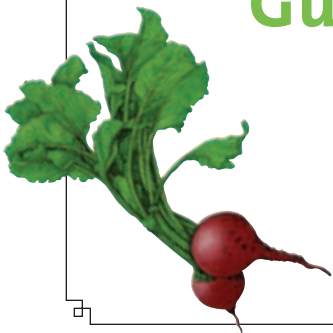
A sustainable food system integrates production with processing, distribution, consumption, and waste management systems designed to enhance a community's environmental, economic, and social health. By working together,

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 farmers' markets or join Community Supported Agriculture (CSA) projects.
- Plan healthy meals with friends and center your celebrations around locally grown food!
- Eat healthy snacks—choose apples instead of chips.
- Keep a journal of what you eat and how you feel.
- Visit or volunteer at one of the many campus gardens.
- Choose small portions at the dining halls—you can always go back for more.
- Choose locally/sustainably grown food items and if you can't find them, demand them!
- Read this guide and join the UCSC **Food Systems Working Group!**

Use this Guide:



- to eat well by finding out more about your food choices at UCSC
- to become a better-informed consumer by learning about the benefits of supporting local, organic, just and sustainable food options
- to find out about food systems-related courses and internships
- to learn about campus gardens and how you can get involved
- to connect with community food system volunteer opportunities
- to apply knowledge of food and agriculture issues by working towards change in the food system!

UCSC's Farm to College Movement

by Linda Wallace, Tim Galarneau, and Nancy Vail

The Roots of the Farm to College Campaign at UCSC

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 working with the university administration in 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 important step in introducing

the concept of sustainability to the campus food system. Early efforts included current Dean of Students Alma Sifuentes's support to bring organic, Fair Trade coffee to campus through 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.

Among those participating in the Earth Summit meeting over a decade ago was the newly hired Director of Dining & Hospitality Services, Scott Berlin, who would soon be setting up a host of new contracts with suppliers and thinking “green” about his operation. His support of the purchasing guidelines idea was key to its eventual success.

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, Community Alliance 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, the Food Systems Working Group developed the following guidelines to assist Dining Services in selecting both a primary food vendor that would provide a broad range of food items, and a local organic produce vendor:

Purchasing Requirements: All vendors supplying food product to UCSC Dining Services will source from producers who pay minimum

wage or higher to farmworkers, as required by state and federal law, and who provide safe workplaces, including protection from chemical exposure, and provision of adequate sanitary facilities and drinking water for workers, as required by law.

Purchasing Preferences:

- 1. Buy local:** Local food is grown within a 250-mile radius of Santa Cruz, with priority given to growers closest to Santa Cruz.
- 2. Buy certified organic:** The United States Department of Agriculture (USDA) has established a uniform set of standards to which all organic produce must conform.
- 3. Buy humanely produced animal products:** Humanely produced animal products are cage free, range fed, and antibiotic free.
- 4. Buy direct:** Cultivating closer relationships between producer and consumer helps to reduce middle folk, deliver more income at the farm level, and empower producers. Direct purchasing also helps to create an educational network among students, researchers, administrators, and producers that facilitates dialogue and fosters awareness of the production chain.
- 5. Buy certified Fair Trade:** Certified Fair Trade products are produced according to an established set of social criteria. Farmers generally use environmentally friendly cultivation methods and are paid per-pound commodity prices above open market rates to ensure adequate family income. Certified Fair Trade products are purchased through democratically operated producer cooperatives.
- 6. Buy worker supportive food products:** Worker supportive products are purchased from socially just compa-

continued on page 6

Building on a Tradition of Organic Farming, Gardening, and 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 for more than 45 years served as training grounds for organic farmers and gardeners, 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 130-member Community Supported Agriculture (CSA) project focused on the campus community, and at the roadside Market Cart set up at the base of campus on Tuesdays and Fridays from 12–6 pm. In 2004 the UCSC Farm began selling its produce and flowers to Terra Fresca, the University Center’s restaurant located above the College 9/10 Dining Hall, which features fresh, organic, and sustainable foods from Santa Cruz and the Central Coast region. In 2005 the UCSC Farm became one of the grower members of the Monterey Bay Organic Farming Consortium, marketing produce to the campus dining halls. In 2014 that effort expanded with the addition of the “Hay Barn Field” at the UCSC Farm, where more crops are being grown for UCSC Dining.

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, the CASFS Farm Site and Research Lands manager, has expanded the opportunities for students to

be involved in growing food for campus cafeterias through a series of on-farm internships. Damian Parr, the CASFS

Research and Education Coordinator, has developed new UCSC classes and internships that incorporate hands-on farming and gardening activities. See pages 22–23 for details.



nies and organizations that incorporate one or more of the following into their employment practices:

- a) Pay a living wage to their workers, defined as union or prevailing wage.
- b) Provide benefits to their workers, such as medical insurance, on-site housing, year-round employment, and childcare.
- c) Actively seek to build the capacity of their workers through provision of education, training, and opportunities for advancement.

Under these guidelines, preference is given to price-competitive bids from the primary food vendor that meets the greatest number of criteria. For the local organic contract, all produce must be grown within 250 miles of Santa Cruz and be certified organic. In selecting a local organic produce vendor, preference is given to price competitive bids that are “worker supportive” as defined in the guidelines.

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. Honoring the guidelines, Dining Services selected the local distributing company Ledyard as the prime food vendor in 2004. The sole source organic produce contract with the Monterey Bay Organic Farming Consortium (MBOFC) began in late summer 2005. In order to qualify for a sole source contract, local organic farmers formed a consortium and agreed to make their farms available for organic farming and food system research conducted under the auspices of CASFS. The consortium operates under the umbrella of ALBA Organics (read more about Monterey Bay Organic Farmers on

page 16). This arrangement, and those made since with other local, organic vendors, meet UC insurance, ordering, delivery, and invoicing requirements.

Expanding the Program and 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 the Campus Sustainability Plan’s food section, and with the UC-wide sustainable food policy that UCSC Dining and CASFS were instrumental in developing from 2006 through 2009. In 2010 student co-chairs of FSWG worked with the SUA, Dining, and the Chancellor’s Office to establish a UCSC Real Food Commitment of 40% Real Food by 2020 (see page 7).

In 2011–2012 UCSC Dining surpassed the UC-systemwide goal of 20% sustainable food purchased. From 2012–2014, efforts focused on education and student engagement through multiple campus programs, in order to move toward UCSC’s bolder goal of purchasing 40% “Real Food” by 2020: this includes produce, dairy, dry goods, beverages, meat and poultry, seafood, and more!

In 2014–2015 students and staff will continue to build engagement, and implement and expand resources and opportunities on campus (see next page). Each year both an assessment and an overall report on best practices in food services take place, and are submitted to the UC Office of the President and shared with campus stakehold-

ers. The assessment also includes information on the overall status of dining in terms of sustainable practices and the enhancement of student and staff education efforts around those practices. These other goals include: 100% diversion of all compostable materials within food operations, completing green certification for all food operation facilities at UCSC, and incorporating sustainable food criteria into contracted and retail venues at UCSC.

The Food Systems Working Group hopes to enhance the relationship between Dining Services and UCSC vendors to source greater amounts of sustainable food. 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 farmers, 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 like those taking place at UCSC and throughout the UC system can now be seen across the U.S. Over the past 10 years 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. The trend to work with students and advance campus sustainability is now stronger than ever.

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 (pages 15–16). In 2012–2013 they added cage-free eggs to campus menus, and in 2013–2014 bought approximately 21.5% real food, including substantially increasing their sustainable seafood purchases, recognizing our relationship to the Monterey Bay. As they increase real food purchasing to 40% by 2020, campus leaders also recognize that food services must be kept both affordable for all stu-



Interns Crystal Owings and Lori Nixon offer UCSC students information on the campus's Real Food project at a Farm Friday event.

dents 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 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

through dining hall programs such as Farm Fridays and Meatless Mondays. And it recognizes the importance of keeping food service staff members informed and part of ongoing efforts to build a sustainable campus food system. 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

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 14. 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.

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

Food Systems Working Group Organizations & Partners

Center for Agroecology & Sustainable Food Systems



1156 High Street
Santa Cruz, 95064
(831) 459-3240

<http://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 45 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 garden, and much more. Members of CASFS have also played key roles in developing UCSC's model farm-to-college



Student interns plant lettuce at the CASFS/UCSC Farm.

program. 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. Read more about the Farm & Chadwick Garden on pages 36 and 37.

The UCSC Farm is also home to Life Lab, a science-based garden and nutrition education program for preschool–grade 12 students that offers internship opportunities throughout the year (see page 10).

To learn more about upcoming events, activities, and other information about CASFS, including details on the six-month Apprenticeship in Ecological Horticulture offered through UCSC Extension, 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,



“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

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 Internship Office also lists CASFS-related internships: Contact Chris Krohn, ckrohn@ucsc.edu or call (831) 459-2104.

The Community Agroecology Network (CAN)



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

www.canunite.org

CONTACT: Victor Castro, Office Manager

EMAIL: marketing@canunite.org

CAN is a U.S. based non-profit organization working toward social, economic and environmental justice in eight regions of Central America and Mexico. CAN forms action research partnerships with community-based organizations, farmers' cooperatives, nonprofits, and universities to generate local approaches to sustainable development. Their programs promote agroecological farming practices, food security, alternative trade models, and empowerment of rural youth and women.

Through their website you can: order AgroEco® coffee; learn about CAN's action research projects to reduce seasonal hunger; stay tuned to opportunities for intercultural exchange with youth working toward food sovereignty in their own communities; and become a CAN member and help support community-based programs in the CAN network.

Volunteer & Internship Opportunities

We have local and international internship opportunities available for academic credit. Each quarter we collaborate closely with 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 Victor Castro (marketing@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 2014–2015 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.

Students can be involved with ESLP in three ways:

- Organize:** Organizers work with core group of students to design and implement the structure of the class.
- 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.
- Take the class:** ESLP is offered every spring. It can be found under College 8 through the UCSC portal!

Volunteer & Internship Opportunities

ESLP has many positions available in their leadership as well as internships and volunteer opportunities!

For more info contact the student cochairs at eslp@ucsc.edu, or call the SEC/ESLP office 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!

For the past seven years the garden has been experiencing a renaissance, tripling in size, building a greenhouse, planting a food forest, and starting 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–2 pm. Also, consider becoming either a working member or core (paid) member in the Co-op, or doing an internship.

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

The Kresge Food Co-op has been a Kresge College tradition for over thirty years, supporting small farmers, the UCSC Farm Project, 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 with your 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

www.lifelab.org

CONTACT: Amy Carlson

EMAIL: gardened@lifelab.org

OUR MISSION STATEMENT:

Life Lab has been working in the field of garden-based learning and environmental education since 1979. Located on the UCSC Center for Agroecology & Sustainable Food System's (CASFS) Farm, Life Lab manages the Garden Classroom, a model educational garden.

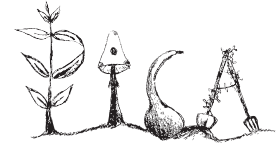
In the Garden Classroom, Life Lab offers teacher trainings and internships in garden-based science and environmental education, and serves thousands of children and youth through field trips, summer camps, and youth empowerment programs.



Volunteer & Internship Opportunities

Interns teach standards-based science, gardening, and sustainable agriculture concepts to local school groups (preschool–grade 6). Interns receive training in: garden-based science education, working with children, organic gardening, environmental education, games, songs, activities, and much more! Internships are available Fall, Winter, and Spring Quarters, for 2 and 5 credits. Contact Amy Carlson at (831) 459-4035, gardened@lifelab.org

Program in Community & Agroecology (PICA)



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

www.ucscpica.org

CONTACT: Mira Michelle, PICA Residential Coordinator

EMAIL: Mmichel1@ucsc.edu

The Program in Community and Agroecology (PICA) is an experiential living-learning program located in UCSC's lower quarry Village. PICA students use agroecological principles to maintain a half-acre garden, work together to develop community projects such as a composting program for the Village, and share in the many aspects of sustainable living—by harvesting, cooking, and eating healthy food grown organically right next to their rooms. PICA provides students with ways to explore the theory and practice of sustainable agriculture and sustainable community through internships, events, workshops, and community-based experience. PICA has become a successful experiential learning program that provides a means for students from a variety of academic disciplines to work together in applying their knowledge to a working model of ecological stewardship, sustainable community, and appropriate technology.



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, ucscpica.org, for more information regarding upcoming sustainability events, workshops, and internship opportunities.

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

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

sec.enviroslug.org

CONTACTS: Angela Harris (SOAR program manager) and Student Co-chairs

EMAIL: aeharris@ucsc.edu (staff), seccochair@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 seven campaigns: Students for Organic Solutions (SOS), Waste Prevention, Green Building, Transportation, Drop Your Own Drip, College 8 Garden, and Earth Summit. We are a campus-wide organization based at College 8, where we hold the majority of our organizational meetings. We have weekly Steering consensus meetings where we determine the course of our organization, and our individual campaigns have meetings at

various times throughout the week (see the SEC website for the most up-to-date meeting times).

Our Students for Organic Solutions (SOS) group convenes the campus Gardeners' Alliance and supports broad student and food system efforts. Getting involved can mean working in college gardens, educating peers about what impact their food choices have, and many other things. SOS works with the Gardeners' Alliance to come together with other gardening projects on campus so everyone can share their knowledge and gain some tips. Students for Organic Solutions is also affiliated with the College 8 Garden course, which anyone can take for hands-on gardening experience and credits (see page 22).

Volunteer & Internship Opportunities

The SEC and SOS have many positions available in leadership as well as internships and volunteer opportunities. Whether it's working in college gardens or educating other students about the impacts of their food choices, there are plenty of ways to get involved.

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 weekly from 6:30–8:30pm on Wednesdays in the College 8 Red Room.

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

CSSC Food Systems Initiative/ Real Food Challenge

Oakes College, Room 309
150 Heller Drive
Santa Cruz, CA 95064
(831) 459-3675

www.sustainabilitycoalition.org

www.realfoodchallenge.org

ADVISOR CONTACT: Tim Galarneau

EMAIL: tgalarne@ucsc.edu

The California Student Sustainability Coalition's Food Systems Initiative is working 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 www.realfoodchallenge.org.

Volunteer & Internship Opportunities

UC Foods is looking for someone to join the campus Food Systems Working Group and bring our efforts here at UCSC into the larger network of campus food change agents across the state! For more information, contact

the FSWG coordinators at ucscf-swg@gmail.com.

UCSC Arboretum

Located on Empire Grade, between the East and West entrances to the UCSC campus
(831) 427-2998

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 has been promoting drought-tolerant plants appropriate for the Central Coast since the plant sales began in 1976. 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, probably 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, were used as fiber plants, 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 takes interns and volunteers year round. Internships may be in horticulture, conservation education, endangered species, habitat restoration, taxonomy of

Dudleya, various topics about native plants, or science writing.

For internships contact: Stephen McCabe, Director of Development and Research/Curator of Succulents, smccabe@ucsc.edu or Brett Hall, Director, brett@ucsc.edu, (831) 427-2998. For work study jobs contact Brett Hall.

For the Amah Mutsun Relearning Garden contact Rick Flores, Curator of California Native Plants, rflores@ucsc.edu, (831) 427-2998, or the Relearning Garden Student Council.

Banana Slugs for Animals

SOAR Student Organization
(831) 427-2998

www.facebook.com/groups/29417064795/

EMAIL: slugsforanimals@gmail.com

Banana Slugs for Animals is an on-campus group at UCSC that focuses on animal protection issues. 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! We want all individuals who are open minded and want to help animals out!

Campus Office of Sustainability

Business & Administrative Services
(831) 459-3011

http://sustainability.ucsc.edu

CONTACT: Lacey Raak

EMAIL: lacey@ucsc.edu

The UCSC Sustainability Office facilitates and coordinates campus-wide sustainability activities, supports programs to green campus operations and create institutional change, and publicizes campus success to the greater community. The office provides resources and

opportunities for students, staff, and faculty interested in working to institutionalize sustainability and become leaders in campus sustainability work.

In 2014–2015 the Sustainability Office will continue its mission to foster a culture of sustainability at UCSC by actively engaging students, staff, faculty, and community members through education, leadership development, institutional change, and behavioral transformation. As a campus resource, the Sustainability Office will provide information, tools, policy advice, and facilitation for key sustainability plans and policies.

While supporting efforts to address water reduction and other critical efforts that arise, our team of staff and students will continue to focus on implementing the 2013–2016 Campus Sustainability Plan. Staff will also develop opportunities for student engagement in sustainability through programs like the Provost Sustainability Internship Program, Education and Outreach, Zero Waste, and Climate Action student teams.

The Sustainability Website (sustainability.ucsc.edu) posts campus-wide activities and includes a regularly updated calendar and the option to subscribe to our monthly newsletter. Also, check out our new Living Lab map of campus sites online!

Work, Volunteer & Internship Opportunities

The Sustainability Office offers paid positions as well as volunteer and internship opportunities. Positions are designed to support sustainability efforts on campus while building students’ professional skills in a collaborative atmosphere. Contact us for more information: sustain@ucsc.edu.

Confronting a Broken Food System: Sharing Our Histories, Finding Justice

My name is Natalie Tran, and I am a third-year UCSC undergraduate studying environmental studies, biology, and feminist studies. I also serve as the student co-chair of the Food Systems Working Group (FSWG).

My earliest memory with food is growing up eating homemade pho that my mom would spend days making. The smell of the spices in simmering chicken broth would fill the entire house, and I'd know that it was time for dinner. Hurriedly, I'd join the rest of my family around the table, and we'd eat and share stories about our day with one another.

When I got into middle school, my parents were working more, and they were hardly home before the late evening. They had so little time in the mornings to make me lunch or dinner that they just bought me fast food the night before and would pack it for my lunch the next day, and I thought that was great. I was eating tasty fast food almost every single day, and I'd come home after school and eat leftovers for dinner that my mom had made at the beginning of the week. Consequently, I developed a lot of bad eating habits when I was growing up, and even as I try to eat healthier today, I still have difficulty identifying and cooking anything that came out of the ground. It was something that

embarrassed me and I felt as though I couldn't talk to anyone about it.

However, when I joined FSWG, I realized that a lot of other students whose parents were first-generation immigrants went through the same thing. Their parents were also working hard to keep up with what it means to be "American," which translated to fast food lunches, lost job after lost job, broken English at the supermarket, and TV dinners during the nightly news.

No one should tell you how to eat or tell you what is healthy food—that isn't right. But the way the food system is run today isn't right either; it is broken. It's broken in the way that, sometimes, the only nutritional education communities receive is through advertisements on TV or illegible labels on the back of snack packages from the gas station.

There is no access to or time or place for food of our cultures that is REAL enough to remember our histories and traditions. That memory of the days when my mom would make her classic and delicious pho is one of the last threads that I hold onto that connects me to my parents, where they came from, and why my skin is this color.

Looking at food issues has allowed me to tug at that thread that reveals lost stories of the Vietnamese diaspora and of the structural inequalities that people of color

face in the United States—especially through the food system today. Food has been the gateway for me to simply understand who I am, and it has led me to believe that those stories and traditions and cultures don't have to stay lost. To raise them up from our consciousness, to share our histories through food like we used to when we gathered around the table for dinner, is to bring justice to our communities once again.

If you are interested in getting energized by working with your student peers, deepening your relationship to food, culture, and society, and want to step out into the larger classroom of learning please join us! You can email me at ucscfswg@gmail.com for information on our weekly meetings, internship opportunities, and events happening each month.



Natalie Tran with Clint Jeffries of UCSC Dining Services.

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. The library was founded in 2011 by Andrew Whitman with a \$10,000 grant from the Strauss Foundation and support from Measure 43.

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 curator. Learn more by “liking” our Facebook page, www.Facebook.com/DemeterSeedSavingProject, and going to www.seedlibraries.org.

In 2013–2014 Measure 43 (M43) funded a variety of student-generated projects. In addition to the Demeter Seed Library (at left), M43 grants supported —

- **The Education for Sustainable Living (ESLP) Spring 2014 Speaker Series Dinners**, providing local and organically grown food for Monday Night Spring Speaker dinners and supporting interactions amongst speakers and students. Funds were used to purchase ingredients from local farmers and document recipes.
- **Student-led Teaching of the College Eight Garden Class**, designed to give College Eight students peer-facilitation experience as well as the opportunity to participate in a group discussion-style garden internship. Documents used to teach the class and plan the garden are posted online at: sec.enviroslug.org/college-eight-garden.html as a resource for other established and emerging student gardens on campus.
- **The Program In Community & Agroecology (PICA) Student Transitional Liaison Project**, a unique approach to teaching students about sustainable food systems, as well as providing opportunities for students to gain garden-based skills at PICA. The student position funded by Measure 43 connects 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.

- **The Farm to College Reusable Crates Student Project**, which compared reusable crates from three different companies to determine the best option for delivering produce from the UCSC Farm to UCSC Dining. The project’s goal is to reduce waste, save money, and create a more efficient delivery system. The pilot project was implemented at College 9/10 Dining Hall and an assessment will be completed in Summer 2014.

- **Healthy Mondays Event**, part of a new program of UCSC Dining that focuses on healthier options in the dining halls. The Healthy Monday Event incorporated food tastings and opportunities to engage with those involved in the Healthy Mondays program, including a chance for students to talk with Executive Chef Dwight Collins and campus dietitian Nancy Jackson. This event generated feedback on the new program to use in future planning efforts.

- **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.


The Real Food Calculator Project at UC Santa Cruz

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 7).

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 the 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.

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 less than 150 miles away
- Independently owned businesses and farmers

Yellow Light: counts as real food

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

Red Light: does not meet Real Food Calculator 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 by distributing educational brochures and "40% Real Food by 2020" stickers, which can be found at all dining halls and at sustainability related events. Make sure to pick up a brochure and sticker today!

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 FSWG at ucscfswg@gmail.com with "Real Food Calculator" as the subject OR "Like" the UCSC Food Systems Working Group Facebook page to follow our activities.

You can also check out our project at the UCSC Sustainability Office's Project Clearinghouse page under the Provost Sustainability Internship or food folder for more information and resources.

Monterey Bay Organic Farmers

The Monterey Bay Organic Farmers Consortium (MBOFC) was an agreement between seven farms to supply the UCSC campus with local, organic produce. All of the participating farms, which have included ALBA, Coke Farm, Phil Foster Ranches, Happy Boy Farms, New Natives, Swanton Berry Farm, and the UCSC Farm, jointly price the produce. The UCSC Purchasing Department & Dining strive to establish pricing twice a year; they then base the contract with ALBA Organics on produce availability and pricing. Each of the campus dining halls places an order with ALBA Organics, which delivers to campus three to four times a week and invoices Dining Services; the University pays ALBA, which in turn pays its eleven or so incubator growers through ALBA as well as additional MBOFC participating growers. The UCSC Farm delivers its own produce due to its proximity to campus dining facilities, and is part of this vision of local, organic sourcing from regional growers for students at UCSC. Issues such as drought and market pricing flux can make extended contract pricing challenging for farmers and institutions, however all parties have collaborated on setting up a system that works for farmers and the campus.

Campus chefs and growers are now working together to plan for the campus's needs. Says Executive Chef Dwight Collins, "The MBOFC farmers are planning their plantings based on what Dining Services can use."

Agriculture and Land-Based Training Association (ALBA)

ALBA is an independent non-profit organization with a mission to advance economic viability, social equity, and ecological land management among limited-resource and aspiring farmers. ALBA generates opportunities for farm workers and other low-income people to create organic farm businesses in its small-farm incubator program.

In 2002, ALBA created ALBA Organics as a licensed produce distributor to generate market access for participating farmers while also providing sales and marketing education. In 2005, the Monterey Bay Organic Farmers Consortium was created as a collaborative means for ALBA Organics to secure greater quanti-

ties of local, source-verified organic produce, in order to serve UC Santa Cruz Dining Services. ALBA focuses particularly on wholesale and food service accounts, with additional customers such as Asilomar Conference Center, regional hospitals, and accounts in the Bay Area, including Stanford University.



Volunteer & Internship Opportunities

MBOFC FARMS welcome the involvement of UCSC students in its work as interns, applied researchers, and volunteers. Recent work has included efforts focused on entomology in organic crop production, ecological restoration and other projects. Dozens of UCSC students have also participated in farm tours and other educational activities to

advance an understanding of local organic farming and economic development.

Please review each farm's web site regarding internship contacts and opportunities. Feel free to contact CASFS or the Environmental Studies Internship Office for details (see pages 22–23).

ALBA

www.albafarmers.com

Center for Agroecology & Sustainable Food Systems (CASFS) Farm*

casfs.ucsc.edu

Coke Farm

www.cokefarm.com

New Natives

www.newnatives.com

Happy Boy Farms

www.happybofarm.com

Phil Foster Ranches

www.pinnacleorganic.com

Swanton Berry Farm

www.swantonberryfarm.com

*See information for CASFS in the FSWG organization section, page 8



UC Santa Cruz Dining



“Entering college will be one of the most exciting times in your life. New friends, new surroundings and of course new food. Our dining department strives each day to prepare delicious fresh menus throughout breakfast, lunch and dinner, including your between-meal hunger attacks! With the convenience of five all-you-care-to eat dining halls situated throughout the campus, you’re never far from satisfying your cravings.

Our program is nationally recognized as a leader in sustainability and this means plenty of local and organic selections available to you. The Monterey Bay offers outstanding fruits and vegetables and our culinary team takes pride in using this ‘market basket’ in creative and innovative ways. Our ever-rotating menus will keep you from getting bored and yet we will look to always keep your favorites available.

Our cafés and restaurants are the center of college community activity, and we encourage our students to socialize and meet with friends and classmates in the dining halls. We’re very glad you chose to come to UCSC and will work hard to nourish you throughout your college experience.”

– Scott Berlin
Director of Dining and Hospitality Service

Cowell/Stevenson

With the international flavors of a Mongolian-style grill, freshly prepared sushi, and the delicious fire-baked pizzas, this location is certainly a most popular spot on campus. This dining hall is warm and inviting, with outdoor patio dining available to capture the crisp ocean breezes, overlooking the OPERS athletic complex and fields.

Crown/Merrill

A lively venue offering rotating international specialty bars featuring ethnic dishes from around the world. This bright, cheery dining hall is buzzing with activity throughout the day. You’ll find plenty of whole grains, along with low-fat and vegetarian items piled high in the 20-foot salad bar! Leading the way in sustainability, this dining location also features delicious Meatless Dining options each week. Right next door is B.J.’s Quick Mart, offering premium coffee beverages, groceries, and natural foods to go!

College Eight/Oakes

With an incredible view of the bay and hillsides of Santa Cruz, this place is as inviting as it gets. This is the home of our campus bakeshop, which produces our entire array of cookies, breads, brownies, and more. If you are looking for late night dining options on the west side of campus, College Eight/Oakes has what you’re craving.

Porter/Kresge

Located on the west side of campus, this eclectic dining location was completely redesigned in 2010. The updated design incorporates natural, sustainable textures and surfaces. Display grill cooking stations, along with a beautiful wood stone pizza oven offer customers plenty of exciting menu selections! Come enjoy the patio, perched high on the hill overlooking the bay. The dining room surrounds a performance stage so you are likely to find musical entertainment any time of the day.

College Nine/Ten

This exhibition-style food court, showcasing the latest dining trends, encourages students to roam from station to station making selections. The dining hall is also home to Pizza-U and Whole Earth vegetarian/vegan entrée options. Just upstairs is Terra Fresca restaurant and the popular University Center Coffee Bar. Next door is a large multi-purpose room for campus and community events.

A Leader in Sustainability

UC Santa Cruz Dining continues to be a leader within College & University Food Service in the area of sustainable dining programs. Locally purchased foods travel less distance, consume fewer fossil fuels during transportation, and support the local economy. Dining also purchases organically grown produce from the UCSC Farm, run by CASFS, with some of the produce grown from seed from the campus's own Demeter Seed Library. Vegetarian and vegan foods generally require fewer resources (water, land, fertilizers) to produce, and for this reason we offer a broad range of options in all of our dining halls and cafés. Nationally recognized products like Morningstar, Tofurkey, and Annie's are just a few examples. We provide helpful information to students about plant-based diets and healthier options at our new program "Healthy Mondays," a vegetarian dining campaign that encompasses "Meatless Mondays." Vegan and vegetarian options are also clearly labeled in each dining hall. We also emphasize the significance of consuming locally or sustainably grown food on "Farm Fridays," where Dining creates special dishes from a variety of local, organic, or ecologically sound ingredients, which helps strengthen our partnerships with local growers and ecologically responsible vendors.

Dining launched its "trayless dining" program in 2008, eliminating food trays, which has been a significant factor in reducing food waste. Students are encouraged to "be a taster, not a waster" to raise awareness about



"Thanks to help from the Food Systems Working Group and Marine Biology students we have begun a relationship with Sea to Table, which connects us and other Universities and restaurants from around the country with American fishermen.

UCSC is now partnering with Sea to Table to bring fresh sustainable seafood direct from the fishermen! Traceable, delicious, wild-caught fish straight from the dock to our campus kitchens—another move toward reaching our REAL FOOD goal of 40% by 2020!"

– **Clint Jeffries**

Dining Unit & Green Business Manager

UCSC Dining Accomplishments

2009 National Association of College and University Food Services Culinary Competition—Regional Winner

2010 Acterra Green Business Award

2010 Plenty Magazine Greenest Cafeteria Award

2011 Goldies "Going Green" Award—Culinary Institute of America

2011 PETA Ranked 1st Nationally Most Vegetarian Friendly Campus

2012 Princeton Review Top 10 Cool Schools

2012 UCSC Real Food Campus Commitment (see page 7)

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:

- Participating in food drives to support Second Harvest Food Bank.
- Providing our diverse food service workers with a living wage, full benefits, and professional development programs.
- Endorsing the Real Food Commitment to achieve greater real food procurement on campus and committing to meet or exceed 40% of real food purchases in dining services by 2020 (see page 7).
- Purchasing organically grown produce from the UCSC Farm, run by the Center for Agroecology & Sustainable Food Systems.
- Developing new programs like Farm Fridays in which students are introduced to unique and tasty meals made from entirely local and/or organic ingredients. These weekly events provide educational materials and interactions with local farmers, which help to strengthen our ties to the surrounding agricultural marketplace in the Monterey Bay.
- Providing 100% organic coffee in all our dining halls, cafés, Perk Coffee locations, and Terra Fresca restaurant. We purchase coffee from the CAN coffee program, along with coffee beans from local roasters.
- Hosting annual Local & Organic Tasting Fair for the greater UCSC Community

food waste. Secondary to reducing our food plate waste, we have reduced our water consumption by over 1 million gallons per year. All of our coffee brewed on campus in our dining halls and cafés is 100% organic, and we are actively working with the Real Food Calculator to assess where real food purchases could increase in order to achieve the highest real food goal in the UC system: 40% real food by 2020. Since signing on to the commitment Dining has increased local sourcing with Viridis Aquaponics and has increased ecologically sound purchases with seafood options sourced from domestic fisheries.

Community Agroecology Network (CAN) Coffee



CAN coffee is served in all dining locations on campus (see page 9 for details).

Agriculture and Land-Based Training Association (ALBA)



ALBA supplies over 65% of all organic produce to our dining halls (see page 16).

Buy Fresh, Buy Local



UCSC was the first campus in the nation to become a “Buy Fresh, Buy Local” partner! This program supports local farmers and regional economies.



ALL 12 OF THE UC SANTA CRUZ DINING LOCATIONS HAVE BEEN AWARDED THE GREEN BUSINESS CERTIFICATION BY THE CITY OF SANTA CRUZ. WE BELIEVE A SUCCESSFUL BUSINESS IS DEPENDENT ON A HEALTHY ENVIRONMENT AND WE ARE ACTIVELY WORKING TO SHOW OUR RESPONSIBILITY TO OUR GREATER COMMUNITY.

Waste Reduction & Education

As part of a comprehensive sustainability program, educating our students about waste reduction is a prime focus of UCSC Dining. Working with our CUIP Sustainability Intern and the campus Zero Waste Team, we highlight this environmental issue. Educating students to first try samples of unfamiliar foods is one of many ways we can reduce waste. Conducting Zero Waste events like the OPERS Fall Festival is yet another way to limit the amount of material we send to the landfill. Capturing our recycling and composting materials has been extremely effective, so much so that in 2010 all of the dining hall trash compactors were converted to compost compactors. We simply have less and less trash in our facilities.



Pulpers and Composting



In an effort to reduce the bulk being sent to landfills, UCSC Dining has now installed solar-powered pulpers at all five dining halls. This equipment significantly reduces the amount of solid waste being hauled to the compost site. These methods also reduce fossil fuel use and garbage storage liabilities, and return the ecosystem to a more balanced state.

Sea to Table

We have been able to strengthen UCSC’s sustainable seafood program

by purchasing salmon directly from fishers in Bristol Bay Alaska, Red Acadian Fish from family fishers in Maine and most recently, gulf shrimp from Florida. By switching some of our purchasing we were able to replace conventionally raised and caught fish that was not considered sustainable and are now directly supporting domestic fishing families.

Buying seafood direct and paying fair labor wages allows these products to be included in Dining Services’ purchasing matrix for calculating “Real Food” percentages.

Viridis Aquaponics

As of Winter 2013, UCSC Dining is now receiving weekly shipments of butter lettuce, rainbow chard, bok choy, kale, cucumbers, heirloom tomatoes and much more, all aquaponically grown less than 30 miles away in Watsonville using alternative farming methods.

Commitment to Quality

UC Santa Cruz Dining prides itself on providing the best possible food available in the Monterey Bay area. We promote buy fresh, buy local purchasing practices and our focus is on healthy dining options that provide a variety of distinctive cooking styles and flavors.

Our culinary team is involved at every level and participates in quarterly workshops to enhance their skills, keep up on the latest trends in college foodservice, and learn new cooking styles. The results are exciting menu offerings each quarter.

continued on page 24

Explore UCSC's Other Cafés and Restaurants

- The College Eight Café, located right across from the dining hall, is a great spot to grab a quick coffee, sandwich or snack between classes. In addition, this café has a billiard table for students to enjoy for free!
- Located in the Quarry Plaza, Joe's Pizza & Subs is the place to go for a leisurely sit-down meal. For students who are 21 or over, you can enjoy a cold beer while kicking back and chatting with friends!
- Located near the Cowell/Stevenson dining hall, the Cowell Coffee Shop has a full espresso bar, delicious home-baked goodies every day, as well as a full lunch menu for those on the go. UC Santa Cruz art exhibits are featured regularly.
- The Stevenson Coffee House is a sweet spot for delicious sandwiches, soups, salads, baked goods, ice cream, and coffee drinks!
- Just above the College 9/10 bus stop, next to the dining hall, is Café Revolucion. Snacks are available for a quarter, and coffee and tea are free with your own mug. Open 9 pm–1 am weekdays and 10 pm–2 am weekends.
- The Porter Slug Café offers sandwiches, daily hot specials, salads, pastries, and plenty of beverage selections.
- The Global Village Café, located in the foyer of McHenry Library, is the latest addition to campus eateries. It offers a full coffee bar, along with salads, soups, sandwiches, and yummy baked goods. Many of the ingredients are from local organic farms.

Cafés and Restaurants

UC Santa Cruz Dining also operates these cafés and restaurants



Located near the Crown College fountain, this quick mart has everything you need. Their "Street Food" menu offers authentic dishes, while a big selection of grab-and-go cooler items offers plenty of snack options all day long and even late night! B. J.'s also is the home to our campus grocery program, which offers a wide selection of natural and organic foods to stock your apartment kitchen, all with the flexibility of using your meal plan. You can also place orders for food staples through the online grocery—see grocery.ucsc.edu.



Located above the Nine/Ten Dining Commons, Terra Fresca serves fine California cuisine, specializing in local, organic, and sustainable menus. Amidst the redwood trees, it's perfect for a special culinary luncheon, business meeting or relaxing meal with friends.



Located in the lobbies of Baskin Engineering, Earth & Marine Sciences, and the Physical Sciences Building, Perk Coffee Bars offer convenient locations to pick up a latté or mocha while on the go, or meet with friends for a quick lunch from the selection of salads, sandwiches or sushi.



Located in our Oakes College community, this fun, funky café is the perfect spot for a grilled chicken sandwich, charbroiled burger, rice bowl, or wrap. With its international surf theme and late night hours, this is a popular student hangout.



Nestled in a grove of redwoods at Kresge College, this hip restaurant has recently revamped its eclectic menu to include quick-service Pan Asian stir fry selections and fruit smoothies, along with organic espresso beverages! The popular Redwood Grille features signature burgers and sandwiches.

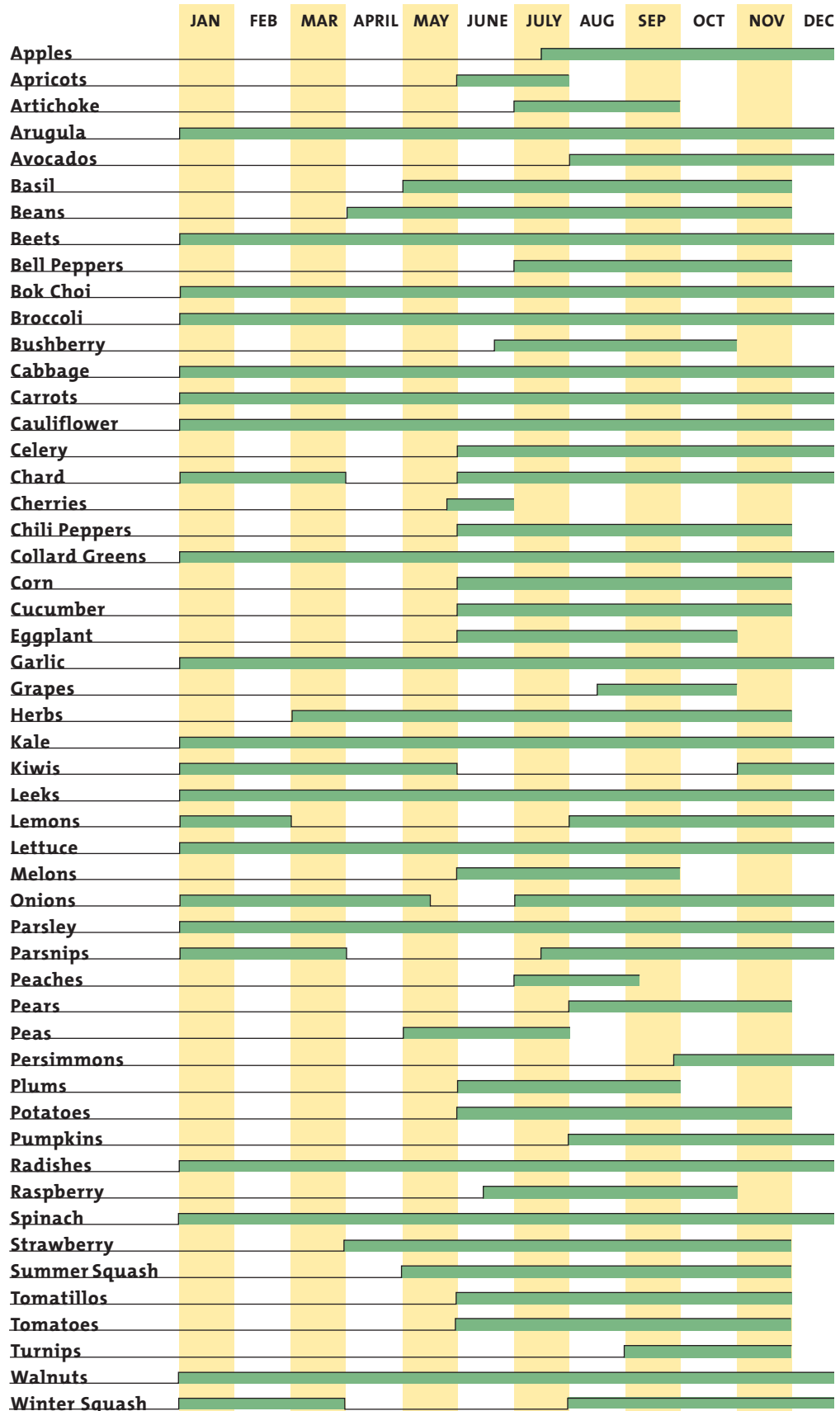


Let the talented staff at University Center Catering make your event at the University Center or any other UCSC location not only delicious but spectacular! Our menu offers a full range of choices, from breakfast pastries and coffee to party platters, exquisite entrées, and sustainable seafood. We promise convenience at competitive prices, and our "Gourmet to Go" a la carte menu offers student-priced options for clubs and organizations, with the same university quality you have come to expect.

Students can use their FLEXI Dollars at all of these dining locations. FLEXI Dollars are issued with all 5- and 7-day meal plans and the 55 Meals Per Quarter plan.

California
Central Coast

Regional Seasonal Availability



Seasonal Availability Chart

Get Academic Credit Studying the Food System

Courses

ANTHROPOLOGY (ANTH)

- **110X** Bioarchaeology of Food
- **173** The Origins of Farming
- **194I** Anthropology of Consumption
- **196D** Food and Medicine

COLLEGE 8 (CLEI)

- **55** Service Learning
- **56** Media Internships for Sustainability
- **61/161** Education for Sustainable Living Program
- **90** Gardening
- **150A** Sustainability Praxis in the Build Environment
- **162** Sustainability Internship Practicum

COLLEGE NINE (CLNI)

- **70** Colleges 9 & 10 Community Garden

COLLEGE TEN (CLTE)

- **110/110B** Service Learning

ENGINEERING

- **80S** Sustainability Engineering and Practice

ENVIRONMENTAL STUDIES (ENVS)

- **80B** Ecological Forecasting for Global Warming
- **129** Integrated Pest Management
- **130A/L** Agroecology and Sustainable Agriculture/Lab
- **130B** Principles of Sustainable Agriculture
- **131** Insect Ecology
- **133** Agroecology Practicum
- **143** Sustainable Development: Economy, Policy & Environment
- **161/L** Soils and Plant Nutrition/Lab

- **163/L** Plant Disease Ecology/Lab
- **166** Agroecosystem Analysis and Watershed Management
- **196** Sustainable Pest Management in Agriculture and Food Systems
- **196** Advanced Organic Agriculture
- **196** Water Quality: Policy and Management

KRESGE (KRSG)

- **72/74/74 and 172/173/174** Collaborative Learning for Equity, Economy, and the Environment
- **161** Permaculture and Whole Systems Design (Winter quarter)

LATIN AMERICAN & LATINO STUDIES (LALS)

- **115** Mexico–U.S. Migration
 - **149** U.S. Foreign Policy toward Latin America
 - **152** Consumer Cultures between the Americas
 - **166** Latino Families in Transition
- ### SOCIOLOGY (SOCY)
- **130** Sociology of Food
 - **152** Body & Society

Environmental Studies 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, FoodWhat?!, 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 22 farms in Santa Cruz County. You will also find interns at the Santa Cruz Farmers' Markets, the Homeless Garden Project, Christiansen Landscaping, Food Chain Radio show, and at six 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.

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.

- **168** Social Justice
 - **169** Social Inequality
 - **179** Nature, Poverty, and Progress
- ### STEVENSON (STEV)
- **16** Stevenson Community Garden

Get Academic Credit for Hands-on Opportunities

ACADEMIC YEAR 2014-2015

Center for Agroecology & Sustainable Food Systems Internships

ENVS 83, 84, 183, 183B, 184

Two- and five-credit internships at the UCSC Farm or the Alan Chadwick Garden near Merrill College.

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

Agroecology Practicum

ENVS 133

Lectures and demonstrations are combined with field applications to give students direct experience and knowledge of sustainable agriculture and horticulture practices and principles. UCSC Farm and Garden are the living laboratories for testing agroecological principles. Emphasis is placed on small-farm systems. Enrollment limited.

Prerequisite(s): ENVS 130A and 130L. Available during Summer Session!

CONTACT: Katie Monsen, kmonsens@ucsc.edu

College Eight Sustainability Minor Pilot Program

College Eight at UCSC is launching a new minor in Sustainability Studies in Fall 2014, approved for a three-year pilot phase to run from 2014–2017. Not only is this minor designed to be highly interdisciplinary, it is also the first such college-sponsored degree program in several decades. As such, the Sustainability Studies minor will also offer a model for new college-based

undergraduate curricula and educational approaches. For information and enrollment details, see <http://eight.ucsc.edu/academic-programs/Minor%20in%20Sustainability%20Studies.html> or email Ronnie Lipschutz, rlipsch@ucsc.edu

College Eight Garden Internship

CLEI 90 Tuesday 4–5:30 pm

One-credit internship in the College Eight Garden. Offers College Eight students an opportunity to become involved in an experimental learning project focusing on application of sustainable agriculture concepts. Enrollment limited to members of College Eight.

CONTACT: <http://sec.enviroslug.org/college-eight-garden.html>

College 9/10 Garden

CLNI 70: Colleges 9 & 10 Community Garden Fall 2014

A 2-unit course in which students design and build a new community garden at Colleges Nine and Ten. Students engage in a collaborative design process with campus stakeholders; learn hands-on skills and community gardening best practices; and build regenerative social and ecological systems. Enrollment restricted to College Nine and College Ten students. May be repeated for credit.

CONTACT: c9c10garden@google-groups.com; David Shaw, daveshaw@ucsc.edu; more information at http://collegenine.ucsc.edu/getinvolved/garden_club_class.html

Kresge Gardening Cooperative

KRSG 63 Mondays 9:30–12:15

A 2-unit course in the spring quarter focused on learning and practicing basic ecological horticulture skills through work at the Kresge Garden. Students will learn about bed digging, compost making, propagating crops by seed, transplanting, irrigation, fruit trees and community gardening.

The course also emphasizes building and maintaining the Kresge Community Gardening Cooperative through refining and documenting the process by which gardeners communicate, cooperate, and share resources.

CONTACT: David Shaw, daveshaw@ucsc.edu; Kresge Garden Co-op, garden-coop-core@googlegroups.com

Permaculture and Whole Systems Design

KRSG 161

A 5-unit course offered by Kresge College in Winter 2015 focusing on the concepts, principles, and practices of Permaculture Design.

Permaculture design is transdisciplinary and will provide hands-on experience in ecological horticulture, wildcrafting, aquaponics, appropriate technology, animal husbandry, natural building, community self-reliance, and landscape architecture.

CONTACT: David Shaw, daveshaw@ucsc.edu

continued on page 24

Harvest Festival

Sunday, October 12, 11 am – 5 pm, UCSC 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 local farmers, chefs, 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. If you'd like to volunteer for this event, please contact us at casfs@ucsc.edu, or call (831) 459-3240.

The Harvest Festival is supported in part by Measure 43 funding (read more about Measure 43 on page 7)

Stevenson Garden Internship

STEV 16 Fall 2014

The Stevenson Garden is the first college-based garden on the East side of campus. The garden is looking for one to four garden coordinators to keep the garden thriving. Two- and five-unit internships are available.

CONTACT: Blake Redding, bredding@ucsc.edu

Life Lab Garden Classroom Internships

ENVS 83, 84, 183, 184, 183B

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

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

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

CLEI 61 and 161

Two-credit CRAFTs (CLEI 61) attend guest lecturers 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

Dining Services (from page 19)

Nutrition and Wellness

On our UCSC Dining web site you can access nutrition facts for all of our meals. You can use the meal calculator to check caloric counts and plan a whole day's eating. We encourage students to talk with our managers about specific dietary restrictions. We specialize in a large array of vegan and vegetarian meals and we work closely with our Student Health Center to develop meals for restricted diets.

Educating our students is important; we offer tips on "exam-time brain foods," balanced caloric selections and healthy snacks to pack in their dorm room as part of our ongoing outreach.

Healthy Mondays, Beefless Thursdays, and Farm Fridays are examples of our commitment to encouraging our students to embrace a lifestyle that focuses on personal health and a healthy environment.



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

On Tuesdays and Fridays from early June through early November, apprentices from the UCSC Farm & Garden sell fresh produce and beautiful flower bouquets at the base of the UCSC campus (corner of Bay & High Streets). Now accepting EBT/SNAP credit!

Market Cart sales support the Apprenticeship training program, a six-month, full-time course in organic farming and gardening offered through UCSC Extension. For information, call (831) 459-3240, email casfs@ucsc.edu or see casfs.ucsc.edu.



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
1:30–6:30 pm, Year-round
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, Year-round
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

Note: see **www.santacruzfarmers-market.org** for details on the Live Oak, Felton, Downtown Santa Cruz, Scotts Valley, and Westside farmers' markets.

Community Organizations & Programs

California Certified Organic Farmers (CCOF)



2155 Delaware Avenue
Suite 150
Santa Cruz, CA 95060
(831) 423-2263
www.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
609 Pacific Ave, Suite 204
Santa Cruz, CA 95060
(831) 425-0303

www.californiafarmlink.org

CONTACT: Reggie Knox

EMAIL: reggie@californiafarmlink.org

California FarmLink is a non-profit organization founded in 1998 to strengthen family farms and conserve farmland in California. Our

land database and linking program connect aspiring and retiring farmers and promote techniques to facilitate intergenerational farm transitions. Through one-on-one technical assistance and workshops, we assist farmers with business planning, financing, tax strategies, estate and succession planning. We also use our grant funds to pay consultants with expertise in these areas to work directly with farmers. Through a matched savings program FarmLink helps aspiring farmers build equity for the purchase of land, equipment, or infrastructure. In 2005 we launched a revolving loan fund to assist our small farm clients. Our offices are in Sonoma, Yolo, and Santa Cruz Counties.

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 Reggie Knox, reggie@californiafarmlink.org, to get involved!

Community Alliance with Family Farmers CAFF



406 Main Street, Suite 406
Watsonville, CA 95076
(831) 761-8507

The Community Alliance with Family Farmers is a statewide organization building a movement of rural and urban people to foster family-scale agriculture that cares for the land, sustains local economies, and promotes social justice.

CAFF is a community representative on UCSC's Food Systems Working Group. Volunteer opportunities are available in the Farm-to School program, teaching kids about food and farming at school and on farms, and with the Harvest of the Month program, which sends out thousands of tasting kits to classrooms throughout the Central Coast.

Volunteer & Internship Opportunities

CAFF is looking for food and farming interns in 2014–2015. Internships and volunteer positions vary in hourly commitments. For more information, email volunteer@caff.org, call (831) 761-8507, or visit our site: www.farm2schoolvolunteers.blogspot.com

If interested in volunteering for special events please get on our volunteer event notice listserve. Email

us at volunteer@caff.org or call (831) 761-8507.

Community Bridges Meals on Wheels



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

www.communitybridges.org

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) 464-3180 ext. 100

Homeless Garden Project



PO Box 617
Santa Cruz, CA 95061
(831) 426-3609 office
(831) 423-1020 farm

www.homelessgardenproject.org

CONTACT: Garden Director

PHONE: (831) 423-1020

EMAIL: info@homelessgardenproject.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 security of our 2.5 acre certified organic farm. We also offer transitional employment to adults who are homeless through our farm-based enterprises. The farm is located on Shaffer Road, off Delaware Ave, and operates Tuesday–Friday, 9am–2pm, with occasional Saturday activities.

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 our plant sales, doing crop evaluations, nutritional cooking at our farm kitchen, graphic arts, volunteer coordination, office work, and assisting in fundraising. Internships are generally 12–15 hours a week, no limits on volunteering.



La Manzana Community Resources/Nutrition Programs



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

www.communitybridges.org

CONTACT: Celia Organista

EMAIL: Celiao@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/her-

self 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. Please contact Isabel Estolano-Franklin at (831) 724-2997 x 205 or by email: Isabele@cbridges.org.

Central Coast School Food Alliance (CCSFA)

(831) 359-8861

schoolfoodalliance.org

CONTACT: Tim Galarneau

EMAIL: schoolfoodalliance@gmail.com

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.

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

www.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 Volunteer Services Manager Danny Robles at (831) 722-7110 ext 205, danny@thefoodbank.org.

United Way of Santa Cruz County



Go For Health!

4450 Capitola Rd, Ste 106
Capitola, CA 95062
(831) 465-2207

www.unitedwaysc.org

CONTACT: Megan Joseph

EMAIL: mjoseph@unitedwaysc.org

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

GO FOR HEALTH!'S VISION:

All children in Santa Cruz County will be physically fit through healthy eating and regular physical activity.

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.

Contact: Megan Joseph, Director of Community Organizing
email: mjoseph@unitedwaysc.org

Food Matters

Facts for the heart, mind and stomach of the reader



Biodiversity

- Over 75% of the planet's agricultural biodiversity has already been lost.
- 90% of the crop varieties that were grown a century ago are no longer commercially produced.
- 9 crops supply 75% of the world's food, and 3 crops provide 50%.
- 1/2 of the vegetable servings eaten in the US in 1996 came from only 3 vegetables: lettuce (mostly iceberg), potatoes and tomatoes.

Food Miles and Global Warming

- Global warming is already underway. Temperatures in Antarctica

have risen 2.5° C in the last 50 years—causing the recent collapse of two ice shelves over 1,000 square miles in area—and the North Pole melted last year, for the first time in 50 million years.

- The global food system is one of the single most important causes of increased greenhouse gases; in the US it accounts for almost a fifth of the nation's energy consumption.
- Per capita, the US uses more energy for food production, processing and distribution than Asia and Africa use for all activities combined.

- The typical plate of food in the US has traveled 1,500 miles from source to table, 22% more than in 1980.

Water Pollution, Waste and Erosion

- Irrigation practices in the US are so wasteful—accounting for a full 2/3 of all groundwater used!
- Hog, chicken and cattle waste has polluted 35,000 miles of rivers in 22 states and contaminated groundwater in 17 states.

- Since World War II, 37% of the world's cropland has been eroded and topsoil is currently being destroyed 17 times faster than it can be regenerated.

Genetic Engineering

- The impacts of GE documented so far include damage to vital organs and the immune system, increased pesticide resistance in insects and weeds, and DNA transfer to non-engineered varieties.
- 75% of all GE crops worldwide are grown in the US.
- The claims that genetically engineered seed would reduce pesticide use have proven false: for most commercial crops, pesticide use has not decreased and for some crops it has actually increased!

Global Food and Human Health

- The US Surgeon-General reports that almost 2/3 of Americans are now significantly overweight (compared with 55% in the early 1990s, and 46% in the late 1970s), and the proportion is rising steadily. Each year, the obesity epidemic costs the medical system \$117 billion in bills and causes 300,000 premature deaths.
- 3/4 of all antibiotics used in the United States are for livestock, mostly in the absence of disease—this has the effect of increasing pathogenic antibiotic resistance.
- Despite the prolific use of antibiotics, factory farms and meat processing plants are breeding grounds for bacteria like E. coli and salmonella. Salmonella cases have doubled since 1980, and similar increases are reported for other food borne bacteria.

Chemicals

- In California, use of carcinogenic pesticides increased 127% between 1991 and 1998, while reproductive and developmental toxicants, groundwater contaminant and acutely toxic pesticides increased as well.
- Globally, pesticides kill 20–40,000 farmers each year.
- The documented health effects of pesticide exposure include: leukemia, brain tumors, prostate cancer, sterility, birth defects, damage to the immune system, and cognitive disorders such as impairment of memory and psychomotor speed, anxiety, irritability and depression.
- These chemical inputs simply aren't working as predicted: in the U.S., the quantity of crops lost to pests has increased 20% since the introduction of pesticides, and \$40 billion a year is now spent on pesticides to save an estimated \$16 billion in crops.

Disappearance of Farming as a Livelihood

- While 40% of Americans were employed in farming in 1910, today that figure is less than 2%, and the number of farmers in the US has declined by 65% since 1950.
- Family farmers in the US typically lose more money than they make—their average income declined by over 60% between 2000 and 2001 alone.
- Farmers' prospects are so bleak that in many regions, suicide has become their leading cause of death.

Global Food and the South

- The world already produces more than enough to provide a healthy

diet for everyone on the planet. The problem is not that there is a food deficit, it is the unequal distribution of food and the control of food by profit-driven corporations that leads to world hunger.

- There are currently 840 million people in the world who are hungry.
- Largely because so many farmers in the South have been pulled from the land, there are now 20 more Third World cities with populations over 10 million than there were in 1970.

Centralization

- A handful of massive agribusinesses now dominate farming: the largest 6% of farms currently captures almost 60% of all farming revenue.
- Nine companies sell 90% of the world's pesticides and in the US, four companies slaughter 80% of all cattle.
- The top four wholesalers control almost half of the market for Florida tomatoes, and the top two account for three quarters of all fresh-cut salad sold in supermarkets.
- This concentration gives farmers fewer and fewer places to sell their harvests by enabling powerful middlemen, such as wholesalers and supermarkets, to squeeze out all of the profits. By 1990, only 9 cents of every dollar spent on domestically produced food in the US went to the farmer, while middlemen, marketers and input suppliers took the rest.

{ These facts were taken from the International Society for Ecology and Culture's local toolkit factsheet, which can be found at www.isec.org.uk/toolkit/factsheet.html#1 for more information. }

Retailers & Restaurants 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

New Leaf Community Markets

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

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

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

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

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

Restaurants/Cafés

Bantam

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

Bittersweet Bistro

787 Rio Del Mar Boulevard
Aptos, CA 95003
(831) 662-9799
Cal-Mediterranean

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

Engfer's Pizza Works

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

Foodsmith

myfoodsmith.com
(831) 480-2345
Organic meals prepared to go; order ahead

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*

O'mei

2316 Mission Street
Soquel, CA 95060
(831) 425-8458
Chinese

Penny Ice Creamery

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

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
Vegetarian/ American

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

Thai House

353 Soquel Avenue
Santa Cruz, CA
(831) 458-3546
Thai

The Abbey

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

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

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 is our campus doing?

UC Santa Cruz is committed to providing sustainable food products to students so they can enjoy delicious, fresh, and healthy meals.

In order to reach the Real Food Commitment's goal of 40% real food by 2020, signed by the Chancellor in 2011, the Food Systems Working Group has worked with UCSC Dining and a myriad of NGOs to find the most sustainable and local seafood sources. At least 50% of the seafood in the dining halls has been caught in an ecologically sound manner.

What can I do to help?

Each of us has the power to save our oceans and start a movement for ecologically sound seafood. Here are some ideas on how to get started:

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, oysters, and wild Alaskan salmon.

continued on next page

Sustainable Seafood, continued

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. Buying from fish markets that feature local fish caught with sustainable techniques is also a good way to support small-scale

fisheries and know exactly where your seafood is coming from!

Ask restaurants and supermarkets to provide sustainably sourced seafood. As consumers, we have the right to consume food that nourishes us and is sourced in a way that sustains the environment. Asking businesses to serve ecologically sound seafood will show that consumers care about the environment and support businesses that care about it too.

Get involved with the Food Systems Working Group! The Food Systems Working Group (FSWG) is a student led organization on campus that is working hard everyday to obtain healthy, ecologically sound, fair trade, and local food for UC Santa Cruz. The chance is here and now for you to start a movement for a sustainable food system! Email us at ucscfswg@gmail.com or call (831) 459-3675

Seafood facts:

- 93% of seafood consumed in the United States is imported annually
- 1/3 of seafood sold in supermarkets and restaurants is mislabeled
- Scientists believe that up to 90% of top predatory fish species, such as sharks, have been removed from the ocean due to commercial fishing

More information on sustainable seafood at these websites:

www.montereybayaquarium.org
www.fishwatch.gov
www.mdc.org

Student Food Assistance and Support at UCSC

Food security and assistance is a real challenge for many students and families affiliated with UC Santa Cruz. There are many programs and opportunities for you to get support when your budget is stressed and times are tough.

Second Harvest Food Bank of Santa Cruz County works with Student Affairs and campus partners to ensure there are access points for support as well as support for Cal FRESH and other supplemental nutrition assistance programs (i.e., WIC and EBT). Access sites include:

- The Family Student Housing (FSH) Food Pantry serves the campus with fresh and dry goods, including organic produce from the CASFS/UCSC Farm. Pick-ups take place on the first and third Wednesday of the month from 4–6 pm at the FSH Food Pantry. Contact Allan VanderPaas at (831) 459-4080 for more information.
- CARE Food Snack Pantry at Hahn Student Services, Room 245. Open daily, 9am –5 pm. Contact Kristin McMaster at (831) 459-3456.
- The UCSC Farm & Garden Market Cart (see page 25) and the Farm's Community Supported Agriculture (CSA) program accept EBT. The CSA program also offers limited-income shares at a reduced price. Contact CASFS at (831) 459-3240 or casfs@ucsc.edu for details. Note that the CSA is full for the 2014 season.
- (Offsite) High Street Community Church (2 blocks from UCSC's main entrance): Weekly pick-ups with a valid student ID or a utility bill with your local address on it (e.g., PG&E, Water, or Cable) are available. Times vary so contact Carrie Canty at (831) 459-1738 or ccanty@ucsc.edu for up to date pick-up times.

Farm to Family Harvest Sessions

Volunteers are welcome to help harvest produce at the UCSC Farm for the Family Student Housing Food Pantry. Harvests take place from 7:30–8:30 am on the first and third Wednesday mornings of the month through October 15. Meet at the packing shed next to the row crop fields at the UCSC Farm. Other harvest dates and times include: August 20, 1–3 pm, and September 3 and 17, 1–3 pm. Wear layers and closed-toed shoes.

For more information contact CASFS field production manager Liz Milazzo, 459-4661, or Alan VanderPaas, FSH coordinator, at 459-4080.



Welcome to the Campus Gardens!

UC Santa Cruz students have been at the forefront of the organic gardening and farming movement for more than 45 years (see page 5). 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 to new support for student activities provided by Measure 43 (see pages 7 and 14). 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



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. Reacting in part to the turmoil of the Vietnam War, the rapid development taking place on campus lands, and the budding “back to the land” movement, students sought a place where they could feel more connected to nature. 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. 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

- Orin Martin, Chadwick Garden Manager: **(831) 459-3240**, orin@ucsc.edu
- 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. 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 the Center for Agroecology and Sustainable Food Systems (CASFS), where research, education, and advocacy

based around sustainable food systems takes 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 and UCSC Extension, learn how to grow and care for organic vegetables, fruit, herbs and flowers. From late spring through early fall, the apprentices operate a farmstand at the base of campus on Tuesday and Fridays from noon to 6 pm. You can learn more about CASFS and the Ap-

prenticeship at casfs.ucsc.edu. 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
- A number of classes use the UCSC Farm as an "outdoor classroom" (see pages 22–23)
- Drop by any day between 8 am and 6 pm and take a look around

Key Contacts

- Christof Bernau, Garden Manager: **(831) 459-3375**, christof@ucsc.edu (for 2-unit internships at market garden scale); Liz Milazzo, Field Production Manager **(831) 459-4661**, emilazzo@ucsc.edu (for field scale)
- Damian Parr: **(831) 359-8710**, dmparr@ucsc.edu
- Chris Krohn, Environmental Studies Internship Coordinator: **(831) 459-2104**, ckrohn@ucsc.edu
- General: **(831) 459-3240**, casfs@ucsc.edu, casfs.ucsc.edu

Kresge Garden



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.

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. Current projects include: establishing a food forest, cultivating the east side of the garden, and building an arbor and outdoor classroom.

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. Additionally, the garden serves as a setting for student leadership development and empowerment through student-to-student education in the education in the various courses and internships offered.

How to get involved

- Attend our Sunday workdays from 10 am – 2 pm
- Become a working or core member in the garden co-op
- Ask about internship opportunities

- Teach a Student Directed Seminar, lead a section of the Kresge Collaborative Learning class, or Education for Sustainable Living Program (ESLP) section in the garden (see page 24 for info on ESLP)
- Enroll in the Kresge Permaculture class (winter, KRSG 161) and Collaborative Learning class series (fall KRSG 72/172, winter KRSG 73/173, and spring KRSG 74/174).

Key Contacts

- See <http://kresge.ucsc.edu/commonground/activities/garden-coop.html> for general information on meetings and garden hours
- Email the co-op at garden-coop-core@googlegroups.com
- Information on 2- and 5-unit courses: David Shaw, daveshaw@ucsc.edu

College Eight Garden

How to find it

The garden is located to the west of the College Eight 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 since then.

In 2011–12 the College 8 Garden received funding from a Measure 43 grant to expand the garden and hire an experienced student garden coordinator.

Niche

With majestic views of Wilder Ranch State Park and the ocean beyond, the College 8 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 College Eight Garden Internship Course (CLEI 90), offered every quarter
- Come in, take a look around, and try one of the fresh figs, apples, or plums
- Contact the Student Environmental Center (see page 11) to learn about community work days

Key Contacts

- Alyssa Billys, abillys@ucsc.edu
- See the College 8 Garden website, <http://sec.enviroslug.org/college-eight-garden.html>

Family Student Housing Garden

How to find it

Just across the pedestrian bridge from College 8 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 Family Student Housing Community Garden has plots available for use by residents. All plots are boxed, raised three by ten foot beds that are lined for gopher prevention. 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 have been assigned a plot you will sign a contract. Gardeners are encouraged to organize their activities to keep the garden flourishing. Compost bins are available for fruit and vegetable waste only.

How to get involved

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



PICA Foundational Roots Garden



How to find it

Located in the B-quad of The Village in the Lower Quarry. Take Lower Quarry 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 donated 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 Monday—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

- Mira Michelle, PICA Residential Coordinator: Mmichel1@ucsc.edu, www.ucscpica.org



Oakes Garden



How to find it

Located within Oakes College, across from the Provost's House and above the West Field.

History

In the 1970s a community vegetable garden was started at Oakes College, but soon after its creation the garden was abandoned and went fallow. Then, in 1997, groundskeeper John Palochak brought the garden back to life, planting herbs and ornamentals on the site.

The garden remained in this state until the planting of pear and apple trees as part of the Edible UCSC project in 2007. In 2009, two students working with the Student Environmental Center obtained materials for the garden and laid the foundation for a 2-unit course that began in Fall Quarter 2009. The first group of students in the course created a collaborative set of goals and a design for the garden using

concepts of permaculture design—now comes the time for implementation!

Niche

Because it is so young, the Oakes Garden is as yet undefined—but this doesn't mean there's nothing going on! Students involved with the garden are overflowing with ideas for a design that blends ecological and cultural connections into both the design and maintenance of the garden space.

The planned design of the garden involves fall, winter, and spring crops that can rely on the plentiful

Santa Cruz rains, low-water summer crops, and a forest garden of perennials. There's even mention of a potential outdoor classroom or pergola in years to come. Stay tuned—or better yet, get involved—to see what will emerge.

How to get involved

- Contact the Oakes Garden crew

Key Contacts

- oakes-garden-core@google-groups.com



Stevenson Garden

Attention all Stevenson, Cowell, Crown, and Merrill students!

How to find it

With its location on the Stevenson Knoll, this garden provides majestic views of Monterey Bay and the city of Santa Cruz.

History

Path to a Greener Stevenson (PTAGS), a student sustainability organization, opened the Stevenson Garden in the spring of 2011. Our initial goal was to create a learning space to bring the Stevenson community together and to promote sustainability within the college. Students wrote grants and acquired funding from the Campus Sustainability Council and the Stevenson Student Council that paid for our water source, fence, tools, shed, and starts, which were planted in May of 2011 by the very first Stevenson Garden class. This class was taught by faculty member Dave Shaw who took on a group of 25 students to

put this project into action, and to give the East side of campus its first college garden!

Though the garden class did not receive funding for 2011–2012, the Stevenson community proactively came together to keep the garden going, replanting and tending to the crops during the summer break months.

Niche

A student internship program was developed in summer 2011 through collaboration with the Environmental Studies department and Stevenson College. Today the interns are the primary stewards of the garden.

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 our garden.

In 2013 and 2014 we had interns and volunteers who worked on digging and planting more beds, organizing public work parties, celebrations, and workshops, and maintaining and enhancing the physical space of the garden. You are welcome to join us in our efforts to develop and maintain the garden!

How to get involved

- Enroll in Stevenson 16 (fall) or our student directed seminars (spring)
- Join the Stevenson Community Garden group on Facebook for updates and announcements
- Path to a Greener Stevenson (PTAGS) welcomes new people to join and get on board with the campus sustainability movement. Check out Path to a Greener Stevenson on Facebook for updates

Key Contacts:

- Stevenson Garden group, stevensongarden@gmail.com
- Blake Redding, residential education, bredding@ucsc.edu
- Dave Shaw, faculty mentor, daveshaw@ucsc.edu



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–12 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, “a garden in every classroom,” 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! In the time since it was created, the Life Lab model has been applied in numerous school gardens in Santa Cruz County and beyond.

Niche

Life Lab is home to a wonderful group of staff and students who put on field trips for preschool–grade 12 students. Life Lab also offers teacher educator trainings and workshops, develops curriculum, empowers teen and youth through the “Food, What?!” program, and hosts community classes and festivals.

Each year the Life Lab Garden Classroom field trips serve more than 3,500 students in scheduled programs for 3 year olds through high schoolers. Life Lab staff also train more than 300 educators at the Garden Classroom each year through workshops and consulting. Student interns learn how to lead preschool–grade 12 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 the Environmental Studies Department during the academic year
- Full-time summer camp counselor positions are available each year
- Check out the website at www.lifelab.org

Key Contacts:

- For information on internships and summer camps—
Amy Carlson, Garden Education Coordinator: **(831) 459-4035**, gardened@lifelab.org
- For general inquiries—
John Fisher, Director of Programs and Partnerships: **(831) 459-5395**, gardendirector@lifelab.org



Gardening, Farming & Food System Events

2014-15 Activities for Students and the Community



Harvest Festival

Sunday, October 12, 2014

11 am–5 pm, CASFS/UCSC Farm

Don't miss our annual harvest celebration! Great music, food, apple tasting, apple pie bake-off, garden talks, hay rides, kids' events, herb walk, tours, cooking and gardening demonstrations, and an all-around good time on the 30-acre organic farm at UCSC. See casfs.ucsc.edu for details.

Free admission for UCSC students (with valid student ID) and for Friends of the Farm & Garden members and kids 12 and under; \$5 general public.

If you'd like to volunteer for this event, please contact us at casfs@ucsc.edu, or call (831) 459-3240.

If your group is interested in tabling at this event, please contact Tim Galarneau, tgalarne@ucsc.edu or ucscfswg@gmail.com, or call (831) 459-3248.



Strawberry & Justice Festival

May 2015 at the CASFS/UCSC Farm

(date and time to be finalized in winter 2015)

The Strawberry & Justice Festival is a 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. Come enjoy organic strawberry treats and drinks.

If you'd like to volunteer for this event, please contact us at ucscfswg@gmail.com, or call (831) 459-3248.

The Strawberry & Justice Festival is supported in part by Measure 43 funding and sponsored by the Center for Agroecology & Sustainable Food Systems.

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.

We will hold exchanges in October, February, and April. 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 community support group the Friends of the UCSC Farm & Garden works with members of the Center for Agroecology & Sustainable Food Systems (CASFS) to offer a series of gardening workshops and other events each year. These include –

- Fruit tree care workshops
- Gardening classes, including single and multi-day courses
- Harvest Festival on October 12, 2014 *(see more at left & page 29)*
- Spring Plant Sale on May 2–3, 2015

For a 2014–2015 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. Send email to: tgalarne@ucsc.edu for more information or see the Farm to College section of the CASFS website, casfs.ucsc.edu.

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.

Food Systems Learning Journeys



This series of low-cost field trips, classes, and student activities features experiential and hands-on learning that connects students with their local food system. Recent Learning Journeys have included bike trips to local farms and sustainable fisheries, a goat dairy and cheese-making operation, classes in baking, and workshops for planting and seed-saving. Food-filled educational tours to local bakeries, ice creameries, wineries, and pizza parlors were particular crowd favorites!

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 www.ucsc recreation.com or pick up an OPERS catalogue.

Note that Measure 43 funds are available to help cover the cost of Food System Learning Journeys. Send email to the FSWG student leaders: ucscfswg@gmail.com for more information or see the Farm to College section of the CASFS website, casfs.ucsc.edu.

Maui Wowie 2015 Alternate Spring Break: Agroecology & Island Food Systems

Join other students on a once-in-a-lifetime adventure of learning and community on Maui for your 2015 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 Journey's, you can sign-up online in Fall Quarter 2014. Note that a 2-unit Environmental Studies internship is required in Winter 2015 before you depart with your instructors. For more information contact Tim Galarneau, tgalarne@ucsc.edu or (831) 459-3248.



Bundled up against the early morning chill, students in the 2014 Maui Wowie alternate spring break trip await sunrise atop Maui's Haleakala Volcano.

How does

sea to table

connecting fishermen with chefs

affect you?

UC Santa Cruz dining halls are now engaging a “farm to table” approach to seafood!

Learn more about their values

- **Healthy, sustainable fisheries**
 - We seek out *individual fishers* all over the country who practice *sustainable* fishing methods and *target species with strong and healthy stocks*.
- **Supporting traditional fishing communities**
 - By directly connecting fishermen to the market, we’re supporting the economies and communities of our traditional working waterfronts.
- **Direct, transparent connection to the source**
- **Delicious fish**

