

UC Santa Cruz

UC Santa Cruz Campus Food & Garden Guide

Title

2012-2013 UC Santa Cruz Campus Food & Garden Guide

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**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
FOOD
FACTS**

UCSC

free!

**2012
2013** *Campus*
**FOOD &
GARDEN
GUIDE**

7th edition



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

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
- Hosting “Local, Organic Dinner Nights” in partnership with College Program offices
- 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
- Community Alliance with Family Farmers
- Students for Organic Solutions
- Program in Community & Agroecology
- Education for Sustainable Living Program
- Campus Residential & Dining Services
- Student Environmental Center
- Campus Purchasing
- Monterey Bay Organic Farming Consortium
- Interested UCSC Staff and Faculty
- UCSC Undergraduate and Graduate students
- California Student Sustainability Coalition



How YOU Can Get Involved

To find out how to attend upcoming FSWG meetings about exciting campus and community events and projects, look online at casfs.ucsc.edu/farm-to-college, or contact FSWG coordinators at ucscfswg@gmail.com or (831) 459-3675.



Food Systems Working Group

Become a friend of FSWG on Facebook! Type “UCSC Food Systems Working Group” into Facebook’s search engine and “Like” the FSWG page.

Above: Farm Friday, featuring produce from a local organic farm served at the Crown/Merrill Dining Hall. Bottom left: An activity that simulates strawberry picking at the Strawberry and Justice Festival on the CASFS/UCSC Farm. Bottom right: A free Seed Exchange event, sponsored by UCSC’s Demeter Seed Library (see pages 14 and 44).





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. We hope the guide will help create connections and foster a strong network of people who want to build a more sustainable food system.

CREDITS & THANK YOU'S

The Food Systems Working Group (FSWG) would like to express our deep appreciation to our 2012–2013 Campus Food Guide Coordinator, Andrew Whitman, 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 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 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 find ways to move beyond understanding sustainable food terms 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 Dining Services director Alma Sifuentes brought staff of Dining Services to the UCSC Farm, an important step in introducing the concept of sustainability to the campus food system. Sifuentes also helped catalyze the effort 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 demand socially just, organic food in the dining halls.

Among those participating in the Earth Summit meeting was Scott Berlin, the new Director of UCSC Dining Services, who would soon be contracting with vendors. 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) 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, 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.

Spearheaded by graduate student Linda Wallace, the FSWG 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 eliminate 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.

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 25-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 40 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 twice a week. In 2004 the UCSC Farm began selling its produce and flowers to Terra Fresca, the University Center's restaurant, 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 2006 a "Student CSA program" was added; students can purchase a fall season CSA share during fall quarter (see page 25 for more information).

Since 2004, CASFS staff members have 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. The True North Foundation and the Wallace Genetic Foundation have funded the CASFS Apprenticeship to support farm-to-college work, along with continued support of the CSA training and demonstration program. Field production manager Liz Milazzo works on both farm-to-college projects, such as College Eight's "Harvest for Health," and the CSA program.



6. Buy worker supportive food products: Worker supportive products are purchased from socially just companies 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. Students for Organic Solutions also continued to build support for bringing local organic food to the dining halls by putting on educational classroom presentations and organic “taste tests” for students. Timed to coincide with the presentation of the guidelines, a campaign spearheaded by Comercio Justo and CAN generated over 2,000 postcards from students to Dining Services in support of the guidelines’ adoption.

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 after a year-long struggle to find a way to include “worker supportive” as a criterion in selecting a vendor. During the process, FSWG found that “worker supportive” could not be used as a criterion under UC purchasing regulations because, unlike organic and local, employment practices are not regarded as a characteristic of food.

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, a worker-supportive operation (read more about the consortium on page 15). This arrangement meets 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 the UC-wide sustainable food policy that UCSC Dining and CASFS were instrumental in developing.

In 2011–2012 Dining surpassed its goal of 25% of sustainable food purchased, and in 2012–2013 will focus on education and student engagement while moving toward the goal of purchasing 40% “real food”

by 2020 (see next page). This includes produce, dairy, dry goods, beverages, meat and poultry, seafood, and more. Each year both an assessment and an overall report of best practices in food services will take place, and will be submitted to the UC Office of the President and shared with campus stakeholders. The assessment will also include information on the overall status of dining in terms of sustainable practices and the enhancement of student and staff education efforts around those practices. Other goals include: reducing meat purchases to reduce UCSC’s carbon food print, composting 100% of appropriate 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. Local, organic growers who serve UCSC are also exploring a domestic fair trade label certified by the Agriculture Justice Project and certification services offered by CCOF.

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 farmer collaboratives, 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 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 2011–2012, UCSC Dining bought approximately 28% real food, and in 2012–2013 Dining staff members are working to add items such as sustainable dairy and eggs to campus menus. As they increase real food purchasing to 40% by 2020, campus leaders also recognize that food services must be kept both affordable for all students and economically viable for the campus.



UCSC Chancellor George Blumenthal and FSWG member Alexandra Villegas display copies of UCSC's Real Food Campus Commitment

The 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 programs such as Farm Fridays. 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; go to 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.ucs.edu.



¹www.universityofcalifornia.edu/sustainability/policy.html

²<http://realfoodchallenge.org/calculator>

Food Systems Working Group Organizations

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 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 program. These efforts



Students in the Apprenticeship training program plant lettuce at the Alan Chadwick Garden at UCSC.

reflect our dedication to increasing the understanding and practice of social and environmental sustainability in the food and agriculture system.

UCSC has its own organic farm and a world-famous organic garden, managed by CASFS. The 25-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
Director, CASFS

internships, and workshops. For information on internships and other student activities at CASFS, contact Damian Parr, dmparr@ucsc.edu, (831) 459-3604.

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.communityagroecology.net

CONTACT: Dan Hermstad, Director of Action Education

EMAIL: cancoordinator@gmail.com

CAN is a U.S. based non-profit organization. Their mission is to develop a network of rural communities and U.S. consumers to support self-sufficiency and sustainable farming practices. Farmers and consumers working together CAN make a difference.

Through their website you CAN: order coffee directly from the farmers; learn about internships living and working with farm families in Latin America; become a CAN member and help support community-based programs in the CAN network.

Volunteer & Internship Opportunities

Currently we have local and international internship opportunities available for academic credit. Each quarter we offer paid local internships and volunteer opportunities. To get involved with the Friends of CAN (FoCAN) student group attend our weekly meetings, every Tuesday night in A3 at the Village/Sustainable Living Center in the Lower Quarry, 6–8 pm, dinner provided!

Campus Sustainability Council

csc.envirolug.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 between students, the administration, staff, faculty, and the community.

Volunteer & Internship Opportunities

We would love to have new members for the full 2012–2013 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

www.envirolug.org/eslp

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

The Education for Sustainable Living Program (ESLP) is a collaborative interdisciplinary effort to realize sustainable community throughout the University of California.

Students form action research teams in partnership with guest lecturers, faculty, administration, and community members to implement tangible change. Such experiential learning inspires participants to internalize the concept of sustainability, and carry it in practice beyond academia into a greater society.

We meet weekly in conjunction with the Student Environmental Center (SEC; see page 11) from 6:30–8:30 pm on Wednesdays in the College 8 Red Room. We also have a winter training course for student facilitators for our spring time ESLP class.

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 three years the garden has been experiencing a renaissance, tripling in size and starting many exciting projects for you to get involved in this year. Currently we are building a greenhouse, outdoor classroom, new compost system, and planting a food forest. See page 38 for more!

Volunteer & Internship Opportunities

Come learn and play at our work parties every Sunday from 11 am–4 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)

Student owned and run since 1976

(831) 426-1506

www2.ucsc.edu/kresge/commlife/food.shtml

EMAIL: kresgenaturalfoodscoop@gmail.com

Weekdays 9 am–7 pm

Weekends 12 noon–6 pm

We are a group of students whose goal is to run a natural foods store through consensus decision-making and group responsibility. We embrace cooperation as our tool for social change. We are not for profit, we are for collective power. As a cooperative business we seek to educate all members of the community, including ourselves. We use our buying power to reflect our ideals regarding ecological, social, and political issues. For this reason, we carry healthy, locally based, cruelty-free, organic products. We focus on products that are good for the Earth, the people who produce them, and the people who consume them. Open to all, we provide a space where good food and revolutionary action meet at the checkout line.

Volunteer & Internship Opportunities

To volunteer, come in whenever you are available and offer your time to the person behind the reg (they won't bite as long as we keep dried mango in stock) and come join our nice little community. See you in the coop.

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 teaches people to care for themselves, each other, and the world through farm- and garden-based programs.

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

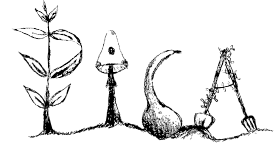
The Garden Classroom is used to train teachers and interns in science and food systems education and serves thousands of children and youth through various field trips, summer camps, and programs.

"Watch Learning Come to Life in a Garden!"

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: Bee Vadakan

EMAIL: vvadakan@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 seminars, 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.

PICA staff lead a two-unit Seminar (ENVS 91F/191F) introducing students to concepts of community and agroecology in the context of sustainability. This course takes place every quarter at the Sustainable Living Center on Thursdays, 4–7 pm, and includes a community meal.

Volunteer & Internship Opportunities

In addition to the PICA seminar we also offer internships in organic gardening and environmental education. Contact Bee Vadakan, Education Director, for information on current internship opportunities and how to get involved.

PICA also 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

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

www.enviroslug.org

CONTACTS: Joyce Rice and student co-chairs

EMAIL: jmrice@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 four campaigns: Students for Organic Solutions, Waste Prevention, Green Building and Transpor-

tation, as well as a student-led class and lecture series—the Education for Sustainable Living Program offered in Spring quarter. We are a campus-wide organization housed at College 8, and we also have a cubicle at the Student Union.

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

Volunteer & Internship Opportunities

The SEC has many positions available in their leadership as well as internships and volunteer opportunities. We are looking for creative and passionate youth, interested in building their leadership skills and helping to make UC Santa Cruz a sustainable campus!

For more info contact Joyce Rice at jmrice@ucsc.edu or call the SEC office at (831) 459-1714.

Students for Organic Solutions and the Gardeners' Alliance

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

sec.enviroslug.org

CONTACT: Sophie Barnhorst

EMAIL: sbarnhor@ucsc.edu

Students for Organic Solutions (SOS) is a group of students looking to spread the word on how our current food systems impact different aspects of culture and society. This involves looking at food systems from angles such as the environment, equal opportunity access, healthfulness, and economics. Through focusing on taking steps within the UCSC community, such as “greening” the dining halls,

SOS students hope to raise awareness and bring about larger scale change. 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 23). Last but not least, SOS offers great opportunities in paid or course credit positions so make sure to check those out!

Volunteer & Internship 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.

Check SOS out on the Student Environmental Center website in the campaigns section at sec.enviroslug.org!

Or feel free to contact: campaign coordinator Sophie Barnhorst at sbarnhor@ucsc.edu.

CSSC Food Systems Initiative/ Real Food Challenge

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

www.sustainabilitycoalition.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 ucscfswg@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.

Family Student Housing (FSH) Community Garden

Located in the 600 Loop on Koshland Way off of Heller Drive, across from College 8

EMAIL: jaavila@ucsc.edu

Family Student Housing has a community garden for our FSH students and their families. The garden is modest but well used with a wide variety of vegetables and flowers. It consists of 32 raised garden boxes and residents maintain their own garden plot while also volunteering to keep the community areas in good shape as well. Our community garden is intended to complement our overall vision of sustainability, health, wellness, and enjoyment. In 2011–2012, we received a grant from Measure 43 for facility improvements to the garden as well as other activities designed to “green” our FSH operations.



Volunteer & Internship Opportunities

Communal volunteering at the garden is typically the first Sunday of each month from 12 pm–2 pm.

To volunteer or to just get your hands in the dirt, email the FSH garden coordinator RA Jesse Avila at jaavila@ucsc.edu or call our Family Services Coordinator at (831) 459-5511.

References from Genetic Diverstiy article, page 13, continued

²“Biodiversity: Seeds=Life.” Sacred Earth Botany . N.p., n.d. Web. 1 Jan 2011. <http://www.sacredearth.com/ethnobotany/conservation/seeds.php>

³Shiva , Vandana. *Stolen Harvest*. 1st. Cambridge, MA: South End Press, 2000. 79. Print.

⁴<http://www.seedsavers.org/>

Preserving Genetic Diversity

Cultivating seeds of change

Biodiversity is an integral part of any healthy ecosystem. Having a diverse gene pool is life's natural means for coping with potent diseases, environmental stress, and changes in the ecosystem. Genetic diversity is one key to biological success for many species.

Much of our current relationship with food fails to recognize the importance of maintaining a diversity of crops: our current food system promotes massive contracted monocultures that a few key distributors package and send throughout the nation and world. In fact our "modern" food system is dependent on only about 150 plant species, 12 of which provide three-quarters of the planet's food supply! Furthermore the International Development and Research Council reports, "More than half of the world's food energy comes from a limited number of varieties of three mega-crops: rice, wheat, and maize."¹ If one of these crops were to succumb to disease or blight, massive famines could become a reality. While the monocultures of the 20th and 21st centuries have produced the highest overall yields of crops humanity has ever known, this system is a desert when one considers the merits of genetic diversity and the long-term sustainability of a food supply.

The genetic diversity of the world's food system has been steadily decreasing for some time now. Scientists estimate about 15 plant species go extinct every day, including plants that people once ate.²

Replacing biodiversity and thousands of years of work by farmers is the industrial monoculture. Modern seed companies are offering fewer options for farmers because of the demands by big companies for one type of potato or corn. Furthermore, genetic engineering giants are patenting genetically modified (GM) seeds, particularly of such crop staples as corn, soybeans, and cotton, making it illegal for farmers to save GM seeds from one year's harvest for the next year's crop.

Perhaps the biggest threat to crop biodiversity in the immediate future lies in the fact that some heirloom and organic products are being cross-pollinated by pollen from GM crops, destroying the genetic integrity of the crop. When one considers that companies are working to develop a GM self-terminating seed, the implications are harrowing. These "terminator" seed would be designed to produce crops with seed that poisons itself and becomes sterile; thus farmers would not be able to save seed for the next crop. If this genetically engineered trait were to contaminate non-GM crops, the results could be disastrous, destroying biology, culture, and the independence of farmers who currently do not buy from GM seed companies.³

To combat these dangers, seed saving networks across the country are working to preserve regional crops and biodiversity by establishing "seed libraries."⁴ A seed library is a place where plant genetics, in the form of seeds, are stored for

research and public use. A farmer or interested gardener borrows a certain amount of seeds, grows them out as a crop, harvests some of the seed, and returns the same amount of seeds he or she borrowed the next year. A seed library is a means by which a region can store the genes of its traditional heirloom varieties, teach the public about farming and biology, and store alternative species of plants in case a widely used variety succumbs to a new disease or pest.¹

UCSC is supporting biodiversity by creating its own seed library! Every year the UCSC seed library will hold seed exchanges between farmers and gardeners (see page 44).

The new library will also be available for campus gardens and for students with off-campus backyard gardens. The only stipulation for borrowing free seeds is to return about 20 times the amount of seeds you borrow, which is easier than it sounds. To arrange a showing of the current seed collection, contact Andrew Whitman at awhitman@demeterseedsproject.org or Elan Goldbart at eagoldbar@ucsc.edu.

— Andrew Whitman
Senior, History Major

References

¹"Facts and Figures on Food and Biodiversity." International Development and Research Council. N.p., n.d. Web. 25 Jan 2011. <http://publicwebsite.idrc.ca/EN/Resources/Publications/Pages/ArticleDetails.aspx?PublicationID=565>

continued on page 12

The Demeter Seed Library Project, Take Back the Tap & More!

Student projects funded by Measure 43

The Demeter Seed Library of UCSC is composed of 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.

A seed library is a means by which 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 quality seeds to people.

We realize the way to truly preserve seed varieties is not only to store the seeds, but also to ensure that all seeds are planted and grown out on a continual basis. We want to create a living seed library, not just a vault of frozen seeds.

We seek to help 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 become a member by signing up at a seed swap or by contacting library@demeterseedsproject.org, or Elan Goldbart at eagoldbar@ucsc.edu

Take Back the Tap UCSC is an initiative to end the sale and distribution of bottled water on our campus by Earth Day 2013. We work with Dining Services, OPERS, and third-party vendors to end retail sales at cafés and the Wellness Center. We will soon reach out to college governments, student groups, and academic departments to end bulk purchases of bottled water for events. Look for our tables with information on global water privatization and access issues as well as the negative effects of plastic pollution. We also host events, including movie screenings, speaker panels, and more. Finally we have worked with other UC campuses and want to form a statewide “ban the bottle” network. We offer two-unit internships through the Environmental Studies Department as well as volunteer opportunities.

Contact: Rebecca Wood, Campaign Coordinator, takebackthetapucsc@gmail.com; takebackthetapucsc.org.



Examples of Other Student Projects Supported by Measure 43

College 8 Garden: The College 8 Garden is expanding and hiring an experienced student garden coordinator with Measure 43 support.

Program in Community and Agroecology Chancellor's Undergraduate Intern Position: Measure 43 funds supported a CUIP intern to promote the sustainability work of PICA.

ESLP Dinners/Speakers: Measure 43 funds helped make possible the 2012 Spring speaker series and organic dinner forums for the Education for Sustainable Living Program.

Farm Fridays: Every Friday UCSC Dining features a meal at a chosen dining hall that is sourced almost completely from local growers. Measure 43 funds support this effort to raise awareness about healthy, sustainable food and our region's farmers.

Green Chef Competition: The Green Chef Competition is a fun and educational UCSC twist on the Iron Chef TV show. With Measure 43 support, this event raises student awareness about issues pertaining to sustainable food, health, and wellness.

Kresge's World Café Team: Measure 43 funds supported the 2012 food- and justice-based World Café activities.

See page 7 for more information on Measure 43.

Monterey Bay Organic Farmers Consortium MBOFC



Seven farms make up the Monterey Bay Organic Farmers Consortium (MBOFC) and supply the UCSC campus with local, organic produce. All of the participating farms, which currently include 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 negotiates prices with the MBOFC twice a year; it then bases the contract with ALBA on produce availability and pricing. Each of the campus dining halls places an order with ALBA, which delivers to campus three to four times a week. ALBA invoices Dining Services for produce orders; the University pays ALBA, which in turn pays MBOFC's participating growers. The UCSC Farm delivers its own produce due to its proximity to campus dining facilities.

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 Housing and Dining Services.

We focus particularly on wholesale and food service accounts, including additional customers such as Stan-



ford University, Asilomar Conference Center, and regional hospitals.

ALBA

PO Box 6264
Salinas, CA 93912
(831) 758-1469

www.albafarmers.org

CONTACT: Gary Peterson
(831) 758-1469 ext 12

EMAIL: gary@albafarmers.org



Volunteer & Internship Opportunities

ALBA welcomes 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 in limited-resource communities.

Please review the ALBA web site regarding internship requirements. Contact Gary Peterson, gary@albafarmers.org for further information. To arrange a farm tour or other activity see the Get Involved link on the ALBA website.

Center for Agroecology & Sustainable Food Systems (CASFS) Farm

Liz Milazzo
UCSC, CASFS
1156 High Street
Santa Cruz, CA 95064
(831) 459-4661
emilazzo@ucsc.edu

casfs.ucsc.edu

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

Coke Farm

Dale Coke
PO Box 60
San Juan Bautista, CA 95045
(831) 623-2100
info@cokefarm.com

www.cokefarm.com

Growing certified organic since 1981. Diversified crop mix and growing year-round. Coke Farm grows a wide variety of crops including specialty vegetables such as watermelon radishes and Jerusalem artichokes.

New Natives

Ken Kimes and Sandra Ward
1255 Hames Road
Aptos, CA 95003
(831) 728-4136
kenkimes@charterinternet.com

www.newnatives.com

Over the last 20 years, New Natives has grown thousands of pounds of greens, using good organic seed, natural sunlight, clean water, and nothing more. You can find our products at local farmers' markets, retail stores, restaurants, and at your campus salad bar!

Happy Boy Farms

Greg Beccio, Owner
Jenn Bozzuto and Rob Smith, sales team
PO Box 1076
Freedom, CA 95019
(831) 476-3276 (476-FARM)
sales@happyboyfarms.com

www.happyboyfarms.com

We cultivate more than 100 different organic fruits and vegetables on 230 acres in four counties. We are especially known for our baby greens and heirloom tomatoes. You can find our goodies on campuses,

at your farmers' market, and in local restaurants and grocery stores throughout the Bay Area.

Phil Foster Ranches

Phil and Katherine Foster
PO Box 249
San Juan Bautista, CA 95045
(831) 623-2806

www.pinnacleorganic.com

CONTACT: Lynne Nunez, Sales, more info at lnunez@pinnacleorganic.com

CCOF-certified organic vegetables, melons and fruits, grown on a family farm in San Juan Bautista and Hollister. Cultivating and marketing a wide variety of fresh organic produce, Phil Foster Ranches strives to provide a high quality product to their customers, excellent compensation, benefits, and working conditions for their employees, and the best possible care for the land.

Swanton Berry Farm



Jim Cochran
PO Box 308
Davenport, CA 95017
(831) 469-8804

www.swantonberryfarm.com

Look on our web site for U-Pick times and of course, we welcome visitors to our farm! Our farmstand is open year round, offering homemade jam, yummy baked goods, great coffee and much more!



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 new 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 and consume fewer fossil fuels during transportation. Vegetarian and vegan foods generally require fewer resources (water, land, fertilizers) to produce, and for this very 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 information for students to learn about more “plant-based” eating and offer “Meatless” dining days and Farm Fridays to further help educate our students about their impact on the environment. We offer clearly labeled vegan/vegetarian selections (both hot and cold). We encourage students to “be a taster, not a waster” to help reduce food waste. Take what you like, but eat what you take!

Dining launched its “trayless dining” program in 2008, eliminating food trays, which has been a significant factor in reducing food waste. Secondary to reducing our food plate waste, we have reduced our water consumption by over 1 million gallons per year. In 2011 we were ranked first in the nation by PETA magazine for being one of the top “Most Vegetarian Friendly Universities.” All of our coffee brewed on campus in our dining halls and cafés is 100% organic, and we have participated in the Real Food Challenge to help identify areas we can increase our organic and sustainable menu offerings.



“Sustainability is more than the sum of its parts; it certainly encompasses organic practices, but also guides us in reducing our carbon footprint by buying local when possible, closing ‘the loop’ by composting as much food waste as we can, and then using that compost to grow more food! Not using genetically modified organisms (GMOs) in our food sources, and buying from producers that provide safe and fair working conditions for their employees and families. These practices are all core to ‘Real’ and ‘Slow’ food movements that Dining continues to support both conceptually, and in our daily operational practices.”

– Dwight Collins
Campus Executive Chef

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.
- Collecting compost in all of our dining hall kitchens and several cafés (see next page).

Community Agroecology Network (CAN) Coffee Program



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

Agriculture and Land-Based Training Association (ALBA)



ALBA supplies over 65% of all organic produce to our dining halls (see page 15).

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.



Waste Reduction

As part of a comprehensive sustainability program, educating our

students about waste reduction is a prime focus of UC Santa Cruz Dining. Working with our Food Service Advisers and student programs, we bring attention to this environmental issue. Uneaten food is one of our landfill’s largest components, and educating students to 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, UC Santa Cruz Dining

has now installed solar-powered pulpurs 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.

Our composting partnership with the Monterey Regional Waste Management Facility helps us divert over 50 tons each month of kitchen cuttings and food scraps from the landfill, and turns it into nutrient-rich compost that can then be used to replenish the soil and grow more produce. We’re using our food scraps to grow more food for students! Compostable paper products are used throughout all of our dining and catering operations.

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.

Each of our managers is Serve Safe Certified. Our team is proud to be a part of the annual Pacific Chef Net culinary conference and competes in the NACUFS Culinary Challenge. Our chefs have brought home medals awarded for the highest level of culinary expertise and our team has been recognized for its creativity in special event planning.

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.

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



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.

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!
- When you need a good Mexican food fix, look no further . . . Tacos Moreno is the place to go! Located at Crown/Merrill, beside the Merrill Cultural Center . . . come check it out!
- Located near the Cowell/Steven-son 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. Self-serve kiosks are located in the Baskin Building and Science and Engineering Library.



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, fruit smoothies and crepe specialties. Remember, they offer organic espresso beverages too!



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

Student Food Systems Initiative

Student Food Systems Initiative

PURPOSE: The purpose of the Food Systems Initiative is to show how you, as students, can develop relationships between food-related academic courses and organizations that provide experiential learning and program opportunities to become empowered as conscious change agents for your community.

Programs and Organizations

- Food Systems Working Group
- Education for Sustainable Living Program
- Students for Organic Solutions
- Community Agroecology Network (CAN)
- Center for Agroecology and Sustainable Food Systems (CASFS/UCSC Farm & Garden)
- Life Lab Science Program
- Program in Community and Agroecology (PICA)
- California Student Sustainability Coalition's Food Systems Initiative
- Sustainable Foods Initiative
- Kresge Co-op

See pages 9-12 of the guide for information about these campus organizations

Courses

COLLEGE CORE COURSES: COLLEGE 8

- **CLEI 61/CLEI 161** Education for Sustainable Living Program
- **CLEI 90** Gardening
- **CLEI 99F** Introduction to Organic Farming

ANTHROPOLOGY

- **161** The Anthropology of Food
- **194I** Consumption and Consumerism
- **196D** Food and Medicine

COMMUNITY STUDIES

- **100T** Agriculture, Food, and Social Justice
- **149** Political Economy of Food and Agriculture

ENGINEERING

- **EE80S** Sustainability Engineering and Practice

ENVIRONMENTAL STUDIES

- **91F/191F** Community and Agroecology (PICA)
- **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** Senior Seminar, Soils and Plant Nutrition Practicum
- **196** Institutions/Agroecology
- **196** Advanced Agroecology and Crop Production

KRESGE

- **63** Kresge Garden Cooperative
- **64A** Food & Community (open to Kresge frosh and transfers only)
- **65** Tools for World Changers

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 more about the different organizations that could assist with hands-on and experiential learning to become effective in implementing food systems - based change.

Step 3

Register for food system-based courses and contact an organization to get involved and begin to take your learning into your community!

LATIN AMERICAN & LATINO STUDIES

- **80F** Latinos in the U.S.
- **80K** Latinos & Organized Labor in the U.S.
- **149** Theories and Actors: U.S. – Latin American Policy
- **164** Environmental Justice
- **166** Latino Families in Transition
- **175** Migration, Gender and Health

SOCIOLOGY

- **130** Sociology of Food
- **132** Science & Technology
- **168** Social Justice
- **169** Social Inequality
- **179** Nature, Poverty, and Progress

Get Credit for Hands-on Food & Farming Opportunities

ACADEMIC YEAR 2012-2013

Center for Agroecology & Sustainable Food Systems Internships

ENVS 83, 84, 183, 184, 183B

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

CONTACT: Damian Parr, (831) 459-3604, dmparr@ucsc.edu, Chris Krohn (831) 459-2104, esintern@ucsc.edu

Program in Community and Agroecology (PICA) Seminar & Internships

ENVS 91F/191F Thursday 4–7 pm

Two-credit seminar designed to introduce students to concepts of community and agroecology in the context of sustainability. Inquire about gardening internships.

CONTACT: Vivan (Bee) Vadakan, 459-5818, vvadakan@ucsc.edu

Agroecology and Sustainable Agriculture

ENVS 130 A/L Tue, Th 2–3:45 pm

Laboratory and field exercises train students in the analysis of ecological processes in agricultural systems, with a focus on the quantification of ecological sustainability.

CONTACT: Carol Shennan, cshennan@ucsc.edu

Agroecology Practicum

ENVS 133

Lectures and demonstrations are combined with field applications to give students direct experience and knowledge of sustainable agricul-

ture 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 Garden Internship

CLEI-90 Tuesday 4–5:30 pm

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

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

Kresge Gardening Class

Kresge College offers a 2-unit Gardening Cooperative class in Spring quarter.

CONTACT: Dave Shaw, daveshaw@ucsc.edu

Stevenson Garden Internship

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 (pre-school-6th). Interns receive training in: garden-based science education, working with children, organic gardening, environmental education, games, activities and much more! Internships available spring and fall quarters.

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

Education in Sustainable Living Program Action Research Teams (ARTs)

CLEI 61 and 161

Analyzes sustainability and its application in daily life and on campus, involving collaboration amongst students, faculty, staff, administration and the community. ESLP is a collaborative and interdisciplinary effort to reshape the way we learn, effectively mentor students, and engage in projects that support the resiliency of the UC Santa Cruz Community.

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



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 late October, 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 offered through UCSC Extension and taught at the CASFS/UCSC Farm & Garden. 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

THURSDAY:

Capitola Mall

3:30–7:00 pm, April–November
1855 41st Ave.
Capitola, CA 95010
Parking lot at entrance to Capitola Mall, off of 41st Ave.
(831) 465-0773

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

Student Community Supported Agriculture CSA

Community Supported Agriculture (CSA) projects are collaborations between the local community and the farmers. The community members support the farm directly for an entire season and in return receive a share in the weekly harvest. This partnership increases community involvement in food production and in the health of the local economy and environment.

The CSA program at the UCSC Farm is an integral part of the Apprenticeship in Ecological Horticulture, which trains 40 people each year in sustainable agriculture and organic growing methods. A share of produce contains a diverse supply

of freshly harvested organic fruits and vegetables as well as flowers and herbs from the pick-your-own garden.

This is our seventh year of offering fall shares in the CSA project to UCSC students. You can pay for your share with a check or cash. For the five-week fall season beginning October 2 and running through November 2, shares cost \$120 (feeds 2-4 for a value of \$24/week).

Members pick up boxes weekly (either Tues. or Fri.) at the CSA Barn on the Farm located next to the CSA members' pick-your-own herb and flower garden. Members can also look forward to weekly CSA newslet-

ters with recipes, farm updates and events, along with complimentary Friends of the Farm & Garden newsletters.

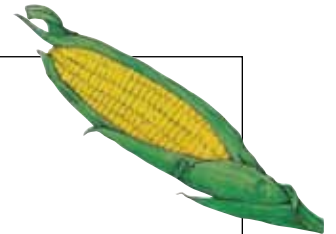
ACT EARLY, ONLY 25 STUDENT SHARES ARE AVAILABLE!

If you would like to receive our CSA Brochure or have any questions regarding the CSA program, please contact Amy Bolton at **(831) 459-3240** or email **farmcsa@ucsc.edu**.

We'll also be signing up student CSA members at the OPERS Fall Fest during the first week of school in September. Look for us at the Sustainable Food Systems tent!

Harvest Festival

Sunday, September 30, 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)

Community Organizations & Programs

California Certified Organic Farmers (CCOF)



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

www.ccof.org

EMAIL: ccof@ccof.org

CCOF promotes and supports organic food and agriculture through a premier organic certification program, trade support, producer and consumer education, and political advocacy. CCOF was founded in 1973 as a mutual assistance and certification organization for organic farmers and was one of the first organizations to perform organic certification in North America. CCOF remains one of the oldest and largest organic certification and trade associations in North America, with more than 1,800 members throughout the grower and processor community. CCOF recently merged with Oregon Tilth, another major certifying organization. For more information visit www.ccof.org.



Volunteer & Internship Opportunities

Internships and volunteer opportunities are available through our main office located close to the University on Santa Cruz's west side. Full information can be found at www.ccof.org/intern.php. Interested applicants should email Lizi Barba, lizi@ccof.org or call (831) 423-2263 ext. 31.

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 Buy Fresh Buy Local Campaign, working with retailers,

restaurants, and farmers to promote local foods.

Volunteer & Internship Opportunities

CAFF is looking for food and farming interns in 2012–2013. Internships vary from 10–30 hours a week. For information on internships and volunteering with CAFF, email volunteer@caff.org or call (831) 761-8507.

If interested in volunteering for special events please get on our volunteer event notice listserv. 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.homelessgarden-project.org

CONTACT: Forrest Cook, 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 12–40 hours a week, no limits on volunteering. Contact information at left.

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/herself attending fairs and festivals on the weekends. Bi-lingual, bi-cultural students are especially encouraged to apply. An intern can expect to work anywhere from 10–30 hours a week depending on availability and the Nutrition Program selected. Please contact Isabel Estolano-Franklin at (831) 724-2997 x 205 or by email: Isabele@cbridges.org.

Transition Santa Cruz

Michael Weaver
(831) 427-9916
mweaver@chelseagreen.com

www.transitionsc.org

Our mission is to be a catalyst for Santa Cruz' relocalization—the development of local self-reliance in food, energy, transportation, media, systems of care, economy, and the arts—through a broadly inclusive community-building process. There is much to be done and we invite you to join us at the table!

Volunteer & Internship Opportunities

Transition Santa Cruz is always open to new volunteers and occasionally has internship opportunities. For more information, please contact Michael Weaver at mweaver@chelseagreen.com

Second Harvest Food Bank Santa Cruz County



800 Ohlone Parkway
Watsonville, CA 95076
(831) 722-7110 ext 220

www.thefoodbank.org

Second Harvest Food Bank of Santa Cruz County provides emergency and other food to over 60,000 people a month through food pantries, soup kitchens, homeless shelters, and other non-profits. Second Harvest staff is a leader in food provision, outreach programs to educate and activate the public around community hunger issues, nutrition programs to ensure clients have the information they need to make healthy choices, and food security projects that look to the future of providing food sources for our neighbors on the Central Coast. We are also involved with advocacy for improved hunger and nutrition policy.

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 Teresa Moran at (831) 722-7110 ext 209.

Volunteer & Internship Opportunities

Help is needed with food sorts, the food bank garden, gleaning, help with food drives, work on the Community Food Hotline, policy advocacy, computer and office work, etc. Call 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

Beckmann's Old World Bakery

104 Bronson Street #6
Santa Cruz, CA
(831) 423-9242
Café/bakery

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

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

Crow's Nest
 2218 E. Cliff Drive
 Santa Cruz, CA 95062
 (831) 476-4560
Seafood/American

Dharma's
 4250 Capitola Road
 Capitola, CA 95010
 (831) 464-8638
Organic vegetarian

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

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

Main Street Garden and Café
 3101 N. Main Street
 Soquel, CA 95073
 (831) 477-9265
Italian Countryside

Malabar Café
 514 Front Street
 Santa Cruz, CA 95060
 (831) 423-7906
Sri Lankan/vegetarian

Mama Lucia
 1618 Mission Street
 Santa Cruz, CA 95060
 (831) 458-2222
Pizza, café, bar

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
 (831) 204-2523
Organic ice cream

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

Ristorante Avanti
 1711 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

Royal Taj
 270 Soquel Avenue
 Santa Cruz, CA
 (831) 427-2400
Indian

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

Shogun
 1123 Pacific Avenue
 Santa Cruz, CA
 (831) 469-4477
Japanese

Soif Wine Bar & Merchant
 105 Walnut Avenue
 Santa Cruz, CA 95060
 (831) 423-2020
Small plates/New American

Sushi Totoro
 1701 Mission Street
 Santa Cruz, CA
 (831) 426-6660
Japanese

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

Walnut Avenue Café
 106 Walnut Avenue
 Santa Cruz, CA
 (831) 457-2307
American diner

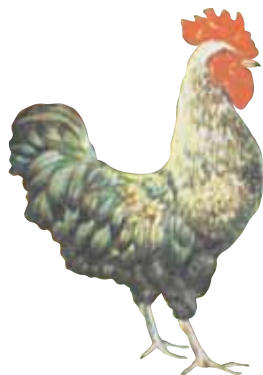
Vasili's
 1501 Mission Street
 Santa Cruz, CA
 (831) 458-9808
Greek

Zachary's
 819 Pacific Avenue
 Santa Cruz, CA
 (831) 427-0646
American

Sustainable Meat and Seafood

Though many Central Coast residents are able to buy local, sustainably grown fruits and vegetables at area retailers, farmers' markets and farm stands, local ethically and sustainably raised meat is often more difficult to find. For a farmer to sell cuts of meat directly to a consumer, the animal must be slaughtered at a USDA-approved slaughterhouse. There are very few of these in Northern California, which is why many farmers do not sell individual cuts of meat, only shares in an animal. Some farms sell consumers the live whole animal, which can then be killed at a more common state-approved slaughterhouse and sent to a local butcher.

Although buying an entire cow, pig or sheep may be beyond the ken of the average consumer and student, knowing your ranchers and places to find sustainably raised protein in the Central Coast are steps each of us can take towards supporting best practices. Local ranches include Foglien Farm in Soquel; Morris Grassfed Beef in San Juan Bautista; Paicines Ranch in Paicines; Black Hen Farm in Santa Cruz; and Glaum Egg Ranch in Aptos. See the CAFF Central Coast Food Guide for information on these and other ranches and locations in your community to source sustainable meat. Download a pdf copy of the guide from <http://>



guide.buylocalca.org/localGuides.html

Cooking Tips

“Pork is not supposed to be the other white meat,” says Mark Pasternak of Devil’s Gulch Ranch. Naturally raised pork is generally a bit fattier, which makes it less likely to dry out, and allows one to cook it a little longer than conventional pork.

Grass-fed beef, on the other hand, is usually leaner than conventional meat. Steaks and roasts should be cooked for less time than conventional beef; braises and stews need no modification.

Meatnomers—a Brief Glossary of Meat-Related Terms

ANIMAL HUSBANDRY: the breeding, feeding and care of farm animals; also called ranching.

ANTIBIOTIC-FREE: used to refer to meat animals that have grown up without ever having ingested

antibiotics. Organic certification prohibits the use of antibiotics in animal husbandry.

CERTIFIED HUMANE: an independent certification that connotes animals were provided a nutritious diet without antibiotics or hormones, and were raised with shelter, resting areas, sufficient space and the ability to engage in natural behaviors.

FREE RANGE: a technical term as defined by the USDA requiring that outdoor access be made available to animals.

GRAIN-FED: refers to ruminants—such as cows, goats and sheep—whose natural diets consist of fiber-rich grasses but whom are fed corn.

GRASS-FED: a term as yet undefined by the USDA, which generally refers to a cow that has spent most of its time at pasture, but may include cows that have been “finished” with grain or hay feed.

PASTURED: a term as yet undefined by the USDA, which implies that animals grazed/lived outdoors on grass.

For More Information

Online resources for local meats include www.eatwild.com and www.eatwellguide.com

continued on next page

What is "Sustainable Seafood?"

Seafood from sources, either fished or farmed, that can exist over the long-term without compromising species' survival or the health of the surrounding ecosystem is sustainable. We favor conservation of the resource in the face of scientific uncertainty.



Seafood Watch Program—We Can All Do Our Part!



The Seafood Watch Program of the Monterey Bay Aquarium is designed to raise consumer awareness about the importance of buying seafood from sustainable sources. The program recommends which seafood to buy or avoid and helps consumers to become advocates for environmentally friendly seafood.

UCSC Dining Services adheres to the Seafood Watch Program to support best practices in aquaculture and fishing.

Why do seafood choices matter?

The choices we make as consumers drive the seafood market place. Your purchasing power can make a difference by supporting those fisheries and fish farms that are better for the environment, while at the same time relieving pressure on others that are not doing as well.

With nearly 75% of the world's fisheries either fully fished or overfished, how we consume and make a living by fishing are more important than ever. By using the Seafood Watch pocket guide, you are making choices based on the best available information and supporting environmentally friendly fisheries and aquaculture operations. Here is the web address to download your copy: www.montereybayaquarium.org/cr/cr_seafoodwatch/download.asp

For more info on sustainable aquaculture and fisheries log on to: www.mbayaq.org/cr/seafoodwatch.asp

UCSC Sustainability Office

Physical Planning and Construction
1156 High Street
Santa Cruz, CA 95064
(831) 459-3011

<http://sustainability.ucsc.edu>

CONTACT: Lacy Raak

EMAIL: lraak@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 our successes 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 2012–2013 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.

This year, the office will focus on updating the Campus Sustainability and Climate Action plans. Staff will also continue to develop opportunities for student engagement in sustainability, through programs like the Campus Sustainability Internship Program, the 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. Visit us on the web to learn more about our work and find out how you can get involved.



Volunteer & Internship Opportunities

Volunteer or earn credit as a Sustainability Intern, help us implement the Campus Sustainability Plan, lead Sustainability Working Groups, or coordinate internship courses. Contact us for more information: sustain@ucsc.edu, (831) 459-4866.



Welcome to the Campus Gardens!

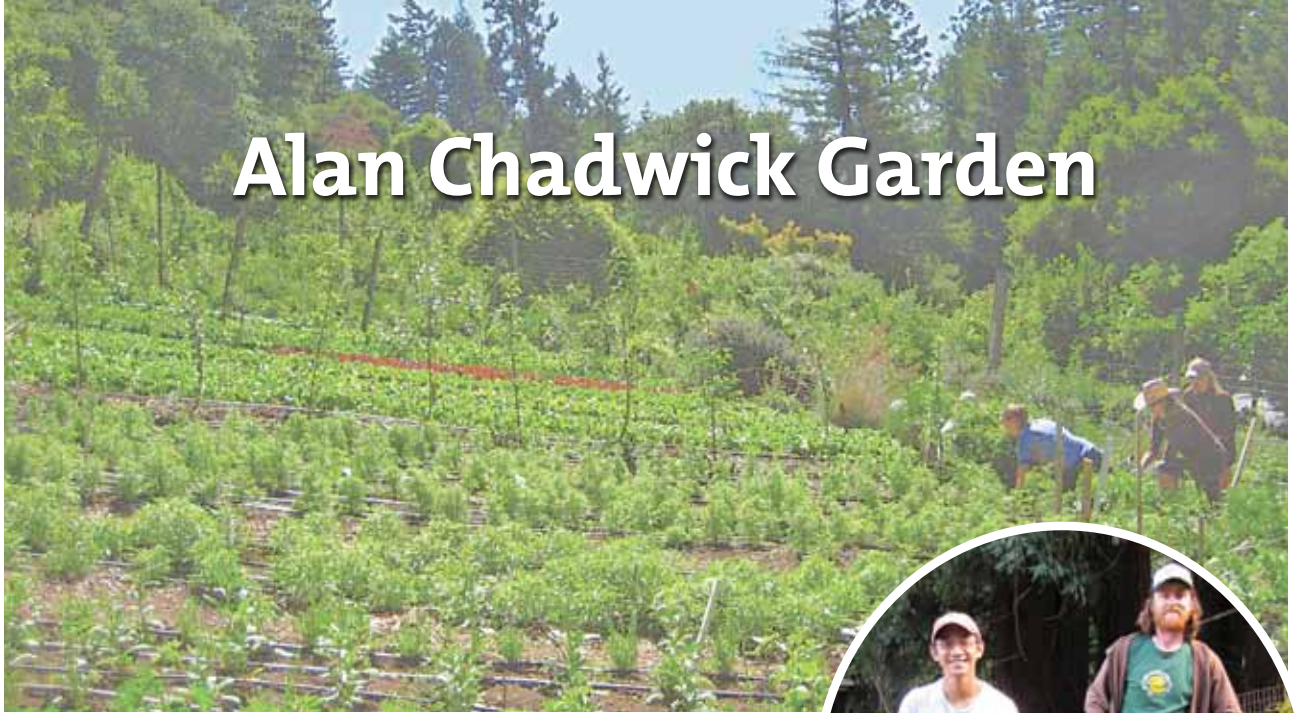
UC Santa Cruz students have been at the forefront of the organic gardening and farming movement for more than 40 years (see page 5). Now there are even more chances for students to get involved in gardening, farming, and food system activities at UCSC thanks to the growing number of campus gardens and 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 the Chadwick Garden

Located below Merrill College, the garden is visible above McLaughlin Drive.

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) 459-3604**, 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 25 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 6 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 Apprenticeship 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-credit 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;
- Liz Milazzo, Field Production Manager **(831) 459-4661**, emilazzo@ucsc.edu
- Damian Parr: **(831) 459-3604**, dm-parr@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 Piazzetta.

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: building a greenhouse, outdoor classroom, and trellises; planting a food forest and "very berry land;" and building a new compost system.

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 2-unit courses offered. Future work includes connecting the Kresge Garden and planned Porter Garden.

How to get involved

- Come to Sunday workdays, 11 am – 4 pm
- Become a working or core member in the garden co-op

- Ask about internship opportunities
- Teach a student directed class or Education for Sustainable Living (ESLP) section in the garden (see page 23 for info on ESLP)
- Enroll in 2-unit Kresge College classes: Food & Community in Fall Quarter (open to Kresge frosh or transfers only), Tools for World Changers (Winter) or Kresge Garden Co-op (Spring)

Key Contacts

- See <http://kresgegardencoop.weebly.com> for general information on meetings and garden hour times
- Email the co-op at [garden-coop-core@ googlegroups.com](mailto:garden-coop-core@googlegroups.com)
- Information on 2-unit courses: Dave Shaw, daveshaw@ucsc.edu

College Eight Garden



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 FSH Garden is a community garden for FSH residents and their families. There you can find 32 raised garden boxes along with community areas.

How to get involved

- Communal volunteering usually takes place the first Sunday of the month from 12–2 pm

Key Contacts

- Jessie Avila, jaavila@ucsc.edu
- Family Services Coordinator, (831) 459-5511



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

- Thania Avelar, tavelar@ucsc.edu, Maryna Sedoryk, msedoryk@ucsc.edu, Jarid Kroes, jkroes@ucsc.edu
- See the College 8 Garden website, <http://sec.enviroslug.org/college-eight-garden.html>



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 participating in the PICA Seminar (see page 10), getting an internship, or taking part in Saturday work days.

How to get involved

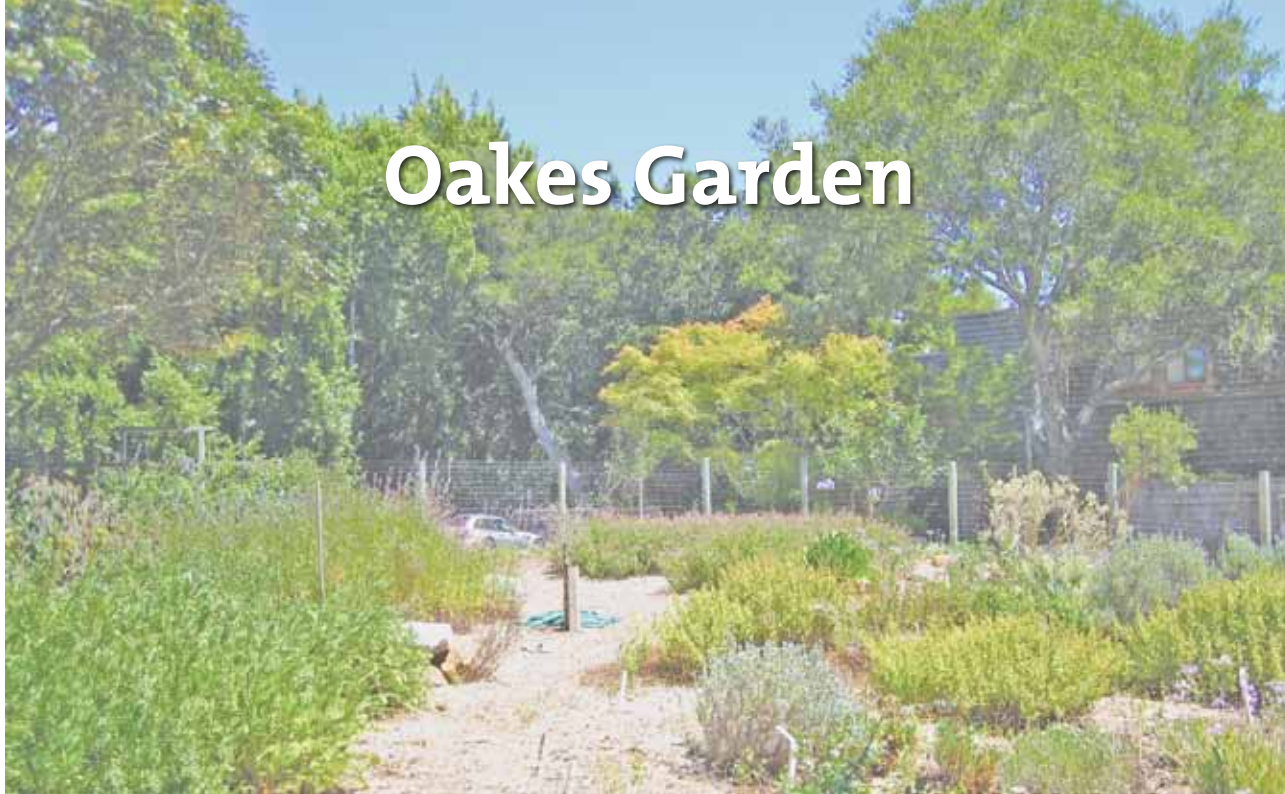
- Apply to live at the Village and select PICA as your choice of themed housing options
- Enroll in the PICA Seminar, offered each quarter (ENVS 91 and 191)
- Ask about internship opportunities
- Come out every Saturday from 10 am–2 pm to take part in a community work day at the Foundational Roots Garden

Key Contacts

- Bee Vadakan, Director of Education at the Sustainable Living Center: vvadakan@ucsc.edu, www.ucscpica.org
- Chris Krohn, Environmental Studies Internship Coordinator: (831) 459-2104, ckrohn@ucsc.edu



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



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–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 Life Lab Garden Classroom field trips serve more than 3,500 students in scheduled programs for 3 year olds through middle 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–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, Outreach Director: **(831) 459-5395**, gardendirector@lifelab.org



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 spring 2012 we had six garden interns 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

- Contact any of the garden interns or email us (see below), or consider becoming an intern (see page 23)
- 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, stevensonsgarden@gmail.com
- Blake Redding, bredding@ucsc.edu



Gardening, Farming & Food System Events

2012-13 Activities for Students and the Community



Harvest Festival

Sunday, September 30, 2012

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 25-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.

The Harvest Festival is supported in part by Measure 43 funding and cosponsored by the Center for Agroecology & Sustainable Food Systems and the Friends of the UCSC Farm & Garden. 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 2013 at the CASFS/UCSC Farm

(date and time to be finalized in winter 2013)

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 casfs@ucsc.edu, or call (831) 459-3240.

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. Don't support the commodification of seeds!

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.



Visit www.demeterseedsproject.org to view our seed catalog, or contact us at awhitman@demeterseedsproject.org or eagoldbar@ucsc.edu.

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
- Fall Plant Sale on September 14–15, 2012
- Harvest Festival on September 30, 2012 (see page 25)
- Spring Plant Sale on May 4–5, 2013

For a 2012–2013 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 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, visits to a goat dairy and cheese-making operation, classes in jam making and bread baking, and workshops on do it yourself urban homesteading skills, as well as visits to local restaurants, ice cream shops, and pizza joints.

Food System Learning Journeys are offered in partnership with the OPERS Recreation Department Fall, Winter and Spring Quarters. For more information, see the OPERS Recreation Department website at www.ucsc recreation.com or pick up an OPERS catalog.

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.



Students on a Food Systems Learning Journey to Happy Girl Kitchen in Carmel, with the products of their canning class. Learning Journeys take place every quarter—check the OPERS catalogue and online site to sign up for upcoming journeys.

Shop Local Eat Organic



WITH NEW LEAF COMMUNITY MARKETS

Made to order
Sandwiches
and **Panini**

Award winning
Smoothie and
Juice Bar

Fresh
Salad Bar
and **Hot Bar**



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New Leaf
Community Markets

Santa Cruz · Capitola · Half Moon Bay
San Jose · Felton · Boulder Creek

UC Santa Cruz Dining

Healthy Solutions



Fuel for your body.



VISIT ONE OF OUR ALL-YOU-CARE TO EAT DINING HALLS

COWELL/STEVENSON
459-4889
EIGHT/OAKES
459-3548

CROWN/MERRILL
459-4619
COLLEGES NINE/TEN
459-5129

PORTER/KRESGE
459-4774



Banana Joe's 459-2689
QUIKMART
MONDAY-THURSDAY 10:00AM-11:00PM
FRIDAY 10:00AM-3:00PM



Oakes Café 459-2640
MONDAY-THURSDAY 8:30AM-11:00PM
FRIDAY 8:30AM-4:00PM



Perk Coffee Bars
E & M Sciences, Baskin Engineering, PSB II
MONDAY - THURSDAY 7:30AM-4:00PM
FRIDAY 7:30AM-2:00PM
KIOSK @ SCIENCE HILL LIBRARY/BASKIN



Owl's Nest 459-1934
MONDAY-THURSDAY 7:30AM-8:30PM
FRIDAY 7:30AM-5:00PM



UNIVERSITY
CENTER
Terra Fresca

Terra Fresca 459-2689
MONDAY-FRIDAY 11:30AM-2:00PM
Coffee Bar
MON-THUR 8:00AM-4:00PM
FRIDAY 8:00AM-2:00PM



Dining Hours subject to change. For current hours and information check our website: dining.ucsc.edu