

# Gardening Gazette

Free copy

## McKinleyville Community Garden Project

The McKinleyville Community Garden (MCG) Project began one year ago when a group of residents partnered with McKinleyville Community Services District to start a community garden at Pierson Park. The garden's 20 beds provide space for community members to grow fresh fruits, vegetables, flowers, and herbs.

A handsome green gate marks the garden's entrance off Gwin Road. The MCG Project was recently awarded money from the "Better Together" grassroots grant program to expand its site at Pierson Park. The MCG Project also seeks additional public or private land to grow more gardens in the McKinleyville area.

If you are interested in getting involved with the Project or garden, or know of available gardening land, please contact Gary Rees at (707) 839-3214 or [rees-gary@yahoo.com](mailto:rees-gary@yahoo.com) or visit [www.piersonparkcommunitygarden.blogspot.com](http://www.piersonparkcommunitygarden.blogspot.com).



Photo courtesy of Janna Snell.  
McKinleyville Community Garden at Pierson Park.

Vol. 2 No 2

## ~ Around the North Coast ~

### Community Gardens Campaign!

Community-based urban agricultural projects, like neighborhood gardens, school gardens, hospital gardens, and small scale farms growing food for distribution centers, are an increasingly common sight along the north coast. The numerous benefits they afford make it easy to see why! With the cost of food and fuel skyrocketing, community gardens are more important than ever for increasing access to affordable, fresh, healthy, and culturally appropriate foods and medicines. Gardens also provide opportunities for physical activity, contact with nature, neighborhood beautification, increased property values, education about sustainable agricultural techniques, cultural culinary traditions, and intergenerational learning. They offer a gathering place for families, neighbors and friends.

But not all community gardens are alike! Community-based agricultural spaces come in many shapes and sizes. Some are in our urban core; others are in more rural settings. Some have raised beds; others sow their crops directly in the ground. Some are on private land; others occupy public land. Although there are these key differences between them, all garden spaces produce countless ecological, social and cultural benefits. Despite these benefits, many garden spaces often get taken for granted, and their benefits overlooked. Some local gardens have even dealt with this minimization of importance and faced the threat of eviction from lands they have tended for decades. To improve the long-term sustainability of community gardens, we are launching a campaign to bring these varied community-based garden efforts together to build solidarity and find lasting solutions through policies and other creative avenues.

And we need YOUR help in working to protect these invaluable spaces! There are so many ways to get involved – help us door-knock in the neighborhood, help us learn about zoning laws and other policies to figure out what we should be working toward, interpret in Spanish or Hmong for our meetings, assist with outreach to get more people involved, and more! For more information call Helen L'Annunziata at (707) 499-4659 or e-mail [lannunziatahelen@yahoo.com](mailto:lannunziatahelen@yahoo.com).

## Spring 2011

### Spring Into the Garden

We all know by now that there are several false starts where we think it just might be Spring, but then another cold storm comes in and this storm is just that kind of rain, cold, but with a touch of spring breeze that makes us hopeful. There are blooms on some of the trees! But the air temperatures and break of dormancy doesn't help us with soil temperatures....and that is where our seedlings have to thrive. Cold, wet soil is ideal for fungus, so hold off—it's not yet time to plant outside.

Get started indoors - if you grow your own transplants you will save time, money and have a wider selection of cultivars to choose from.

....cont. on pg. 3



Photo courtesy of Janna Snell.

## ~ Food Pantries : Humboldt County ~

### Arcata

**North Coast Resource Center**  
Contact: Lori O'Brion, 501 9<sup>th</sup> St., (707) 822-5008, Tue.-Fri. 1-3 p.m. (call after 9:00a.m. for appt.)

**Arcata Seniors** Contact: Christine Tomascheski, (707) 825-2027, 321 Community Park Way, 3<sup>rd</sup> Thurs. 11-11:30a.m. (for seniors)

### Blue Lake

**Blue Lake CRC/Mad River Grange** Contact: Pat Falor, 110 Hatchery Rd. (distr. day), 111 Greenwood Ave. (non-dist. days), (707) 668-4281 (CRC), 3<sup>rd</sup> Thurs. 10-1p.m., or anytime at the CRC

### Bridgeville

**Bridgeville Community Center**  
Contact: Cathy Stanley, (707) 777-1775, 38717 Kneeland Rd., 3<sup>rd</sup> Fri. 10 - 3p.m., or as needed

### Eureka

**Food for People** (707) 445-3166, 307 W. 14<sup>th</sup> Street, Call for an appointment

**Humboldt Senior Resource Center** Contact: Joel Correia (707) 443-9747, 1910 California St., 3<sup>rd</sup> Thurs of the month, 8:30-10:00a.m. (for seniors)

**St. Vincent de Paul**  
Contact: Tony Semore, (707) 443-8676, 528 2<sup>nd</sup> Street. As needed

### Ferndale

**Ferndale Community Church**  
Contact: Pastor Sean Pfeifer, (707) 786-4475, 712 Main St., 3<sup>rd</sup> Thurs. of the month, 1-3 p.m.

### Fortuna

**St. Joseph's Parish** Contact: Dan Lytle, (707) 725-1216, 2292 Newberg Rd.. Mon/Wed/Fri 10-12p.m.

**Fortuna Community Services**  
Contact: (707) 725-1166, 2331 Rohnerville Road, Mon. 6:30 - 8p.m., Tues/Wed 9-11:30a.m., (once every 3 months)

### Garberville

**Garberville Presbyterian Church** Contact: Patti Rose, (707) 223-2430, 437 Maple Lane, Tue/Thu 10:30-12p.m., Wed. 2-4p.m.

### Loleta

**Loleta Community Church**  
Contact: Marina Cortez-Hash (CRC) and Pastor Tim Huffman (Church), 845-0464 (CRC), (707) 733-5751 (Church), 228 Church Street. Thurs. 3-5 p.m.

### McKinleyville

**Grace Good Shepherd Church**  
Contact: Kathy Schmidt, (707) 839-3726, 1450 Hiller Rd. Wed. & Sat. 11-1p.m.

### Orick

**Orick Elementary School/FRC Pantry** Contact: Michael Myrick, (707) 834-2687, 120918 Hwy 101, 3<sup>rd</sup> Thursday, 1:30-2:30p.m.

### Rio Dell

**Church of Christ** Contact: (707) 764-3629, 3rd Thurs. of the month, 9-1pm. 325 2nd Street,

**Assembly of God Church**  
Contact: (707) 764-5460, (Emergency Food), 95 Belleview Ave., Mon-Thurs, 9 am-noon,

### Scotia

**Bread for Life** Contact: Don Williams, (707) 764-3068, Scotia Union Church, 402 Church St, Scotia, 3rd Thursday, 10-11:30a.m.

### Willow Creek

**Willow Creek Community Resource Center Pantry**  
Contact: Tamara Jenkinson, (530) 629-314, 38883 Hwy 299 Monthly Commodity Dist. 3rd Thursday, 9-1p.m.; Senior Box Program (60+) - call to sign up

### Trinidad

**Trinidad Lion's Club Pantry**  
Contact: Pastor Michael Blaine, (707) 677-3202, Trinidad Town Hall 409 Trinity Street, 3<sup>rd</sup> Wed. 11-12:30p.m.



## Food For Thought Start a Garden with CalFresh

Food for People, the Food Bank for Humboldt County is kicking off the 3<sup>rd</sup> annual "Bring a Million to Humboldt County" campaign, which highlights the benefits of CalFresh in the community and sponsors CalFresh Clinics countywide to help low-income households apply. CalFresh is California's new name for what used to be known as the Food Stamp Program, the federal nutrition assistance program that supplements the food budgets of millions of low-income families, children, and seniors across the country.

One goal of the new name is to highlight the program's connection to and support of, California agriculture. In Humboldt County, CalFresh is accepted at all North Coast Growers' Association farmers' markets, which are located throughout the county. In addition to helping low-income families directly purchase nutritious, locally grown foods, people can use CalFresh to purchase seeds and plant starts that produce food.

There have been several changes to the eligibility requirements, making more low-income households eligible. The application process has also changed, making it easier to apply. Currently, less than half of those eligible for CalFresh participate in the program. If these individuals were to start receiving CalFresh, Humboldt County would see more than one million additional dollars enter the local economy each month.

For more information on CalFresh call Food for People at 707-445-3166 ext 308.

## Trinity Co. Food Pantries

### Weaverville

**Trinity Congregational Church Food Cupboard**  
(530) 623-3101, 735 Main St. Parish Hall, Weaverville. Wednesdays 10a.m.- Noon.

**Human Response Network** (530) 623-2024, 111 Mountain View, Weaverville.

### Lewiston

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

### Hayfork

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

**Solid Rock Christian Fellowship** (530) 628-4189, call for an appointment.

## Del Norte Food Pantries

**Community Assistance Network**  
(707) 464-9190, 355 Standard Veneer Road Crescent City, CA 95531. Monday, Wednesday, Friday 10a.m. - 2p.m.

**Rural Human Services** (707) 464-7441, 286 M Street, Suite A, Crescent City, 95531. Distribution locations in Klamath, Crescent City and Smith River on various days and times. Call for more information.

### Mad River

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

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

### GARDENING GAZETTE

Published quarterly, the Gardening Gazette is an online publication of the North Coast Community Garden Collaborative. Copyright © 2010, all rights reserved.

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

Chris Lohofener - Managing Editor  
707-269-2064, Fax 707-445-0884  
[lohofener@nrsrca.org](mailto:lohofener@nrsrca.org)

## NORTH COAST COMMUNITY GARDEN COLLABORATIVE

PEOPLE POWERED PRODUCE

Gardening Gazette is a newsletter publication of the North Coast Community Garden Collaborative put out seasonally, as well as monthly in an email news'blast.' It aims to educate the community about gardening and food issues around the county. The Community Garden Collaborative is a network of community gardens and supportive agencies who promote community gardens as an avenue for accessing healthy, fresh, affordable produce. We are resources to each other: sharing and exchanging tools, ideas and insights, seeds and plant starts, knowledge, and people power.

It's a busy time of year for the Community Garden Collaborative as our gardens gear up for spring planting. If you are looking to join a community garden, use the information on the next page to contact a garden near you. Or you may call the Community Garden Collaborative at (707) 269-2071, send email to [debbiep@nrsrca.org](mailto:debbiep@nrsrca.org), or visit our website, [www.northcoastgardens.org](http://www.northcoastgardens.org).

We recently held our first workshop for managers of community garden projects. Over twenty garden managers from around the county met at the University of California Cooperative Extension Agricultural Center to discuss successes and challenges, how the Community Garden Collaborative may best support community gardens, and network with each other. Businesses in the community donated a lovely breakfast spread for the event—many thanks to Murphy's Markets, Safeway, Ray's Food Place, Sacred Grounds Coffee, Vellutini Baking Co., and Los Bagels!

**COMMUNITY GARDENS IN HUMBOLDT & DEL NORTE COUNTIES**

**HUMBOLDT COUNTY**

**Arcata**

**Bayside Community Garden**  
930 Old Arcata Rd, Heather Stevens, (707) 822-7091, hstevens@cityofarcata.org

**Our Garden**

Ville de Valle, Valley West, Amber Bishop, (707) 822-4145 or dirtgardeners@gmail.com

**Potawot Community Food Garden**

1600 Weeot Way Alison Aldridge, (707) 825-4098, Alison.aldridge@carih.net

**Blue Lake**

**Blue Lake Community Farmers** Mad River Grange, Hatchery Rd, Shelly Honig (707) 822-6186, shellyhonig@gmail.com, Marina Duncan (707) 668-5005

**Eureka**

**Garden of Eatin'** 716 South Avenue, Dennis Ohlischlager (707) 442-1035

**Henderson Community Garden**

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

....cont. on next column

...cont. from previous column

**RCAA Demonstration Gardens**

6<sup>th</sup> & "I" Streets, Chris Lohofener (707) 269-2064, or lohofener@nrscaa.org

**Unity Garden**

California & 15<sup>th</sup> Streets, Linda Atkins (707) 441-4168 or latkins@ci.eureka.ca.gov

**Fortuna**

**Fortuna Community Garden**

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

**Fortuna Healthy Garden**

Erin Mooney, (707) 498-6170 or emooney@mobilemed.org

**Hoopa**

**Kin Tah Te Community Garden**

Hwy 96, .4 mile N. of Elementary School, behind Youth Center, Deborah McConnell, demcconnell@hughes.net or (530) 625-4057

**Loleta**

**Loleta Family Garden**

700 Loleta Drive, Marina Cortez-Hash, (707) 845-0464 or marina.cortez-hash@stjoe.org

....cont. on next column

...cont. from previous column

**Manila**

**Manila Teenship Wellness Village Garden**

Manila Family Resource Center, Kathryn Riley (707) 444-9771, kriley@rcaa.org

**McKinleyville**

**Grace Good Shepherd Pantry Garden**

1450 Hiller Road, Stan Schmidt (707) 616-3278

**McKinleyville Community Garden**

1621 Gwin Rd, in Pierson Park, Gary Rees (707) 839-3214, reesgary@yahoo.com

**McKinleyville Family Resource Center Garden**

1450 Hiller Road, Hillarie Beyer (707) 839-0341, mfrc0906@sbcglobal.net

**Orick**

**Orick Community Garden**

Orick Elementary School, Orick Community Resource Center, mmyrick@humboldt.k12.ca.us

**Rio Dell**

**Rio Dell Community Garden**

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

**Trinidad**

**Walk About Joy Community Garden**

636 Patrick Pt Dr., William Moir, w.moir@yahoo.com

**DEL NORTE COUNTY**

**Crescent City**

**Peterson Park** D and Sixth Streets, A Community Assistance Network "CAN Grow Community Garden," Angela Glore, (707) 464-9190 or send email to communitygarden@canbless.org

**Seventh Day Adventist Church**

Corner of Norcrest and Madison, A Community Assistance Network "CAN Grow Community Garden". See above contact info.

**First Five Children's Garden**

494 Pacific Avenue (Del Norte Family Resource Center), A Community Assistance Network "CAN Grow Community Garden". See above contact info.

**Klamath**

**Klamath Community Garden**

Maple Avenue in Klamath Glenn, Margie Clark, (707) 482-0323

**SCHOOL GARDENS**

We've been working with a number of school gardens. For more information contact (707) 269-2064 or lohofener@nrscaa.org.



**Feeding the Community**

There are multiple ways to help bring more nutritious healthy produce to all people:

**Food Policy Council Meeting**

Come to this community forum to discuss ways to improve our local food system. The next meeting is April 5 at 5:30pm, at Humboldt Area Foundation. Call (707) 269-2071 for more information.

**Plant A Row for the Hungry**

As you plan your garden this spring, please consider planting extra for donation to local food banks. If you are limited on space, consider donating when or if there is a harvest with excess. Every little bit helps ensure more people in our county are getting enough healthy food to eat. For more information on the Plant A Row for the Hungry program, including local food bank locations and needs, please contact Debbie at (707) 269-2071.

**Join the Fruit Tree Database**

Food For People food bank is growing its database of fruit tree owners who may have excess fruit for donation. They can harvest at your convenience, and are insured so there are no liability concerns. For more information or to join, please contact Jason Whitley at (707) 445-3166 ext 312.

**~ More News ~**

...cont. from pg. 1

Seed catalogs are bursting with choice -there is always something new, and gardeners like to experiment. Plant some tried and true varieties, but add a few new ones. If you don't have enough light for a seedling tray to get started, you will be so impressed with the growth if you hang lights over them (shop lights are ideal). Unfortunately cheap florescent shop lights are hard to find and getting to be a thing of the past. Lighting does make a major difference in the strength and vigor of your transplants.

Cool season crops - like peas, lettuces, kale, and chard, can go in very soon. By mid April to May 1 all cool season crops can be planted. The commercial potato growers never planted before May 1, and still had time to grow large Kennebec potatoes on the bottom land soils. Cool season crops give you more bang for your buck: they are nutritionally more packed full of carbohydrates and fibers and return more food value for the amount of space they take up. We mainly eat the roots, tubers, stems, florets, and leaves. Warm season crops such as green peppers, tomatoes, and squash are actually the fruit of the plant and have higher sugars and water content pound for pound, and don't give you as much food per unit area in the garden.

Some warm season crops can be grown on the coast, but if you have limited space, best to stick to the cool season crops. Extra efforts of protecting from wind, trapping heat, and hoping for a warm dry June and July are needed for best growth and maturity. Root crops need a good foot to foot and a half of soil to grow well and they need good drainage too. Some like beets grow practically on the surface however. In horticulture there are exceptions to every 'rule.' Pre-plant fertilizer and side dressing during the growing season can really help. Nitrogen is the growth element that boosts all plants, and it is often in short supply as it leaches so easily. Compost mixed in at planting slowly releases nutrients, if you use good compost as a mulch on the top of the soil, you could be wasting much of the nutrient value. Instead, try liquid fertilizers during the growing season.

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

**Farmers Markets**

It's that time of year again! Farmers markets offer an array of fresh healthy foods. Some even accept EBT cards!

**ARCATA:** Opens April 9th thru November 19th, 9a.m. - 2p.m., on the Arcata Plaza. Opening June across from the Co-Op on Tuesdays, 3:30 - 6:30 p.m.

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

**FERNDALE:** Opens May thru October, Saturdays, 10:30 - 2p.m., at the corner of Shaw and Main Streets.

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

**GARBERVILLE:** Opens May thru October, Fridays, 11a.m. - 3p.m., located at the town square. For more information, contact Holly Krebs at (707) 722-4330.

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

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

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

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

**WEAVERVILLE:** Opens May thru October, Wed, 4:00 - 7:00p.m. at the Highland Art Center Meadow, off of Main Street, (530) 623-6821.

**Featured Gardener: Linda Atkins**

Sometimes an interest in gardening begins at a very young age, as it did with Linda Atkins when she would help her father in their backyard veggie garden. This early enthusiasm blossomed into a respect for the wonders of nature, plants and bugs and for producing one's own food.

Born in California's Mojave Desert, Linda has moved her way north through Merced, Berkeley and Sacramento before finally arriving in Eureka in 2001. Retired from Caltrans, Linda now serves on the Eureka City Council, works part time at Eureka Fabrics, and sits on the Steering Committee of the North Coast Community Garden Collaborative.

The opportunity to become involved in the community garden movement allows her a chance to connect with people and the land. "I like to work with people and help empower them to get things done for their community. I love to dig in the dirt and be a part of nature in that way. I'm a politician, so I guess that a responsive government is a passion of mine," says Linda.

Linda views gardens as places that make cities more beautiful and friendly, and help to engage people in healthy exercise that produces fresh fruits and vegetables for their meals. She got involved in the development of the Unity Garden in Eureka because she "wanted to create a space where people could interact with their community in a healthy way. I hope to get people talking about what's important about growing our own food and being a little bit more in control of what we eat," explains Linda.

Linda's involvement with the North Coast Community Garden Collaborative has been helpful in seeing the complex issues community gardens face and possible solutions to these challenges. She elaborates, "I hope my participation on the Steering Committee will make it easier for others to start and sustain community gardens. I see the Steering Committee participating in community events where people will find out about gardens as well as advocating for the continued existence of our gardens. My hopes are that with the careful expansion of community gardens throughout the North Coast, all neighborhoods will be within walking distance of this important food resource."



**Communities Take Root: Planting Trees For A Healthy Planet**

The Fruit Tree Planting Foundation (FTPF) is an award-winning international nonprofit charity dedicated to planting fruitful trees and plants to alleviate world hunger, combat global warming, strengthen communities, and improve the surrounding air, soil, and water.

Each year, the FTPF and Dreyer's Fruit Bars opens an application process called "Communities Take Root", where nonprofit agencies nation-wide can apply to be the recipient of a fruit tree orchard donation. This year, Humboldt County is in the running again (last year, the Yurok tribe was awarded 77 fruit trees). Redwood Memorial Hospital's Rio Dell Community Resource Center applied for the donation to help support their community garden located in Rio Dell. "A fruit tree orchard would greatly support the Rio Dell food pantry, of which currently over 100 families in Rio Dell rely on to supplement their food household food items," says Resource Coordinator Brian Olson. The Rio Dell Community Garden, located on Rio Dell Baptist Church land, could be awarded as many as 18 fruit trees if chosen for the donation.

On April 15th, the website, [www.communitiestakeroot.com](http://www.communitiestakeroot.com), will become live. This is where the public can go online and vote for the North Coast locations to be one of this year's recipients of an orchard donation. There will be a total of four rounds of voting, where the top 5 applicants with the highest amount of votes per round will be awarded an orchard (April - August). You can vote once a day....so let's do our part and show our support for Redwood Memorial Hospital's Rio Dell Community Garden and other North Coast applicants!