

Gardening Gazette

Free copy

Vol. 2 No 1

~ Around the North Coast ~

Food Policy Council Forms in Humboldt County

Are you concerned about the rising cost of food? Do you have ideas about how to improve our local food situation? Do you know someone who is not getting enough healthy food to eat? These are all issues a food policy council may address. A food policy council is a collaboration of stakeholders from different sectors of the local food system, such as farmers, consumers, food banks, and grocery stores. Food policy councils can be created in different ways. Governments may form them or they may be created from collective community action. They are generally created to examine the local food system and develop policy recommendations to improve it. For example, a food policy council might focus on increasing access to food through simplifying the food stamp application process, increasing outlets for farmers to sell their products locally, advocating for lower water rates or zoning for community gardens, or improving the availability of healthy foods at local food retailers.

Specific goals of each food policy council are driven by the focus of individual members; therefore, a diverse membership is necessary to ensure priorities reflect needs of the entire community. Diversity in a food policy council offers potential to democratize the local food system, which means giving power to all people in the community to control what they eat and how it is grown. Representation should encompass all people in the community, including and especially those who have been traditionally marginalized by systemic barriers such as race, ethnicity, class, age, gender, or ability. Socially and structurally marginalized groups are historically more likely to be "on the table" rather than "at the table" meaning, solutions are created for them rather than with them.

A wealth of literature indicates low-income, and especially low-income communities of color are consistently challenged to access enough healthy food. In Humboldt County more than one in four adults are food insecure, or unable to access enough food to lead an active healthy lifestyle, according to a

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Winter 2011

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Don Williams of the Scotia Pantry receives fresh produce donation from Brian Olson of the Rio Dell Community Garden.

~ Food Pantries : Humboldt County ~

Arcata

North Coast Resource Center
Contact: Lori O'Brion, 501 9th 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, 3rd Thurs. 11-11:30a.m. (for seniors)

Blue Lake

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

Bridgeville

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

Eureka

Food for People (707) 445-3166, 307 W. 14th Street, Call for an appointment

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

St. Vincent de Paul
Contact: Tony Semore, (707) 268-8865, 528 2nd Street. As needed

Ferndale

Ferndale Community Church
Contact: Pastor Sean Pfeifer, (707) 786-4475, 712 Main St., 3rd 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) 923-3295, 437 Maple Lane, Tue/Thu 10:30-12p.m., Wed. 2-4p.m.

Loleta

Loleta Community Church
Contact: Marina Cortez-Hash (CRC) and Pastor Tim Huffman (Church), 845-0464 (CRC), (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, 3rd 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, 3rd Wed. 11-12:30p.m.



Trinity Co. Food Pantries

Weaverville

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

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

Lewiston

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

Food For Thought Fruit Harvest Project

Beginning in 2011 Food for People (FFP) will take a new approach to gleaning the bounty of fruit available throughout the county. This upcoming season they will start a database of residents who have one or more fruit trees and who are willing to donate their excess fruit to FFP. Gleaning fruit trees has always been a substantial part of the gleaning program at the food bank. With an organized database of fruit donors they will be able to have set times for gleaners to go out into the community and harvest fruit for low income community members in Humboldt County.

Unlike planting a garden, owning a fruit tree is often unintentional. Many tree owners find that they have 'inherited' a fruit tree with the property they currently rent or own. Growing and harvesting the fruit may seem intimidating, if not an actual nuisance. But there are many reasons to think differently about donating fruit. Many people can't afford to buy produce - while most people with fruit trees have more than they can use. Harvesting fruit can build ties between neighbors and promote an interest in fruit trees, thus building community knowledge and resources. Pears, plums, and apples are abundant in this region. Apples from down the street have the same benefits as apples from the store, and they are typically fresher.

If you are interested in becoming a part of this county wide fruit database, please contact Jason at FFP, 445-3166 ext 312 for more information.

El Jardin de Las Familias de Loleta

Located at Loleta Elementary School, El Jardin de Las Familias de Loleta came to fruition this past summer. Students and families of the school, Family Resource Center participants, and a local Boys and Girls Club have been helping tend the space. Many community members helped build, repair, and weed garden beds, and plant cool season vegetables. The garden is thankful for support from the *Better Together* grant program, who translated an application in Spanish from local families, and Pierson's Garden Shop, who donated plant starts. For more information on "Loleta Family Garden" please contact Marina Cortez-Hash at (707) 845-0464 or marina.cortez-hash@stjoe.org.

Por mas informacion sobre El Jardin de Las Familias de Loleta, por favor contacta a: Marina Cortez-Hash (707) 845-0464 o marina.cortez-hash@stjoe.org.



Gardeners of all ages planted lettuces, radishes, and flowers at El Jardin de Las Familias de Loleta last fall.

North Coast Community Garden Collaborative Update

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 North Coast 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. Community gardens take a variety of forms, and generally involve folks coming together to grow food for themselves, their families, and their community. For more information about community gardens or the Garden Collaborative please call us at (707) 269-2064 or email lohoefener@nrsca.org.

We are headed by a steering committee, which meets monthly on the first Wednesday of the month between 3:30 and 5pm at Redwood Community Action Agency (904 G Street, Eureka). January's meeting will be rescheduled due to the holiday; please call (707) 269-2064 if you are interested in attending. These meetings are open to the public and we invite input from the community, especially community gardeners and partners.

Exciting news! Our new website is now LIVE (but still under construction)!! Check it out at www.northcoastgardens.org! You will find information on individual community gardens in the county, more information about services provided by the North Coast Community Garden Collaborative, resources on gardening as well as starting a community garden, and ways to get involved. Please leave comments with feedback. We look forward to hearing from you!

(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
lohoefener@nrsca.org

COMMUNITY GARDENS IN HUMBOLDT & DEL NORTE COUNTIES

HUMBOLDT COUNTY

Arcata

Arcata Community Garden

Located behind the Arcata Presbyterian Church, 11th and Jth Streets, (707) 822-1321

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

Henderson Community Garden

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

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RCAA Demonstration Gardens

6th & T^h Streets, Chris Lohofener (707) 269-2064, or lohofener@nrsrcaa.org

Unity Garden

California & 15th 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

Hoopla

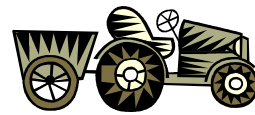
Kin Tah Te Community Garden

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



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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, mfr0906@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

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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@nrsrcaa.org.



Upcoming Events

- St. Joseph Health System's Annual Health and Resource Fair: Saturday, February 5th, 10 - 3p.m. at the Bayshore Mall
- Sustainable Ag Expo February 26, 2011 12 - 4p.m. at Redwood Acres Fairground in Eureka, (707) 822-5947 or www.northcoastco-op.com for tickets
- Food Policy Council Meeting, Feb 9, Bayside, 5:30 to 7:30p.m. Call (707) 269-2064 for details.
- Community Garden Workshop, date TBA. A chance for gardeners, particularly those managing community gardens, to meet, discuss ideas, successes, challenges, and solutions. For more information call Debbie at (707) 269-2071 or send email to debbiep@nrsrcaa.org



Capital City Sheds donates a shed to the Rio Dell Community Garden.

~ More News ~

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report by California Food Policy Advocates. A Community Food Assessment of Humboldt County recently conducted by the California Center for Rural Policy (CCRP) at Humboldt State University found that "food production, farms, and direct marketing are significant strengths" in the county. How is it that, despite the strong emphasis on local and sustainable agriculture in our county, there are so many residents without enough food?

To address these community-identified needs, CCRP convened a task force to assess the community's interest in creating a Food Policy Council for Humboldt County. Representatives from many sectors of the food system (production, processing, distribution, consumption, and waste recycling) have attended the first few task force meetings, and the group voted to form a Council. Says Danielle Stubblefield of CCRP, Humboldt County's new Food Policy Council is "open to all stakeholders in the food system whether individuals, businesses, governmental representatives or organizations. Our goal is to increase local sourcing and distribution in our food system while also improving food access for consumers."

It is crucial to have as many people represented, and as much public participation as possible, to fully understand the needs of our local communities. At the next meeting the group will be deciding what food and farming policy topics to focus on this year. **Please come voice your ideas! The next meeting is**

Wednesday February 9 from 5:30 to 7:30p.m. at the Humboldt Area Foundation, 373 Indianola Road, in Bayside. For more info contact North Coast Community Garden Collaborative at (707) 269-2064 or lohofener@nrsrcaa.org, or Danielle Stubblefield of CCRP at (707) 826-3405 or Danielle.stubblefield@humboldt.edu.

To read the Community Food Assessment of Humboldt County, visit CCRP's website at www.humboldt.edu/ccrp/blog/humboldt-county-community-food-assessment.



Gardeners harvesting peas at the Manila Teenship Wellness Village Garden.

Winter Gardening Tips

As the weather outside begins to take a turn towards cooler temperatures and increased rain, your work in the garden should begin to center around clean up and composting. There are many methods and recipes for producing hearty and nutritious compost. Begin by combing your own garden or yard for grass clippings, fallen leaves and any remaining vegetables from the previous season. These items are usually easily accessible to most gardeners and provide a great base for healthy and vibrant compost.

As your time out in the garden is winding down, make sure that you have mulched and covered your unused space for the winter. This will help minimize the weeds that will sprout throughout the rainy season as well as add organic matter to the soil.

This is a great time of year to sit down with a nice warm cup of tea and reflect on the past year's successes and failures in the garden. There are always lessons to be learned, and it is important to consider them in planning for the next planting season.

Enjoy the visions of your flourishing 2011 gardens!



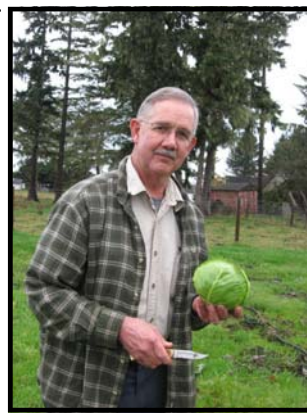
Featured Gardener: Stan Schmidt

Having grown up on a walnut ranch near Modesto, Stan Schmidt was introduced to gardening at a young age. He grew his first garden at age 25 when he had been in Humboldt County for five years. That initial spark of interest quickly ignited to full-blown enthusiasm. Since then, Stan hasn't stopped gardening! While working fulltime as a law enforcement officer and father to four kids, he tended a large backyard garden at the house he and his wife, Kathy, have lived in for 35 years in Arcata.

Now that Stan is retired after 32 years with the police department, he continues to garden as well as work part time at the McKinleyville ACE Hardware in the garden shop. For the past eight years he has also coordinated the Grace Good Shepherd Church Pantry Garden, a 13,000 square foot garden which provides year round, fresh, healthy, and organic produce to low income members of the community.

Stan's commitment to bringing healthful foods to our community is evident in visiting the garden. Neatly groomed and orderly, it reflects Stan's vigilant and careful maintenance. "A lot of people don't understand how important gardening is. It can provide affordable, healthy, and organically-grown food, even as the price of such food rises in grocery stores." His passion for educating others about how to grow good food is clear: his eyes light up when he describes the field trips he hosts at the Pantry Garden for school children, conversations he has about gardening with ACE customers, or "teachable moments" with volunteers in the garden. He is always more than happy to share the knowledge he's gleaned in over 35 years of gardening.

Stop by and visit Stan at the Grace Good Shepherd Pantry Garden at 1450 Hiller Road in McKinleyville!!



Local Health System Addresses Nutrition and Fitness

St. Joseph Health System (SJHS) has partnered with the American Academy of Pediatrics to fight childhood obesity with the creation of the Healthy For Life (H4L) campaign, which focuses on getting kids and their families to develop healthy lifestyle choices by incorporating both physical activity and a responsible diet. H4L is a comprehensive social and healthcare outreach initiative. This campaign focuses on the following environmental issues: community, schools, grocery stores and home.

Approximately 150 students are part of the H4L program in Humboldt County. Currently participating are the after-school programs at Blue Lake, Rio Dell and Loleta Elementary Schools. This free curriculum-based physical education program instills the importance of fitness and nutrition to obtain the greatest and long-lasting healthy results. A Registered Nurse and Dietician from Redwood Memorial Hospital of St. Joseph Health System participates by providing physical assessments, giving the students a healthy eating and diet questionnaire, and following through by helping educate the students on healthy choices.

For the nutritional component of H4L, SJHS has partnered with the Humboldt County Office of Education nutritionist Linda Prescott, who will disseminate information as well as give presentations to the after-school programs. The schools are currently working on incorporating the community gardens into their healthy eating. Two of the sites have gardens on campus.

For the physical education component the after-school programs have adopted the SPARK (Sport, Play and Active Recreation for Kids) curriculum that they use several times a week. In addition, one day a week Inside Sports Futsol (indoor soccer) sends an instructor to each campus to provide a high-intensity workout with the students.



Marina Cortez-Hash of SJHS educates youth on healthy eating choices.