



Sustainable Campus: Food Source Group

Fall 1999

Julia Baker

Tera Palmer

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The Problem

The problem as we at the Sustainable Campus Food Source group see it, is that the food served at HSU campus dining services comes from out of the local area and therefore supports fossil fuel consumption, corporate agriculture, and unsustainable life styles. This food selection does not support the local economy. In addition, this food is in many cases contaminated by pesticides, genetic engineering, and irradiation.

Context/Environments

This is not a new issue here at HSU. There has already been some good work done in the area of food source. There are several organic products offered and quite a few local foods. The key player in this issue is Ron Rudebach who is head of dining services. The powers that be, (mostly Ron Rudebach and Arnold Waddell from the depot, but also Mary from the South Campus Market Place,) all seem to be open to new ideas. They are also proud of the progress they have made thus far, and rightfully so. It is important to be careful not to push these people too fast. Susan Orneleas, from the Arcata Educational Farm C.S.A. is very interested in pursuing a relationship with campus food services. It is important not to overlook the importance of student cooperation in this project. If the students don't buy the food, the dining services can not offer it. Ron and Arnold both made it clear that they are very interested in meeting the needs and desires of the students. For example, they have a trial run of organic fruit happening in the J. This fruit is not selling well. This makes it clear that education of students is just as important as working to change the food source structures.

Contacts

The following people are involved with the food source project.

Sustainable Campus Task Force (YES House)- Katie, Director

Associated Students- Lisa Dipietro, V.P.

Campus Recycling Program- Alec Cooley, Joe, Fairlight Newman

Organic Recycling Board- Katie, YES house, and Lisa Dipietro

*Arcata Educational Farm, CSA- Susan Orneleas (sd3@axe.humboldt.edu, or shatz lab)

*Campus Food Services-Ron Rudebach

The J- Arnold Waddell

South Campus Market Place- Mary, Manager

Deborah Gereaud- County Agricultural Adviser

* = these people should be contacted monthly to check on the status of the project.

Food Source Group:
Julia Baker, Erik Cortright, Tera Palmer
Oct. 13, 1999

MMU

Part 1: Mission, Goals and Objectives

1.1 Mission Statement:

To encourage and assist campus food services in purchasing and offering products that are environmentally and socially responsible.

1.2 Goals and Objectives:

in order to
1.2.1 Campus food services shall utilize the wide variety of food products, services and ingredients produced locally (as) to reduce the economic and environmental impacts associated with shipping.

1.2.1.1. twenty to fifty percent of all produce and other raw ingredients used by all campus food service providers will be of local origin by the beginning of the 2002-03 academic year. For the purpose of clarity, the term local we will define it as anything produced within 300 miles. — *how was this determined?*
Should prices be comparable precedence shall be given to goods produced within Humboldt county as to aid in the circulation of finances within our immediate and surrounding communities.

money

1.2.1.2. Twenty to forty percent of all condiments, desserts, snacks and other prepackaged food available on campus will be of local origin by the beginning of the 2002-3 academic year. Again, local will be defined as within a 300 mile radius, and precedence will be given to goods produced within the county for the same reasons listed in **section**

1.2.1.1.

1.2.1.3. Fifty to seventy percent of all vendors in the Depot will be of local origin by the beginning of the 2001-02 academic year. This level shall be maintained indefinitely.

1.2.2. Campus food service will provide a menu more in sync with natural food growing cycles as to encourage the purchase of locally produced goods.

1.2.3. Campus food service will provide organically produced food products and use organically produced ingredients as much as possible.

1.2.3.1. Thirty to fifty percent of all produce and raw ingredients purchased by campus food service providers will be grown organically in accordance to the California Organic Food Standards Act by the beginning of the 2002-03 academic year.

1.2.3.2. Ten to thirty percent of all per-packaged food products will comply with the California Organic Food Standards Act by the beginning of the 2002-03 academic year.

1.2.3.3. There will be a minimum of one organic, vegetarian meal offered in the main campus food facility per day, and one organic vegan meal per week by the beginning of the 2002-03 academic year.

1.2.3.4. There will be a minimum of one free-range, organic meat option made available per day by the beginning of the 2002-03 academic school year.

1.2.3.4. All meals in the "J" will be labeled with respect to their contents and whether or not they include genetically modified foods, and/or bovine growth hormones by the beginning of the 2001-02 academic year.

1.2.4. Campus food providers will actively seek out products and companies which demonstrate a high level of environmental and ethical consciousness.

1.2.4.1. A student/staff committee will be developed to monitor food providers and their business practices to ensure that they comply with basic environmental and social standards including, but not limited, to the following: environmental conservation, fair trade practices, worker justice, and the commitment to preventing the exploitation of international or domestic people and/or resources.

1.2.5. Campus food service providers will minimize waste resulting from the purchase, production, and sale of their products.

1.2.5.1. Campus food services will decrease the consumption of non-recyclable packaging and supplies by twenty percent before the beginning of the 2001-02 academic year.

1.2.5.2. Campus food providers will make every attempt to minimize excess packaging of all goods they purchase.

1.2.5.3. ~~Campus food service providers will work in conjunction with the campus recycling program to establish a method of composting all applicable food wastes.~~

Solution Brainstorms

Enforcing the Goals

- Establish a monitor committee within the class or CSA farm or administration to keep record on progress and developments of the project.
- Incorporate food purchasing standards into the HSU by-laws.
- Continuous monitoring by class members, Housing & Dining and campus clubs (i.e. Sustainable Campus).

Reaching the Goals

- Establish fee increase to fund food purchase.
- Farmers market on campus.
- Establish market relationship between HSU and CSA Educational Farm.
- Table @ J and other campus centers.
- Exchange college credit for food from student vendors.
- Perform market survey to determine market for organic / local food, and whether students, staff and faculty would be willing to pay more.
- Recipe swap with campus food vendors of ideas for preparing seasonal meals without the unseasonable veggies that they are used to preparing.
- Establish an organic garden on campus to supplement bought produce - tended and operated by students, monitored by students and Housing and Dining.
- Purchase food from CCAT.
- Education: flyers; library case display.
- Letter to Lumberjack editor.
- Incorporate bulk bins into the South Campus Market Place.
- Increase student involvement through education and reward.
- Establish a "Windows Organic" - either in-house, or a wagon outside on quad.
- Organic / local soup in South Campus Market Place.
- Incorporate Soils Club.
- Offer work study in exchange for student farm labor.
- Trade CSA food for HSU compost.
- Explore all options. More possible contacts: Humboldt Harvest; North coast Growers Assc.; Humboldt Bay Packers; etc.

* **Decision:** After meeting extensively with Ron Rudebach of Housing and Dining, and Susan Ornealas of the CSA Educational Farm regarding our ideas, we decided to put all of our energy into education and especially into establishing a market relationship between the CSA and Ron Rudebach. Elements of concentration include: establishing initial relationship; exploring barter financing alternatives (i.e. compost for food); offering work study for student farm labor, and education materials.

* **Evaluation Ideas:** Most important! Keep in contact with Ron Rudebach + Susan Ornealas. Also keep in contact with Lisa Di Pietro of Sustainable Campus. I suggest a meeting with Ron asap at beginning of Spring semester! He's a wonderful man. Good luck!

Evaluation

This semester, Julia and I made substantial progress toward meeting our goals. We established a connection between Ron Rudebach and Susan Ornealas. We did research and education. The primary thing we did was set up framework for the project. I think we were successful in these things.

One difficult part of this project was communication with other people who are also working on the project. Because it had already been started, it was at times difficult to break into the project and find our place. Once we did decide to work on the CSA connection and education, we still felt a bit left out of the loop. It is very important to communicate with the other groups on the contact list.

Suggestions

Make sure you contact all the other people involved. Don't assume that they will come to you even if it concerns you. Be persistent. Even if people don't call you back, keep trying. Always remember to recognize people for their efforts. Keep those connections strong, especially with Ron and Arnold. Lastly, don't try and do too much. Pick a few specific things to work on and do those well.

Good Luck!

Tera

TeraP3@Excite.com

Evaluation

This is a personal final evaluation of this class, the process Tera and I went through preparing this project, and my personal involvement.

This class is extremely important! The fact that a class whose students purpose is to evaluate the environmental and social impacts of their University and then implement changes, and finally evaluate the progress of the institution, is institutionalized into the University curriculum is astounding. This accomplishment says a few different things to me about this University. First, it tells me that there are professors like Richard Hansis, and students like Lisa Di Pietro who have the knowledge, motivation and persistence to get a class like this started. Second, it tells me that this University is confident in its intentions to be relatively sustainable, and it is aware and acknowledges that it has a way to go. Third, it tells me that this University values the knowledge of its students in areas other than business and industrial science. Finally, this class has given myself and other students a different perspective of campus dynamics at HSU, and a heightened respect of the challenges a public university may face while trying to implement change.

It will be very interesting to see if this class is offered next semester, as planned.

The process that Tera and I went through preparing this project was very enlightening and positive. We began with some impatience and frustration that we couldn't jump right into implementation of our many ideas, and that we had to spend so much time researching first, but we quickly realized that many of our assumptions were off, and many of our ideas needed to be reevaluated. As we researched, we found that the University had accomplished much more than we had ever expected, and that many of the things they had not accomplished were prevented by very difficult obstacles. We were able to narrow our focus, and decided to put all of our energy into establishing a relationship between the CSA Educational Farm and Housing & Dining of the University. We found Ron of Housing and Dining extremely open-minded, helpful and excited to explore this relationship. We also found Susan Ornealas of the CSA excited and willing about the idea. Within 6 or 7 meetings, the relationship was there, and Susan and Ron were discussing possible contracts. They are still working on it, and expect to be serving some CSA summer strawberries on campus very soon. This experience has taught me how much is possible if one approaches an endeavor without defense and premeditation, that sometimes the intention is there, and all it needs is the right people at the right time to direct the momentum.

Tera and I worked well together. We both put a lot of effort and time into this project, and it paid off. We were off to a slow start, but you need to allow for that if you want lasting results. My hope is that we have compiled information that will help the next group to continue this momentum in a positive direction, and that the University recognizes this work as helpful and non-threatening.

Good luck!

Julia

jsb11@axe

Weitchpsee Nursery / Chile Co.

Glenn Pfitzenbarger

Site 9, Box 15

ocopa, CA 95546

(707) 444-5549

Products: Chili peppers & assorted pepper plants

Markets: 1

Available August

Werren Stitches

Adrienne Werren

3385 Middlefield Lane

Eureka, CA 95501

(707) 442-5002

Products: Angora hats, gloves, scarves, infant through adult sizes & yarn.

Produce & flowers

Markets: 1,4

Available April through November

On Site Sales: Year around

Willow Creek Farms

Michael Peterson

PO Box 1392

Willow Creek, CA 95573

(530) 629-4950

Products: Green beans, sweet corn, cantaloupe, watermelon, garlic, winter squash, cabbage, Brussels sprouts, turnips

Markets: 1,2,3,4

Available April through November

On Site Sales: Yes

Wolfsen Farms

Herb & Elaine Wolfsen

2103 Baird Road

McKinleyville, CA 95519

(707) 839-2017

Products: Blueberries & strawberries

Markets: 1,3,4

Available August through September

On Site Sales: Late June/ U-pick / Daily 10 a.m. - 5 p.m., by appointment

V. Young's Orchard

Vernon Young

412 Patterson Road

Willow Creek, CA 95573

(530) 629-2539

Products: Cherries, peaches, nectarines, apples & pears

Markets: 1,2,3,4

Available July through October

On Site Sales: July through August - 10 a.m. to 5 p.m.

Zion Farm

Spencer and Shauna Hill

P. O. Box 526

Hoopa, CA. 95546

(530) 625-4170

Products: Charentais melons, cherry tomatoes, romas, plums & beefsteak tomatoes, squash flowers, baby squash, red creamer potatoes, sugar snap peas, green beans, sweet peppers, & floral everlasting.

Markets: 1,2,3

Available May through November

THE FARMERS MARKET

Our "Certified" Farmers Markets were among the first in California. During the season more than 70 small farms from all over Humboldt county participate in Markets. The Farmer's Market is an open-air marketplace full of Humboldt's bounty. The range of farm products available at the farmers markets include nearly every farm commodity in this area. Humboldt County's microclimates enable both cool and warm season crops, from lettuce, peas, strawberries and apples to peaches, corn, tomatoes and melons, to be found during the season at the Farmers Market.

FARMERS MARKET DIRECTORY

Discover the farms of Humboldt County and share our "Country Spirit". Whether you visit a local family farm or stroll through one of our festive, open-air Farmers Markets, you are sure to find the best farm products Humboldt County has to offer.

The Farmers Market directory is designed to link Humboldt County family farms, specialty growers, and the community together. Purchasing farm products directly from the growers insures quality, freshness and value, as well as an opportunity to meet the local farmers, ask questions about products and crop production. Many growers offer product sampling and will share their favorite recipes. The Farmers Market Directory is sponsored by the North Coast Growers Association.

The Farmers Market Directory is your guide to the North Coast Growers Association members who attend Farmers Markets. It includes which Markets they frequent, Market locations, dates and times, as well as a listing of products available.

THE NORTH COAST GROWERS ASSOCIATION

The North Coast Growers Association was begun in 1979 by a group of Humboldt County farmers for the purpose of promoting direct marketing of farm products from the field consumer. The North Coast Growers Association, with more than 70 members, is a diverse group, representing a variety of agricultural products.

P.O. Box 4232 - Arcata, CA 95518

Voice Mail - (707) 441-9999



FARMERS MARKET 1999

April 17th through November • TUESDAYS Old Town, Eureka - 10AM to 1PM - Wildberries, Arcata - 3PM to 6PM June 1st through October • THURSDAYS Henderson Center - 10AM to 1PM • July 1st through October



Co-sponsored by the NCSBSC and the NCGA - For Market Information Call 441-9999 or Write P.O. Box 4232, Arcata, CA 95518

FARMERS MARKET DIRECTORY

MARKET GUIDE SYMBOLS

	April/Nov	Saturdays	9-1
1 Arcata Plaza	April/Nov	Saturdays	9-1 pm
2 Old Town Eureka	June/Oct	Tuesdays	10-1 pm
3 Wildberries Arcata	June/Oct	Tuesdays	3-6 pm
4 Henderson Center/Eureka	July/Oct	Thursdays	10-1 pm

Alder Grove Nursery
 Kent & Catherine Stanley
 20220 Hwy. 36
 Carliotta, CA 95528
 (707) 777-3680

Products: Over 100 varieties of landscape trees, shrubs, vines & perennials
Markets: 1
 Available April through November
On Site Sales: By appointment year around

Aqua - Rodeo Farms
 Stephen Moore & Sebastian Elfrte
 2488 Sutter Road
 McKinleyville, CA 95519
 (707) 839-5398

Products: Pacific Oysters
Markets: 1,2,3,4
 Available: All year
On Site Sales: Call first

Arcata Bay Lama & Angora Co
 Sherria Tyler
 (707) 822-8661

Products: Hand spun llama yarn hats, scarves, & baby blankets, hydrangea starts, dried Hydrangea flowers, & herbs
Markets: 1,2, & 4
 Available April through November
On Site Sales: Call for appointment

Arcata Bottoms Farm
 Karin Mason
 3364 Foster
 Arcata, CA 95521
 (707) 822-9230

Products: Corn, beets, carrots, lettuce, beans, squash, pumpkins, potatoes
Markets: 1,3,4
 Available end of July through November
On Site Sales: August - Daylight hours

Avalon Farm
 Neal Laté
 PO Box 11
 Orleans, CA 95556
 (530) 627-3375

Products: Sweet corn, tomatoes, bell peppers, cucumbers, beans, salad mix, carrots, potatoes, peas, melons, etc.
Markets: 1,2,3,4
 Available April through November

Bamboo & Maples
 Rich & Linda Simpson
 PO Box 4541
 Arcata, CA 95518
 (707) 825-8730

Products: Bamboo, Japanese Maples, magnolias, conifers, ornamental trees
Markets: 1,2,3,4
 Available April through November
On Site Sales: All year, Thurs. through Sat. 12-5 or by appointment

Bayside Gardens
 Robert & Jessica Bittner
 PO Box 448
 Bayside, CA 95524
 (707) 822-9109

Products: Strawberries, artichokes, herbs, mixed vegetables
Markets: 1
 Available April through October

Betty's Country Shop
 Betty Teasley
 PO Box 250
 Weott, CA 95571
 (707) 946-2465

Products: Flowers/Produce: corn & tomatoes
Markets: 1,4
 Available June through November
On Site Sales: Beginning in July

BIGFOOT collections
 Bob Filbey
 PO Box 1025
 Blue Lake, CA 95525
 (707) 668-1829

Products: Cacti, succulents, caudiciforms, orchids, ethnobotanicals, carnivorous plants, the weird & bizarre
Markets: 1,4
 Available April through November

Blue Jay Nursery
 Eileen & Christine Justesen
 1 x 208
 Carolla, CA 95528
 (707) 768-9201

Products: Bedding plants, annuals, perennials, vegetables, herbs
Markets: 1
 Available April through October

Carliotta Flowers
 Jane Laddusaw
 7032 Hwy. 36
 Carliotta, CA 95528
 (707) 768-3779

Products: Fresh & dried flowers, and geraniums
Markets: 1,2, 4
 Available July through November

Claudia's Organic Herbs
 Claudia Holzinger & Von Trinstall & Family
 PO Box 233
 Orleans, CA 95556
 (530) 627-3712

Products: 20+ varieties fresh and dried herbs. Common & exotic teas & blends. Also garlic, onions, leeks, romas, garlic braids & herb gift baskets. Organically grown.
Markets: 1,2,3
 Available May through November
On Site Sales: Please call ahead

Craig Lord
 Craig Lord
 PO Box 550
 Bayside, CA 95524
 (707) 822-3564

Products: Various vegetables
Markets: 1
 Available May through October
On Site Sales: Pumpkin Patch October 1-31, 8 a.m. - 6 p.m. daily

Crannell Farms
 Joseph A. Casucci
 5466A Dows Prairie Road
 McKinleyville, CA 95519
 (707) 839-7307

Products: Organic blueberries, hydroponic tomatoes
Markets: 1,2,3
 Available April through November

Earth N Hands Farm
 Dean Gilkerson
 PO Box 972
 Arcata, CA 95518
 (707) 668-4346

Products: All organic strawberries, raspberries, seasonal fruit, spinach, lettuce, cukes, squash, melons & more.
Markets: 1,2,3,4
 Available April through November

Earth and Sky Garlic
 Liz Kinnaman
 PO Box 226
 Hydenville, CA 95547
 (707) 768-9201

Products: Organically grown flowers & produce, including several varieties of garlic.
Markets: 1,2,3
 Available April through November

Fern Court Farm
 Brian C. Mluesig
 311 Lawson Lane
 Ferndale, CA 95536
 (707) 786-9556

Products: Raspberries, loganberries, boysenberries, waldo blackberries, strawberries, vegetables, & flowers
Markets: 1,4
 Available May through August
On Site Sales: By appointment only

Fickle Forest Tree Farm
 Carol Williams
 30715 Fickle Hill Road
 Arcata, CA 95521
 (707) 826-2551

Products: Large selection of unusual trees, natives, conifers, flowering shrubs & vines
Markets: 1,4
 Available April through November
On Site Sales: Appointment only please

Fickle Hill Old Rose NurseryCindy Graeber
282 Fickle Hill Road
Arcata, CA 95521

(707) 826-0708

Products: Unusual perennials, shrubs, heritage roses, shrub roses, & climbing roses
Markets: 1Available April through November
On Site Sales: May 9 & July 25

Sunday 1 p.m. to 4 p.m. - By appointment

Fred's ProduceClayton McIntosh
PO Box 924
Willow Creek, CA 95573

(530) 629-3736

Products: Tomatoes, egg plant, peppers, melons, peaches, pears, persimmons, figs, chestnuts, grapes
Markets: 1,2,3,4

Available April through November

Gambi Orchard

Joe Ramos

Willow Creek, CA

(530) 629-2825

Products: Peaches

Markets: 1,2,3,4

Available July through November

Gem of the River

Norman Coates

PO Box 71
Orleans, CA 95556

(530) 627-3369

Products: Fruits & vegetables, maybe some Red Wine
Markets: 1

Available June through November

The Geranium Lady

Sylvia Molloy

4085 Jacoby Creek Road
Bayside, CA 95524

(707) 822-4780

Products: Geraniums & Pelargoniums, zonal, regal, & Ivy
Markets: 1

Available April through November

On Site Sales: Please call ahead for appointment

Glennmar Heather Nursery, Inc.Carl & Glenda Carberg / Tom & Maria Krenk
Box 479
Bayside, CA 95524

(707) 268-5560

Products: heaths & heather
Markets: 1

Available April through November

On Site Sales: Random

Gopher Gardens

Robert Ducate

1469 Walker Point Road
Bayside, CA 95524

(707) 442-6557

Products: Strawberries, greens, beans, squash, tomatoes, & cut flowers
Markets: 1,2,3,4

Available April through November

Gratefully Grown Gardens

Dena Fabbri & Arron Colvin

1582 Freshwater Road
Eureka, CA 95503

(707) 442-7105

Maple Creek Farm

Merit Cape

19 Maple Creek Rd
Korbel, CA 95550

(707) 668-5162

Products: Vegetables
Markets: 1

Available April through November

Mel's Meadows

Mel, Marretta & Chelsea Christensen

6201 Tompkins Hills Road
Lolita, CA 95551

(707) 733-5101

Products: Flowers, vegetables and plants
Markets: 1,3

Available April through November

On Site Sales: April through November, Wed, Th, and Fri.: 10 a.m. to 5 p.m.

Mighty Mountain Herb Farm

Brandon Pfeiffer

P. O. Box 1391
Hoopa CA 95546

(530) 629-1909

Products: Herbs and produce
Markets: 1

Available April through November

On Site Sales: By appointment only

Mom's Organic Edibles

Neukom

PO Box 312
Willow Creek, CA 95573

(530) 629-1909

Products: Peaches, strawberries, tomatoes, raspberries, onions, potatoes, melons, & beans
Markets: 1, 2,4

Available May through October

MyTime Ranch (Capricious Cheese Co.)

Ginger Olsen / Diana Livingston

7333 Humboldt Hill Road
Eureka, CA 95503

(707) 442-3209

Products: Goat cheddar cheese, & goat ricotta cheese
Markets: 1, 2, 3, 4

Available May through October

North Bay Shellfish and Succulent Plants

Catherine Peterson / Scott Sterner

1167 Driver Road
Trinidad, CA 95570

(707) 677-3509

Products: Oysters, mussels, & succulents (plants)
Markets: 1

Available April through November

On Site Sales: Please call first

Orchids for the People

Blaine Maynor

PO Box 935
Arcata, CA 95518

(707) 677-3509

Products: Orchids
Markets: 1, 2, 3

Available April through November

Means Organics

John & Kimberly Cabot

6355 Ishi Pishi Road
Orleans, CA 95556

(530) 469-3397

Products: Peaches, strawberries, tomatoes, raspberries, onions, potatoes, melons, & beans
Markets: 1, 2, 3, 4

Available April through November

Reed's Bees

David Reed

911 Bayview Street
Arcata, CA 95521

(707) 826-1744

Products: Honey, bees wax, nucs, greens
Markets: 1

Available April through November

On Site Sales: Anytime - Please call ahead

Ridge Top Gardens

Henry & Mody Holmlom

569 Elizabeth Dr.
Arcata, CA 95521

(707) 822-4756

Products: Quality raised organic cut flowers, Sweet Williams, astramaria, snapdragons, asters, statice, & many more throughout the season
Markets: 1,2,3

Available April through November

On Site Sales: By appointment only

River Bees

Seth & Janet Rick

Eel River Valley
156 Ewan Avenue
Shively, CA 95565

(707) 722-HONY Fax: (707) 722-HONY

Products: Eel River Honey, beeswax candles, lavender flowers, lavender plants, honey gift packs & herb plants
Markets: 1

Available April through November

On Site Sales: Daily 9 a.m. to 6 p.m.

River Rose Flowers

Andreas & Lisa Zierer & Faye

PO Box 451
Orleans, CA 95556

(530) 469-3310

Products: Specialty cut flowers, organically grown & nursery stock
Markets: 1

Available April through November

On Site Sales: Call ahead

Rock N Rose

Cynthia Amotto Pemberton

3656 Dows Prate Road
McKinleyville, CA 95519

(707) 839-3597

Products: Ornamental & Christmas Trees; floral & seed, necklaces, head wreaths & bracelets, bouquets, wreaths & baskets
Markets: 1, 2, 4

Available April through November

Seaside Herbs

Marilyn Kelly

PO Box 970
Arcata, CA 95518

(707) 822-7100

Products: Herbs, perennials, succulents, house plants, vines, cut flowers, & blooming plants
Markets: 1

Available April through November

Singing Tree Gardens

Ryan Scott - Don Wallace

1975 Blake Road
McKinleyville, CA 95519

(707) 839-8777

Products: Rhododendrons, azaleas, hydrangeas, ornamental grass, Japanese Maples, dwarf conifers, & flowering ornamental trees
Markets: 1

Available April through November

On Site Sales: All year

array of other fine produce
Markets: 1,2,3,4
Available April through November

tomatoes, peppers, eggplant, and squash
Markets: 1,2,3
Available May through November

Smith Family Farm
Gene and Marji Smith
PO Box 522
Hoopa, CA 95546
(530) 625-4419
Products: White peaches, Elberta peaches, kiwi & geraniums
Markets: 1
Available June through August

Great Old's Wise Acres
Ottavio Sabia & "Kahish"
PO Box 725
Trinidad, CA 95570
(707) 677-3125
Products: Berries (variety), peaches, pears, plums, apples, grapes, tomatoes, squash & peppers
Markets: 1
Available May through October
On Site Sales: By appointment

Radise Flat Farm
Elizabeth A. Dunlap
78 Shively Flat Road
Scotta, CA 95565
(707) 722-4383
Products: Specialty tomatoes, peppers & chilis, squash, garlic, onions, peas, greens, melons & winter squash
Markets: 1,2
Available April through November

Sprout Girl
Michelle Wyler
PO Box 12
Samoa, CA 95564
(707) 442-6779
Products: Sprouts, alfalfa, clover, radish, spicy, broccoli, onion, sunflower tops, pea top & wheat grass
Markets: 1, 3, 4
Available June through August

Gregory's Garden
Greg Martin
PO Box 1223
Ferndale, CA 95536
(707) 786-4835
Products: Garlic, artichokes, broccoli, cabbage & carrots
Markets: 1,2, 4
Available April through Nov.

Pierce Farm
Pat & Marguerite Pierce
PO Box 93
Orleans, CA 95556
(530) 627-3320
Products: Tomatoes, sweet & hot peppers, basil, melons, boysenberries, eggplant, carrots, broccoli, lettuce, spring fall greens, & garlic
Markets: 1,2
Available April through November

Stover Ranch
John Stover & Rick Kelly
Blue Lake, CA 95525
(707) 668-5524
Products: Tomatoes, sweet corn, peppers, & melons
Markets: 1
Available August through November

Handgraaf and Handgraaf
Nancy & Ton Handgraaf
PO Box 623
Arcata, CA 95518
(707) 826-2726
Products: Perennials for sun or shade, roses, deciduous and evergreen shrubs, small ornamental trees, vines, bulbs, natives & bog plants
Markets: 1,2,4
Available April through November

Potato Rock Gardens
Dan Southard & Lisa Jackson
PO Box 902
Trinidad, CA 95570
(707) 677-0789
Products: Plants: ornamentals & medicinal, beautiful & useful, cut sunflowers
Markets: 1,3
Available April through November

Sun Valley Floral Farms
3160 Upper Bay Road
Arcata, CA 95521
(707) 826-8700
Products: Lilies, iris, tulips, freesia, various spring, summer & fall misc. cut flowers
Markets: 1
Available April through November

Jacoby Creek Farms
Bob & Cathy Dollnajec
2189 Old Arcata Road
Bayside, CA 95524
(707) 822-8547
Products: Large variety of vegetables, nursery stock & cut flowers
Markets: 1,2,4
Available April through November

Potter's Produce
Denis Potter
PO Box 1011
Blue Lake, CA 95525
(707) 668-5387
Products: Pumpkins, corn & artichokes
Markets: 1
Available November
On Site Sales: October 9, 1999 - 10 a.m. to 5 p.m. daily

Surf's-Up
Blake Richard
PO Box 1233
Blue Lake CA 95525
(707) 825-0111
Products: Greens & cold crops
Markets: 1
Available April through November

Jacoby Creek Nursery
Terry Kramer / Marilyn Rother
2173 Old Arcata Road
Bayside, CA 95524
(707) 826-0954
Products: Perennials, herbs, house plants, & Aloe Veras
Markets: 1,4
Available April through November
On Site Sales: Wednesday through Sunday April through September

R&B Farms
Robert & Elizabeth A. Silber
1720 Eleventh Street
Arcata, CA 95521
(707) 822-2347
Products: Seasonal cold crops (till Nov.) greens & Fava beans (during summer), potatoes, & garlic
Markets: 1,4
Available April through November

Toni's Farm and Flowers
Toni Brengle
PO Box 232
Carlotta, CA 95528
(707) 768-3342
Products: Eggs, vegetables, cut flowers, dried flowers, & house plants
Markets: 1
Available April through November

Leaping Slug Farm
Eric Neuwirth
2109 Old Arcata Road
Bayside, CA 95524
(707) 822-9242
Products: Potatoes, tomatoes, lettuce, onions, cucumbers, kale, cabbage, carrots, spinach, & garlic
Markets: 1
Available May through November
On Site Sales: Yes

Redwood Roots Farm
T Griffin
Bayside, CA 95524
(707) 441-3878
Products: Salad mix, braising mix, lettuce, greens, & other coastal crops
Markets: 1, 3
Available June through November
On Site Sales: Tuesdays & Fridays 3 p.m. to 6 p.m.

Vital Veggies
Gena Rickon
2370 Hewitt Road
McKinleyville, CA 95519
(707) 839-4992
Products: All Organic: salad mix, snap peas, new potatoes & strawberries
Markets: 1,2
Available May 1 through November
On Site Sales: Appointment only

Flewits Orchards
Russell Lewis
/95 Hilltop Lane
McKinleyville CA 95519
Products: Apples, pears, plums, figs, & currants
Markets: 1,3,4
Available July through November

Redwood Succulents
E. Jon Leideman
6110 Jacoby Creek Road
Bayside, CA 95524
(707) 822-9424
Products: Custom redwood boxes containing succulents "Sempervivums"
Markets: 1
Available May through October

Warren Creek Farms
Paul Giuntoli
1264 Warren Creek Road
Arcata, CA 95521
(707) 822-6017
Products: Potatoes, corn, dry beans, green beans, peas, winter squash & pumpkins
Markets: 1
Available June through November

Top Ten Reasons To Buy Organic

1. Protect future Generations

The average child receives four times more exposure than an adult to at least eight widely used cancer-causing pesticides in food.

2. Prevent Soil Erosion

The Soil Conservation Service estimates that more than 3 billion tons of topsoil are eroded from United States croplands each year. That means soil is eroding 7 times faster than it is being built up naturally.

3. Protect Water Quality

Water makes up two-thirds of our body mass and covers three-fourths of the planet. Despite its importance, The Environmental Protection Agency estimates pesticides contaminate the groundwater in 34 states, polluting the primary source of drinking water for more than half the country's population.

4. Save Energy

Modern farming uses more petroleum than any other single industry, consuming 12 percent of the country's total energy supply. More energy is now used to produce synthetic fertilizers than to till, cultivate and harvest all the crops in the United States.

Organic farming is still mainly based on labor intensive practices such as weeding by hand and using green manures and crop covers rather than synthetic fertilizers to build up soil. Organic produce also tends to travel fewer miles from field to table.

5. Keep Chemicals Off Your Plate

Many pesticides approved for use by the EPA were registered long before extensive research linking these chemicals to cancer and other diseases had been established. Now the EPA considers that 60 percent of all herbicides, 90 percent of all fungicides and 30 percent of all insecticides are carcinogenic. A 1987 National Academy of Sciences report estimates that pesticides might cause an extra 1.4 million cancer cases among Americans over their lifetimes. In addition to cancer, pesticides are implicated in birth defects, nerve damage and genetic mutation.

6. Protect Farm Worker Health

A National Cancer Institute study found that farmers exposed to herbicides had a 6 times greater risk than non-farmers of contracting cancer.

In California, reported pesticide poisonings among farm workers have risen an average of 14 percent a year since 1973 and doubled between 1975 and 1985. Field workers suffer the highest rates of occupational illness in the state.

An estimated 1 million people are poisoned annually by pesticides.

7. Help Small farmers

It's estimated that the U.S. has lost more than 630,000 family farms in the last decade. Most organic farms are small, independently owned family farms of less than 100 acres.

8. Support A True Economy

Although organic foods might seem more expensive than conventional foods, conventional food prices do not reflect hidden costs borne by taxpayers, including nearly \$74 billion in federal subsidies in 1988. Other hidden costs include pesticide regulation and testing, hazardous waste disposal and clean up and environmental damage.

9. Promote Biodiversity

Mono-cropping is the practice of planting large plots of land with the same crop year after year. This approach tripled farm production between 1950 - 1970, the lack of natural diversity of plant life has left the soil lacking in natural minerals and nutrients. To replace the nutrients, chemical fertilizers are used, often in increasing amounts.

Single crops are also much more susceptible to pests, making farmers more reliant on pesticides. Despite a tenfold increase in the use of pesticides between 1947 - 1974, crop losses due to insects have doubled - partly because some insects have become genetically resistant to certain pesticides.

10. Taste Better Flavor

There's a good reason why many chefs use organic foods in their recipes - they taste better! Organic farming starts with the nourishment of the soil which eventually leads to the nourishment of the plant and, ultimately, our palates.

SCTF
SPRING 99 Survey

Please circle one:

Would you be willing to pay for organic food on campus? Y or N

Please check:

What organic options would you like to have...?

-----Fruit

-----Vegetables

-----Soups and/or salads

-----Cookies and/or muffins

Please circle one:

Would you be willing to pay for organic food on campus? Y or N

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Erik Conbright: 825-9244 etc 1

Randall Wilson Jr.: 822-4988
rwf 4

Lisa

Thursday 10/7
~~Moore Stone Rm 2130~~
S Lounge 2pm
Question Sheet

Objectives?

1. structure institutionalized before end of ~~99~~ Fall 99
so work can continue

good

2. 20-50% of all produce ~~of~~ all food entities on campus will be bought locally by sp. 2001

3. 20-50% of all produce ~~of~~ all food entities on campus → organic by Spring 2001

4. 70-100% of all grains + grain products on campus bought in bulk and bought locally and, as much as possible, bought organically by spg. 2001

What grains are grown locally?

5. Locally ~~produced~~ ~~produced~~ condiments, ~~deserts~~, snack + packaged food options available for as many foods as possible, as often as possible, asap.

6. When unavailable locally, as many sustainably / ethically produced options as possible will be offered.

7. 50-90% of package waste reduction of foods purchased by University for cafeterias + campus markets + restaurants.

8. Farmers Market on campus twice a month by 2001. why?

9. Bulk bins in campus markets/stores by Spring 2001

10. Small on campus ^{demonstration} farm providing ~~some~~ some organic produce to ~~campus~~ a campus food entity.

11. through education, encourage a demand for local / organic food on campus.

12. Food vendors on campus be ~~small~~ local businesses with ~~missions~~ i.e., Muddy Waters + other depot vendors (Los Bagels, etc)

13. Change Bidding criteria for food

14. Local and/or Organic Beef/Chicken

great but where is the price?

great

Lisa 822-3332

Characterize Environment

* CHECK OUT *

- List of food sources on campus + who owns them?
 - J - ~~UC Center~~ UC Center: LJE + UC
 - Depot - ~~UC Center~~ UC Center
 - Windows - UC Center
 - Bookstore - ~~UC Center~~ UC Center
 - South Campus Market Place - UC Center
 - Vending Machines - ?
- Inventory of type + percentage of locally bought $\frac{1}{2}$ organic food available in above entities.
- Inventory of local $\frac{1}{2}$ organic food products available throughout Humboldt County + their practicality as University purchases. i.e., type, company, ^{available} quantities, prices, ~~what they~~ what like products they can replace + for what price difference \Rightarrow provide total \$ difference

part of solutions

a. food plan for each campus \rightarrow wholesal + retail
Vendor incl. Price difference +
Env. impact difference for replaced products.
- Investigate problems w/ unpackaged foods in this moist climate i.e., mold etc.
- Do entities have or have capacity for storage + presentation of bulk + organic foods (healthcode, etc.)

Economic, Political, Social Culture

1. We are dealing with a partnership between a state entity and a not for profit affiliate.
- - - What will this mean politically? - - -

2. Who has already been working on this?

- AS3 Lisa, Rob

- Sustainable Campus

^{engage + assist}
To help campus food services ~~to~~ ^{select and offer} ~~to~~ ^{more offer} purchase and offering products that ~~are~~ ^{are} socially + environmentally responsible.

Mission - To have campus food services ^{select and offer} ~~more offer~~ products that are socially and environmentally ^{responsible} ~~friendly~~, use the least amount of ^{responsible}

goals ^{increase student involvement in food purchased on campus}
→ ^{education}

- 1 Food that is local (as much as possible)
- 2 Food that is organic (")
- 4 Food with the least amount of packaging
Food that is healthy to eat (least processed, fresh, ~~less junk food~~ more "health food")
Vegetarian selections (lots)
- 3 Food suppliers who have good business / enviro ethics + good worker conditions, political statements, etc.

Objectives #1. educate students about eating low on food chain, w/o ostracizing meat eaters, etc. junk food etc.

^{involve}
educate about food production, pesticides, resource use, etc.

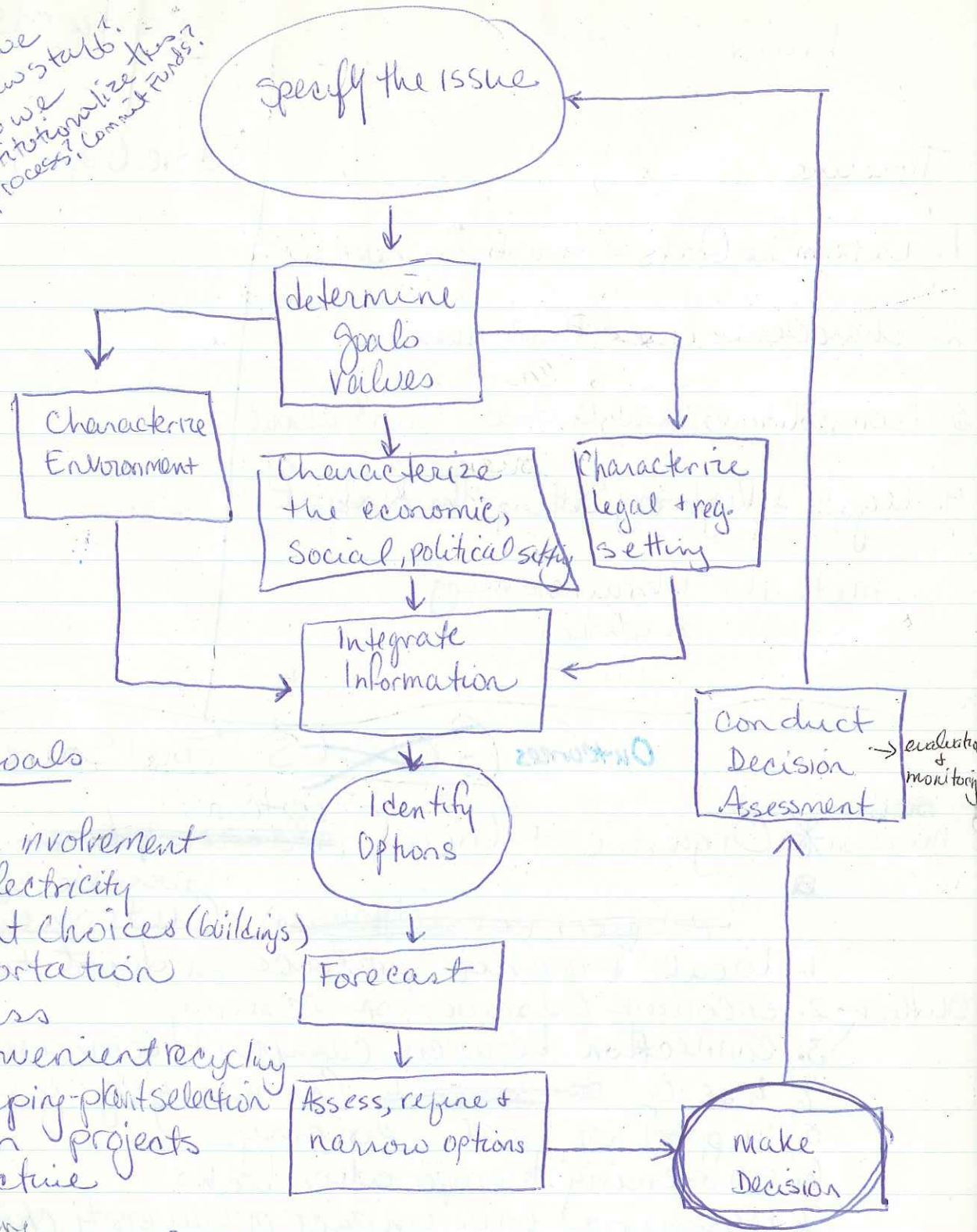
Questions

What food is available locally (produce?)

This suggests offering a more seasonal menu

The CSA has talked about supplying before - what stopped them?

How Do we interview staff?
 How Do we institutionalize this process? Commit Funds?



Other goals

- Corporate involvement
- energy/electricity
- efficient choices (buildings)
- transportation
- awareness
- more convenient recycling
- landscaping-plant selection
- hands on projects
- cost effective
- monitoring
- Co-mgt / participation
- better comm.

"decided" areas

- Water
- Food → waste source ★
- Paper (purchasing)
- Transportation
- Landscaping

- ideas/methods
- influencing highest levels of administration
 - making things real to people
 - involvement in process
 - rewards

derocant to del poder

Contacts

Timeline

Eddie (Depot)

1. Determine Goals - finish for next wk.
2. Characterize Envir. - think about
3. Econ., Political, Social, Cultural - think about
4. Legal + Regulatory Setting - think about

methods: 1. brainstorming
2. editing

Outcomes ~~GOALS~~ Food Source

Sub-mission

* Organic + local ^{Options} ~~produce options~~

~~Specific Goals (Objectives)~~ ^{Possible effects /} Outcomes

- Outcome
1. local + organic produce in depot + J + campus stores
 2. encourage conservation economy
 3. connection between campus + community
 4. use of ~~University~~ Community Ag farm
 5. support of local economy
 6. shortening transportation links
 7. lessening env. impact of University choices: H₂O, etc.

Objectives Solution

1. education through food/energy info by food choices

Sustainable Campus Food Source Group
Tera Palmer, Julia Baker

sent → November 12, 1999

Ron Rudebach
Arnold Waddell
Eddie Aguiler
Campus Dining Services
Humboldt State University
Arcata, Ca 95521

Dear Mr. Rudebach, Mr. Waddell, and Mr. Aguiler,

We in the Sustainable Campus class here at HSU would like to take this opportunity to recognize the great changes that you have helped to create in campus food services. As students, it is refreshing to know that you are concerned with meeting our needs as well as supporting the local economy and the health of the campus community.

We are pleased with the new local vendors in the depot such as Muddy Waters, Los Bagels, and Spoons. We feel this change is important because it helps support our local economy, and decreases the amount of resources used in food transport. We particularly appreciate Spoons and its organic selections. We are also pleased to see the growing selection of local packaged food from the Pacific Rim Noodle House, Spoons, The Royal Cookie Caper, Casa Lindra, and others. In addition, thank you for continuing to offer organic food in the J. We are excited to be able to buy food that is healthy for the environment and for us. We would especially like to thank Mr. Rudebach for joining us on a tour of the CSA Farm and a discussion of future possibilities.

The availability of composting utensils also delights us. The effort to reduce waste is an extremely important change that reflects your ability and desire to help accommodate the dynamic needs of the students, the environment, and the population as a whole.

Campus food services have made significant steps toward creating a sustainable campus. We thank you greatly and look forward to working more with you on these issues in the future.

Sincerely,

Julia Baker

Tera Palmer

Top 5 Reasons to Buy Organic

(Organic= Food not grown with synthetic products, genetic engineering, or irradiation.)

- 1. Protect future generations:** The average child receives four times more exposure than an adult to at least eight widely used cancer-causing pesticides in food.
- 2. Prevent Soil Erosion:** The Soil Conservation Service estimates that more than 3 billion tons of topsoil are eroded from United States croplands each year, (7 times faster than it is being built up naturally).

Sustainable
campus
class

- 3. Protect Water Quality:** The EPA estimates pesticides contaminate the primary source of drinking water for more than 1/2 the country's population.
- 4. Save Energy:** More energy is now used to produce synthetic fertilizers than to till, cultivate and harvest all the crops in the United States.
- 5. Keep Chemicals Off Your Plate:** The EPA considers that 60% of all herbicides, 90% of all fungicides and 30% of all insecticides are cancer causing. In addition to cancer, pesticides are implicated in birth defects, nerve damage and genetic mutation.

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Meeting with Lisa, A.S. ^{Student Affairs Vice President} President who has been working on Food Source issues since 1999 spring semester

10/1/99

Present: Julia, Tera, Lisa

- Issues she has worked on: Local Vendors in Campus Food services
Composting Utensils
Organic Food Trial Period in the J
- Other people who have been involved: Sean Armstrong (current CCAT Director), Fairlight Newman (CRP)
- Rod Rudebach is in charge of all dining services. He said that the testing of organic fruit at the J has not been very successful. He would like a survey completed to find out exactly what kind of organic food students would buy. He is willing to work with students and wants to accomodate our needs.
- Housing (Corey Sabatto) is doing a survey and Lisa submitted a question for the survey asking what type of organic food students would buy. Multiple choice format, broad categories.
- Other info: Arnold Waddell is the manager of the J. Eddie (?) is the manager of the depot.

Food Source Meeting

10/25/99

Present: Tera, Julia

- Do we want to do a survey in the Depot or the J?
First we should check on the status of the housing survey.
- Tomorrow we are meeting with Katie from the Sustainable Campus Task Force at the YES house.
We want to find out what they have done and what our different roles will be. We are going to start documenting everything we do and we will give a copy to the task force for our files.
- Education
Table tents: we are thinking about doing these in the J to increase the demand for organic food. Tera is gathering info for these. We need to find out how to pay for it. Would the J pay for it? We want to have a draft of these by the fifth.
Tabling: We want to think of something interesting to do while tabling. Julia is working on this. Possible idea, food jeopardy. We want to table on the 11th at the J.
- CSA as produce suppliers for campus?
We are meeting with Susan Orneleas at Muddy Waters, Wednesday at 9 AM. Possible questions for her:
 1. Has this been talked about in the past? What happened?
 2. What does Susan think would be a practical approach?
 3. What kind of costs for a bulk share?
 4. Brainstorm, make connections.

10/27/99

Present: Susan Orneleas from Educational Farm, Julia, Tera

- Julia and I set up this meeting to brainstorm with Susan about how to connect the Educational Farm with Campus Food Services.
- The first thing Susan said is that we need to check to see what kind of contract campus food has with Sysco and/or other suppliers. What are they committed to?
- Something else useful for this project would be to make a spreadsheet showing type and quantity of produce the university needs versus what the local farms have. For example how much broccoli does the J use and who grows it around here. How much could they supply?
- The normal cost for a CSA share at the educational farm is \$400 annually. They get a weekly supply that should feed a family of 4.
- Price is always an issue, especially with organic. Sysco may be rock bottom cheap. The university has said that while they need to cover their costs, they are not necessarily looking to make a profit. Susan said the Educational Farm can be competitive with prices because they have free land and labor. There is also the possibility of trading for compost via food waste at school. Maybe when a truck delivers veggies it can also drop off food waste/compost.
- The North Coast Growers Association has a list of farmers from the market and products they offer.
- One issue with small farms is the fluctuating supply.
- Burritos and soup are good because you can use any vegis that you have. We talked about having a little section of the Depot to sell local farm burritos run by students, possibly work study. Maybe this could be a long term goal but right now we need a smaller step. It brings up all sorts of issues of organization, liability, and space.
- Another idea was to make a "CSA soup" and offer it in the South Campus Market place.
- Strawberries are also an easy, popular snack that the Arcata Educational Farm offers.
- The soonest the Educational Farm could possibly start supplying would be this summer.
- The Arcata Educational Farm could contract by the month or 3 month or other possibilities. Another option would be for them to dedicate a 1/2 acre or so to the University. The minimum to make it worth while would be one box per week, a normal share.
- Susan can be reached at the Schatz research lab at the University Annex: Monday, Wednesday and Thursdays. 826-2722

Food Source Meeting

11/4/99

Present: Ron Rudebock (head of dining services), Julia

- I asked Ron if the UC Center would consider exploring a relationship with the Arcata Educational Farm (AEF), aka Community Supported Agriculture (CSA), in hopes of offering more organic and local produce on campus. Some possible benefits that I presented to him are below.
 1. The AEF sells "shares" of fresh produce to individual members of the community at an annual cost. The UC Center could start with shares of mixed seasonal veggies to be used in stirfrys, burritos, pasta dishes and soup in the J, Depot and Windows.
 2. Shares of specific items like salad mix or winter squash could also be obtained. Things like strawberries, a very feasible winter / spring crop, could be sold by the basket @ the South Campus Market place.
 3. Because the AEF has no land cost, and very little labor cost, the cost of the food should be very competitive with conventional, large-scale prices.
 4. Because the AEF couples as an educational farm affiliated with HSU through Susan Orneleas' Community Agriculture class, HSU students have a significant role in growing and marketing the food. We hope this will support a sense of pride in the purchasing of the food by students.
 5. A stronger connection between the AEF and the University could possibly create more work-study positions and more opportunities for independent study projects.
 6. Another possibility is a future barter between the AEF and the UC Center. Because of a growing need and desire to reduce food and yard waste, the UC Center is considering on-site composting. An excess of compost is expected, of which the AEF has noted interest. An exchange of compost for food is possible, further reducing the cost of the food for the UC Center.
 7. The AEF is very willing to contract with the UC Center on a month to month basis. They are also willing to begin the relationship with a trial period.

- Below are the concerns noted during the meeting.
 1. Ron is concerned that certain veggies might not keep as long as they need them to keep so as not to waste them. He suggested that heartier veggies like potatoes, winter squash and broccoli might keep longer.
 2. Ron is concerned that the lease that the CSA has with the State may not be long standing, or relatively stable.
 3. With year round operations, the summer market may be unpredictable.

- Ron Rudebock is a very kind and approachable man, and very interested in making this work. He seems optimistic about these ideas and wants to dedicate time and effort to making them happen. Our next meeting will be a tour of the AEF with Susan Orneleas, Ron, Tera and myself. It is scheduled for Thursday, 11/12, @ 2:30.

11/12/99

Present: Tera, and Mary the manager from South Campus Marketplace

- I told Mary that we have been meeting with Ron and Susan and that we were trying to get more locally grown produce at campus dining services. We really like the idea of using the Educational Farm (CSA) because students help grow the food and it is completing a loop.
- We had noticed that the South Campus Marketplace (SCM) usually offers soup. We thought it would be a good opportunity to use CSA veggis because you can make soup out of what ever type of mixed vegis are available, and you don't have to worry about consistency. Our idea was to have A "CSA soup" with a big sign about how the students run the CSA and it's local and organic.
- Mary said that the soup they use is frozen and they just defrost it. They do not have any type of kitchen facilities, so they can not make soup there. They do get sandwiches made at the J and delivered. This could possibly be arranged for the soup too.
- Another idea we had was strawberries because the CSA can easily grow these. Mary said she thought this was a good idea as long as they were prepacked and washed because she does not have the facilities to do so.
- She seemed very open to the idea and we agreed to keep in touch. I explained that the CSA must have time to plan and plant for this new market.

AEF / CSA Meeting

11/12/99

Present: Julia, Tera, Susan Orneleas, Ron Rudebock

The purpose of this meeting was to give Ron a tour of the Arcata Educational Farm (AEF), and introduce Ron and Susan to each other. Ron and Susan talked about the possibilities of exchanging compost for produce in the future, and about the possibilities of providing AEF produce to the University. It was decided by Ron and Susan to continue meeting on this subject in order to draw up a feasible plan. Both thought that strawberries for this spring / summer, followed by a trial period summer 2001 with other veggies is a possibility.

The relationship between the UC Center and the AEF depends somewhat on whether or not the City of Arcata dedicates the land where the AEF now grows as an agriculture education park, or if they continue to keep the AEF on a year lease.

Susan thought it very possible that the AEF can utilize the University's excess compost in exchange for food. However, this idea depends on the University obtaining a digester, which is still being negotiated. The main challenge with the digester is finding space on campus to put it.

The meeting was very positive and hopeful.