

HUMBOLDT COUNTY'S QUICK-START GARDENING GUIDE

ACCESS · EQUITY · EDUCATION · EMPOWERMENT

WHY GROW
YOUR OWN?

PLANTING CHARTS
& PRACTICAL TIPS
FOR SUCCESS IN
OUR BIOREGION

GARDENING WITH
SMALL SPACES &
TIGHT BUDGETS

CONDADO DE HUMBOLDT
INICIO RÁPIDO
GUÍA DE JARDINERÍA

ACCESO · EQUITAD · EDUCACION · EMPODERAMIENTO

Los artículos se encuentran en línea con la traducción en español.

WELCOME | *Hijurrawiw ku douwuk*¹ **BIENVENID@**² | *Zoo siab txais tes*³ | *'o'-lo-mah*⁴ to the Quick-Start Gardening Guide by Cooperation Humboldt!

*Cool. I like food. And maybe I could grow a garden.
But what's Cooperation Humboldt?*

We're a nonprofit social change organization. We believe it is possible to meet all of our basic human needs and regenerate our environment without exploitation or oppression.

Our work is divided into seven areas, representing what we believe to be basic human rights:

- Food Sovereignty
- Arts & Culture
- Education
- Disaster Response & Community Resilience
- Care & Wellness
- Housing
- Economic Democracy

Projects are created by and for the people we serve.

*Huh. Sounds interesting.
How can I learn more and get involved?*

Thanks for asking! Visit our website to learn more, and support the Gardening Guide with a donation if you're able!



The information in this guide is excerpted from Cooperation Humboldt's 2021 Humboldt & Del Norte Community Food Guide, which can be found in its entirety at newsstands throughout the community or at www.cooperationhumboldt.org.



Building a Solidarity Economy on California's North Coast

www.cooperationhumboldt.org

info@cooperationhumboldt.com

P.O. Box 7248, Eureka, CA 95502

A 501(c)(3) nonprofit; tax ID # 95-4126989



¹ 'We're glad you came' in Soulatluk (Wiyot language)

² 'Welcome' in Spanish | ³ 'Welcome' in Hmong | ⁴ 'Come in' in Yurok



Humboldt County's Home Center

PIERSON
BUILDING CENTER

4100 BROADWAY • EUREKA • 441-2700 • WWW.THEBIGHAMMER.COM

Meeting Needs & Shifting Culture

AT COOPERATION HUMBOLDT, WE BELIEVE THAT ACCESS TO NUTRITIOUS AND CULTURALLY APPROPRIATE FOOD IS A FUNDAMENTAL HUMAN RIGHT.

by Tamara McFarland, Cooperation Humboldt



Photo: Katie Rodriguez

At Cooperation Humboldt, we believe that access to nutritious and culturally appropriate food is a basic human right, and must not be denied to anyone regardless of income level.

We're working to return this region to a regenerative and life-sustaining food forest capable of supporting every resident with the food that they need for a healthy and active life.

Our Food Sovereignty projects have been developed through a strategic process of exploring goals, strategies, and tactics. We've carefully evaluated what services already exist in our community and focused on creating new and innovative projects. Our work meets tangible needs while empowering residents with new tools and skills and strengthening community connections.

We aim to address hunger not through charity but rather by providing folks with the information and materials they need to meet more of their own needs - and the needs of their communities - while reducing (and ultimately eliminating) reliance on the highly destructive industrialized/globalized food system.

**SCAN TO DONATE
TO COOPERATION
HUMBOLDT:**



LITTLE FREE PANTRIES

Our first food project focused on establishing Little Free Pantries as neighborhood hubs for resource sharing and relationship building. We've installed 25 Pantries in the greater Humboldt Bay area. They operate similarly to the more well-known Little Free Libraries - anyone can donate nonperishable food or personal care items, and anyone can take what they need, 24 hours a day. These little blue boxes have been embraced wholeheartedly by community members, with each receiving daily use.

LAWN CONVERSIONS

Our volunteers have also helped to convert about 20 front lawns into productive gardens featuring food plants as well as natives and pollinator plants. Like our Pantries, these lawn conversions are aimed at shifting the way food is viewed in communities - as an asset that we can collectively grow and share, rather than just a commodity to be bought and sold.

COMMUNITY FRUIT TREES

For the past three years, we've offered free fruit trees to community members and organizations willing to make the fruit available to anyone who wants some. We expect to complete planting our 230th fruit tree by April 2021.

MINI GARDENS

In Spring 2020, as the pandemic struck, we realized the need to get food resources to those who needed them the most. This led to the launch of our Mini Gardens project, and within six months we had delivered and installed 260 complete small garden setups to low-income residents. This not only provides food in the short term - it also empowers participants to grow more of their own food well into the future.

COMMUNITY GARDENING

Centro del Pueblo and Cooperation Humboldt together manage Jardín Santuario (Sanctuary Garden), a community garden on the corner of 11th and F Streets in Arcata. The garden is filled with edible perennials, annuals, herbs and native plants, all cultivated as a sanctuary and community resource for underserved residents. We strive to create a space of learning, empowerment, nutrition, and regeneration.

EDUCATION

We provide educational resources relating to growing food including videos, in-person workshops and garden tours, printed materials, and more.

COMMUNITY FOOD/GARDEN GUIDES

The publication you're reading now has recently become part of Cooperation Humboldt's Food Sovereignty program. When a new publisher was needed for the Local Food Guide, we stepped forward because we knew what an important resource the Guide is for our local community, and we saw great potential for increasing its value even further. We hope you enjoy what you learn here, and we invite you to connect with us to create a community where food is understood to be a human right.

.....
Tamara McFarland (she/her) is a lifelong resident of Wiyot territory and a mother to two kids. She serves as Board Treasurer and Food Team Anchor for Cooperation Humboldt.
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Why Grow Your Own?

GARDENING IS ONE OF THE MOST POWERFUL TOOLS FOR PERSONAL & SOCIETAL CHANGE AT OUR DISPOSAL.

by Tamara McFarland, Cooperation Humboldt

Food holds the power to heal or harm; to connect or divide; to restore or exploit. Every time we take a bite, we're registering one tiny vote for the world we want to live in.

For many among us, decisions about what to feed ourselves and our families are outside of our independent control. If you live in a food desert, it's tremendously difficult to gain regular access to nutritious foods. If you work three jobs to pay rent, you're going to have a hard time finding time to cook from scratch. If you don't have access to land, you're facing a challenge to growing a garden.

To truly empower individuals and communities to meet their own needs, we must think - and work - both big and small.

Gardening - either at home or in a community setting - is one of the most powerful tools at your disposal. And as a bonus, it's fun - and rewarding! Here are some of the reasons why growing one's own food even matters.

SAVE MONEY

If you're careful about how you approach it, gardening can save you a lot of money. There are also plenty of ways to waste

money while gardening, and the information to follow in this magazine is intended to prevent that.

Produce can be pricey, especially fruits and veggies that are grown organically. By growing some of your own, you can enjoy high quality foods in season for just pennies on the dollar.

The health benefits of a diet rich in organic fruits and vegetables can also reduce your medical expenses by promoting good health.

IMPROVE YOUR HEALTH

Regular consumption of fresh fruits and vegetables is one of the best ways to fight disease and maintain positive health. By bringing more of these foods into your diet, your garden empowers your family to live longer, healthier lives with less reliance on medical interventions.

At Cooperation Humboldt, we're working to meet immediate needs while also taking aim at the systems that create food insecurity, including the root causes - imperialism, hetero-patriarchy, white supremacy, and capitalism. Learn more at cooperationhumboldt.org.

Time spent outdoors engaged in gentle exercise like gardening is good for both your physical and mental health. Studies have shown gardening to reduce stress and improve mood, with a reduction in symptoms of depression and anxiety.

BECOME BETTER PREPARED FOR DISASTERS

Disasters come in many forms, from earthquakes to the loss of a job. No matter what shock you face, you'll be better prepared if you're growing some of your own food.

We are isolated behind the Redwood Curtain, and our ability to connect with (or rely on) the outside world can change quickly due to earthquakes, landslides, wildfires, and more. As we face long term climate crisis, these kinds of disruptive events are forecast to become more frequent, and we are well served to become better prepared, both at the individual and community level.

HELP THE PLANET

Growing food close to home has a number of benefits for our natural world.

By refraining from using harmful chemicals, you protect yourself and all your helpers, including humans, birds, bees, and butterflies from the toxic effects of pesticides.

Through responsible soil practices, you can improve your soil and sequester carbon.

By reducing - or ideally eliminating - your reliance on meats from factory farms, you help to protect the health of our watersheds by preventing toxic runoff that is an inevitable byproduct of large-scale conventional animal farming.

Food grown close to home helps prevent global warming because it requires less fossil fuels to transport, generating fewer greenhouse gas emissions.

And since the produce you harvest at (or near) home requires no plastic packaging, you're keeping our oceans cleaner and our landfills less impacted.

DEEPEN HUMAN CONNECTIONS

Most gardeners find that their hobby nurtures human connection.

Gardening provides an opportunity for those with children to engage in a wholesome (non-screen-based) joint activity that grows skills and builds relationships.

Beyond your own household, gardening is likely to connect you with neighbors, friends, and family as you share your harvest, swap seeds, and turn to one another for advice. You're likely to make new friends as you plug into our wonderful local community of gardeners.

CULTIVATE FOOD SOVEREIGNTY

Gardening moves us closer to a world where everyone has what they need, and no one goes without.

It reduces our reliance on large corporations, supports our regional economy, strengthens local networks, and builds a growing cadre of residents who possess the skills needed to care for one another in good times and bad.

A community-scale shift to a local food system will not only benefit the natural world tremendously; it will also improve our individual health and our communal wellbeing as we learn to rely on one another and to collectively grow the skills we need to thrive.



EN ESPAÑOL

¿Por qué cultivar tú mism@?

Puedes leer este artículo en línea: www.cooperationhumboldt.org/food-guide-spanish



Building Soil

by Matt Drummond, North Coast Community Garden Collaborative

Many gardeners make the tragic mistake of neglecting their soil year after year. Often this results from planting veggies season after season without adding amendments (manure, compost, organic fertilizers, mulch) or from not allowing garden beds to rest between plantings. Over time this will result in low harvests, more pests, and an increased need for expensive chemical fertilizers that only provide fleeting boosts to your plants. Building rich, fluffy, and healthy soil is the key to garden success and it really isn't that hard. Understanding the basics of soil science and soil maintenance will give you the tools you need to start building dreamy soil at home.

SOIL TYPES

Soil is a mix of sand, silt, clay, water and air. Soil is categorized into sand, clay, silt, and loam types based on the dominating size of the particles within a soil. The presence of these is controlled by the geology of your region or watershed. For example, the Eel River floodplain is composed of a silty soil due to movement of silt onto the banks during flooding.

The main soil types and the benefits and limitations of each are as follows:

- **Sandy Soil** (25% sand or more) - *Benefits: great drainage, light, easy to work, warms quickly in the spring. Limitations: low water and nutrient retention.*
- **Clay Soil** (25% clay or more) - *Benefits: high in nutrients, holds water. Limitations: poor drainage, may crack in summer.*
- **Silt Soil** - (80% silt or more) *Benefits: light, high moisture and nutrient retention, high fertility. Limitations: easily eroded or washed away by rain.*
- **Loam Soil** (composed of sand, clay and silt, providing the benefits of each) - *Benefits: fertile, easy to work with, great drainage. Limitations: needs additional organic matter (compost, manure, etc.) for continued fertility.*
- **Cover Crops** - planting cover crops protects the soil from erosion, brings atmospheric nitrogen into the soil, and provides beneficial bulky organic matter for soils when cut down.
- **Compost** - adding a layer of compost to your beds provides organic materials, trace minerals, and food for beneficial bacteria, fungi, and insects.
- **Chop and Drop** - chop down dead or bolting plants, allowing them to be returned to the soil. Leave the roots in the ground and they will also break down and nourish the soil.
- **Mulch** - adding thick layers of mulch (manure, grass, leaves) in the fall protects top soil from heavy winter rains, keeps down weeds, and provides organic matter as it breaks down.
- **Be creative!** - compost tea, cardboard, cat hair, grass clippings, and animal bedding (straw, shavings) can all be used in your garden, and all are available locally for free. Talk to your friends, neighbors, and local farmers to find soil-building supplies in your neighborhood. Shifting your focus toward soil health will give you a closer relationship with your garden, neighborhood, and environment.

Most healthy garden soils are composed of sandy loam or clay loam. Much of Humboldt County is composed of loamy soil due to thousands of years of sand, clay and silt deposition from waterways and the accumulation of organic matter from plants and animals. These soils are extremely fertile and will produce bountiful gardens only if you give back to the soil.

BUILDING SOIL

Gardening isn't all about harvesting. It's about a deep relationship with the soil that supports us all. Here are a few simple practices to build soil fertility year after year.

EN ESPAÑOL

Producción de suelo

Puedes leer este artículo en línea: www.cooperationhumboldt.org/food-guide-spanish

Composting 101

by Tamara McFarland, Cooperation Humboldt

Many people feel intimidated by composting, or put off after a bad experience. But it's truly not complicated, and once you experience the magic of turning waste into precious garden gold, you'll be hooked.

Your composting setup can be as simple or as complicated as you wish. For a household with outdoor space, we recommend a simple upright plastic style bin similar (see photo below at right). It's important that it have a locking lid, and you'll want to lay 1/2" hardware cloth down underneath to prevent critters from invading your bin. Apartment dwellers might consider one of many styles of indoor composters, including but not limited to worm composters.

What should you put in your compost? At its most basic level, you need to add materials that are rich in both nitrogen and carbon. Nitrogen rich materials include food scraps (no meat, bones, or grease though), grass clippings, green hedge trimmings, coffee grounds, and seaweed. Carbon rich materials include

paper, cardboard, dried leaves, sawdust, wood chips, aged hay/straw, egg cartons, paper towels, and tissues (used is fine).

For most households, this means keeping a small covered container in the kitchen - either on the countertop or, if you prefer, in the freezer - in which to store food scraps between visits to the compost. Then, each time you add these (or any other nitrogen rich materials) to your pile, be sure to add an equal or slightly greater amount of carbon rich material on top. (Covering those scraps with newspaper, sawdust, etc. will also help prevent fruit fly problems.)

Additional tips for success -

- Compost likes to stay moist, but not soggy. You want it to be about as wet as a damp kitchen sponge. This means, at least during dry weather, that you will need to add water periodically.
- If you want your compost to break down quickly, chop everything that goes in into small pieces. (Not required, but speeds the process.)

- You'll also get a faster conversion to usable compost if you turn your pile regularly. There are specially made tools for this purpose, though I've found that a pitchfork works just as well. Again, turning is optional, depending on whether you're in a hurry to use your finished compost.
- If your space and budget allows, it's worth considering setting up two bins side-by-side so you can rotate between the two, giving each several months to break down while you fill the other. (You'll still want to water and turn the resting pile/bin.)

Compost is finished and ready to use when it looks like dark, crumbly topsoil, it has a pleasant, earthy odor, and the original organic materials are mostly no longer recognizable.



WATCH A 5 MINUTE VIDEO ON SIMPLE HOME COMPOSTING:

cooperationhumboldt.com/composting-101-with-cooperation-humboldt/
or scan the QR code:



EN ESPAÑOL

Compostaje 101

Puedes leer este artículo en línea: www.cooperationhumboldt.org/food-guide-spanish

Growing Annual Crops

LEARN WHAT THRIVES IN OUR COASTAL CLIMATE.

by Tamara McFarland, Cooperation Humboldt

Annual plants are those that grow for a season and then die in the winter. You must replant them every year.

Perennials are plants that grow year-round or come back every year. You only plant them once.

When most people think of vegetable gardening, they imagine annual crops like greens, beans, corn, and squash. While we also find tremendous value in perennial food plants, there's no doubt that annual veggies have a big role to play in most gardens. But which should you choose for the best chance of success in the greater Humboldt Bay region? Here are some of our top picks.



GREENS

Greens are every cool climate gardener's best friend. Endless varieties of **lettuce, spinach, chard, arugula, bok choy** and more can easily be grown here, possibly even year-round depending on your site.

PEAS

Easy to grow either from seeds or starts, snap peas, snow peas, and shelling peas can be grown in three seasons in our climate (all but winter). Most can be eaten pods and all, at any stage of development.

HERBS

Many herbs thrive in our area - **cilantro, parsley, dill**, and **basil** if you have a hot spot - just to name a few. And there's really no substitute for the flavor that comes from using fresh herbs in your cooking. They can also be dried to use year-round (or to make seasoned salts).

BRASSICAS

Also known as cruciferous vegetables, this family of plants includes **broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale**, and **turnips**. These vegetables contain substances that may protect against cancer, and they grow quite well in our bioregion. Slugs can be a problem, so use beer traps or another method like 'Sluggo' that is organic approved and pet-safe. Cabbage loopers are another common pest; regular applications of Monterey B.t. should help.

SQUASH

Squash comes in two categories - summer squash (**zucchini**, for example) has softer skin and must be eaten fresh (or preserved by pickling, freezing, etc.); whereas winter squash (**butternut, delicata**, and others) has a hard skin that allows it to be stored for months under proper conditions, helping to provide a food source through winter.

RUNNER BEANS

These beautiful beans are large and colorful at harvest, and before then they provide beautiful flowers that pollinators adore. They can be eaten at all stages of development. Learn to dry and store them and you can eat them for months to come. If conditions in your garden are favorable, runner beans may perennialize (come back year after year).

CARROTS

Tasty and nutritious, carrots are popular for all ages, and you'll be amazed by how much more intense their flavor is when freshly picked. They are fun to harvest and easy to store until you need them (just leave them in the ground until then).

STRAWBERRIES

While not technically an annual (they will usually produce for several years), we must mention strawberries. Easy to grow and a hit for all ages, you'll never regret growing them. If you ever have extra, they freeze well and make wonderful jam.

ANNUAL GROWING GUIDE FOR COASTAL NORTHERN CALIFORNIA

This chart is for use in the cooler coastal areas of Humboldt & Del Norte counties. Warmer conditions inland would change these recommendations somewhat. We recommend the book 'The Humboldt Kitchen Gardener' by Eddie Tanner for more information, including an inland growing chart. For many crops, if you wish to enjoy them continuously, you'll need to plant more than once (known as succession planting, as noted below). 'GH' means that the plant can be grown at the indicated time in a greenhouse.

	February		March		April		May		June		July		August		September		October		November	
	Early	Late	Early	Late	Early	Late	Early	Late	Early	Late	Early	Late	Early	Late	Early	Late	Early	Late	Early	Late
Beans, Dry																				
Beans, Fava																				
Beans, Snap					succession plant every 3 weeks for continuous harvest															
Beets					succession plant every 6 weeks for continuous harvest															
Broccoli	*				succession plant every 3 weeks for continuous harvest															
Brussels Sprouts																				
Cabbage	*				succession plant every 4 weeks for continuous harvest															
Carrots					succession plant every 6 weeks for continuous harvest															
Cauliflower	*				succession plant every 4 weeks for continuous harvest															
Chard	*																			
Cilantro	GH	GH			succession plant every 2 weeks for continuous harvest												GH	GH		
Cucumbers																				
Garlic																				
Kale	*																			
Lettuce	GH	GH			succession plant every 2 weeks for continuous harvest												GH	GH		
Leeks																				
Onions, Bulb																				plant 'sets'
Onions, Green					succession plant every 4 weeks for continuous harvest															
Parsley		*																		
Peas					succession plant every 3 weeks for continuous harvest										GH	GH	GH	GH		
Potatoes																				
Pumpkins																				
Radishes					succession plant every 1 week for continuous harvest															
Spinach	GH	GH			succession plant every 2 weeks for continuous harvest												GH	GH		
Squash, Winter																				
Tomatoes, Cherry	GH	GH																		
Zucchini & Summer Squash																				
Cover Crops																				



plant from seeds



plant from starts



* if growing your own starts in a greenhouse or cold frame, start first round of seeds where marked

Gardening with Small Spaces & Tight Budgets

DON'T LET LIMITED SPACE OR A MINIMAL BUDGET STOP YOU FROM ENJOYING THE BENEFITS OF GROWING SOME OF YOUR OWN FOOD.

by Tamara McFarland, Cooperation Humboldt



The United States has a problem with distribution of resources. We have the highest rate of income inequality of all the G7 nations (United States, the U.K., France, Japan, Germany, Italy, and Canada). And the gap between richer and poorer families - whether measured by income or wealth - continues to widen.

This inequality results in those who have trouble meeting many of their basic needs having a hard time accessing the tools and resources they need to eat good food. Low-income individuals are less likely to have the physical space, financial resources, and time to garden than their wealthier neighbors.

It's critical that we not only acknowledge this reality, but also that we work on both fronts - by attacking the root causes of poverty through policy change in addition to providing resources to meet folks' immediate needs.

This article explores some tactics to meet those immediate food needs, even with limited resources.

START FROM SEEDS

It's far more frugal to start your veggies from seeds rather than pay for starts. Begin with clean, well-drained containers (you can often find free used six-packs at nurseries) and a good quality seed starting mix or potting soil. Follow the instructions on the seed packet and water gently and often (aim for evenly moist - not soggy but not dry).

FOCUS ON HIGH YIELD CROPS

Select crops that maximize your available space. For example, cabbage, broccoli, and cauliflower require a lot of space per plant and will only provide one harvest. You'll be better served by selecting plants that offer high yields in small spaces, like radishes, lettuce, greens, carrots, garlic, onions, and spinach.

Choosing fast-growing crops also maximizes your yield; these include arugula, bok choy, kale, lettuce, mustard greens, radishes, turnips, and spinach. Use succession planting - staggering plantings in the same area throughout the season. Each time a crop is finished, harvest it and plant something new in its place.

GROW IN CONTAINERS

Many crops can thrive in containers. You'll need to pay close attention to their moisture levels (since soil in containers will dry out faster than soil in the ground) and nutritional needs (because plants deplete nutrients at a quicker rate in containers).

Be sure to add plenty of organic compost by top-dressing soil and spraying with compost tea regularly. Free sources of soil nutrients include homemade compost, worm compost (possible to do indoors), homemade compost tea, and rabbit, goat or chicken poop.

EN ESPAÑOL

Cultiva en espacios pequeños con presupuesto ajustado.

Puedes leer este artículo en línea: www.cooperationhumboldt.org/food-guide-spanish

Rotate crops by not planting the same type of plant in the same pots each year. Healthy soil promotes healthy plants, and healthy plants provide better nutrition and can resist pest and disease.

Get creative about what kinds of containers you use. Free containers include used plastic pots (available at some nurseries), 5-gallon buckets (check with grocery stores or bakeries; be sure to add drainage holes), and salvaged items from wheelbarrows to bathtubs.

Don't forget about hanging planters! If you have a fence, balcony railing, or roof overhang - hang planters.

GO VERTICAL

Grow anything you can upward instead of outward. Many crops benefit from being trained vertically, including peas, squash, beans, and more. You can also employ vertical planters - either purchased tiered planters or built from reclaimed materials like pallets.

If you have a fence or other vertical structure available, grow a climbing vine. Kiwis do well here.

GROW INDOORS

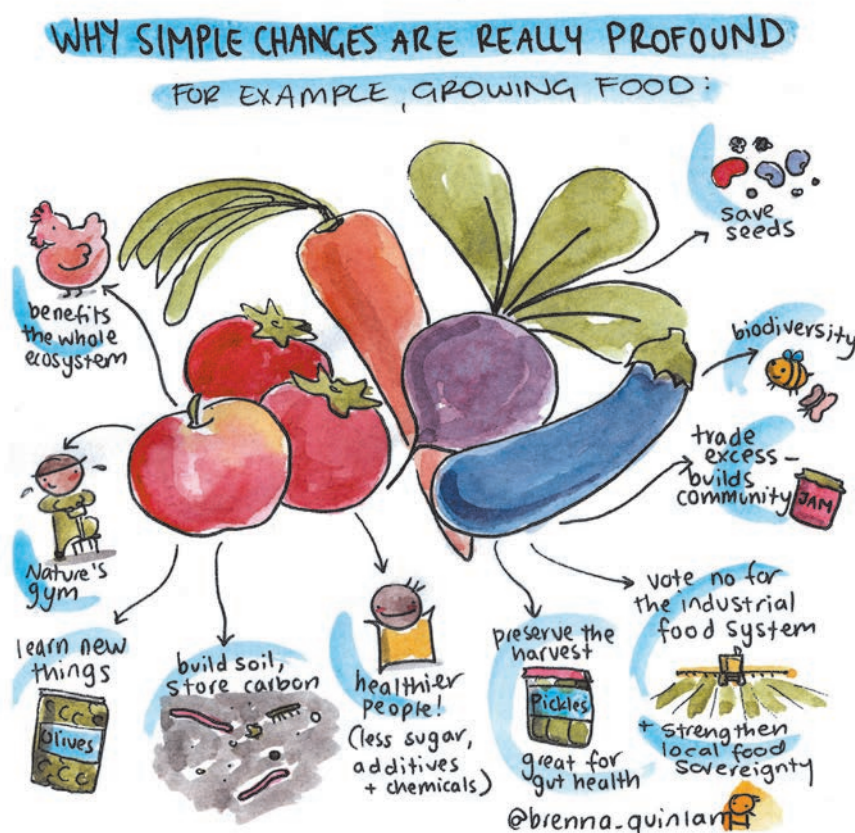
You can grow many herbs indoors on a sunny windowsill, including basil, chives, parsley, cilantro, thyme, and ginger. Try your hand at microgreens or sprouts - they are easy and quick to grow and have a high nutritional content.

LANDSCAPE WITH EDIBLES

If you have at least a small amount of outdoor space available, make the most of it by replacing as much ornamental landscaping as possible with edible plants. Research attractive options such as Chilean guava for a hedge that also provides fruit. Some varieties of blueberry provide lovely fall foliage in addition to their summer fruits. Converting even a 10' square of grass into garden can provide an abundance of vegetables.

GARDEN IN COMMUNITY

Consider gardening in a shared space such as a community garden, where land is set aside to grow food for individuals and their communities. Some have individual plots available, while others serve primarily as learning centers about growing, seed saving, permaculture and sustainable farm practices.



RECOMMENDED READING:

We encourage you to find these books at your local independent booksellers.



All New Square Foot Gardening II: The Revolutionary Way to Grow More in Less Space

by Mel Bartholomew



Container Vegetable Gardening for Beginners: A Simple Step-by-Step Guide to Growing Plants, Fruits and Vegetables in Small Urban Places

by Jordan Parker

Learn More & Connect

LOCAL RESOURCES TO SUPPORT YOUR CONTINUING GARDENING ADVENTURE.

Beneficial Living Center & Garden Supply

148 South G St., Suite 1, Arcata
707-633-6125

www.beneficiallivingcenter.com

BLCarcata@gmail.com

Focusing on the microbiology of the soil. Free workshops on soil amending, compost tea brewing, gardening and permaculture practices.

College of the Redwoods Shively Farm

409 Shively Flat Rd., Scotia
707-599-1338

www.redwoods.edu/cte/agriculture

silas-sarvinski@redwoods.edu

Internships and courses in

sustainable agriculture practices.

Emphasis in diversified produce for CSA and wholesale sales. Hands-on learning in vegetables, livestock, poultry, and orchard care.

Cooperative Gardens Commission of Northern California

www.coopgardens.com

quosis1@gmail.com

Providing free organic heirloom seeds through seed hub, education and resources.

Cooperation Humboldt

cooperationhumboldt@gmail.com

www.cooperationhumboldt.org

Building a Solidarity Economy on the North Coast through a variety of projects including many related to food cultivation.

Daluviwi' Community Garden

428 Chartin Rd. Blue Lake

707-668-5101

www.bluelakerancheria-nsn.gov/path-makers/daluviwicommunitygarden/

dholsapple@bluelakerancheria-nsn.gov

Gardening workshops.

Dandelion Herbal Center

4803 Greenwood Hts. Dr., Kneeland

707-442-8157

www.dandelionherb.com

janeb@arcatanet.com

Herbal education, medicinal preparations.

Dreamquest

100 Country Club Dr., Willow Creek

530-629-3564

www.dqwc.org / office@dqwc.org

Demonstration permaculture garden and gardening education for youth.

Fungaia Farm

Arcata

707-444-3799

www.fungaiafarm.com

fungaiafarm@gmail.com

Workshops.

Humboldt Permaculture Guild

www.humboldtpermaculture.com

Workshops, demonstrations and

permaculture tours. Annual Seed,

Plant and Scion Exchange. See

Facebook events page and website for more information.

Northwest School for Botanical Studies

Fieldbrook

707-826-7762

www.herbaleducation.net

herbaleducation@gmail.com

Offering emerging practitioners an outstanding contemporary education in the art and science of herbalism.

Redwood Roots Farm

www.redwoodrootsfarm.com

Classes and internships.

UCCE Master Gardeners of Humboldt and Del Norte Counties

5630 South Broadway, Eureka

707-445-7351

ucanr.edu/sites/hdnmastergardeners

Sjphibbs@ucanr.edu

Website provides detailed information on growing edibles plus an online help desk for questions.

North Coast Community Garden Collaborative

904 G St., Eureka

707-269-2071

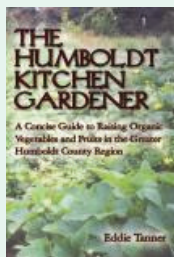
Find on Facebook.

matt@nrscaa.org

Network of community gardeners working together to provide seeds, plants, education and garden space for all. Garden workshops, volunteer workdays, seeds, plant, and produce giveaways, and promote wellness through gardening.



RECOMMENDED READING:



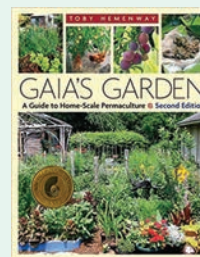
The Humboldt Kitchen Gardener: A Complete Guide to Raising Organic Vegetables and Fruits in the Greater Humboldt County Bioregion

by Eddie Tanner



Fruits of the Humboldt Bay: A Community Sourced Planting Guide

Edited by Sean Armstrong



Gaia's Garden: A Guide to Home-Scale Permaculture
by Toby Hemenway

We encourage you to find these books at your local independent booksellers. *Fruits of the Humboldt Bay* is also available as a free download at www.cooperationhumboldt.org/food.

Community Gardens

Humboldt - North

Abuelita's Garden

539 T St., Eureka
matt@nrsrcaa.org
707-269-2071

Produce is donated to Food for People. Sponsor: Redwood Community Action Agency.

Jardin Santuario

Corner of 11th & F St., Arcata
707-502-2492

arcata.garden@cooperationhumboldt.com
Sponsors: Centro del Pueblo & Cooperation Humboldt.

Bayside Park Community Garden

930 Old Arcata Rd., Arcata
707-822-7091

baysideparkfarm@cityofarcata.org
Sponsor: City of Arcata.

Blue Lake Community Garden

312 S. Railroad Ave., Blue Lake
707-668-5932

parksdirector@bluelake.ca.gov
Sponsor: City of Blue Lake.

Blue Lake Community Resource Center Garden

111 Greenwood Rd., Blue Lake
707-668-4281

sandy.blcrc@gmail.com
Produce is distributed to community. Sponsor: St. Joseph Health.

Daluviwi' Community Garden

428 Chartin Rd. Blue Lake
707-668-5101

www.bluelakerancheria-nsn.gov/path-makers/daluviwicommunitygarden/
dholsapple@bluelakerancheria-nsn.gov
Sponsor: Blue Lake Rancheria.

Garden of Eatin'

716 South Ave., Eureka
707-599-5799

suzodea@mac.com
Sponsor: Calgary Lutheran Church.

Grace Good Shepherd Garden

1450 Hiller Rd., McKinleyville
707-616-3278

stanschmidt201@gmail.com
Produce donated to the Mck. Family Resource Center. Sponsor: Grace Good Shepherd Church.

Henderson Community Garden

800 West Henderson St., Eureka
matt@nrsrcaa.org
707-269-2071

Sponsor: Redwood Community Action Agency.

Jefferson Community Center Garden

1000 B St., Eureka
707-497-6280

thejeffersoncenterandpark@gmail.com
Produce is distributed to community members. Sponsor: Jefferson Community Center.

Mad River Community Hospital Farm

3800 Janes Rd., Arcata
707-822-3621 ext 4128

pbailey@madriverhospital.com
Produce is utilized by hospital cafeteria, distributed to staff and to community members. Sponsor: Mad River Hospital.

McKinleyville Garden

Pierson Park on Gwin Rd., McK.
707-839-9003

Sponsor: McKinleyville Parks and Recreation.

Potawot Community Food Garden

1600 Weet Way, Arcata
707-826-8476

jude.marshall@uihs.org
Produce is distributed to members of the American Indian Community. Sponsor: United Indian Health Svcs.

Redwood Acres Garden / Lost Foods Native Plant Nursery

3750 Harris St. (Gate #3), Eureka
(At Redwood Acres Fairgrounds)
707-268-8447

redwoodacres1@gmail.com
Volunteers grow native and heirloom plants to donate to local food banks.

Tydd Garden

2200 Tydd St., Eureka
707-269-7073

garden@opendoorhealth.com
Produce is offered to patients and volunteers or donated to community partners. Sponsor: Open Door.

Unity Garden

W. 15th and California St., Eureka
dor.leisz@gmail.com
Sponsor: City of Eureka.

Villa de Valle Community Garden

End of Valley West Blvd., Arcata
matt@nrsrcaa.org
707-599-3768

Sponsor: Redwood Community Action Agency.

Humboldt - South

El Jardin de la Comunidad de Loleta

Loleta Elementary School / Loleta Community Resource Center
700 Loleta Dr., Loleta
707-733-5239

Marcelina.MejadeCastillo@stjoe.org
Sponsors: St. Joseph Health, Dept. of Health & Human Services.

Fortuna Community Garden

2331 Rohnerville Rd., Fortuna
stodd@fortunaacs.com
707-725-1166

www.fortunaacs.com
Educational opportunities and plots for families. Sponsor: Fortuna Adventist Community Services.

Fortuna Community Health Center Garden

3750 Rohnerville Rd., Fortuna
707-269-7073

garden@opendoorhealth.com
Produce is offered to patients and volunteers or donated to community partners. Sponsor: Open Door.

Rio Dell Community Garden

Rio Dell Baptist Church
100 Butcher St., Rio Dell
707-764-5239

meri.black@stjoe.org
Sponsor: St. Joseph Health.

Wiyot Tribe Community Garden

Table Bluff Reservation
1000 Wiyot Dr., Loleta
707-733-5055

wiyotta@gmail.com
Produce to prepare meals for elders and distributed to community. Sponsor: Wiyot Tribe Natural Resources.

Humboldt - Inland

Dreamquest

100 Country Club Dr., Willow Creek
530-629-3564

www.dqwc.org
office@dqwc.org
Produce to supply Teen Center. Sponsors: St. Joseph Health, Mid-Klamath Watershed Council.

Ke'nek We-roy Community Farm

Yurok Reservation, Weitchpec
tvanlandingham@yuroktribe.nsn.us
Sponsor: Yurok Agricultural Corp.

Kin Tah Te Community Botanical and Demonstration Garden

Hoopa Neighborhood Facilities Bldg.
11900 Hwy 96, Hoopa
530-515-5223
meagen18@gmail.com
Support: St. Joseph Health.

Open Door Community Health & Wellness Garden

28883 Hwy. 299, Willow Creek
707-269-7073
garden@opendoorhealth.com
Produce is offered to patients and volunteers or donated to community partners. Sponsor: Open Door.

Yurok Agricultural Corporation Weitchpec Nursery

Yurok Reservation, Weitchpec
tvanlandingham@yuroktribe.nsn.us
Sponsor: Yurok Agricultural Corp.

Weitchpec Yurok Food Village

Saint's Rest, Weitchpec
707-458-5184
tthompson@yuroktribe.nsn.us
Sponsor: Yurok Tribe Food Sovereignty Program.

Wautec Yurok Food Village

Wautec
707-458-5184
tthompson@yuroktribe.nsn.us
Sponsor: Yurok Tribe Food Sovereignty Program.

Grow Your Garden With



Every month, more than 44 million people use SNAP (Cal-Fresh) to get nutritious food.

Most of us probably imagine buying items like tomatoes, squash, and apples with their benefits.

But did you know that SNAP can also help people grow their own food?

With SNAP, participants can buy seeds and edible plants. It's a great way to get fresh produce right at home!

All SNAP retailers, including Farmers' Markets, can sell seeds and plants to SNAP participants.

For every dollar spent on seeds and fertilizer, home gardeners can grow an average of \$25 worth of produce, making their benefits go much further.

Apply for CalFresh:

929 Koster St., Eureka

1-877-410-8809

www.getcalfresh.org

HUNGRY?



You may be eligible for CalFresh nutrition assistance!

Call, click or visit to find out.

By enrolling in CalFresh you can:

- Buy fresh fruits and vegetables at local farmers' markets.
- Buy seeds and plants that produce food to start your garden.
- Support local farmers' markets and grocers.

It's easier than ever to apply for CalFresh!

- You can apply for CalFresh from home. Apply online in 10 minutes at **www.getcalfresh.org** or by phone - call **1 (877) 410-8809**.
- Apply in person at Food for People or DHHS.
- Eligibility interviews can be done by phone.
- You can own property, vehicles, have money in the bank or retirement accounts and still be eligible for CalFresh.
- If you were not eligible in the past, you may be now!



929 Koster St.
Eureka, CA
1 (877) 410-8809

2112 Broadway
Eureka, CA
(707) 445-3166



The information in this guide is excerpted from Cooperation Humboldt's 2021 Humboldt & Del Norte Community Food Guide, which can be found in its entirety at newsstands throughout the community or at www.cooperationhumboldt.org.