

**Bella Vista:**

The Dreams and efforts of a community are coming to fruition with the newly completed Bella Vista Park. Local organizations/individuals, the Trust for Public Land, and the City of Oakland, have created this wonderful new park, which houses Oakland's newest community garden.

The garden sits in the south corner of the park located between 10<sup>th</sup> and 11<sup>th</sup> avenues. The park is located behind Bella Vista Elementary School, 1025 E. 28th Street. The garden boasts 12 new plots, a tool shed, composting facilities, water, and great exposure to the sun.

If you are interested in a plot, please call 510.238.2197 or email [jamaris@oaklandnet.com](mailto:jamaris@oaklandnet.com).



**Introduction**

Dear Community Gardeners:

Welcome to another spring and another year of gardening in Oakland. I would like to introduce myself for those whom I have not met. My name is Josh Amaris and I have assumed the position of community gardening program coordinator since Jacoba has retired. I have had the fortune of gardening with this program for a year before her retirement as well as working alongside her on the advisory council. I have learned much from our time together and see that time as irreplaceable in terms of helping me to coordinate this program to make it the best it can be for everyone involved.

A little background for those curious: I was born and raised in southeastern Minnesota. While growing up I was able to learn and practice gardening with my parents, grandparents, and our "backyard neighbors" who spiked my interest in composting. While in grade school and high school I spent much of my extra curricular time learning about the natural world around me. In college I pursued a major in Biology and a minor in Environmental Studies due to my interest in the natural world.

Upon graduation I moved to the North Bay to participate in two Americorps program (one in environmental education and another in habitat restoration). In these programs I learned many networking and organizational skills which have helped in this position greatly.

*Continued on Pg 2*

**Summer Vegetables**

<b>Beans</b>	<b>May - Jul</b>
<b>Beets</b>	<b>Feb - Nov</b>
<b>Cilantro</b>	<b>Mar - Jun</b>
<b>Corn (sweet)</b>	<b>Apr - Jul</b>
<b>Cucumber</b>	<b>May - Jul</b>
<b>Eggplant</b>	<b>May</b>
<b>Peppers</b>	<b>May</b>
<b>Pumpkins</b>	<b>May - Jun</b>
<b>Squash (Summer)</b>	<b>May - Jul</b>
<b>Squash (Winter)</b>	<b>May - Jun</b>
<b>Sunflower</b>	<b>Apr - Jul</b>
<b>Tomatoes</b>	<b>Apr - May</b>

**Garden Locations:**

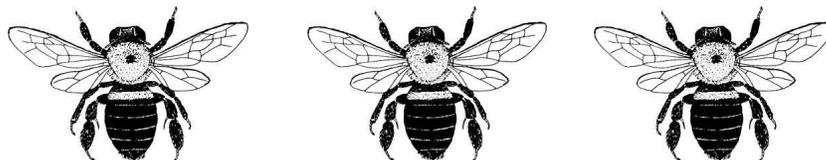
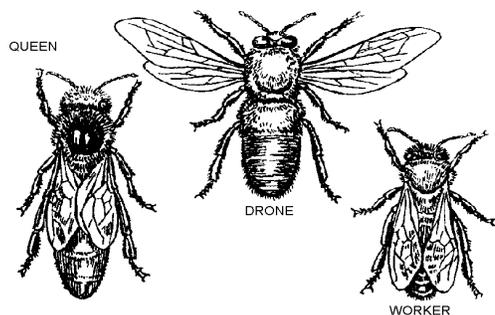
- Arroyo Viejo Garden  
Arthur Street and 79<sup>th</sup> Avenue
- Bella Vista Community Garden  
1025 E 28<sup>th</sup> Street  
Behind Bella Vista School
- Bushrod Community Garden  
584 59<sup>th</sup> Street
- Golden Gate Community Garden  
1068 62<sup>nd</sup> Street
- Marston Campbell Garden  
16<sup>th</sup> Street and Market
- Lakeside Park Kitchen Garden  
666 Bellevue Avenue
- Temescal Community Garden  
876 47<sup>th</sup> Street
- Verdese Carter Community Garden  
Bancroft and 96<sup>th</sup> Avenue.

## Introduction

*Continued from Pg 1*

While participating in these two programs I spent a 6 month period living on and working at an organic farm on Mt. Barnaby in West Marin. That experience and some travel have landed me here today. I look forward to further serving this community and learning more about YOU, the people who choose to garden in Oakland. Thank you for the time and effort you put forward.

Josh Amaris



## Spring Donors

**Companion Plants**  
**Dirt Works**  
**Environmental Seed Producers**  
**Fred C. Gloeckner & Co. Inc.**  
**John Scheepers Kitchen Garden Seeds**  
**Johnny's Select Seeds**  
**Pinetree Garden Seeds**  
**Seeds of Change**  
**Seed Savers Exchange/ Heirloom Seeds/Gifts**  
**Thompson & Morgan**  
**&**  
**Allan Davidson**

## Thank you!!!

## Attracting Bees to Your Garden

Without bees, most of the fruits and vegetables we enjoy would not exist. By carrying pollen from plant to plant, bees assist and even enable plant reproduction. Bees are in trouble these days - in addition to various other environmental factors, honeybees are being plagued by infestations of tiny mites which kill them. A recent study showed that the population of bumblebees has fallen by 50% in San Francisco County.

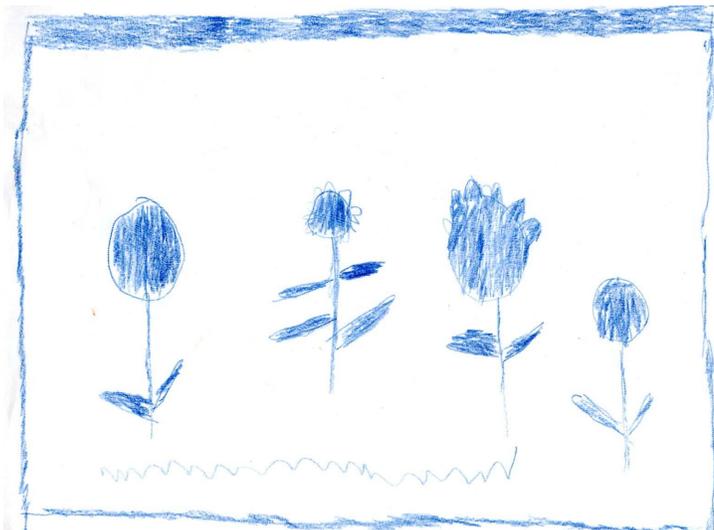
You can make your garden a welcoming, nectar-rich environment for bees. You (and your gardening neighbors) will be rewarded with a better harvest, and with the sights and sounds of bees hard at work in your garden. While bees will go to almost any blooming plant that has accessible flower structure, here are some planting hints to attract bees.

Different bees can handle different shaped flowers, so plant a variety. Bees are also attracted to colors, particularly blue, purple, violet, white and yellow. Plant your flowers in clumps among your various vegetables - easier for the bees to find, and they break up the "heaviness" of your vegetables, and provide a delightful view for you and other gardeners. Some flowers and flowering plants that bees particularly like: sunflowers, black-eyed susans, lavender, wild bergamot, lemon balm (melissa), cosmos, rosemary, marjoram and basil (let these flower rather than snipping off flowering tops), and catnip (bumblebees love it!).

Aija Kanbergs

**ADA Inclusion Statement:** The City of Oakland Office of Parks & Recreation (OPR) is fully committed to compliance with the provisions of the Americans with Disabilities Act. Please make accommodation requests at least 10 days prior to an event. Direct all inquiries concerning program and disability accommodation to the OPR Inclusive Recreation Coordinator at (510) 615-5980 or [smeans@oaklandnet.com](mailto:smeans@oaklandnet.com). TYY callers please dial (510) 615-5883. **Title VI Compliance Against Discrimination 43 CFR 17.6 (B):** Federal and City of Oakland regulations strictly prohibit unlawful discrimination on the basis of race, color, gender, national origin, age, disability, sexuality and orientation or AIDS & ARC. Auxiliary aids and services may be provided upon request. Contact the Director of the Office of Parks & Recreation at 250 Frank Ogawa Plaza, 3<sup>rd</sup> Fl. Oakland, CA 94612 or call (510) 238-3092.

**PICTURE AND POEM ARE COMPLIMENTS OF THE CLAUSEN HOUSE GARDENERS**



**Poem**

There was a squirrel in our garden. He was eating our food. He ate the corn and the lettuce. The squirrel was bad! He was brown and big and fat. He was making funny noises at us. Then we shooed him away. The End.



**Thank you!**

Dear Jacoba, Good bye and thank you very much. We will miss you. We had fun in the garden. Good Luck.

The Clausen House gardeners are: Michael Sambor, Katherine Young, Derrick Nesby, Arthur Dansby, Shaun Hopper, and Steven Reinke

Thanks Liz.

**T-shirts for sale**  
100% cotton  
with  
Oakland Logo,  
Natural color,  
sizes M, L, XL

**Community Gardening Program**  
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E-mail: [jamaris@oaklandnet.com](mailto:jamaris@oaklandnet.com)

**Newsletter –  
Fall 2006**  
Please send us  
your ideas,  
photos,  
poems, humor,  
and news.

**Garden Haiku**

*In the sunny times  
Picking dandelions outside  
I get a bee sting*

Amanda (8), Columbia  
Elementary School,  
Wenatchee, WA



**CITY of OAKLAND**  
**OFFICE of PARKS & RECREATION**

**Garden Haiku**

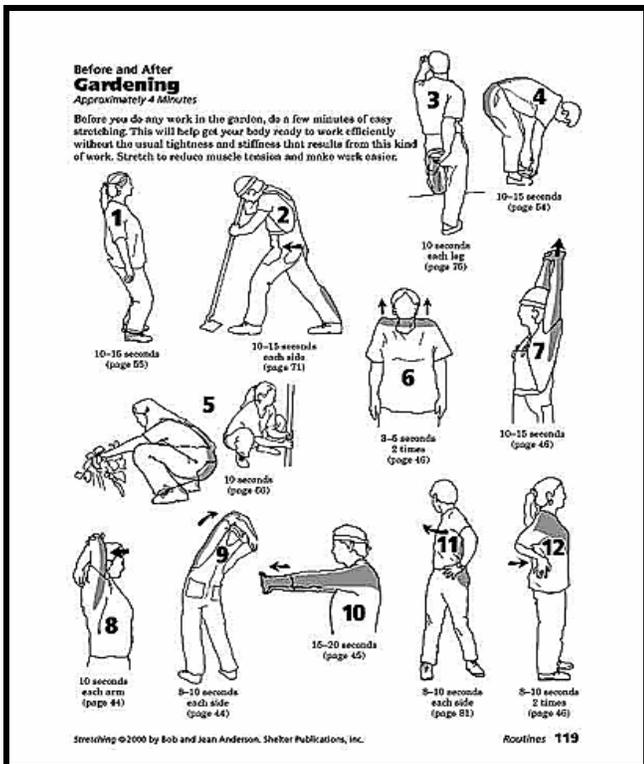
*Rain dripping down light  
Twirling whirling coming  
fast  
Round and soft it comes*

Jack, Second Grade  
Minnesota, USA

**In the section “Good Farming and the Public Good” of *Meeting the Expectations of the Land*, Donald Worster highlights 3 key points that need to be brought to the forefront of public thought/opinions on food and food production. Due to the length only one will be covered per newsletter; look for the following two points in the next two newsletters. Also feel free to send comments and thoughts about this article for the next newsletter.**

1. Good farming is farming that makes people healthier. It does so by creating and delivering food of the highest attainable nutritional quality and safety. Agriculture fails in its most obvious mission when that quality of healthfulness is missing or when it becomes corrupted by such things as toxic chemical residues. One of the most serious calamities to befall modern industrial farming is that it has turned food into a suspect, potentially dangerous commodity. When People begin to bite gingerly into apples, wondering whether cancer might be lurking there, or when they hesitate to drink a cup of milk, remembering that heptachlor has been found in the dairy’s cows, or when they are unsure whether chemical growth-stimulants are lingering in a chicken-salad sandwich, then agriculture has created for itself the most serious possible problem. After all, the essential point of farming is to keep people alive. No gain in export earnings or farm profit, no ease of harvesting or freedom from pests can justify risking human life, can excuse putting the public’s health in danger; to act or think otherwise ought to violate ethics as much as the willful practice of bad medicine. Yet the willingness to risk life and health has become daily news in contemporary food processing and agriculture. The problem is compounded by the fact that farmers may conscientiously harvest crops that meet the strictest standards of nutrition and safety but then must turn them over to numerous processors who, for the sake of profit, have been known to take most of the nutrition out, put additives in, turn wheat into Twinkies, and corn into breakfast-table candy. The more complex and powerful the system of farm production, the more sensitive and strict must be the moral consciousness behind it and the more elaborate and expensive the system of public control overseeing it. There is no cheaper, simpler, easier way to realize this value.

Donald Worster, “Good farming and the Public Good.” From *Meeting the Expectations of the Land*, Ed. by Wes Jackson, Wendell Berry, and Bruce Colman, North Point Press.



← **Garden Stretches**

**THANKS TO EVERYONE WHO HELPED AND TURNED OUT FOR THE SPRING 2006 POTLUCK.**

