

Hi, you're receiving this email because you have expressed an interest in GROWINGROOTS, Growing Roots Projects. Don't forget to add [growingroots@berkeley.edu](mailto:growingroots@berkeley.edu) to your address book so we'll be sure to land in your inbox.

You may [unsubscribe](#) if you no longer wish to receive our emails.

Latest research, upcoming workshops,  
news and events for the Growing Roots community!



*Invited speaker & participants at Gill Tract Harvest Festival, Oct 2019. Photo credit: J. Sowerwine*

## Sustainable Urban Farming for Resilience and Food Security

### In this issue:

- East Bay urban farmers' networking dinner & future plans
- "Soil Not Oil" field day recap
- Two new articles on urban agroecology (with an East Bay focus!)
- Community events and opportunities
- Job Announcement: Berkeley Unified hiring new teaching position in public & community health

**Got news?** If you're receiving this, you're doing work we'd like to share with our 800+ person network. Please send your news, events and job openings to [growingroots@berkeley.edu](mailto:growingroots@berkeley.edu).

**Share your story!** Partner Profiles (re-)introduce you and your farm to the East Bay community. Please let us know if you'd like us to feature your work in an upcoming issue. Email Marit Doshi (Growing Roots Project Manager) at [maritdoshi@berkeley.edu](mailto:maritdoshi@berkeley.edu) and let's talk!

### Urban Farmers' Networking Dinner

On November 5, over 50 urban farmers and food justice advocates from across the East

Bay gathered at [Urban Adamah](#) in West Berkeley to share a meal and conversation about network building to better support the work of urban food production taking place throughout our community. This well-attended gathering featured a vibrant discussion around various strategies for strengthening and supporting urban farmers in the challenging work of maintaining land access, securing inputs and necessary farming resources, and distributing food to low income households. Ideas were disseminated for building an online communication platform or website, as well as hosting seasonal dinner gatherings to provide additional opportunities for in person gathering and resource sharing at rotating urban farms. If you are interested in joining the conversation around urban farmer networking, have ideas for better connecting farmers and food system organizations to each other, or would like more information about the status of this ongoing effort, please reach out to Marit Doshi (Project Manager for Growing Roots projects, [maritdoshi@berkeley.edu](mailto:maritdoshi@berkeley.edu)) or Debbie Harris (Farm Director for Urban Adamah, [debbie@urbanadamah.org](mailto:debbie@urbanadamah.org)).



*Native plant swale at Urban Adamah farm. Photo credit: Urban Adamah*

Stay tuned for upcoming gatherings and actions to advance networking goals in the coming year!



On Sunday Sept 8, our Growing Roots research team hosted over 150 students, academics, farmers, and community members at the field day for the [Soil Not Oil Coalition's](#) 5th Annual International Conference. The entire conference is inspired by the global work of [Vandana Shiva](#) and centers on agroecology, community-driven sustainability, and environmental justice. Our field day at the [Gill Tract Community Farm](#) opened the conference, grounding in conversations with regional organizations that address land access and food sovereignty in the Bay Area. Participants spoke on issues of privatization, learned about the Gill Tract's occupation and current tenure, and har-



*Field day at Gill Tract Farm. Photo credit: C. Rainey*

sted food for the farm's donation-based farm stand. Then the field day traveled closer to UC Berkeley's campus, hosting lunch and workshops with the [Student Organic Garden Association](#). Farmers and students worked together to develop a crop plan that maximized benefits for the soil, farm ecology, farmer livelihoods, and community wellbeing -while also considering the trade-offs. Finally, our team gave a tour of our model no-till farm, a long-term experiment that has been supported by no-till farmers across California.

## **New research provides insights into urban ecological pest management & transformative potential of urban agroecology**

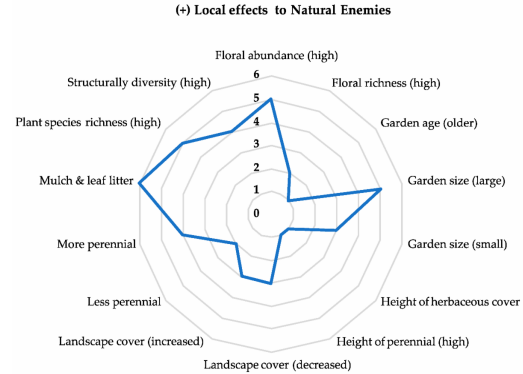
### **Ecological pest management for urban farms**

As an urban farmer, do you have issues controlling insect pests on your urban farm? As an urban food researcher or advisor, do you wonder how you can assist farmers around you? Growing Roots teammate Joshua Arnold, along with collaborators Monika Egerer and Kent Daane, wanted their 2019 research articles to address both the needs of urban farmers and their



service providers. In their article on "Local and Landscape Effects to Biological Controls in Urban Agriculture," they review rigorously-selected global field research that dealt with 'conservation biological control,' an alternative to harsher chemical controls that are often not even allowed in urban settings. Their paper uncovers *more* questions that researchers and service providers can dig into in seasons to come. But they do have a few pointers for urban farmers that seem to be robust across very different cities and towns: diversify farm plantings, make space for more pollinator plants, use more perennials, and mix up your ground cover. All of these point to a basic tenet of necessary complexity. While context always matters, complexity usually provides a win in the constant tussle with insect pests.

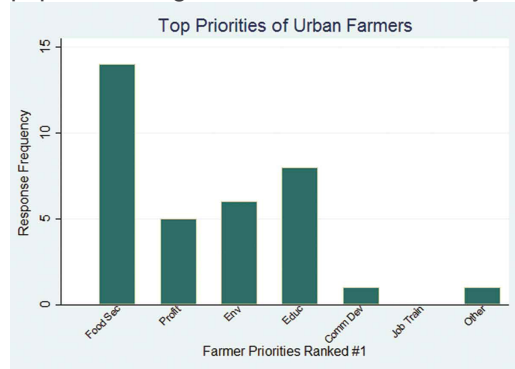
Full open access article can be viewed [here](#).



*Farm characteristics that do or don't ward off pests*

## Powerful potential of urban agroecology framing for the East Bay

A good number of you reading this newsletter might recognize yourself in this newly published paper! Growing Roots teammates Laney Siegner, Charisma Acey and Jennifer Sowerwine



*Top priorities of East Bay farmers*

published the findings of their survey and background review of East Bay urban ag motivations and struggles. They explicitly take a food justice centering in their review and analysis. With that, they expand upon how framing East Bay urban farms and all the pieces of the systems in which they operate (and seek to change!) within an urban agroecology lens might be quite powerful. With that broader and deeper lens, "researchers and urban planners and policymakers [will] think beyond garden plots and singular benefits of food production, consider[ing] these sites as part of a larger agroecosystem with synergistic social, cultural and ecological dimensions." This isn't just

jargon. The authors call out the threats that urban farming operations face, threats rooted in inequity and injustice, and how those operations and their operators bend common notions around volunteerism, economy, ownership, and, of course, food itself. They end with strong calls to policymakers, city planners, researchers, and all those who would wish to enable the transition to sustainable, equitable food systems.

If you wish for a full copy of this [article](#), please email Marit Doshi at [maritdoshi@berkeley.edu](mailto:maritdoshi@berkeley.edu).

## Community Notices

### How sustainable is your farm?

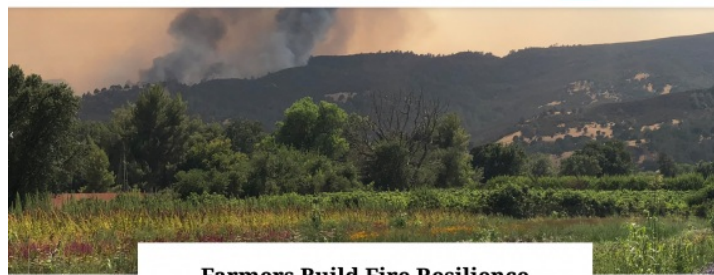
Want to quantify the environmental sustainability of your urban food production? Curious about the impact hotspots and benefits of your farm to water, land, energy and climate change?

**Participate in a project with UC Berkeley researchers** to calculate various environmental footprints and see how you compare to other forms of agriculture! Using the technique of life cycle assessment, interviews, and data collection with help from researchers, we will deliver results about your current impacts, greatest strengths and areas to improve. Many thanks to the East Bay farmers who have already contacted us!

Read more about this opportunity [here](#) or contact Erica Dorr [aterica.dorr@agroparistech.fr](mailto:aterica.dorr@agroparistech.fr) for more information.

### New fire resilience online course for farmers & ranchers!

Drawing on decades of training small-farmers amidst climate change, [MESA](#), in collaboration with [CAFF/The Farmer's Guild](#), has now opened enrollment for an interactive course to give farmers the technical and theoretical toolkit needed to reduce the human, production, financial and legal risks from wildfires. Utilizing MESA's Virtual Campus for Farmers (newly re-launched!), paired with CAFF's live Town Hall meetings, farmers will garner actionable solutions, co-create fire response and prevention networks, and come away with an on-farm fire resilience plan to help farmers and their community face a future with fire.



### Farmers Build Fire Resilience

A hybrid online course and network dedicated to helping farmers and ranchers face a future of fire.  
January 30 - March 26, 2020

Enrollment for this course is now open and is **FREE** for farmers and ranchers. Please share with all who may benefit and [enroll today!](#)

### Partner with the Berkeley Food Pantry!

The **Berkeley Food Pantry**, established in 1969, provides emergency groceries to Berkeley and Albany residents. We have a client choice model which allows our visitors to "shop" from a diversity of nutritious foods. Our visitors take home vegetables, fruits, dairy, eggs, frozen meat (or a meat substitute), and shelf-stable foods such as pasta and peanut butter. Fresh vegetables and fruits are the most popular items and the first to run out. **We have a need for fresh vegetables and fruits on Mondays, Wednesdays, and Fridays, year-round. We would love to develop partnerships with local urban farms to meet our visitors' demand for fresh produce.**

For more information about the Berkeley Food Pantry, please, visit us [here](#). If you would like to form a partnership to donate from your farm, please contact: Aram Antaramian at [manager@berkeleyfoodpantry.org](mailto:manager@berkeleyfoodpantry.org).

*To share more relevant East Bay urban food community events, notices, requests, etc., email [growingroots@berkeley.edu](mailto:growingroots@berkeley.edu). The next newsletter will come out two months from now.*

## Jobs

### Berkeley Unified is hiring!

Berkeley Unified School District has an exciting opportunity for someone with experience working in community food systems and healthy food access and an interest in teaching these topics to high school students. Berkeley High School, the Career and Technical Education (CTE) Program and the Gardening and Cooking Program are proud to introduce a new CTE course in Public and Community Health for high school students at Berkeley Unified School District. And we're looking for a great teacher!

Learn more and [apply here!](#)

*To share job postings with the Growing Roots network (800+ subscribers!), email [growingroots@berkeley.edu](mailto:growingroots@berkeley.edu).*



