

CAPAY VALLEY HARVEST

Vol 2 Issue 2 June 2006

A newsletter from farms & ranches around the Capay Valley Region

REGIONAL AGRICULTURE CALENDAR

June 1: CVV Ag. Task Force, 7-9 p.m., Esparto Library.

June 3: Capay Valley Regional Farmers' Market, 9 a.m. - 1 p.m., Esparto Park, www.capayvalleyfarmersmarket.com.

June 11: Third Annual Lavender Festival, 10 a.m. - 5 p.m., Cache Creek Lavender, Rumsey, www.cachecreeklavender.com.

June 15: CVR Farmers' Market Board meeting, 7-9 p.m., FreeHeart Farm.

June 17-18: 4th Annual Family Farm Festival, 9 a.m.-2 p.m., The Heidrick Ag History Center, Woodland, (530) 666-9700, www.aghistor.org.

July 1: Capay Valley Regional Farmers' Market, 9 a.m. - 1 p.m., Esparto Park, www.capayvalleyfarmersmarket.com.

July 6: CVV Ag. Task Force, 7-9 p.m., Esparto Library.

July 20: CVR Farmers' Market Board meeting, 7-9 p.m., FreeHeart Farm.

August 3: CVV Ag. Task Force, 7-9 p.m., Esparto Library.

August 5: Capay Valley Regional Farmers' Market, 6 - 9 p.m., Esparto Park, www.capayvalleyfarmersmarket.com.

August 16- 20: Yolo County Fair, Woodland, www.yolocountyfair.net.

August 17: CVR Farmers' Market Board meeting, 7-9 p.m., FreeHeart Farm.

September 2: Capay Valley Regional Farmers' Market, 9 a.m. - 1 p.m., Esparto Park, www.capayvalleyfarmersmarket.com.

September 10: A Day in the Country, Yolo Land Trust Event, (530) 795-3110.

October 7: Hoes Down Harvest Festival, Full Belly Farm, Guinda, www.hoesdown.org.

October 22: Taste of Capay, Dinner & Fundraiser for Capay Valley Vision, Taber Ranch Event Center, Capay.

Raising a Crop for the Future

by Paul Muller, Ag. Task Force Chair

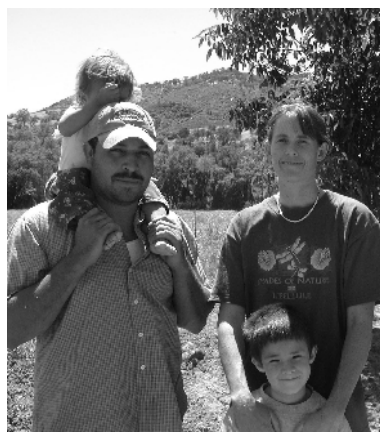
There are many important crops grown in the Capay Valley Region. None may be more important than the one witnessed by many in this community in Spring. Our area has a couple of important varieties of this crop. The first is most likely to be spied on the first weekend in May. Blooming beautifully in starched whites and green caps, each individual is a unique and wonderful expression of the place where it was grown and nurtured. The date of their appearance is not changed even in wet or difficult years. What is this crop? Why, it is the new crop of youth in agriculture.

Every year, for as far back as many in the community can remember, folks have been impressed by the poise, character, and enthusiasm of 4-H ers at the annual spring show. The weekend featured local youth in clean show whites, displaying the results of months of feeding, preparation and caretaking. Pigs, calves, sheep and rabbits were primed, scrubbed and shorn, and made sleek for show. The weekend is a social event, where local youth exhibit not only the product of their labors but also demonstrate the pride and knowledge gained from doing a job well. The 30 local young people participating were aided by adult leaders who helped to guide the experience, but the real work of the weekend was done by our youth, as they presented the results of their labor, cleaned stalls, competed for showmanship awards, answered questions, and shared their experience of completing their project.

The weekend of the Spring Show culminates in a sale on Sunday. A number of businesses from the Esparto-Capay Valley Region were present at the sale to support local youth. The prices received for project animals reflected our community commitment to encouraging the whole process of gaining experience and responsibility by seeing a project to completion. There is a valuable type of knowledge gained when working with one's hands or with a living animal, - it is the essential understanding of process and responsibility. 4-H ers reflect the confidence gained by being well prepared and having a relationship with real time. Animals grow only so fast, and they only thrive if they are well cared for. The local 4-Hers are a crop of characters. We can be proud of their accomplishments.

The other color often seen covering local agricultural youth is the deep blue and corn gold of the Esparto FFA. In early May they have their annual awards banquet where they review the year's activities and accomplishments. The list is an impressive one. They have represented this region both on a state level and nationally, displaying poise and enthusiasm as public speakers, parliamentarians, horse judges, showmen and women, floraculturalists, ecologists, and young leaders committed to our communities. The emphasis on hands-on experience in the High School vocational agricultural education programs, extended through the FFA program, is yielding a crop of intelligent, bright, and articulate students with practical skills. We welcome their well-rounded knowledge and appreciate the skills that they so ably demonstrate. They are an asset to our community.

The regeneration of a regions economy requires that opportunities exist for the youth of the community to find a place, and invest their talents locally. We do an amazing job of growing wonderful skilled kids, watching them display their skills through High School only to often give up their amazing natures to some other fortunate community. We can actively look to create opportunities here, creating successful local businesses where they can apprentice, or where opportunities are offered to our youth to create the seeds for succession of our farms and businesses. As climate often determines the success of the crop, we can be proactive here in creating program that, like the 4-H or FFA, allows our youth to grow more deeply rooted in this place. A good harvest of new skilled, practical local leaders requires that we all think about making opportunities here.



Farm owners Nina Andres and Francisco Berrelleza, with their son & daughter. Live Oak Farm has been producing organic fruits, vegetables, & extra virgin olive oil in the Capay Valley for 10 years.

Photo by Temra Costa

Live Oak Farm

PO Box 73
Rumsey, CA 95679
(530) 796-4084
liveoakfarm@afes.com

Our Farm

Live Oak Farm is a certified organic farm, producing fruits and vegetables as well as extra virgin olive oil on 22 acres of land. Though we have been producing for years, we had been holding other jobs too. In 2003 we both committed ourselves full time to the farm. We began selling at Bay Area farmers markets and to local food coops in Davis and Sacramento. Also, in order to make locally produced food available to residents of Esparto and the Capay Valley, we have begun a local delivery service. Once a week we bring fresh picked, in season fruits and vegetables of your choosing right to your door (or have them ready for pick-up at the farm). If you are interested in what we have available, or would like more information about the delivery service, contact us by phone or e-mail, or stop by the farm.

Joys of Farming

“We enjoy many benefits from farming, especially being outdoors and growing our own food.”

Challenges of Farming

“Working with Mother Nature. Educating consumers about the importance of buying locally.”

FRESH and local

Eating with the Seasons



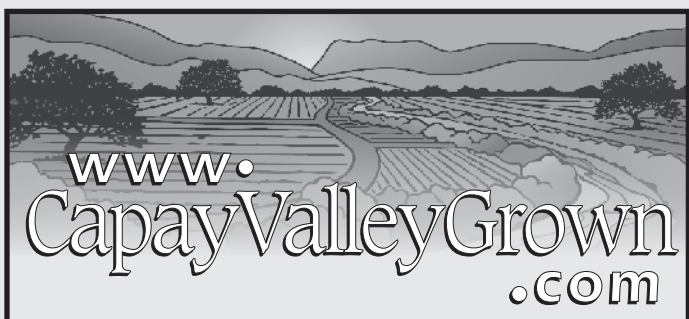
What better time of year than summer to focus on eating seasonal local food. The hot summer months in the Capay Valley are ideal for growing a wide range of produce.

Luckily for the people of Yolo County fresh summer produce like summer squash, stone fruit, tomatoes, corn, eggplant, and melons are growing all

around us. Whether you want to support local

family farms, the local economy, reduce use of fossil fuels, or just get the best tasting produce possible, you should be buying local. Taste and flavor are directly correlated to freshness when you are talking about produce. Just ask a child picking tomatoes, snap peas, or carrots straight from the garden. Too many people have been turned off by certain fruits and vegetables because their first exposure was with frozen, canned, or poorly cooked produce. So try something new like fresh eggplant, okra, or canary melon purchased from a local farmer and you will taste summer in the freshness.

(See next page for list of in season Capay Valley Grown products.)



Yolo County Fair: August 16-20, 2006

Hog August Nights

Beginning at noon each day!

Come to the Capay Valley Vision booth to purchase a delicious *Capay Valley Grown* Fruit Cup!



2006 Summer and Fall Crop Guide

Farm Guide

- | | |
|---------------------------------|------------------------------|
| 1. BZ Bee Pollination, Inc. | 16. Good Humus Produce |
| 2. Bloom Ranch | 17. Haag Farm |
| 3. Blue Heron Farm/Dream Gourds | 18. III Docs Almond Ranch |
| 4. Cache Creek Lavender | 19. Lamb Valley Farm |
| 5. Cache Creek Nursery | 20. Live Oak Farm |
| 6. Capay Canyon Ranch | 21. Manas Ranch |
| 7. Capay Oaks Farms | 22. McDonald Orchards |
| 8. Capay Valley Vineyards | 23. Murphy Ranch |
| 9. Circle K Ranch | 24. The Old Green Go |
| 10. David Hatanaka Farming | 25. Oldani Family Farm |
| 11. Double Bar O Angus Ranch | 26. Riverdog Farm |
| 12. Fiddler's Green Farm | 27. Taber Ranch |
| 13. Free Heart Farm | 28. Taber Ranch Event Center |
| 14. Full Belly Farm | 29. TS Ranch |
| 15. Gold Oak Ranch | 30. West Valley Alpacas |
| | 31. Winter Creek Ranch |

Farm	Vegetables	Jun	Jul	Aug	Sep	Oct	Nov
12,14,16,20,26	Basil						
12,14,16,20,26	Beans, Dry						
12,14,16,20,26	Beans, Green						
12,14,16,20,26	Beets						
12,14,16,20,26	Broccoli						
12,14,16,20,26	Cabbage						
12,14,16,20,26	Carrots						
12,14,16,20,26	Cauliflower						
12,14,16,20,26	Celery						
12,14,16,20,26	Chicory's						
10,12,14,16,20,26	Corn, Red & White						
10,12,14,16,20,21,26	Cucumbers						
12,14,16,20,26	Eggplant, Globe						
12,14,16,20,26	Eggplant, Japanese						
12,14,16,20,21,26	Garlic						
12,14,16,20,26	Greens, Chard						
12,14,16,20,26	Greens, Kale						
12,14,16,20,26	Greens, Mustard						
12,14,16,20,26	Leeks						
12,14,16,20,26	Lettuces						
10,12,14,16,20,21,24,26	Melons, Mixed						
12,14,16,20,26	Okra						
10,12,14,16,20,21,26	Onions						
14,16	Onions, Sun Dried						
12,14,16,20,26	Peas						
12,14,16,20,26	Peppers, Chili						
10,12,14,16,20,26	Peppers, Bell						
12,14,16,20,26	Potatoes						
10,12,14,16,20,26	Pumpkins						
12,14,16,20,26	Radishes						
12,14,16,20,26	Salad Mix						
12,14,16,20,26	Shallots						
12,14,16,20,26	Spinach						
10,12,14,16,20,21,26	Squash, Summer						
3,10,12,14,16,20,26	Squash, Hard						
12,14,16,20,21,26	Tomatillos						
3,10,12,14,16,20,21,26	Tomatoes, Mixed						
12,14,16,20,26	Tomatoes, Sun Dried						
12,14,16,20,26	Turnips						
10,12,14,16,20,24,26	Watermelon						
12,14,16,20,26	Yams						

Farm	Herbs	Jun	Jul	Aug	Sep	Oct	Nov
4	Lavender						
12,14,16,20	Herbs, mixed						

Farm	Fruit	Jun	Jul	Aug	Sep	Oct	Nov
14,20	Apples						
14,16,20,21,24,25	Apricots						
14,16,24	Asian Pears						
6,14,16	Dried Fruit						
3,14,16,20,25	Figs						
6,14,16,27	Grapes						
19	Lemons						
3,15	Mandarins						
16	Nectarines						
20	Olives, Green						
3,24,30	Oranges, Valencia						
14,16,21	Peaches						
14,20,25	Pears, Bartlett						
12,14,16,20,25	Persimmons						
14,20,24,25	Plums						
14,20,25	Pomegranates						

Farm	Nuts	Jun	Jul	Aug	Sep	Oct	Nov
2,13,14,18,20,22,27	Almonds						
2,13	Flavored Nuts						
20	Pecans						
20	Pistacios						
2,3,9,12,14,15,17,20,22,26	Walnuts						

Farm	Nursery Stock	Jun	Jul	Aug	Sep	Oct	Nov
5	California Natives						
5,20	Perennial Shrubs						
5	Herbs						

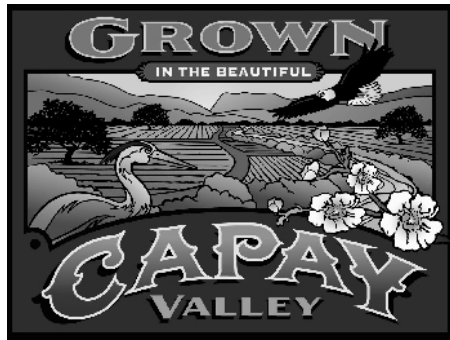
Farm	Ornamentals	Jun	Jul	Aug	Sep	Oct	Nov
14,16,20	Flowers						

Farm	Animal Products	Jun	Jul	Aug	Sep	Oct	Nov
11,29	Beef						
11	Bulls for Seed Stock						
13	Eggs						
14	Lamb						
10	Hay						
1,22	Honey						
1	Pollinating Bees						
30	Yarn, Alpaca						
14	Yarn, Wool						

Farm	Processed Products	Jun	Jul	Aug	Sep	Oct	Nov
4	Herbal Cosmetic Products						
16,21	Jams, Jellies & Syrups						
7,20,27	Olive Oil						
8	Wine						

Farm	Other	Jun	Jul	Aug	Sep	Oct	Nov
23	Cowsters						
3	Decorative Gourds						

Buy Capay Valley Grown



Capay Valley Grown, a producer partnership, is committed to preserving the land of the Capay Valley as a part of rural America and maintaining its renewable resources into the future. They are also supported by the Capay Valley Grown Business Partners. You can

support the preservation of the rural Capay Valley region by purchasing Capay Valley Grown products. Listed below are the current partners, many of which do direct sales through farm stands, internet sales, Community Supported Agriculture (CSA, weekly produce box delivery), and home delivery. For more information about our partners or to become a partner go to: www.capayvalleygrown.com or call 530-787-3353.

Where to Find Capay Valley Grown Products in Yolo County

Stores

- Cache Creek Mini-Mart, Brooks
- The Corner Store, Guinda
- Davis Food Co-op
- Hayes Feed, Woodland
- Nugget Market, Woodland and Davis
- Town & County Market, Winters

Farmers' Markets

- Capay Valley Regional Farmers' Market, Esparto
- Davis Farmers' Market
- Woodland Farmers' Market

Home Delivery

- Live Oak Farm

Farm Stands

- Capay Valley Vineyards (by appt.)
- The Corn Patch, Capay
- Full Belly Farm Stand, Guinda
- Hatanaka Hay Barn
- Manas Ranch Store, Esparto
- West Valley Alpacas Store (by appt.)

Community Supported Agriculture

- Fiddler's Green Farm
- Full Belly Farm
- Good Humus Produce
- Live Oak Farm
- Riverdog Farm

Contact our partners to find out more about getting their products.

CAPAY VALLEY GROWN FARM & RANCH PARTNERS

B-Z Bee Pollination, Inc.

Pollinating Bees & Honey (530) 787-3044; www.BZ-Bee.com

Bloom Ranch

Almonds, Walnuts, Pistachios, Mandarins, & Peaches (530) 796-3357; www.bloomranch.com

Blue Heron Farm/Dream Gourds

Organic Oranges, Walnuts, Tomatoes, Figs, & Decorative Gourds (530) 796-3799

Cache Creek Lavender

Fresh Cut Lavender & Lavender Products (530) 796-2239; www.cachecreeklavender.com

Cache Creek Nursery

Organic Vegetable Starts, California Natives, Perennial Shrubs, & Herbs (530) 796-3521; www.cachecreeknursery.com

Capay Canyon Ranch

Organic Red Flame Grapes (530) 662-2372

Capay Oaks Farms

Olive Oil (530) 796-2180; sandilutsko@comcast.net or ron@lutskoassociates.com

Capay Valley Vineyards

Wine (530) 796-4110; www.capayvalleyvineyards.com

Circle K Ranch: Walnuts (530) 796-2216

David Hatanaka Farming

Tomatoes, Cucumbers, Melons, Peppers, Squash, Onions, Pumpkins (530) 787-4970; For Hay call (530) 510-7548

CSA=Community Supported Agriculture

Double Bar O Angus Ranch

Grain-fed Beef & Bulls for Seed Stock (530) 787-3228; www.doublebaroangus.com

Fiddler's Green Farm

Farm Mixed Organic Produce, CSA (530) 796-2184

FreeHeart Farm

Almonds, Candied Almonds, & Eggs (530) 787-4444; www.freeheartfarm.com

Full Belly Farm

Mixed Organic Produce, Natural Wool, & CSA (530) 796-2214; www.fullbellyfarm.com

Gold Oak Ranch: Mandarins & Walnuts

Good Humus Produce

Mixed Organic Produce, Dried Fruit, Jams, Jellies, & CSA (530) 787-3187; www.goodhumus.com

Haag Farm

Walnuts (530) 787-3603; www.walnuts.us

III Docs Almond Ranch

Almonds (530) 796-4141

Lamb Valley Farm: Citrus

Live Oak Farm

Olive Oil, Mixed Organic Produce, CSA & Home Delivery in Esparto & the Capay Valley. (530) 796-4084

Manas Ranch

Peaches, Cherries & Apricots (530) 787-3228; www.manasranch.com

McDonald Orchards

Almonds, Walnuts, & Honey (530) 796-3821

Murphy Ranch

Natural Beef Cattle & Cowsters

The Old Green Go

Apricots, Plums, Asian Pears, Melons, Oranges (530) 796-3855

Oldani Family Farm

Oranges, Pistachios, Apricots, Plums, Figs, & Persimmons (530) 796-4143; coldani@yolo.com

Riverdog Farm

Mixed Organic Produce & CSA (530) 796-4100; www.riverdogfarm.com

Taber Ranch

Almonds & Olive Oil (530) 796-4983; www.taberranch.com

Taber Ranch Event Center

Event Center for Weddings, Reunions, or Gatherings (530) 908-2359; www.taberranch.com

TS Ranch: Beef Cattle (530) 796-3755

West Valley Alpacas

Alpacas & Alpacas Fiber, Oranges (530) 662-8630; www.westvalleyalpacas.com

Winter Creek Ranch

Organic Walnuts (530) 796-3723; www.wintercreekranch.com

BUSINESS PARTNERS

AgriForm (A division of The Tremont Group, Inc.)

Chemical Products and Farm Equipment Rental (530) 662-5442

Chamberlain Farms

Hay, Straw, & Holstein Heifers for Dairies (530) 662-2620

Community Medical Centers, Inc.,

Esparto Family Practice

Health & Medical Services for Capay Valley (530) 787-3435

InterState Oil Company

Wholesale Petroleum Product Distributor (530) 662-5481

Marin County Farmers' Market Association

Farmers' Market Management (415) 472-6100; www.marincountyfarmersmarkets.org

NAPA Auto Parts Woodland

Auto Parts and Parts for Farm Equipment (530) 666-0951

NAU Country Insurance-California Crop Insurance Services

Crop Insurance Service Support for Yolo Country Insurance Agents(530) 662-7466

Valley Hydraulics & Machine, Inc.

Equipment Repairs (530) 666-3646

Viking Propane, Inc.

Propane Company (530) 666-6996; www.vikingpropane.com

Wilbur Ellis Co, Roy Riegels Chemicals

Agricultural Chemicals and Supplements (530) 662-4182

Wilkinson International, Inc.

Tractors & Farm Equipment (530) 662-7373