



Long Beach Organic Inc.

Spring 2011 Newsletter

On the web: www.longbeachorganic.org

Long Beach Organic Inc. (LBO) is a non-profit organization founded in 1994 and dedicated to promoting sustainable organic gardening practices and local food production in an urban environment.

The six community garden spaces currently operated by Long Beach Organic are located throughout the city. Members pay annual dues and participate in regular work days to improve the grounds. All gardening is organic.

LBO's future goals include establishing additional garden spaces around the city, as well as expanding membership, outreach activities and donor opportunities.

To get involved, contact LBO at (562) 438-9000 or info@longbeachorganic.org.

LBO Board of Directors

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In With The Old, In With The New

After an unseasonably cold winter, Spring has arrived in full force with the promise of renewal. LBO is busy this spring with two exciting projects: the birth of a new garden, and the rebirth of an older one.

The Pacific & Sixth Community Garden is one of the first spaces LBO created and after 10 years it was time for some refurbishment. We were

approached by Loara Cadavona of the Pacific Avenue Task Force with the concept of adding sculptural elements to the fence to complement the original mural and rebuilding the beds for the gardeners. The project was designed by architect Pedro Costa. This was part of a Neighborhood Improvement Grant that Loara and Pedro put together; all LBO had to do was say "Yes!"

Loara says, "The garden revitalization project is truly a collaboration among residents, property owners, the City of Long Beach, area organizations, and Long Beach Organic. Revitalizing the garden has reactivated an otherwise overlooked corner of Downtown. The Pacific Avenue Task Force is excited by the renewed interest in community gardening among residents who live along and adjacent to the Pacific Avenue corridor."

Way to the north, we have broken ground on our newest project, the Top of the Town



Community Garden. Located in the front yard of Lynette and Bill Tholkes, who also own the adjacent horse stables, the garden is hidden from the traffic on Atlantic Blvd. and the Artesia Freeway nearby. The soil, after

years of manuring, is a wonder.

What would possess someone to let two dozen gardeners loose on their property? Lynette puts it simply, "Why waste the land when it could be used to grow food for the community?" Though we only have nine gardeners so far, the first spring shoots are showing and the Top of the Town Community Garden promises to be an oasis in an otherwise dense area of North Long Beach.

Other Recent Additions:

Along with new and revitalized gardens, LBO welcomes community activist PG Herman, a long time behind-the-scenes supporter of our gardens, into the formal volunteer position of Community Liaison. She has already been instrumental in much of LBO's recent garden growth



Herman



Cullen

Also lending his talents to our organization as photographer is Will Cullen. See his work in this article, and look forward to some stunning



representations of our gardens and members on the website and in our future publications.

Donors List:

- We wish to thank those who have recently donated time, talent or treasure to LBO:
- Robin Rehmet, for accounting services
 - Paramount Petroleum, for a pledge of tools for Top of the Town
 - Adriana Martinez, for conducting classes at St. Luke's
 - Greg Malm of L&L Distribution, for shade cloth, tools and fertilizers
 - Fab Metal Shop, for a steep discount on signage
 - Cliff Phillips, for leading the building of a chicken coop at South 40
 - John Atwater of South 40, for indefatigable compost production.
 - Dawn Geary, for starring in our video entry to the DeLoach contest

Wish List:

- All donations to LBO are tax-deductible.
- Garden tools (shovels, pitchforks, spading forks, rakes, hoes, etc.)
 - Rototiller
 - Small tractor
 - Storage unit
 - Wood for raised beds
 - Fencing
 - Laptop
 - Appropriate software (including operating system, office-type programs, etc.)
 - Printer
 - Cash donations of any size



Save the Date: June 26 *Garden Tour and Wine Tasting*

LBO is organizing a bus tour of our gardens with a sampling of organic wines.

What a fun fundraiser!
Details to be announced.

We're Winning!

LBO's video is leading the pack in the DeLoach Vineyard's Community Garden Contest, but we have a long way to go until the voting ends on August 1.

Go to: www.deloachcommunitygardens.com then click on the photo of Rumi and Mayu to see our video and vote for LBO to receive thousands of dollars in grant funds. You can vote daily!



Sage Advice by Ken Yliniemi

Native to northern Mediterranean coastal areas, sage (*Salvia officinalis*), is widely cultivated in North America and raised commercially in the Pacific Northwest.

A hardy perennial in the mint family, sage has square, down-covered stems and grayish-green leaves with a pebbled, velvety texture. Fresh sage has a strong, bitter lemon taste; dried sage is somewhat less lemony.

Grown from seed, sage germinates quickly indoors. Transplant in spring when seedlings reach 3 inches tall. Once established it is hardy and will grow in most soil types as long as it has plenty of sun for most of the day and does not become too moist—it prefers to be too dry than too wet. Sage is an evergreen perennial shrub with spikes of blue and purple flowers. Although there are over 750 different varieties, most commonly used is the popular grayish-green for culinary purposes.

Prune established sage plants well in the spring and replace them every three years. Frequent harvesting and pruning helps to reinvigorate sage plants. Mature plants will reach 10 to 24 inches in height and up to 12 inches in diameter. Be sure to allow plenty of spacing between plants for good air circulation. In the garden sage makes a nice accent border and is a spectacular backdrop for flowers. You can also find variegated varieties and deep purple varieties to use as accent plants in the garden with the same fresh flavor of the grayish-green sage.

Harvest and Use

Sage leaves can be harvested from well established plants before blooming. They can be used fresh or dried in a well ventilated room on screens. They should be stored away from light in an air-tight container for use dried.

Sage goes well with many meats and poultry and is a staple in many dressings and stuffings. It can also be used to make teas and has varied medicinal properties, from treating sore throats to headaches. Native Americans used sage principally as a medicine and in spiritual ceremonies. The oil has antiseptic properties that some people over the years have found useful for treating cuts and mouth irritations.



Garden Space Available!

Our three North Long Beach locations have plots available:

Grace Park Garden
South 40 Garden
Top of the Town Garden

Contact Joe at joe@longbeachorganic.org to start your garden plot.

LBO in the Press

Check the front page of LongBeachOrganic.org for recent coverage. If you see any info about LBO in the press be sure to cut out a copy for us or forward the link to us at info@longbeachorganic.org so we can include it on our webpage.

Cooking from the Garden by Joe Corso

FRESH SAGE FOCACCIA

Adapted from Moosewood Collective. (The original recipe calls for rosemary, which is also good.)

This rustic, fragrant flatbread is a delight to the senses. If you are new to yeast baking, focaccia is a simple introduction. An electric mixer with a hook attachment makes short work of the dough, but it is also easy to knead by hand.

3 Tbsp. chopped fresh sage
1 cup boiling water
1 packet (2 tsp.) dry yeast
1 tsp. sugar
1¼ cup whole wheat flour
1¼ cup unbleached white flour
1 tsp. table salt
3 Tbsp. olive oil, divided
3-4 sage sprigs
1 tsp. coarse sea salt
Olive oil and balsamic vinegar, for serving

Place the chopped sage in a mixing bowl or the bowl of an electric mixer and pour the boiling water over it. Let steep until tepid, then stir in the yeast and sugar and let sit until foamy.

Stir in the whole wheat flour and enough of the white flour to make a soft dough. Add 1 tsp. table salt and 1 Tbsp. olive oil. Knead in the mixer, using a dough hook, until dough is smooth and elastic, about four minutes. Alternatively, knead by hand on a lightly floured surface for about eight minutes. Add as little flour as possible—the dough should stay moist and slightly sticky.

Place dough in an oiled bowl, turning to coat, and cover with plastic wrap. Let rise to over double its original volume, about one-and-a-half hours.

Turn dough out onto a floured surface and roll or stretch, like a pizza, into a 12-inch round. Transfer to an oiled baking sheet or pizza pan. Cover with plastic and let rise again until puffed up, about 45 minutes. Meanwhile, preheat oven to 375° F.

Spread 2 Tbsp. olive oil over dough. With two fingers, poke depressions all over the surface about 2 inches apart. Brush the sage sprigs across the surface to coat the leaves with oil; arrange decoratively on top. Sprinkle the surface with the coarse sea salt.

Bake until golden, about 25 minutes. Serve with olive oil and balsamic vinegar for dipping.

