



## Healthy Food for Everyone

REGIONAL	SOURCE	RESOURCE
<u>GARDENING IN SONOMA COUNTY</u>		
Monthly Planting Info	Health Action, Sonoma County Dept. of Health	<a href="http://www.igrowsonoma.org/">http://www.igrowsonoma.org/</a>
Monthly Newsletter	Master Gardeners of Sonoma County	<a href="http://ucanr.edu/sites/scmg/">http://ucanr.edu/sites/scmg/</a>
	Daily Acts	<a href="http://www.dailyacts.org/">http://www.dailyacts.org/</a>
Recommended Plants for Sonoma County	Master Gardeners of Sonoma County	<a href="http://sonomamg.ucanr.edu/Plants_for_Sonoma_County/Recommended_Plants_for_Sonoma_County/">http://sonomamg.ucanr.edu/Plants_for_Sonoma_County/Recommended_Plants_for_Sonoma_County/</a>
<b>GARDENING IN GROUPS</b>		
<u>COMMUNITY GARDENS</u>		
Sonoma Community Gardens	Sonoma County Community Garden Association	<a href="http://www.communitygardensonoma.org/">http://www.communitygardensonoma.org/</a>
Community Gardens	American Community Garden Association	<a href="http://www.communitygarden.org/">http://www.communitygarden.org/</a>
<u>SCHOOL GARDENS</u>		
School Gardens	Sonoma County School Garden Network	<a href="http://schoolgardens.org/">http://schoolgardens.org/</a>

THEME		
<u>SEASONAL GROWING</u>		
Year-Round Growing Guide	Health Action, Sonoma County Dept. of Health	<a href="http://www.igrowsonoma.org/wp-content/uploads/2015/08/Year-Round_Growing_Guide.pdf">http://www.igrowsonoma.org/wp-content/uploads/2015/08/Year-Round_Growing_Guide.pdf</a>
Vegetable Planting Summary Guide	University of California, Agriculture and Natural Resources	<a href="https://ucanr.edu/sites/scmg/files/30787.pdf">https://ucanr.edu/sites/scmg/files/30787.pdf</a>
First and Last Average Frost Date for Sonoma County	University of California, Agriculture and Natural Resources	<a href="http://sonomamg.ucanr.edu/files/272994.pdf">http://sonomamg.ucanr.edu/files/272994.pdf</a> Approximate Frost Dates by County: <a href="https://ucanr.edu/sites/gardenweb/files/29030.pdf">https://ucanr.edu/sites/gardenweb/files/29030.pdf</a>
Gardener's CheckList for Spring, Summer, Fall, and Winter	University of California, Agriculture and Natural Resources	Spring: <a href="http://marinmg.ucanr.edu/Our_Projects/Leaflet/Gardeners_checklist_for_spring/">http://marinmg.ucanr.edu/Our_Projects/Leaflet/Gardeners_checklist_for_spring/</a> Summer: <a href="http://marinmg.ucanr.edu/Our_Projects/Leaflet/Gardeners_checklist_for_summer/">http://marinmg.ucanr.edu/Our_Projects/Leaflet/Gardeners_checklist_for_summer/</a> Fall: <a href="http://marinmg.ucanr.edu/Our_Projects/Leaflet/Gardeners_Checklist_for_Fall/">http://marinmg.ucanr.edu/Our_Projects/Leaflet/Gardeners_Checklist_for_Fall/</a> Winter: <a href="http://marinmg.ucanr.edu/Our_Projects/Leaflet/Gardeners_Checklist_for_Winter/">http://marinmg.ucanr.edu/Our_Projects/Leaflet/Gardeners_Checklist_for_Winter/</a>
<u>SEEDS</u>		
Six Tips for Saving Seed	Seed Matters and Seed Savers Exchange	<a href="https://herrickdl.org/sites/default/files/documents/six_tips_for_saving_seed.pdf">https://herrickdl.org/sites/default/files/documents/six_tips_for_saving_seed.pdf</a>
Seed Saving Chart	Seed Matters	<a href="https://fortbragglibrary.org/wp-content/uploads/2017/04/Seed-Saving-Chart.jpg">https://fortbragglibrary.org/wp-content/uploads/2017/04/Seed-Saving-Chart.jpg</a>
Monsanto Free Seed Companies	Organic Authority	<a href="https://www.organicauthority.com/live-grow/5-non-gmo-seed-companies-to-plant-in-your-monsanto-free-garden">https://www.organicauthority.com/live-grow/5-non-gmo-seed-companies-to-plant-in-your-monsanto-free-garden</a>

<u>SOIL</u>		
Soil Solarization- A Nonpesticidal Method for Controlling Diseases, Nematodes, and Weeds	University of California, Vegetable Research and Information Center	<a href="https://anrcatalog.ucanr.edu/pdf/21377.pdf">https://anrcatalog.ucanr.edu/pdf/21377.pdf</a>
Soil Solarization for Gardens and Landscapes	University of California, Integrated Pest Management	<a href="http://ipm.ucanr.edu/PDF/PESTNOTES/pnsoilsolarization.pdf">http://ipm.ucanr.edu/PDF/PESTNOTES/pnsoilsolarization.pdf</a>
Soil Temp Conditions for Veg Seed Germination	University of California, Agriculture and Natural Resources	<a href="http://sacmg.ucanr.edu/files/164220.pdf">http://sacmg.ucanr.edu/files/164220.pdf</a>
Easy Do-It-Yourself Soil Test	University of Washington, Master Gardener Program	<a href="https://s3.wp.wsu.edu/uploads/sites/2076/2018/04/C221-DIY-Soil-Tests.pdf">https://s3.wp.wsu.edu/uploads/sites/2076/2018/04/C221-DIY-Soil-Tests.pdf</a>
How to Take a Soil Sample	University of Hawai'i at Manoa, Soil and Crop Management	<a href="https://www.ctahr.hawaii.edu/oc/freepubs/pdf/SCM-9.pdf">https://www.ctahr.hawaii.edu/oc/freepubs/pdf/SCM-9.pdf</a>
<u>SPRINKLERS</u>		
How to Estimate the Rate of Application for Drip and Sprinkler Systems	Salinas Valley Agriculture	<a href="https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=25303">https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=25303</a>
<u>COMPOSTING/ WEEDING</u>		
Compost Tea	Petaluma Bounty	<a href="#">Compost Tea Recipe</a>

Vinegar Instructions for Crabgrass	Olympia Washington Public Works	<a href="http://olympiawa.gov/city-utilities/drinking-water/~/_media/Files/PublicWorks/Water-Resources/Vinegar_Instructions_V4.ashx">http://olympiawa.gov/city-utilities/drinking-water/~/_media/Files/PublicWorks/Water-Resources/Vinegar_Instructions_V4.ashx</a>
<b><u>SHADE</u></b>		
Seed Gardens	Home Garden Seed Association	<a href="http://www.ezfromseed.org/articles/shade.htm">http://www.ezfromseed.org/articles/shade.htm</a>
Best Shade Tolerant Vegetables	Mother Earth News	<a href="https://www.motherearthnews.com/organic-gardening/shade-tolerant-vegetables-zm0z11zsto">https://www.motherearthnews.com/organic-gardening/shade-tolerant-vegetables-zm0z11zsto</a>
<b><u>STORING FOOD</u></b>		
Preserving fruit Juices	Oregon State University	<a href="https://extension.oregonstate.edu/sites/default/files/documents/8836/sp50455preservingfruitjuicesapplecider.pdf">https://extension.oregonstate.edu/sites/default/files/documents/8836/sp50455preservingfruitjuicesapplecider.pdf</a>
Storing Fruits & Vegetables	Ecology Center	<a href="https://ecologycenter.org/wp-content/uploads/2013/06/Veggie.Storage.pdf">https://ecologycenter.org/wp-content/uploads/2013/06/Veggie.Storage.pdf</a>
Food Storage Guide	Stop Food Waste	<a href="http://stopfoodwaste.org/media/resources/StopFoodWaste_StorageGuide_20180723.pdf">http://stopfoodwaste.org/media/resources/StopFoodWaste_StorageGuide_20180723.pdf</a>
<b>LARGER SCALE</b>		
<b><u>GLEANNING/ORC HARD</u></b>		
Gleaning Resources	Village Harvest	<a href="http://www.villageharvest.org/resources">http://www.villageharvest.org/resources</a>
Fruit Thinning: Thinning Young Fruit Trees	University of California, Agriculture and Natural Resources	<a href="https://anrcatalog.ucanr.edu/pdf/8047.pdf">https://anrcatalog.ucanr.edu/pdf/8047.pdf</a>
<b><u>OVERALL VEGETABLE GROWING</u></b>		
Information on	University of	<a href="http://cagardenweb.ucanr.edu/Vegetables/">http://cagardenweb.ucanr.edu/Vegetables/</a>

Growing Vegetable	California, California Garden Web	
Starting a Small Farm	Cornell Small Farms Program	<a href="https://smallfarmcourses.com/?fbclid=IwAR3vvgs3LNfqm49jaQKQLAWcEsmA6Y9n52o00DhI2f38SXYOKysMyuPTSE4">https://smallfarmcourses.com/?fbclid=IwAR3vvgs3LNfqm49jaQKQLAWcEsmA6Y9n52o00DhI2f38SXYOKysMyuPTSE4</a>
Farmer to Farmer Learning Materials	Food First, Farmer to Farmer	<a href="https://foodfirst.org/farmer-to-farmer-learning-materials-for-agroecology/">https://foodfirst.org/farmer-to-farmer-learning-materials-for-agroecology/</a>
Tomato Foliage Problems	Missouri Botanical Garden	<a href="http://www.missouribotanicalgarden.org/Portals/0/Gardening/Gardening%20Help/Visual%20Guides/Tomato%20Foliage%20Problems.pdf">http://www.missouribotanicalgarden.org/Portals/0/Gardening/Gardening%20Help/Visual%20Guides/Tomato%20Foliage%20Problems.pdf</a>