Introduction

We at the UC Gill Tract Community Farm (UCGTCF) are very pleased to present to our broad base of volunteers, supporters and other stakeholders the May 2015-April 2017 Biennial Report.

Established in 2014, the UCGTCF is a collaborative project of the University of California Berkeley (UCB) and members of surrounding communities, committed to food justice and urban farming. We are representative of the expanding urban agriculture and sustainable food system movement that aims to develop solutions to social, environmental and economic injustices.

We welcome all people who share our mission, vision and values to join us and work to create a more healthy, just, and sustainable world. We are located at the intersection of Marin and San Pablo Avenues in Albany, CA.

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Layout: Angela Mimica.
Thanks to all the members who contributed valuable time processing data, gathering information, and sharing pictures to make this publication possible.
Message From Our farm Manager

Dear Friends and Neighbors,

The past two years have seen amazing progress at the Farm. The Farm is flourishing like never before. The steady addition of compost, judicious placement of beneficial plants and fine-tuning of our irrigation system have created bigger and better harvests. Every day I see more worms, a sure sign of success!

Our connections with the surrounding schools and community are bearing fruit as well. More youth and school groups are discovering the magic of a beautiful thriving farm right in the middle of a city. We have had regular visits from preschools, elementary schools, and the past two years we were also blessed with some incredibly hard workers from Albany High School’s EDSET program. These students really impressed me with their intelligence, maturity, and their commitment to environmental concerns. (There will be a new crop of Albany High Schoolers in the fall!) As always, it is a pleasure to mentor Urban Adamah interns, from the neighboring urban farm down the street who are always an enthusiastic group eager to learn the ins and outs of urban farming.

Also worthy of note has been the institution of the Agroecology Fellows program. This year brought seven bright, energetic UC Berkeley students whose vitality and idealism helped to lift our spirits and bring some needed assistance. We look forward to a new group of fellows beginning in the fall.

In the past two years, not only young people were getting their hands in the soil, but also adult groups like the industrious employees from Annie’s who performed two service days at the Farm.

I would be remiss if I did not acknowledge the very dedicated group of community member volunteers without whom none of this would be possible. These smart, reliable, gifted folks give of their time and energy to help manage budgets, improve farm infrastructure, develop new composting techniques, seed, host, harvest, run the Farm stand, plan events, design and maintain the unique Medicinal Herb Garden and biomass beds, lead workshops, and of course farm. They are always there to back me up whenever I need extra leads to run different activities because a group of 100 volunteers has just shown up! Tina Wistrom and the entire greenhouse staff deserve our special thanks for their guidance and willingness to jump in and problem solve or provide support.

Jennifer Sowerwine has helped immensely in innumerable ways. By providing access to funds from the Beginning Farmer and Rancher Project, she has ensured the success of both our Harvest Festivals and Earth Day Celebrations as well as enriched our farm’s soil with organic compost.

As we look ahead to the coming year, we are setting our sights on creating more organized farmer trainings to accommodate the growing need for younger farmers coming into the field. We are also hoping that with increased funding the Native American Foodways project can be launched. And as always, we are aspire to increase our production and reach more people who can come and enjoy this unique urban treasure.

I encourage you all to come down to the Farm. Don’t forget: It’s your farm!

-Jon Hoffman, Farm Manager
Mission, Vision, Values: Moving towards a reimagined food system

Our long-term goal is to establish a vibrant community-managed food system centered on agroecological farming practices while implementing the principles of food justice. This includes people exercising their rights to grow, distribute and eat food that is fresh, nutritious, affordable and culturally appropriate with care for the well-being of the land and the workers. We see UCGTCF serving as a model for community-based research and the implementation of collaborative ideas.

Our shared governance structure and programming aim to promote community resilience. We are transmitting knowledge about growing and preparing healthy food to increase the consumption of locally grown produce. We develop and test models of equitable and affordable food distribution. We are building relationships with other food justice organizations and providing forums and opportunities for popular education. We make recommendations for food and land policies that encourage the expansion of urban lands under production.

Farm Structure and Governance

The UCGTCF operates through a decentralized governance structure consisting of Working Groups, the Stewardship Assembly, and the Stewardship Council, which collectively allow for broad participation in decision-making. We welcome all volunteers to contribute to the governance of the Farm. Active members include UC Berkeley faculty, students and staff, UC Cooperative Extension, community members, thought-leaders, policy makers and community activists from the Bay Area.

The Working Groups (WG) carry out day-to-day and task-based operations and generate new ideas and proposals for future programming. The current WGs include Farm Management, Fundraising, Communications, Outreach, Education and Events, Research, and the recently started Anti-Oppression. This new working group tackles problems of racism, sexism, and classism in our community; it promotes and initiates our conflict resolution process; and discusses how our Farm leadership can become more representative and inclusive of the diverse communities of the East Bay.

The Stewardship Assembly is the biggest single gathering of people committed to the Farm and its mission/vision. It consists of approximately 50 people from the community, students, and university representatives, who are actively involved in the Farm’s functioning and activities. The assembly meets four times per year and reviews the work of all groups contributing to the Farm. This body formally decides on all proposed changes to the Farm’s structure, decision-making procedures, and mission/vision/values.

The Stewardship Council is selected by the Assembly and represents the diversity of interests in the UCGTCF. It meets monthly to discuss policy and strategy for farm operations and evaluates proposals developed by WGs. Accepted proposals are then brought to the Assembly for discussion and potential ratification.

The success of the Farm has been facilitated through all stakeholders abiding by this operational plan. As we continue to grow and evolve, we are open to making adjustments as needed.
An Oasis in the City: Why an urban farm?

We are proud of our small urban farm that snugly fits into one of the busiest corners of the East Bay. Surrounded by schools, businesses, and even some big box stores, the Farm’s placement amidst the hustle and bustle has great significance as we consider the future. By 2050, some two-thirds of the world’s population will be living in cities with a projected population worldwide of 9 billion. As a result of this population surge there will be a need to increase food productivity by 70%, (United Nations 2014). How are we all going to have enough to eat?

The solution does not lie in our current industrialized, delocalized food system that is fraught with problems:

- Depleted soils from mono-cropping have led to the increased use of chemical fertilizers and pesticides. These agents disrupt fragile ecosystems and negatively affect our health (Eskenazi, Bradman, Castorina 1999).
- Industrial food production is extremely resource intensive. U.S. food production consumes 10 percent of the total U.S. energy budget, uses 50 percent of U.S. land, and 80 percent of all freshwater consumed in the United States (Gunders 2012).
- The distribution of food, at present, is wasteful. Currently, according to the Worldwatch Institute, the average supermarket food travels 1500 miles to its destination, which undermines local food economies and contributes to greenhouse emissions (Halwell 2002).
- The packaging of food is environmentally unfriendly and about 60% of this discard ends up in a landfill to rot and generate methane, a greenhouse gas 21 times more potent than CO2 (Princeton University 2014).
- Food distribution is also inequitable. In the U.S. alone, there are 50 million people who are food insecure, that is, they lack access to healthy, reasonably-priced food, and 32.4% of them are children (Coleman-Jensen et al. 2015).
- Nutritious food is becoming less affordable, Food prices have gone up 83% just in the last 7 years. (United States Dept. of Agriculture 2017).

A viable alternative to how we produce and distribute food is to use green spaces, empty lots, lawns, and rooftops to create urban farms. These smaller scale food-producing hubs can also provide opportunities for local residents to experiment with green energy, waste management, and water conservation alternatives, as well as incubate new businesses, and support information exchange.

While urban farms may not be able to supply all of our future food needs, these green growing spaces provide opportunities for food system education and healthy living, and have the capacity to increase the resiliency of our food system and self-sufficiency of our communities.

Urban farms can not only increase access to fresh fruits and vegetables, but they can also:

- Cut food and transportation costs.
- Substantially reduce health care costs from heart disease, diabetes, and other chronic illnesses.
- Provide opportunities for healthy exercise.
- Add jobs and recreational activities for neighbors.
- Build community cohesiveness as well as reduce criminal activity (Garvin, Cannuscio, Branas 2012).
- Beautify our cityscape and help mitigate some of the effects of global warming by sequestering carbon and cooling off our cities (Wolf 2015).
- Provide hands-on educational opportunities for students. As young students engage with growing their own food, they are more likely to eat healthfully.
- Allow local stake holders to have a voice in the production and distribution of their food.
Agroecology: How do we farm at the Gill Tract?

As we look to the future, we can see that urban farms have many advantages, but what is also of paramount importance is whether the method of farming is a restorative one. For that reason, we employ agroecological farming methods at the Gill Tract.

Agroecology looks at how one can apply the principles of nature for the design and management of sustainable agriculture. While it is scientifically-based, much of agroecological theory is derived from observations and experiences of traditional farmers. Their centuries-old wisdom can help enhance our understanding of how to manage many of the challenges that agricultural systems face. Agroecology seeks to create productive and resilient food systems that can mitigate many of the destructive effects on the air, water, soil, climate, wildlife and also have the capacity to bounce back from unforeseeable disasters, such as drought or flooding. Some of the principles of agroecology are: recycling biomass, building soil with high organic matter, minimizing resource losses, diversifying species and genetics, and creating beneficial biological interactions (Altieri 2017).

Some of the ways we are incorporating these agroecological principles into our farming practices:

**No-Till farm:**
To maintain soil structure and avoid disturbing microbial and beneficial organisms, we use only a broad fork in bed preparation. One of our volunteers recently constructed two wooden forms to assist people in creating beds with uniform dimensions.

**Composting:**
For soil enrichment, we make our own compost composed of green matter as well as branches and manure that we regularly check with a thermometer to keep tabs on level of microbial activity. Roaming urban wildlife has necessitated that we devise covers for our compost which have proven effective.

**Companion planting/Intercropping:**
This practice helps bring in beneficial insects, allows for continuous production, attracts pollinators, and provides nutrient and other positive exchanges between plants. We have shifted to having only two alternating crops and one or two beneficial plants per bed for ease in setting up ideal conditions for each plant grouping.

**Keep soil covered:**
To minimize resource loss, we add straw to our beds, especially during the hotter times of the year and leave plant roots in the ground to decompose and add nutrients to the soil. This cover assists with erosion control, maintains moisture, provides habitat for ground insects, and supports vigorous microbial life.

**Hedgerows:**
We are in the process of establishing hedgerows throughout the Farm to not only combat pests, but also to add moisture, reduce wind, promote beneficial insects, and balance temperatures.

"Without compost, we literally wouldn't be here. In fact, there would be no life on earth without our microscopic friends the bacteria and fungus transforming dead matter into useful topsoil and new life. A dozen volunteers, working with gazillions of bacteria, fungi, worms and sow bugs, convert our old plants to new topsoil to grow the next nutritious generation of food." - Robert Flasher, Volunteer and Compost Manager

**Photo credits:** Melisa M, Circle K, Jo Hoffman, Brenly Stapley, Angela Mimica
Farm Operations and Infrastructure Improvements

In the last two years, we have made significant improvements in both the operation and infrastructure of the Farm. Through a technology grant, we acquired a laptop computer for improved record keeping, a farm phone, and the hardware to conduct video conferencing — so people who cannot attend meetings in person can participate. Our composting area has expanded to include bins as well as piles; this has increased our ability to produce more nutrient-rich organic matter for our planting beds.

We now have an on-site office and library and a portable restroom approved by the American with Disabilities Act (ADA), which is much closer to the work area than the permanent restroom. Recently, we completed the installation of sheet metal awnings over our reception/harvest processing areas and for the front of our new office.

We have built an area where our plant starts from the greenhouse at the Oxford Tract can ‘harden’ (acclimate to the conditions of our planting field) before transplantation.

Members of the Indigenous community created a sacred circle where the Full Moon Ceremonies take place.

Our Ladybug Patch - the children’s garden - is constantly evolving, and has frequent visits by children groups. Through the work of Five Creeks Studio and participants at farm workdays, cobb and shade structures have been created and new plantings begun.

An ongoing experiment is proceeding in the bio-mass beds in the northeast area of the field. Here we are applying hugelkultur/permaculture principles (agriculture and social design principles centered around simulating or directly utilizing the patterns and features of natural ecosystems) to grow annuals and perennials.

Our Medicinal Herb Garden continues to expand: it is now fully irrigated, has 60 wine barrels for larger plants, 2 new benches for herb starts, a seminar area, and a map table.

*Above:* Eric, Flash, and Paul working hard installing the new shed and doing roof improvements.

*Middle:* Members from 5 Creeks Preschool preparing mud for the construction of new structures.

*Bottom:* Flash showing the growing number of compost piles.
What Did We Grow?

Over the last two years, we have harvested a total of 24,376 lbs. of produce, from a wide variety of crops! Following the natural annual cycle, our peaks of production are between summer and fall, with an average of 1,600 lbs. monthly between June and October.

We are constantly addressing the question of how to improve our productivity within the context of our educational mission. Since we do not use any mechanization on the Farm, we depend on people power – and mostly volunteers – to handle all operations. We are considering trials of different bed preparation and mulching strategies to reduce labor time but maintain or increase our crop yields.

A Diversified Field

Diversity is very important not only in our diet so we get all the nutrients that our body needs, but on the Farm as an entire agroecosystem. Agrodiverse systems have proven to be more resilient to extreme climate events and pests, and more economically sustainable (Silici 2014).

We are proud to say that we are currently growing a total of 90 varieties of vegetables!

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### Our total annual yields:

<table>
<thead>
<tr>
<th></th>
<th>2015-2016</th>
<th>2016-2017</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>In 2015 - 2016</strong></td>
<td><strong>11,533 lbs.</strong></td>
<td><strong>12,843 lbs.</strong></td>
</tr>
<tr>
<td><strong>In 2016 - 2017</strong></td>
<td><strong>12,843 lbs.</strong></td>
<td><strong>12,843 lbs.</strong></td>
</tr>
</tbody>
</table>

#### Total yields by month in the last two years

<table>
<thead>
<tr>
<th>Month</th>
<th>2015-2016</th>
<th>2016-2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>April</td>
<td>1,076</td>
<td>1,054</td>
</tr>
<tr>
<td>May</td>
<td>384</td>
<td>1,104</td>
</tr>
<tr>
<td>June</td>
<td>518</td>
<td>1,158</td>
</tr>
<tr>
<td>July</td>
<td>364</td>
<td>1,731</td>
</tr>
<tr>
<td>August</td>
<td>293</td>
<td>1,788</td>
</tr>
<tr>
<td>September</td>
<td>435</td>
<td>1,980</td>
</tr>
<tr>
<td>October</td>
<td>364</td>
<td>1,830</td>
</tr>
<tr>
<td>November</td>
<td>605</td>
<td>2,074</td>
</tr>
<tr>
<td>December</td>
<td>598</td>
<td>702</td>
</tr>
</tbody>
</table>

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Our Farm Stand

Every Sunday, rain or shine, from 3-5 pm., several stalwart volunteers station themselves in front of the Farm on San Pablo and Marin Avenues. The familiar white canopy shading the abundant harvest draws in about 40 or so people weekly who stop at our “pay-what-you-can” farm stand. Since we began the Farm stand back in 2014, the clientele has grown from a few curious passersby to a steady flow of customers. The donation-based farm stand is one of the ways we demonstrate a local solution to food distribution inequities as we offer healthy, organic food to whomever comes to the stand, regardless of their ability to donate. Besides providing fresh vegetables, this Sunday afternoon tradition affords an opportunity to inspire new volunteers, bring together neighbors, and share our vision of food, economic, and social justice and environmentally-sound farming. Ultimately, we hope that this model will spread and will help shift policies on not only a local, but also a national and international level.
Nurturing Justice: Where does our produce go?

All the Farm produce is distributed to the local community. While donations are accepted at the Farm stand, the remaining harvested produce is provided to the community at no cost. Volunteers take home fresh produce, and in its second and third years the Farm donated produce to more than 30 organizations representing faith-based non-profits supporting food insecure people, youth groups, student groups, UC Village residents, and food pantries.

### Produce Distribution (May 2015-April 2017)

<table>
<thead>
<tr>
<th>Destination</th>
<th>Total produce</th>
</tr>
</thead>
<tbody>
<tr>
<td>Farm Stand</td>
<td>11,068.19 lbs.</td>
</tr>
<tr>
<td>Volunteers</td>
<td>7,748.63 lbs.</td>
</tr>
<tr>
<td>Harriet Tubman Terrace</td>
<td>1,136.66 lbs.</td>
</tr>
<tr>
<td>Berkeley Food Pantry</td>
<td>675.06 lbs.</td>
</tr>
<tr>
<td>Lifelong Medical Care</td>
<td>631.96 lbs.</td>
</tr>
<tr>
<td>Women’s Daytime Drop-in Center in Berkeley</td>
<td>501.12 lbs.</td>
</tr>
<tr>
<td>Urban Adamah</td>
<td>400.13 lbs.</td>
</tr>
<tr>
<td>UCB Food Pantry and Students Events</td>
<td>434.94 lbs.</td>
</tr>
<tr>
<td>Jewish Community Center After School Program</td>
<td>324.93 lbs.</td>
</tr>
<tr>
<td>Center for Neuro Skills</td>
<td>219.54 lbs.</td>
</tr>
<tr>
<td>Soil not Oil</td>
<td>204.99 lbs.</td>
</tr>
<tr>
<td>University Village Residents Association</td>
<td>158.68 lbs.</td>
</tr>
<tr>
<td>Consider the Homeless!</td>
<td>144.80 lbs.</td>
</tr>
<tr>
<td>Berkeley Women’s Shelter</td>
<td>141.90 lbs.</td>
</tr>
<tr>
<td>Daily Bread</td>
<td>116.60 lbs.</td>
</tr>
<tr>
<td>Mandala Marketplace</td>
<td>68.75 lbs.</td>
</tr>
<tr>
<td>Women’s Center</td>
<td>64.49 lbs.</td>
</tr>
<tr>
<td>Other organizations*</td>
<td>334.64 lbs.</td>
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</tbody>
</table>

*People’s Egg Collective, Hormigas Organicas, Bay Area Rescue Mission, Phat Beets, West Oakland Women’s Health Clinic, Self-Help Hunger Program, Simbio Table, South Berkeley Community Church, Nor Cal Resilience, Five Creeks Preschool, Potala, Good Shepherd Church, and many others!

Addressing Food Insecurity on Campus

In a 2015 study conducted by the University of California, 42% of UC students reported experiencing food insecurity in the past 12 months (Martinez et al. 2016). Food insecurity can encompass a number of experiences—from a poor quality diet that lacks variety, to a diet with irregular eating patterns and reduced food consumption. The study found that 19% of the respondents experienced very low food security, (defined by the USDA as reduced food intake at times due to limited resources) and 23% experienced low food security (defined as reduced quality, variety or desirability of diet).

In response to this, UC Berkeley established a Basic Needs Security Committee of students, staff, faculty, administration and community members to work to end hunger, malnourishment and homelessness on our campus. This work has included the initiation of a campus food pantry and cooking, nutrition, financial and gardening skills building programs. We at the UCGTCF are proud to be a part of the solution. For the past two years, we have partnered with UC Berkeley’s Basic Needs Security Committee to deliver fresh produce to the UCB Student Food Pantry and provide students with a variety of opportunities to engage in urban agriculture and learn basic gardening skills. To date, we have provided over 430 pounds of our fresh farm produce to nourish the bodies and minds of our student population. We look forward to expanding our deliveries in the coming years.
**Nourishing Health:**

**Medicinal Herb Garden**

The Medicinal Herb Garden (MHG) with its beauty and uniqueness enchants people of all ages. Children love to meander through the array of fantastic plants that they have never seen before. Here they find herbs that can be smelled and tasted. Their sensory experience establishes an experiential connection with the flavors they recognize in their foods and also with the natural world.

Adults, too, feel drawn to wander among the herbs. Many are delighted to find their own ethnicities represented in the trans-global array of traditional plants growing here. This bringing together of cultures and generations can heal our relationships as plants inspire us to commune from our hearts.

Over the past two years, our Medicinal Herb Seminar series, “Classroom under the Clouds” has hosted more than 40 seminars on specific herbal plants, herbal preparations, general information on herbal use, and mushrooms among other topics.

In April 2017, our UC student intern Fellows organized a student run De-Cal class, which included a seminar on Bodily Literacy and Medicinal Sovereignty. We experienced how plants facilitate our becoming more sensitively aware of our own bodily feelings, the feelings of those around us, and also of the energies of the plants and our environment. In this deepened awareness, we are empathically inspired to live in a healthier manner by doing less harm.

For more than a year now, we have held a silent meditation among the herb plants for 1 hour every Thursday evening. We sit together surrounding the garden’s Center Peace of Sacred and Ceremonial Plants, including the Bodhi tree; their quality of presence inspires our depth of tranquility, restoring our inner groundedness and feelings of gratitude.

Earlier this year, we were approached by a passerby who was impressed and inspired by the beauty of our farm. He offered to write an article which was eventually published in *Edible East Bay*.

We are now offering over 20 medicinal herb varieties in 3-inch pots that people can take home and plant. This promotes more healing time with plants and self-reliance. Elders knowledgeable about plants can find it particularly empowering to create a medicinal herb patch where they can share their herbal wisdom with the younger generations.

In November 2016, bundles of white sage were gleaned from the few plants in our Medicinal Herb Garden, to be taken to Standing Rock ND, as an offering of healing and solidarity in the Spirit. We are very honored to have been able to serve in this way.

To enhance beneficial insects at the Farm, we planted a line of 30 native white sage (*Salvia apiana*: Bee sage) plants along the western edge of our current farm fields. It is our hope to attract pollinator insects (including bees) and increase our farm productivity. Some Native American tribes use these sage plants to “smudge” or cleanse the energies to consecrate the space.

Belamcanda chinensis, Blackberry Lily, or She Gan in Traditional Chinese Medicine, blooming in our Medicinal Herb Garden in summer.
Native Lifeways and Foodways

The Gill Tract occupies Ohlone territory, in the area Ohlone people call Huichin. Settlers beginning with the Spanish, followed by the Mexicans and finally the Euro-Americans, colonized Ohlone land. Over the course of five centuries, they exploited, degraded and converted Ohlone lands and resources in the name of development. Indigenous peoples across California suffered great losses under state-sanctioned genocide and continue to suffer the consequences of systemic relocation, assimilation, and ongoing erasure of their cultural practices and foodways (Dunbar-Ortiz 2014). Various forms of oppression continue to this day. We at the UCGTCF acknowledge these injustices and are exploring ways to honor and engage the original inhabitants of the land more centrally in our work. We recognize we have much work to do. It is our hope and vision that our efforts honor the land, the people, and the cultural foodways of the Ohlone – the original stewards of the land.

Over the past two years, Ohlone people, together with native and non-native UCB students, have worked together to build a sacred arbor for ceremony at the Gill Tract, and have held the Full Moon Walk on Sacred Land monthly. Led by an Ohlone farm member, we have held healing circles with Lakota people and other water protectors from Standing Rock. We have conducted workshops and discussions on food sovereignty, including a panel with tribal representatives sharing their knowledge and wisdom on Native foodways, and their ongoing eco-cultural restoration efforts.

In the Spring of 2017, the Native Lifeways and Foodways working group began the construction of a native plant garden, inspired by the Amah Mutsun Ohlone garden at Pie Ranch in Pescadero. Using agroecological and traditional ecological knowledge practices from indigenous peoples across the globe, the project seeks to plant and cultivate culturally significant crops on a portion of land at the UC Gill Tract. Future plans include expanding the garden and reaching out to Native organizations on the UCB campus and in the East Bay. Our longterm vision is to establish a Center for the Study of Native Lifeways and Foodways. The Center would house Native and non-Native scholars who would have the academic resources to rebuild and restore the traditional ecological knowledge of the Indigenous people of California and to support their efforts to regain the cultural, spiritual, land management and resources for self-reliance.
Healing on the Farm

Horticultural therapy is an emergent field, which encompasses both the mental and physical benefits from farming. Our farm provides a place for physical therapeutic healing as well. After a cataclysmic event such as a stroke or traumatic brain injury, farm work can encourage return of function and assist with mobility, balance, coordination, stamina, memory, and other cognitive skills. Whether planting seeds or preparing beds, agricultural tasks are constructive stepping stones for re-entry into the workforce. Some of the groups engaging with the Farm for therapeutic reasons include:

The Centre for Neuro Skills, a neurological rehabilitation facility based in Emeryville, sent three to seven rehabilitation-ready clients bi-weekly who, while working on the Farm, made remarkable progress in their recovery and returned to employment.

Veteran’s Administration Vocational Rehabilitation referred two former soldiers to the Farm as a place to recover from trauma and gain employment experience, and both are pursuing careers in farming.

The Farm’s serene, restorative surroundings coupled with its proximity to clinics and other therapeutic centers suggests that the Gill Tract could become an essential part of any prescription for emotional and physical recovery. We look forward to expanding our contacts with healing professionals who recognize the enormous potential for revitalizing health at the Farm.

Studies have shown that farms and other green environments can promote psychological and physical well-being.

**Proximity to Nature Can:**

- Engender a feeling of calm and tranquility and enable people to feel more equipped to cope with stress (Ulrich 1991).
- Promote a more positive outlook and sense of life satisfaction (Maller et al. 2005).
- Show evidence of lowered cortisol, a hormone released in times of stress, among individuals in natural surroundings (Custers and Van Den Berg 2010).
- Moderate feelings of depression due to a friendly bacteria found in soil called *Mycobacterium vaccae* which is linked to increased serotonin production in the brain (Lowry 2007).
Berkeley Students: 
At the Farm

UC Berkeley students come to the Farm for different reasons: to escape the mundane routine of school and work, to reconnect with themselves and nature, to learn tangible skills to be applied in future careers; but most importantly, to develop their awareness of social, environmental and food justice issues. The Farm is a unique place for experiential learning and community engagement.

Experiential Learning

During the last two years, a growing number of UC Berkeley students have engaged with the Farm through a variety of UC courses including: Katherine de Master’s course Sustenance and Sustainability; Miguel Altieri’s Agroecology class; Ruth Schrager’s Personal Food Security and Wellness; Claire Kremen’s Biodiversity Conservation in Working Landscapes; and the successful DeCal course, Urban Agriculture and Food Justice. This exciting new student-led course took place at the UC Gill Tract Community Farm with 30 students, and was facilitated by Brenly Stapley, Emi Klachky, and Helia Bidad from our Student Coalition in collaboration with members of the community.

Agroecological Fellows Program

Thanks to the generous support of The Green Initiative Fund and Berkeley Food Institute, we were able to provide a valuable experiential learning opportunity to seven UCB students through a one year fellowship, to become real change-makers in the fields of food justice, agroecology, and community based organizing. The Program will continue with 9 fellowships during 2017-2018, and hopefully for many years to come!

“Some of the biggest takeaways that I’ve learned from this year include: the power of staying true to self; the ardent need to speak out, form connections, and ask for help; and the utmost need to continue to fight for justice and equality in the food system” - Leke Hutchins, Food Justice Fellow 2016 - 2017.

Harvest Days and Distribution to the UC Berkeley Food Pantry

It was a true honor to host a diverse range of student groups from campus for six beautiful harvest days, in which food was harvested and delivered right to the UCB Food Pantry. The purpose of these harvests was to heighten awareness among our students around food insecurity and basic needs efforts on campus, and to supply fresh produce to students in need.

Our friends at the Multi-Cultural Center, Cal Veterans, the Greek system, the Native American theme program, the University Village Residents Association, and the Food Pantry, along with our regular volunteers, worked together to harvest and deliver produce to the students Food Pantry. In the last two years, we sent a total of 434.94 pounds!

Since February 2017, we have been delivering produce to the Student Food Pantry on a weekly basis.

Gill Tract Community Farm Student Coalition

Our Registered Student Organization was founded in Spring 2017 to help incorporate students into the larger community of the Farm, and build strong partnerships across campus. Special thanks to our friends from SOGA, Multicultural Center, and Student Environmental Resource Center for their support. As a new student organization, our next steps are to recruit new members, fundraise to sustain the Agroecological Fellows Program in the long term, strengthen the DeCal, and create an organized system for students volunteering at the Farm. All students are welcome to join our Coalition!
Research at the Farm

The UCGTCF carries out interdisciplinary, social and ecological research into fundamental areas of urban agroecology and food justice. We employ participatory and community-engaged approaches to research, emphasizing projects and questions with strong public relevance and applicability. We always welcome new ideas for research at the Farm.

Some of the successes of our research program over the past two years include:

**Experimenting with Diverse Agricultural Techniques**
This year, we began experimenting with a number of production techniques to test their effectiveness in improving yields. Examples include: covering lettuce beds with net to test bird deterrence; dry farming tomatoes; experimenting with potato plants including planting in mulch heaps in biomass beds; placing flower hedgerows in the first and last row of crop plots; installing new windbreak shrubs to combat westerly winds; and increasing the frequency of intercropping while reducing variety of inter-crops from 3-6 per row to 2-3 per row. Data is still being collected and evaluation of the results is ongoing.

**Improvement in Crop Planning**
A major tracking improvement was the digital tracking of complete plant life cycle, allowing for better control of succession planting and automation of recommended transplant and harvesting dates. Further improvements could be made to track actual plants harvested and compare that with projected seed to harvest dates with recommendations on the timing of transplant and harvest dates in order to maximize yields.

**Design of the “Ambassador Program”**
This year, we developed an innovative community and professional partnership in order to facilitate collaborative community-identified research projects. The goal is to partner community farm volunteers with technically trained UC researchers to conduct research and develop educational programming. To date, outreach has begun to campus partners in the fields of nutritional science (the Mediterranean diet), business administration, landscape architecture, and environmental sciences. Contact has also been made with soil and cost analysis experts at the Lawrence Berkeley National Laboratory, and a range of departmental graduate advisors. Preliminary outcomes include the Landscape Architecture Department working with the Farm to create pictorial cards depicting key processes outlined in our volunteer manual. Additional research projects are in the works. Stay tuned!

**Collaboration with Independent Researchers**
We have designed and implemented a research application protocol for researchers interested in conducting experiments at the Farm or with the Farm data. This year, we had several independent research projects including: mycorrhizal activity of strawberry roots in different soil types, the cucumber beetle by neighboring USDA researchers, Urban Agriculture as a Commons, other insect studies, and double digging and side forking for preparing planting beds. Reports are available upon request. Two of the research projects listed above were in collaboration with visiting scholars from the Netherlands and a professor studying Designing Food Revolution for Social Change from Zayed University in Dubai, UAE. The Farm was also included as part of the Berkley Food Institute Foodscape Mapping Project.

**Measuring Ongoing Impacts of the Farm**
We are pleased to report that our farm was the subject of a Masters student research project (see next page) that demonstrated preliminary impacts of our farm in meeting our mission and goals. We also have improved our data tracking systems as a result of the study to better record the number of volunteers, events, types and quantity of produce planted, harvested, and distributed. Data from our analysis is included in this report.
Opportunities for Research

We plan to continue our current research projects and invite interested researchers to submit an application for collaborative or independent research online at our website. Some examples of potential research projects include:

- Refinement and development of agroecological/diversified farming practices.
- Evaluation of agroecological adaptations to climate change and water scarcity.
- Investigation of the connections between urban gardens and health/social outcomes such as nutrition, psychological health, levels of community violence, educational performance of children and teenagers, and social capital.
- Measuring and monitoring beneficial insects through citizen science applications.
- Assessing the effectiveness of urban agriculture education at all educational levels.
- Examining barriers and opportunities for marketing and exchange of urban-produced foods.
- Analysis of public policy and institutional changes that can help promote urban agroecology and food justice.
- Explore different economic models - e.g. community-supported agriculture - and cost-benefit analysis of our business model.
- Investigation of Traditional Ecological Knowledge and Native food practices through Participatory Action Research.

The UC Gill Tract has the potential to become the University of California’s premier center on urban agroecology and food justice. Through participatory and collaborative research and education, the Gill Tract has created a space that draws in the community, builds meaningful relationships to sustain and expand the Farm, offers experiential learning and research programs to spread knowledge and self-reliance to the broader community, and trains the next generation of urban agriculture and food justice leaders.

The visioning project, described below, explores the potential of the Gill Tract to do just that, drawing on the UC Gill Tract Community Farm as a case study to better understand current operations and visualize a scaled-up, agroecological future integrating historical and contemporary community and university proposals and ecological design.

At the time of this thesis study, the UC Gill Tract Community Farm produced over 18,000 pounds of produce over a 15-month period, but the output and overall impact of the Farm in terms of food production and distribution, food access and security, and community building was not well understood. This study mapped the spatial distribution of donated produce based on available on-farm data records and used a hybridized “critical GIS” approach to better understand local food access dynamics. The resultant research framework is one approach that the Farm can use to actively track and better understand food access barriers specific to the East Bay to increase access to equitable and nutritious food for people in need.

Part of the study involved visualizing the Gill Tract’s multi-beneficial agroecological research, education, and production potential as a means to garner broader university and donor support to strengthen and expand existing programming into the future. By synthesizing historical and contemporary site proposals and employing ecological design thinking, this study illustrates one potential future using a schematic master plan design, perspectives, sections and programming diagrams. These visual tools aim to convey the potential of the Gill Tract to host diverse and innovative urban food system research, experiential learning opportunities, academic coursework, citizen science projects, creek restoration, pollinator gardens, indigenous foodways, and many other opportunities as an agroecological living laboratory.
Events and Activities

During mid-2015 to mid-2017, a wide variety of events, programs and activities attracted a significant number of visitors and groups. Our annual Earth Day/ Farm Birth Day and Harvest Festivals drew hundreds of people to ‘dig in the dirt’, participate in workshops on medicinal herbs and social justice, enjoy food prepared from our harvests, listen to live music and engage in stimulating conversations with new friends. The creation of our Medicinal Herb Garden provided a living classroom where herbalists could present their expertise. The opportunity to learn about urban agroecology and contribute to the Farm’s mission attracted school groups (preschool to university), community service organizations, academics, and businesses. Social justice/community organizations and other farmers (local, national and international) held workshops which drew large numbers. We also hosted Yoga and herbal medicine programs and weekly meditation gatherings.

May 2015 - Apr 2016

47 Workshops & Educational Activities:
We held 47 workshops in our second year: 14 events including how to improve our farming practices with local and international presenters; 28 seminars on growing/using medicinal herbs; and 3 forums about Social Justice: Race, Poverty and Climate Justice with Dr. Carl Anthony, The Work That Reconnects with Lydia Harutoonian, and a gathering of Native people to discuss their history on the Gill Tract land.

9 Children and School Groups
During this period, we had 33 visits from pre-schools, primary, and secondary educational institutions. Students learned the nuts and bolts about urban farming and had ample opportunity to ‘dig in the dirt.’ We continued developing our Ladybug Patch/Children’s Garden, with contributions from the Five Creeks Studio, Ocean View School, Albany Children’s Center and the Jewish Community Center After-School Program. With the help of the youth from Realm Charter Middle School and Albany High, we were able to increase our bed prep, planting and harvesting activities.

13 Programs of Organizational Workdays
A wide variety of organizations totaling 13 contacted us about working at the Farm. We had student organizations from UC Berkeley including Alternative Breaks (students performing community service when classes are not in session), a sorority and CAL in the Capital-the UCB’s intern program in Washington, DC, as well as off-campus organizations including Wellesley College Alumnae; the American Indian Movement Spirit Runners; and the Richmond Garden Club. All brought their members to help us with the full variety of farming activities.

13 University/Adult Education Classes
13 classes came to the Farm. Students from courses at UC Berkeley and Florida International University, from permaculture design courses in the Bay Area, and from the English Studies Institute in Berkeley learned about the Farm’s history, mission, values and goals. They also had the opportunity to help us with farm work.

4 Festivals
We held 4 large events at the Farm during this period. The 2015 Harvest Festival, the spring Permaculture Action Day, and Earth Day 2016 each attracted 200-300 participants who worked in the field, enjoyed music and food. Workshops on medicinal herbs, composting, urban farming, social change and the impacts on Indigenous people were held at the Harvest and Earth Day celebrations. In the middle of winter, we held a Volunteer Appreciation Party.

We also co-hosted the Millet Festival, initiated by UC graduate students who conducted research on millet drought tolerance in the fields adjacent to our farm. Over 200 people attended the festival, learning about the nutritional and culinary value of millet, as well as the activities and programs at the UC Gill Tract Community Farm.

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Permanent Activities and Other Events
New activities that are now ongoing include regular harvest days for communities in need; weekly meditation in the Medicinal Herb Garden, and full moon ceremonies led by an Ohlone elder who is a member of our farm community.
May 2016 - Apr 2017

8 Children and School Groups
5 Creeks preschool increased its time at the Farm to 2 days per week. Both the Albany Children’s Center and the JCC afterschool program returned. Students from Albany High School joined us every Friday to learn about urban agroecology and work in the field. Oakland International High School visited the Farm as a part of their Food with Attitude. Four other schools brought students to participate in farm programs, some returning 3-8 times.

14 University/Adult Education Classes
14 groups including UCB classes, sororities, clubs and other programs (Student Organic Gardening Association and Berkeley Student Food Collective) participated in activities to sustain the Farm. We sponsored the first DeCAL course at the Farm with 30 students studying Urban Agroecology and performing farm work. We had two touring groups (Bay Area Green Tours and Edible City Tour) visit and do farm work. The English Studies Institute returned 3 times in this period. In addition, we hosted participants from two rehabilitation programs: The Neuro Skills Center in Emeryville and the Ala Costa Adult Transitions program, the latter beginning weekly visits in January 2017, so their trainees could learn job skills.

3 Festivals
Our Harvest and Earth Day celebrations hosted hundreds for farm work, live musical performances, stone soup and salad prepared from our harvests. We also held workshops on indigenous food sovereignty, medicinal herbs and topical political issues. 50 volunteers attended an appreciation party to honor them for our contributions.

The second-annual Millet Festival that we co-hosted was a resounding success, with 200-300 attendees.

7 Programs of Organizational Workdays
This period brought several repeat visits from organizations including: Alternative Breaks, the Wellesley College Alumnae and the Spirit Runners. We also had Circle K, a service organization that is the college-age branch of Kiwanis Clubs International, bring 200 members to work on farm projects. Two progressive-minded businesses, Annie’s Organics and Zoetis Animal Health also brought out teams of their employees to work on the Farm. Monthly harvest days for the UCB campus food pantry began in February 2017.

23 Workshops & Educational Activities:
In this period, we hosted ten different activities including two Permaculture projects, two 6-session programs (Regenerative Funding and Kundalini Yoga/Meditation), 12 Medicinal Herb workshops, three trainings for our farm volunteers and beginning farmers throughout the East Bay including on-farm food safety, business planning for urban farms, and a Beginning Farmer Workshop sponsored by the Farmer Veterans Coalition.

Permanent Activities and Other Events
We were honored to host Cheryl Angel, an Indigenous leader from the Standing Rock resistance movement to the Dakota Access Pipeline, during a prayer service at the Farm, with many indigenous people and allies from the Bay Area in attendance. We also continued weekly meditation in the Medicinal Herb Garden and full moon ceremonies.
April 25-26 2015  - Over 250 community members came together for the Permaculture Action Weekend on the 45th anniversary of Earth Day. We also celebrated the 1st birthday of the UC Gill Tract Community Farm.  

Sept 27, 2015  - Approximately 300 friends came to the Harvest Festival, our annual autumn festival to celebrate the Farm community.  

April 24, 2016  - Over 100 community members came to the Farm to celebrate Earth Day, a worldwide event recognizing the value of the earth and the importance of caring for it, with us! Brandi Mack, a master gardener and holistic health educator from The Butterfly Movement, addresses our attendees.  

2016 May - 2017 April

July 2016  - Twice a week, the Centre for Neuro Skills in Emeryville brought participants in its traumatic brain injury rehabilitation program to the Farm for horticultural therapy.  

Oct 30, 2016  - Despite the rain, we hosted over 100 at our annual Harvest Festival to work, play, and celebrate the onset of autumn with us!  

Nov 2016  - In 4 weekly sessions, groups of thirty students (totaling 120 different students) from the UCB class “Sociology and Political Ecology of Agro-food Systems” came to the Farm to learn what being involved with food production process consists of.  

Nov 14, 2016  - Students of the Student Organic Gardening Association DeCal, entitled Berkeley Urban Gardening Internship, came to our farm for a field trip to talk about urban gardening and to get their hands dirty.  

Dec, 2016:  We hosted a Volunteer Appreciation Party for the many folks who contributed during the year. One of the activities was making holiday wreaths with nature’s bounty from the Berkeley hills and our farm.  

Mar 24, 2017  - We worked with twelve volunteers from Zoetis Animal Health, a veterinary organization, as a day of service to support healthy local communities.  

Feb 8, 2017  - Fifteen Diablo Valley School students came together to volunteer at the Farm.  

Feb 10, 2017 Twenty students from the UCB class Biodiversity Conservation in Working Landscapes visited the Farm to learn about UCGTFC practices that incorporate and promote biodiversity and ecosystem services.  

April 2017  - Over three days, eighteen UC Berkeley students from the class Personal Food Security and Wellness visited to discuss the value of the Farm as a source of food and a promoter of food sovereignty.  

April 23, 2017  - Over 250 friends of the Farm came to celebrate Earth Day. We hosted workshops about agroecology and social justice, participated in farm work together, listened to live music from local bands, shared snacks and a delicious lunch provided by Farm volunteers, and had activities for people of all ages. Activities in the Children’s Garden - Ladybug Patch attracted many participants.  

May 3, 2017  - Thirty students from the UCB Nutritional Science Food Systems class came to better understand the type and amount of work that is required to bring food to the table.
May 24, 2017 - Twenty-five students from Oakland International High School visited the Farm as a part of their “Food with Attitude” food justice course to learn about social justice and empowerment through farming, gardening, and cooking.

June, 2017: Two groups of children and adults from the Albany Children’s Center came to the Farm for a tour and to do some planting.  

Sep 2016 to present - Every Thursday, children from the Jewish Community Center of the East Bay’s afterschool program participate in farming activities and harvest produce to share with their families.  

Dec 2016 to present - Young adults with developmental disabilities from the Ala Costa Adult Transitions program come to the Farm once a week to learn farming practices and skills that will help them find jobs.  

Feb 2017 - Over 200 members of Circle K, the college-age branch of Kiwanis Club International, gathered at the Farm to perform eight hours of community service working in our fields.  

Fall 2016 and Spring 2017 - Thirty employees from Annie’s, Inc. (an environmentally-conscious organic food company) have come twice to the Farm for their annual “Think Global, Volunteer Local” community service activity event. They focus on fostering food secure communities through sustainable agriculture.  

Sept 2015 to present: Each semester, student interns from Albany High School Environmental Design, Science, Engineering, and Technology (EDSET) academy perform work/study at the Farm and get credit for their efforts.  

We host meditation in the Medicinal Herb Garden every Thursday evening. A group from Japan visiting community farms and gardens on the West Coast joined us in receptive silence after ‘digging in the dirt.’  

Spring 2017 - During the spring semester, thirty students from the UCB DeCal course, Urban Agriculture and Food Justice, learned and participated in the agroecological practices of urban farming.  

Parents join their children and teachers from the Five Creeks Preschool twice a week for significant and meaningful engagement with the natural world at the Farm.  

April 2016 - Tom Carlson, UCB Professor of Integrative Biology, teaches a captive audience about nutritional benefits of edible weeds and how to identify them at a workshop on Earth Day.  

January 2015 - present: Urban Adamah is an educational farm and community center in Berkeley that integrates the practices of Jewish tradition, sustainable agriculture, mindfulness, and social action to build loving, just and sustainable communities. As part of its 11-week fellowship training program, two or three of its participants spend one day a week at the Gill Tract, working and learning with us.
Our Community and Volunteers

We are quite fortunate to have such a productive farm with primarily volunteer labor. As the data show, we have continued to attract a wide cross-section of the East Bay community to turn out and help us succeed.

As we are open to anyone volunteering, we have many new farmers as well as differently-abled people working at the Farm. This includes children and we are committed to maintain our pledge to train everyone who is interested in learning agroecological principles and is committed to our mission, vision and values.

While we’ve had a number of large and successful workdays at the Farm, our challenge is now to retain people who are excited about our project but have limited time. We hope our incoming fellows partnering with the working groups as well as community and campus organizations will allow us to secure regular commitments from a larger number of people. If we receive 100 pledges of one or two 3-hour shifts every 30 days at the Farm, we could schedule 300-600 more hours of farm work monthly.

"In many cases, some recurrent volunteers just stopped coming. I would become frustrated, but suddenly, after months, they would stop by the Farm asking a specific question about farming. They had stopped coming because they started a garden in their own places! That is actually a great achievement for us, because one of our main goals is to empower people to grow their own food." - Jon Hoffman, Farm Manager

However, we look for results beyond the number of pounds harvested; how many new volunteers enjoy their experiences and return to work with us or take their new knowledge to their neighborhoods and start community gardens? These are important measures we need to monitor.

In our second year (2015-2016) we had an average of 210 visits every month in addition to our paid staff and fellows; that number that increased to 240 in our third year!

Several volunteers came to the Farm recurrently on a weekly basis. Special thanks to all of you.

Special thanks also to all the artists and musicians, workshop presenters, panelists, and members of the community who shared their generosity, wisdom and knowledge.

Totals in the past two years:
+ 18,000 volunteer hours
+ 5,400 volunteer visits

The name tag box reminds us of our countless volunteers who are critical to the ongoing success of our farm.

Volunteer Participation

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The Farm depends on many partnerships and collaborations with community and campus organizations, working together to grow and distribute food and knowledge throughout the year. We want to acknowledge and thank all the partners listed here and many others that have collaborated with us! We are grateful for your dedication and look forward to continue working together.

We also have been supported by several local businesses: Acme Bread, Metropolis Baking, Semifreddi’s, Natural Grocery Co, Monterey Market, El Cerrito Trader Joe’s, Whole Foods, Vital Vittles. Thank you!

And special thanks to all the community members who contributed their time, passion, creativity (and donations!) in support of our vision for a more just and sustainable future.

Special thank you to our funders!
With 80% of the U.S. population residing in urban areas, and with 49 million people in the U.S. living in food insecure households, new models for agriculture and food distribution must consider the development of healthy and socially just urban food environments. As this report shows, the UC Gill Tract Community Farm strives to better understand and improve our urban food environments so they are more healthy, culturally responsive, equitable and ecologically resilient. We have made tremendous progress toward these goals since our initial ‘breaking ground’ through conducting and modeling participatory research, offering community engaged education and outreach programming, and through the production and distribution of healthy produce to food insecure communities, following the principles of agroecology. Over the next year, we plan to solidify and expand our research and educational programming, deepen our partnerships with diverse communities, and continue to build our soil and the health and wellness of our communities. Some of our efforts will include:

Expanding our Agroecology Fellows Program to train the next generation of urban agriculture and food justice scholars and practitioners

Developing a long-range plan for the Gill Tract in order to retain and expand spaces devoted to community-engaged urban agriculture experiential learning, and growing plants for food and carbon sequestration.

Diversifying leadership and participation to reflect the multiple cultures that make the East Bay such a dynamic and thriving place.

Expanding our Native Foods and Lifeways program through outreach to Native organizations in the East Bay, and Native student engagement at the Farm.

Increasing the number of field days, showcasing results from research trials at the Gill Tract and recruiting community participation in citizen science applications.

Providing technical support to urban agriculturalists in partnership with UC Cooperative Extension Master Gardeners, to host open clinics such as “sick plant clinic” days.

Improve our crop plan and production practices to increase yields in order to distribute more food to people in need.

Continue to promote an inclusive, participatory environment that welcomes people from all parts of our community to grow healthy food, share information, learn about urban agriculture and food justice, build friendships, and promote a healthy environment.
Get Involved and Support the Farm!

Visit and volunteer at the Farm, or join one of our working groups! Open hours and more information can be found at our website www.gilltractfarm.org.

Subscribe to our newsletter by emailing: contact@gilltractfarm.org.

Drop by the Farm Stand every Sunday 3 pm - 5 pm, at 1050 San Pablo Ave., Albany.

To support the Farm, please make a tax-deductible donation through UC Berkeley at the following Berkeley Give site: http://tinyurl.com/donate-ucgtcf

follow us @ucgilltractfarm
join our group @ucgtcf

@ucgilltractfarm

contact@gilltractfarm.org

www.gilltractfarm.org

References and Other Resources


Gunders, D., 2012. Wasted: How America Is losing up to 40 percent of its food from farm to fork to landfill, NRC Issue Paper, August 2012 IP:12-06-B.


Established in 2014, the UC Gill Tract Community Farm is a collaborative project of the University of California at Berkeley and members of surrounding communities, committed to food justice and urban farming. We are representative of the expanding urban agriculture and sustainable food system movement that aims to develop solutions to social, environmental and economic injustices.

We welcome all people who share our mission, vision and values to join us and work to create a more just, healthy, and sustainable world. We are located at the intersection of Marin and San Pablo Avenues in Albany, CA.