

**Eat Local,
Eat Healthy!**
www.RiversideFoodSystemsAlliance.com



Fresh and Local!

Food and Farms for the Greater Riverside Area





Our goal for this guide is to help consumers find locally grown foods, to connect people to resources, and to educate about growing our local food system. What are the advantages of buying locally grown foods?

Good Health —Freshly picked produce usually has more nutrients and better taste. Don't forget: you can reduce the risk of many diseases by eating more fruits and veggies.

Strengthen our Local Economy —By using your purchasing power, you can support local farms and jobs. What's earned here - stays here.

Protect the Environment

- Local products have little travel time, which reduces emissions that pollute our air.
- When you support sustainable growers, fewer pesticides and fertilizers are used and beneficial insects control pests and pollinate crops. Farms that build soil health help capture carbon from the atmosphere, slowing global warming. Sustainable farmers also conserve expensive water and control erosion and the resulting sediment from entering our waterways.

Honor our Agricultural Heritage —Our growers take pride in what they do, whether their families have been here for generations or they are new urban farmers. Get to know your local farms and farmers, and help keep agriculture thriving in and around Riverside. Read on for a brief agricultural history.

Diana Ruiz



Buying local food makes dollars and sense.

Money spent locally has a multiplier effect within the Riverside area economy. Currently, Riverside residents spend less than 1% on food produced locally. You can help by increasing your local food expenditures to 20% of your grocery bill. That dollar amount will vary by household: on average, it's about \$31 per week.

Support the local economy from your dinner table!



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Riverside's Citrus Heritage

by Diana Ruiz with assistance from Kevin Halloran of Riverside Metropolitan Museum

History tells us that the first orange trees were planted in Riverside in 1871. Only 11 years later, more than half a million citrus trees were in California, with almost half of them planted in Riverside!

The Mouthwatering Fruit

Around 1875 a mutant Brazilian orange tree that produced fruit with no seeds was sent to Eliza Tibbets from the US Department of Agriculture in Washington DC. Originally known as the Bahia for the Brazilian city from which it came, within a decade became known as the "Washington" navel orange. By 1887, the seedless, delicious, and easy-peeling navel orange had become the most widely planted variety in Riverside and other California cities. (Visit the "parent" navel orange at Magnolia and Arlington Avenues in Riverside.)

The Water

As might be expected, conflicts over water erupted during rapid citrus development. Matthew Gage, a Canadian immigrant and jeweler, with the financial backing of English investors, began work

on a canal. In order to gain title to land on which he had filed a claim under the Desert Land Act of 1877, Gage had only three years to bring water to the his 640 acre property. Between 1885 and 1889, he built a nearly 12 mile long canal from Santa Ana River in San Bernardino through Riverside. Using gravity flow of water downhill from higher elevations in San

Bernardino, wooden flumes had to be constructed to carry the canal high over deep arroyos. A great economic growth period began when water became available from the canal. Gage later added an additional 8+ miles, and today the canal still supplies water to farms in Riverside, including UC Riverside's research facility and citrus varietal collection, and the California State Citrus Historic Park.

With the development of innovative water conveyance, irrigation systems, and refrigerated railroad cars, Riverside had become California's wealthiest city per capita by 1895.

The Farmers

During the 1880s local fruit growers joined together to pick, grade, and sell their fruit under one cooperative and brand name. The plan expanded and by 1893 a group of all the growers of California was formed under the name of the Southern California Fruit Exchange, later known as Sunkist.

The Marketing

By 1908, a partnership between the California Fruit Growers Exchange and the Southern Pacific Railroad launched advertising campaigns to promote the sale of citrus in the mid-west and eastern United States. Between 1900 and the 1930s, beautiful citrus crate labels were designed by some of the era's best artists.



Gage's Artesian Wells.
MATTHEW GAGE (LEFT) WILLIAM IRVING (RIGHT) AT SITE OF GAGE CANAL HEADWORKS 1885



The Irrigation

Contour Furrow Irrigation

In the early years of local agriculture, water was distributed through furrows, usually “contoured” along a line of elevation, running across slope, to control flow and erosion.



Sprinkler Irrigation

Conversion to sprinkler irrigation began when plastic pipe became available and affordable in the 1960s. Growers were able to install thousands of feet of plastic pipeline per day, compared to hundreds of feet of concrete or metal. Sprinklers provided for more efficient use of land and irrigation water. Sprinklers eliminated the wasted water that would flow away at

the end of furrows. Groves could be laid out in rectangular blocks, increasing the number of trees per acre and allowing for a more uniform application of water.



Modern Irrigation Systems

Conserve Water

Today, a well-designed and managed irrigation system applies just enough water at the right time to meet plant needs and provide for maximum crop production. To conserve expensive water, local growers commonly use “low volume” systems that apply water slowly and control the amount of water that is applied to each plant.



Tools, such as this CIMIS (California Irrigation Management Information System) weather station, help farmers determine when to irrigate. CIMIS stations measure weather data including rainfall, temperature, incoming solar radiation, and wind to compute evapotranspiration (the process by which water is transferred from the land to the atmosphere by evaporation from the soil, and by transpiration, which includes the loss of water as vapor through plant leaves.) More at: <http://www.cimis.water.ca.gov/>

Learn more about Riverside’s past agricultural land uses and use an interactive map at the online “Cahuilla Continuum”:

<https://cityofriverside.maps.arcgis.com/apps/MapJournal/index.html?appid=968102934c084c9f8cbecc00f0341325>

Foods

6 SIMPLE WAYS TO SUPPORT

1.

Shop at a
**FARMERS
MARKET.**

Buying directly from farmers is the best way to benefit the local economy.

See page 8.

Look for CalFresh at Farmers' Markets.



2.

Visit a
FARMSTAND

or U-pick Farm. The on-farm experience is mouth-watering and fun. Take the opportunity to teach your loved-ones about healthy eating.

See page 8.



3.

Join a
FOOD CO-OP:

a member-owned, member-run grocer. Food cooperatives are supported by committed residents who are working to improve local economic conditions and environmental health. For example, the Riverside Food Co-op sells farm-sourced produce directly to consumers.

See page 9.





YOUR LOCAL FOOD SYSTEM.

4.

Patronize
RESTAURANTS
that use locally
grown foods. When
you patronize those
restaurants, you keep
money circulating in
the local economy,
providing jobs.

See page 9.



5.

Join a **CSA.**
Community Supported
Agriculture (CSA)
programs are partnerships
between farmers and
consumers. Consumers
provide financial support
to a farm by paying in
advance, and in return,
receive a box of produce
regularly throughout
the growing season.

See page 10.



6.

Purchase local products
in **GROCERY
STORES**
and via
HOME DELIVERY.

Make it a point to
patronize those stores
that supply local foods.
When you shop, look for
“locally grown” signs in
the produce section.

See page 10.





Farmers' Markets

County of Riverside Farmers' Market

County Administration Center
Corner of Lemon & 10th street
4080 Lemon Street
Riverside, California 92501
Wednesday 8:30 am - 1:30 pm

Downtown Farmers' Market on Main Street

Riverside, CA
Saturdays 8 am - 1 pm
(951) 345-3087
Mailing Address: 3900 Main Street,
Riverside, CA 92501

Galleria at Tyler Farmers' Market

1299 Galleria at Tyler, parking lot of Barnes and Noble
Sundays, 8:30 am - 1 pm
(805) 643-6458

Kaiser Permanente Certified Farmers' Market

10800 Magnolia Ave, Riverside, CA
Fridays 10 am - 2 pm
(310) 481-0167
Southland Farmers Association

Riverside Certified Farmers' Market

5261 Arlington (Sears), Riverside, CA
Fridays 8:30 am - 12 pm
(760) 244-2772
Mailing Address: 16555 Fremontia St., Hesperia, CA 92345

UC Riverside Farmers' Market

UCR Parking Lot 14
400 W Big Springs Rd. (Free 45 minute parking available)
Thursdays 4pm - 8pm (excluding holidays)
UCRFarmersMarket@ucr.edu.



Farm Stands

Corona Farm

2701 Madison (at Victoria Ave.), Riverside, CA
9 am - 4:30 pm
Facebook: coronafarms2014
A family farm where you can buy all kinds of fruits and vegetables.

Medina Farm

10480 Dufferin Ave., Riverside, CA
(951) 588-8384
Cridge123@me.com
Seasonal sales: avocado, oranges, more.

Garcia Farming

2156 Van Buren Blvd. and 9248 Victoria Ave. (at Gibson)
Riverside, CA 92503
Open 7 days/week 7 am - 5 pm
(909) 376-0494
garciafarming@yahoo.com
Avocados, citrus, vegetables, firewood

Gless Ranch

19985 Van Buren Blvd. and Van Buren and Dufferin Aves.
Riverside, CA 92508
(951) 653-5991
www.glessranch.com, info@glessranch.com
Fresh oranges, grapefruit and other citrus.

Gloria's Nursery

2078 Van Buren Blvd., Riverside, CA 92503
Fruits, vegetables, honey, pottery

Sunny Cabana Farms

18880 Avenue B. Perris, CA 92570
Monday through Saturday 1 pm - 6 pm
(714) 869-8379,
farmer@sunnycabanafarm.com
http://www.sunnycabanafarm.com/
Organic, small family farmstead specializing in grass-fed raw goats' milk, pastured-poultry, eggs, produce, and "farmaceutical-grade" skincare.

R.S. Farms

8855 Victoria Ave. (at Irving St) Riverside, CA
Tuesday-Sunday, 9 am - 5 pm, closed during rain
Vegetables, fruits



Food Co-ops

Riverside Food Cooperative, Inc.

6143 Del Ray Ct., Riverside, CA 92506

(951) 290-7327

www.riversidefoodcoop.com

Facebook: [RiversideFoodCoopInc](https://www.facebook.com/RiversideFoodCoopInc)

Sala Ponnech riversidefoodcoop@gmail.com



RFC is a consumer cooperative that sells locally grown foods through a monthly member crop box and two weekly Eastside

HEALZone programs: Al Centro mini-Produce Stand and the Weekly Harvest program. RFC's goal is to develop a food distribution hub that connects local growers and producers with local food businesses. RFC's long term goal is to build a grocery store that focuses on locally produced food.

Restaurants

RFSA is in the process of developing a Sustainable Restaurant Certification.

The following restaurants use local foods.

Blackburn's Farm to Table

4300 Green River Rd #106, Corona, CA 92880

<http://blackburnsfarmtotable.com/>

(951) 264-6807

Health's Kitchen

10120 Indiana Ave, Riverside, CA 92503

<http://www.healths-kitchen.com/>

(951) 525-1778

The Salted Pig

3700 12th Street at Main Street, Riverside, CA 92501

<http://thesaltedpig.com/>

(951) 848-4020

hello@thesaltedpig.com

RIVERSIDE FOOD COOP INC

	% Value
Serving Riverside	
City Stats	
3,350 acres dedicated farmland	
Population est.	
322,424 neighbors	
90,690 households	
28 neighborhoods	
Local food buying (U.S. average)	1 %
Local food buying (your co-op)	100 %
Less than 25 miles to downtown	98 %
Less than 10 miles to downtown	51 %
Local ownership (your co-op)	100 %
Fairness	Health
Participation	Community

Annual Members' Report 2015-2016

riversidefoodcoop.com
riversidefoodcoop@gmail.com | 951.290.7327

**A community grocer.
Member owned.
Member run.**

Join your neighbors.

**GET YOUR
MEMBERSHIP.**

The Pines Modern Steakhouse

at San Manuel Indian Bingo & Casino

777 San Manuel Boulevard, Highland, CA 92346

(909) 425-4889

Woodfire Café

3965 Market St. Riverside CA 92501

<http://woodfirecafe.com/>

(951) 465-5328



CSAs

CSA is an acronym for Community-Supported Agriculture, a program where community members support a local farm by signing up to buy produce directly from that farm on a regular basis. While some CSAs deliver through centralized drop-off points, others deliver directly to homes and offices.

Inland Empire CSA

<http://www.inlandempirecsa.com/>

info@inlandempirecsa.com

(951) 216-5116 Menos Farms, Riverside, CA

Sage Mountain Farm

Phil Noble, (951) 663-3079

phil@sagemountainfarm.com

55520 Hwy 371, Anza, CA 92539

sagemountainfarm.com, sagemountainbeef.com,

Facebook: Sage Mountain Farm

USDA Certified Organic

Vegetable and meat CSAs runs all year long

Also eggs, jams, dry tomatoes, honey, farm tours and farm dinners. Pick up farm shares at **UCR Farmers' Market**,

Thursdays 4-8pm

Sunny Cabana Farms Egg and Milk CSA

farmer@sunnycabanafarm.com

(714) 869-8379,

<http://www.sunnycabanafarm.com/egg-csa.html>

Buy a subscription to a "flock share," and every week you receive a share of our pastured hens' fresh organic, corn- and soy-free eggs.

UCR FarmShare

<http://wellness.ucr.edu/FarmShare-Relaunch%202017.pdf>

<http://wellness.ucr.edu/eatright.html>

How to Choose a CSA

by Local Harvest

Know Thyself: Utterly fantastic idea though it is, community supported agriculture is not for everyone. Deciding whether or not CSA is for you requires a healthy dose of self-knowledge.

Learn more at: <http://www.localharvest.org/newsletter/20100223/choosing-a-csa.html>

Groceries, Markets and Home Delivery Services

Clark's Nutrition and Natural Foods Market

4225 Market Street, Riverside, CA

(951) 686-4757

www.clarksnutrition.com

Goodwin's Organic Foods and Drinks

Grocery and Café

191 W. Big Springs Road, Riverside, CA

(951) 682-2667,

www.goodwinsorganics.com/

La Sierra Natural Foods

11550 Pierce Street, Riverside, CA

(951) 785-2563

<https://lasierra.edu/natural-foods/>

Mother's Nutrition Center

2308 University Avenue, Riverside CA

(951) 683-7769,

www.mothersnutritionalcenter.com

La Michoacana Market

4110 Victoria Ave, Riverside, CA

(951) 686-3263

www.lamichoacanamarket.com

La Tapatia Market

2009 University Ave, Riverside, CA

(951) 684-6233

Mobile Fresh Bus

Schedule link at Facebook: *FSA Mobile Fresh*

For more information: Paul Williamson (951) 686-1096

Al Centro Mini Produce Stand

Stratton Center at Bordwell Park,

2008 Martin Luther King Blvd., Riverside CA

Thursdays 4-6:30pm

www.riversidefoodcoop.com



Craveyon Harvest2U

27884 Del Rio Rd.

Temecula, CA 92590

(877) 550-0711

www.harvest2u.com

Delivers locally grown organic produce direct to customers' homes and offices. Delivery area ranges from Riverside, east to San Jacinto and south to North San Diego County. Offers several packages from which to choose. Deliveries include recipe and other tips. Educational workshops.



At Kaiser Permanente, we understand good health extends beyond the doctor's office and hospital.

That's why we support innovative efforts to bring nutritious foods and active living to local schools, workplaces and neighborhoods.

We're a proud sponsor of the *Fresh and Local Guide* and the Riverside Food System Alliance.

For more information, visit kp.org.



KAISER PERMANENTE.



Farms

Photo by Linn Betts, USDA NRCS.

Riverside Farms



vegetables



citrus



berries



deciduous
fruits



avocado



eggs



dairy

Fox Farm

Scott Berndt, (951) 452-6840

Berndtsplants@gmail.com

<http://berndtsplants.blogspot.com/>

3636 Rosewood Place, Riverside, CA 92506

Urban Farm: fruit, vegetables and eggs

Gless Ranch

(951) 653-5991, www.glessranch.com

info@glessranch.com

18541 Van Buren Blvd., Riverside, CA 92508

Family owned citrus since 1907.

Goat Rodeo Soap

Janice Lake, (626) 826-3204

www.goatrodeossoap.com

Info@goatrodeossoap.com

16865 Evening Star Road, Riverside, CA 92506

Dairy goats and use the milk to handcraft soap. All ingredients are natural – raw milk, essential oils, herbs, spices and botanicals. Sell at downtown Riverside farmers market and a few retail locations in the area.

Gold Nugget Ranch

Paul and Cathy Wahlstrom, (951) 347-6650

Cdwgnr97@gmail.com

1775 Jackson St., Riverside, CA 92504

February-May

Gold nugget mandarins, clementine and fancy.

Jongs Egg Ranch

David Smith, (909) 809-2247, David@jongs.com

Locally produced fresh chicken eggs, quail eggs, and organic fertilizers

Operations are not open to the public.

Medina Farm

(951) 588-8384, Cridge123@me.com

10480 Dufferin Ave., Riverside, CA 92503

Seasonal sales: avocado, oranges, more.



The Grove

Deborah Ghamlouch, (626) 786-4068

Thegrovemail@yahoo.com

FB: The-Grove-Organic-Family-Farm-

Organic citrus & avocados, honey from local bees, compost

CA organic certification, CCOF registration

Sell to grocery stores, restaurants, farmers markets.



Gaytan Family Farm

(951) 660-5645, Facebook: Gaytan Family Farm

Sells at farmers' markets

Greater Riverside Area Farms

Find additional farms beyond Riverside by searching at www.localharvest.org/

Macala Orchards

Nina Morton, (951) 898-8384

www.macalacompanies.com

160 W. Foothill Pkwy #105-150, Corona, CA

Pomegranates, olives, guavas, figs, grapes, herbs.

Pomegranate jelly, pomegranate spread (no sugar added), 100% pure pomegranate juice, guava juice, pomegranate-guava jam, guava leaf tea, dried rosemary, dried oregano, dried sage, extra virgin olive oil.



Sunny Cabana Farms

(714) 869-8379, farmer@sunnycabanafarm.com

www.sunnycabanafarm.com/

18880 Avenue B. Perris, CA 92570

Monday through Saturday 1 pm - 6 pm

Organic, small family farmstead specializing in grass-fed raw goats' milk, pastured-poultry, eggs, produce, and "farmaceutical-grade" skincare.





Farming Resources

CA Department of Food and Agriculture

www.cdfa.ca.gov

CA Citrus Threat

(800) 491-1899, www.californiacitrusthreat.org

CA Department of Pesticide Regulations

www.cdpr.ca.gov/

CA Agritourism

<http://sfp.ucdavis.edu/agritourism/>

Penny Leff (530) 752-7779, paleff@ucdavis.edu

Marketing Regional Farms and Wineries

<http://sfp.ucdavis.edu/files/224898.pdf>

CA Ag Tourism Directory

www.calagtour.org/

California Certified Organic Farmers

www.ccof.org

(831) 423-2263, ccof@ccof.org

2155 Delaware Ave., Ste. 160, Santa Cruz, CA 95060

CCOF is a non-profit organic certifier and trade association that has become a leader in the organic industry.

CA Small Farm Conference

(888) 712-4188, www.californiafarmconference.com/

P.O. Box 2309, Loomis, CA 95650

Citrus Research Board

(559) 738-0246, <http://citrusresearch.org/>

City of Riverside Office of Economic Development

<http://riversideoed.com/>

Joyce Jong, (951) 826-5265, jjong@riversideca.gov

3900 Main Street, Riverside, CA 92522

For help with finding greenbelt farmland, local loans for irrigation, GrowRIVERSIDE, local ag, and economic development

Riverside County Agricultural Commissioner's

Office www.rivcoag.org

Ag Commissioner's Office, County Administrative Center

4080 Lemon St., Room 19, Basement

PO Box 1089 Riverside, CA 92502-1089

(951) 955-3000, agdept@co.riverside.ca.us

Provides ag permits, certifications, licenses, and administers county agricultural ordinances.



Let us help with

- Connections to resources to help you grow your food & farm business
- Site selection and zoning
- Guidance through the permitting process
- Connections to workforce development assistance



Permits for
your business



Intelligence for
your business



For more information, contact

Joyce Jong

JJong@RiversideCA.gov • (951) 826-2438

RiversideCA.gov/EconDev

RFSA greatly appreciates the support of Riverside City Council and assistance from the city offices of Economic Development; Innovation and Technology; Community and Economic Development; Mayor's Office, and Riverside Public Utilities.



Farming Resources continued

Riverside County Farm Bureau

(951) 684-6732, www.riversidecfb.com

21160 Box Springs Road Suite #102,
Moreno Valley, CA 92557

President@RiversideCFB.com

Farm Bureau is an independent, non-governmental, membership organization governed by and representing farm and ranch families united for the purpose of analyzing their problems and formulating action to achieve educational improvement, economic opportunity, and social advancement and, thereby, to promote the national well-being.

Riverside County Economic Development Agency

(951) 955-8916, www.rivcoeda.org

National Young Farmers Coalition

www.youngfarmers.org/

Riverside County Ag Trail

<http://agtrail.rivcoca.org/>

UC Riverside, Citrus Variety Collection

www.citrusvariety.ucr.edu/

Tracy Kahn PhD., Kahn@citrus.ucr.edu (951)827-7360

UC Vegetable Research & Information Center

<http://vric.ucdavis.edu/>

vric@ucdavis.edu

VRIC's mission is to foster appropriate research, collect and disseminate information relevant to consumers, growers and processors in the California vegetable industry and to continue its role as a leader and nationally-recognized source of research and information in the support of the vegetable industry. Cost and return studies, blogs related websites.

UC Cooperative Extension of Riverside County

<http://ceriverside.ucanr.edu/>

21150 Box Springs Road, Moreno Valley, CA 92557

ceriverside@ucdavis.edu

(951) 683-6491 Provides research based education in crop production, agritourism, and public nutrition. Administers the 4H program, which helps youth develop skills and good citizenship. Provides training for master gardeners.

Cooperative Extension Advisors

Jose Aguiar: vegetable crops production

(760) 342-6437, jlaguiar@ucanr.edu

Carmen Gispert: viticulture

(760) 342-2466, cgispert@ucanr.edu

Sonia Rios: subtropical horticulture

(951) 683-6491 Ext.224, sirios@ucanr.edu

Claudia Carrasco Diaz: 4H

(951) 683-6491 Ext. 222, cpdiaz@ucanr.edu

Rosas Olaiz: Master Gardener program

(951) 683-6491 Ext. 230, rmolaiz@ucanr.edu

UC Cooperative Extension online resources

<http://ucanr.edu/>

UC Small Farm Program

<http://sfp.ucdavis.edu/>

UCR Avocado Information

www.ucavo.ucr.edu/

UC Agriculture and Natural Resources Catalogue

(800) 994-8849, <http://anrcatalog.ucanr.edu/>

UC ANR Urban Agriculture Resources

<http://ucanr.edu/sites/UrbanAg/>

UC Integrated Pest Management Online

www.ipm.ucdavis.edu/

UC Riverside Ag Operations

Dr. Peggy A. Mauk, Director of Agricultural Operations and Subtropical Horticulture Specialist

(951) 827-5906 (Main), (951)827-4274 (Direct)

<http://agops.ucr.edu>

Citrus Field Day, Avocado Day

Soils Information

USDA Soil Survey

<http://websoilsurvey.sc.egov.usda.gov>

California's Soil App

<http://casoilresource.lawr.ucdavis.edu/soilweb-apps>



Farming Resources continued

Water Agencies

Riverside Public Utility

(951) 782-0330, www.riversideca.gov/utilities
www.greenriverside.com

Western Municipal Water District

(951) 571-7100, www.wmwd.com

Gage Canal Company

(951) 780-1333

Sustainable Farming Practices

USDA Natural Resources Conservation Service (NRCS)

Robert S. Hewitt, District Conservationist,
951-654-7139
950 Ramona Blvd., Suite 6, San Jacinto, CA 92582

The San Jacinto Field Office assists farmers with onsite technical assistance to help conserve natural resources. Information about Best Management Practices (BMPs) for on-farm erosion control, irrigation, and other conservation practices. Applications and conservation planning for the Environmental Quality Incentives Program (EQIP).

USDA NRCS Online Resources

Organic Farming

www.nrcs.usda.gov/wps/portal/nrcs/main/national/landuse/crops/organic

Conservation Training Webinars

www.conservationwebinars.net

National Organics Program (NOP)

www.ams.usda.gov/about-ams/programs-offices/national-organic-program



WE HAVE A SAYING AROUND HERE

Every Acre Counts

The Urban Agriculture Conservation Grant Initiative is one of many ways the National Association of Conservation Districts is advancing voluntary conservation in food insecure communities.

In 2016, NACD partnered with NRCS to help 42 districts in 25 states increase their technical capacity for urban agriculture projects.

To learn how your district can get involved, go to: www.nacdnet.org



The Riverside Corona Resource Conservation District (RCRCD) received one of the Urban Agriculture Conservation grants (above) from the National Association of Conservation Districts (with support from the USDA Natural Resources Conservation Service). With the funding, RCRCD is able to provide free irrigation system evaluations for growers. To request an evaluation, please contact Jose Iniguez at (951) 683-7691, Ext. 208.



Farming Resources continued

National Sustainable Agriculture Coalition (NSAC)

<http://sustainableagriculture.net/>

NSAC advocates for federal policy reform for the sustainability of food systems, natural resources, and rural communities.

Pollinator Resource Center

www.xerces.org/pollinator-resource-center/

Sustainable Agriculture Research and Education

www.sare.org

Riverside-Corona Resource Conservation District (RCRCD)

www.rcrcd.org, (951) 683-7691

4500 Glenwood Dr., Bldg A, Riverside, CA 92501

Visit the **LandUse Learning Center** to learn about sustainable agriculture, native habitats, and urban areas. Pick up plant lists for climate appropriate crops. Open: *Monday-Thursday 8am - 4 pm*, and some weekends.

UC Sustainable Ag Research and Ed Program

<http://asi.ucdavis.edu/programs/sarep>

The California Farmer Marketplace

www.cafarmermarketplace.com

a Free statewide website featuring California produce, grains, meats and other products for sale. Register as a grower or a buyer.

California Farm to Fork

www.cafarmtofork.com

Regional & Seasonal foods, features local efforts, resources and a Blog.

Farm Land Preservation

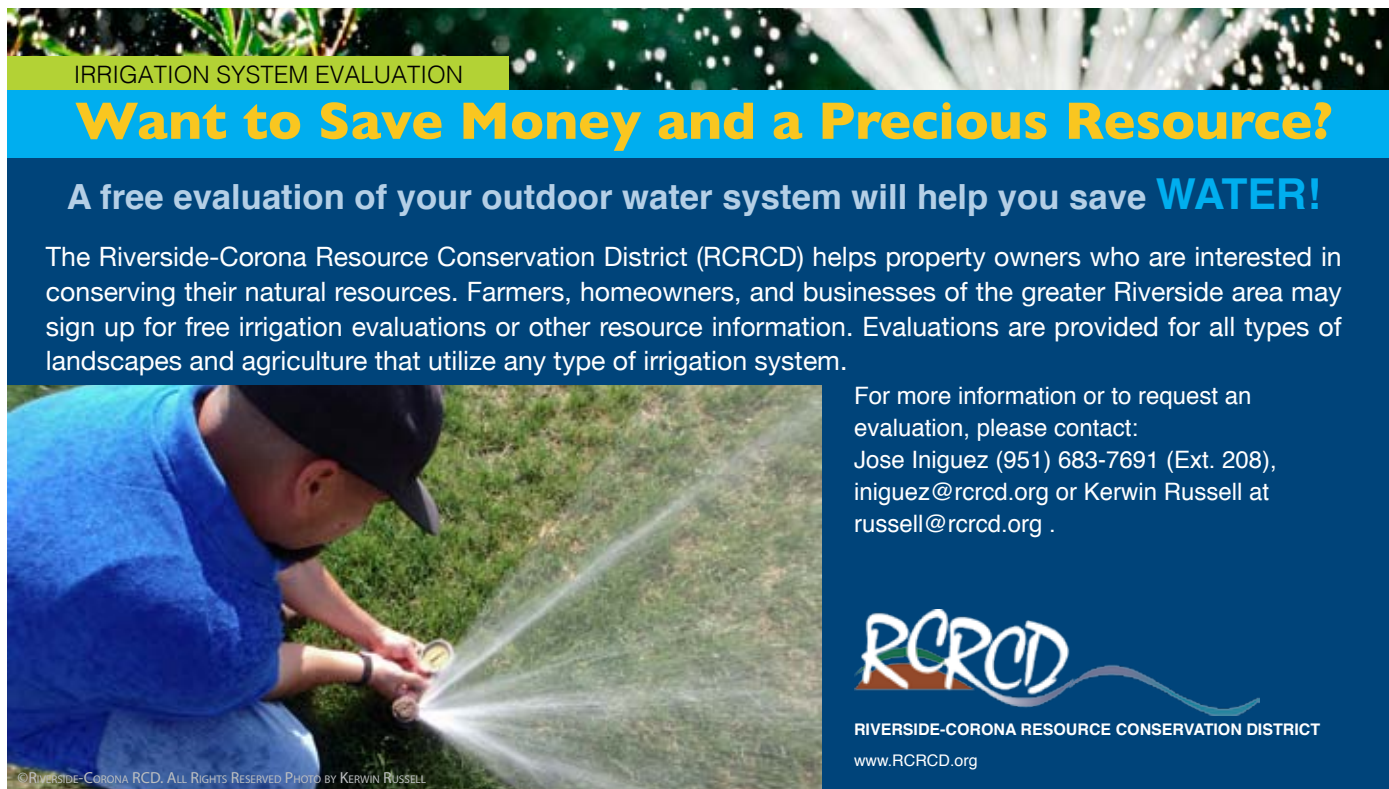
American Farmland Trust

(916) 448-1064, www.farmland.org

Riverside-Corona Resource Conservation District

www.rcrcd.org,

Shelli Lamb, (951) 683-7691, Ext. 202, lamb@rcrcd.org
Farmland and habitat preservation and restoration.



IRRIGATION SYSTEM EVALUATION

Want to Save Money and a Precious Resource?

A free evaluation of your outdoor water system will help you save **WATER!**

The Riverside-Corona Resource Conservation District (RCRCD) helps property owners who are interested in conserving their natural resources. Farmers, homeowners, and businesses of the greater Riverside area may sign up for free irrigation evaluations or other resource information. Evaluations are provided for all types of landscapes and agriculture that utilize any type of irrigation system.

For more information or to request an evaluation, please contact:
Jose Iniguez (951) 683-7691 (Ext. 208),
iniguez@rcrcd.org or Kerwin Russell at
russell@rcrcd.org.

RCRCD
RIVERSIDE-CORONA RESOURCE CONSERVATION DISTRICT
www.RCRCD.org

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Farming Resources continued

Riverside Land Conservancy

<http://www.riversidelandconservancy.org/>
(951)788-0670

4075 Mission Inn Ave., Riverside, CA 92501
Land preservation through fee acquisition and conservation easements.

Funding and Grant Sources

American AgCredit

(800) 800-4865, AgLoan.com
(909)947-2371

Accion

(619)795-7250, us.accion.org

Cutting Edge Capital / GCSolutions Inc.

Seth Wilson, (626) 487-9046
Financial Series Support: Crowd funded securities, Resource & Strategic Planning
Water filtration technology to support biosolids to fertilizer and erosion control, Animal manure management.

SlowMoney Southern California

<http://slowmoneysocal.org/>

USDA Natural Resources Conservation Service (NRCS) EQIP Program

The Environmental Quality Incentives Program (EQIP) provides financial and technical assistance to agricultural producers for conservation practices that improve soil, water, plant, animal, air and related natural resources on agricultural land. EQIP can provide cost sharing for conversion to low volume irrigation systems.

www.nrcs.usda.gov/wps/portal/nrcs/main/national/programs/financial/eqip

Robert S. Hewitt, District Conservationist
(951) 654-7139



USDA Riverside County Farm Services Agency

www.fsa.usda.gov/index

Rosalinda Singh, (760) 347-3675 Ext. 2
81-077 Indio Blvd., Indio, CA 92201



California Department of Conservation

PROTECT YOUR LOCAL FOODSHED

We use agricultural conservation easements to permanently protect farmland from development. Learn about our programs: Agricultural Land Mitigation & Sustainable Agricultural Lands Conservation.
<http://www.conservation.ca.gov/dlrp>

KEEP FARMLAND IN PRODUCTION

Williamson Act contracts provide tax relief for farmers and ranchers so they can afford to keep farming. Find out more: <http://www.conservation.ca.gov/dlrp/lca>

FIND FARMLAND NEAR YOU

Use our interactive map to find local farms and see how land use has changed over time. (GIS data available)
<http://maps.conservation.ca.gov/dlrp/ciftimeseries/>



Division of Land Resource Protection

Where in Riverside?

Farmers' Markets

1. Kaiser Permanente Farmers Market
2. Galleria at Tyler Farmers Market
3. Riverside Certified Farmers Market (Sears)
4. Riverside Downtown Farmers Market
5. County of Riverside's Farmers Market
6. UC Riverside's Farmers' Market

Farm Stands

7. Garcia Farm Stand 2
8. RS Farm and Farm Stand
9. Corona Farm and Farm Stand
10. Gless Fruit Stand
11. Garcia Farm Stand 1
12. Gloria's Nursery
13. Gless Ranch Stand

Farms

14. Gaytan Family Farm
15. Fox Farm
16. Medina Farm
17. Gold Nugget Ranch
18. Goat Rodeo Farm

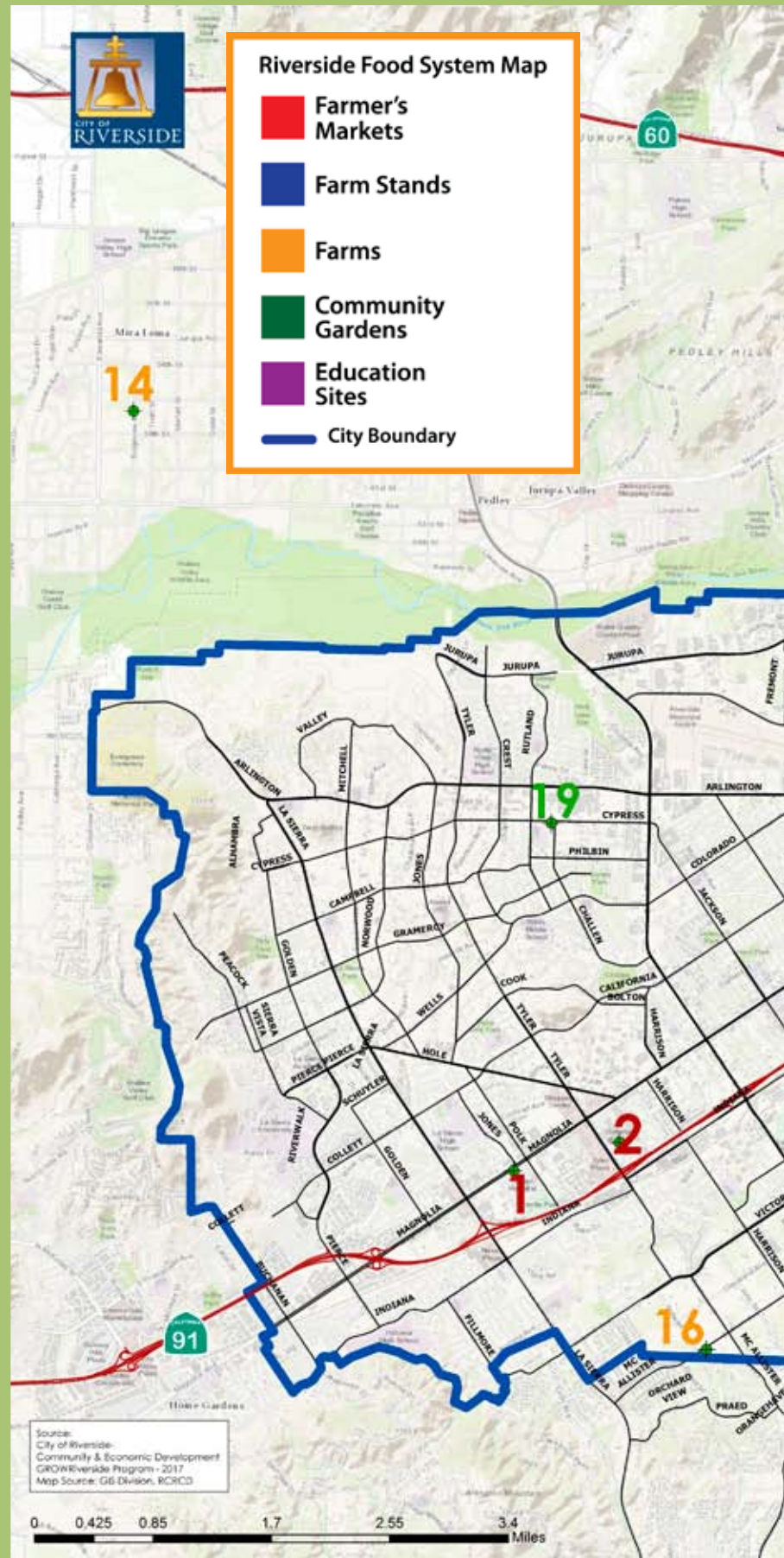
Community Gardens

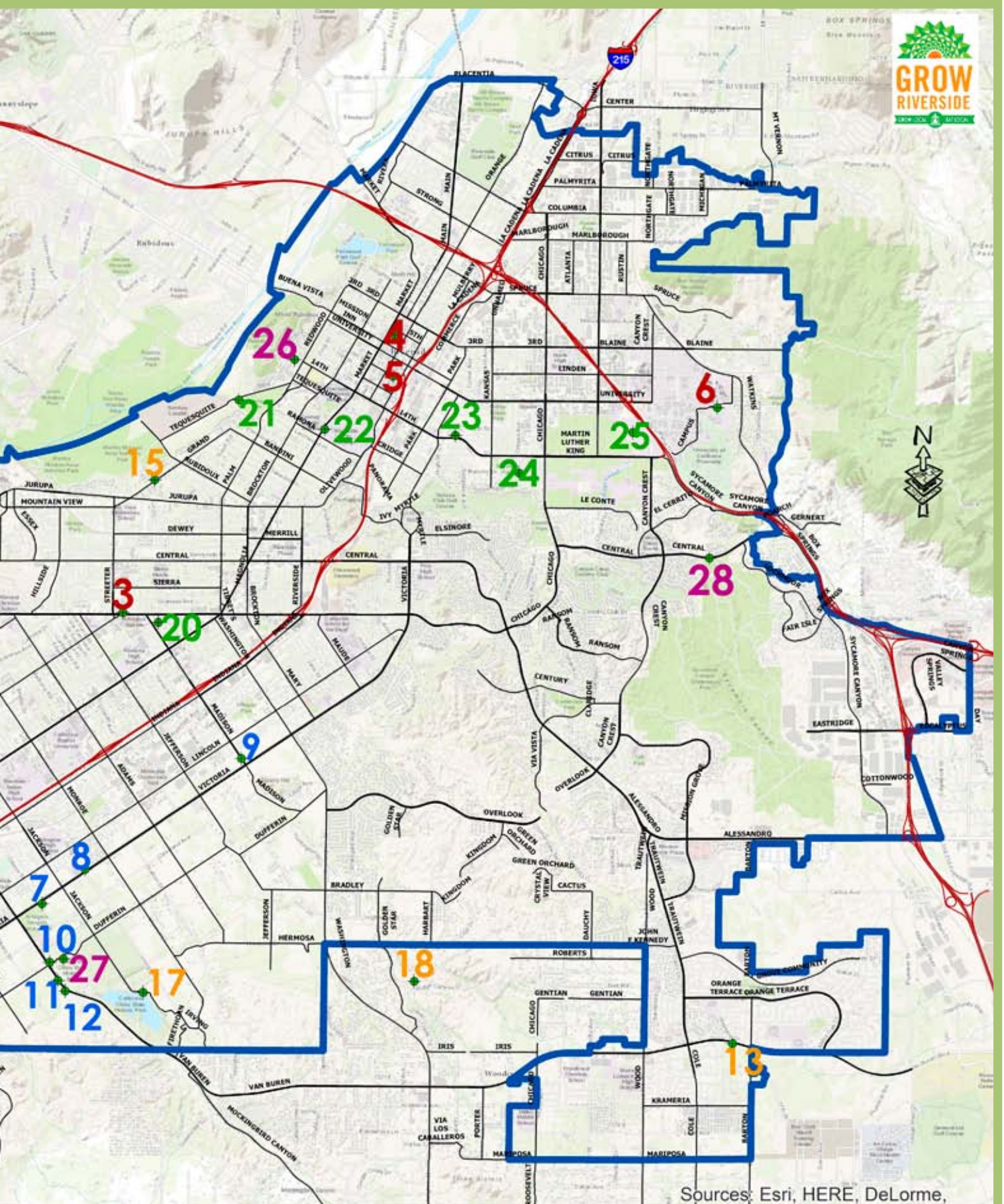
19. Arlanza
20. Madison St. Church
21. Tequesquite at Bonaminio Park
22. Riverside Community College
23. Community Settlement Association
24. Eastside - Emerson
25. R Garden at UCR

Educational Sites

26. LandUse Learning Center
27. Ca Citrus State Historic Park
28. Ameal Moore Nature Center

City of Riverside Markets and Gardens
<http://arcg.is/1GB0hws>





Sources: Esri, HERE, DeLorme,



Farming Resources continued

Farm Services

Alan A. Washburn

Citrus Psyllid Coordinator for Riverside County
(951) 683-2392, alana@washburnandsons.com
807 Center Street, Riverside, CA 92501

Pick Pack-Pest control, entomology, expertise in citrus
Certified Pest Control Advisor

Blue Banner Company Inc.

(951) 682-6183
2601 3rd St, Riverside, CA 92507
Citrus packing

Corona College Heights Orange and Lemon Association (CCH)

(951) 688-1811
8000 Lincoln Ave, Riverside, CA 92504
Citrus packing

Index Fresh

(909) 877-0999, www.indexfresh.com
3880 Lemon St. Suite 210, Riverside, CA 92501
Packing house: 18184 Slover Ave.,
Bloomington, CA 92316
Avocado packing, distribution
Educational seminars, CDs.

Joel Garcia

(909) 376-0494
Orchard care

Richard Zapien

(714) 865-5364
Paid consulting on start-up farming, low volume
irrigation, pest management, crop rotation
QAC License

Farm to Fork News

Riverside Food Systems Alliance

(951) 640-3868, RFSInfo@gmail.com
www.riversidefoodsystemsalliance.com/
Facebook: Riverside Food Systems Alliance

Seedstock

<http://seedstock.com>

Citrograph

<http://citrusresearch.org/citrograph>

The Produce News

www.theproducenews.com

City Farmer News

www.cityfarmer.info

What is a Conservation Plan?

A Conservation Plan is a record of a land user's decisions about what practices will be used to sustain resources. Conservation practices might include cover crops, mulch, crop rotation, conservation (reduced) tillage, field borders of hedgerows, etc. The USDA Natural Resources Conservation Service helps landowners develop conservation plans and apply for cost-sharing as part of the EQIP program. For the free service and assistance with conservation practices, contact District Conservationist Bob Hewitt at (951) 654-7139 or Robert.Hewitt@ca.usda.gov.

For more information about soil health: www.soilhealth.com

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NATURAL PEST CONTROL

Biological control is a method of suppressing pests using natural enemies. Helpful predators include some kinds of bugs, lizards, birds of prey, bats, and larger mammals, such as coyotes and bobcats.

Spiders and “beneficial” insects move into crops to prey on pests, including aphids, scales, and spider mites. Conservation practices, such as cover crops and hedgerows at field borders provide habitat for helpful creatures that suppress pests.



Hoverfly



Ladybug larvae
Spotted Ladybird beetle



Assassin Bug eating
a Glassy-winged
Sharpshooter



American Kestrel
Falco sparverius



Lacewing



Decollate snail

Insect photos: ©U. C. Riverside Department of Entomology

Farmers place raptor nest boxes above their fields to help build the population of Barn Owls and Kestrels. You can see kestrel boxes in Temecula's vineyards.

Keep Me Wild

Wild animals don't need your handouts: they need your respect.

You may not realize it, but a simple bag of garbage, bowl of pet food, or plate of leftovers left outside your home or vacation site can cause harm to wildlife.

Coyotes play an important role in the ecosystem, helping to keep rodent populations under control. They naturally fear humans and keep their distance – so long as they remain fully wild.

Stash your food and trash

Visit the CA Department of Fish and Wildlife at www.wildlife.ca.gov/Keep-Me-Wild

To learn more about reducing impacts on wildlife and protecting your human habitat in the greater Riverside area, see *Living on the Edge of the Urban-Wildlands Interface* at www.rcrcd.com/uploads/files/LivingOnTheEdge.pdf



Denis Pepin www.shutterstock.com

Resources

Community Resources

Riverside Community Calendar

<http://riversideca.gov/calendar>

Public Transportation

Riverside Transit Agency (RTA) Bus routes
(951) 565-5000, www.riversidetransit.com

Riverside Chamber of Commerce

(951) 683-7100, <http://riverside-chamber.com/>
3985 University Ave., Riverside, CA 92501

GREEN Greater Riverside Environmental Engagement Network

www.RiversideGreenNetwork.net

Facebook: [RiversideGreenFestivalandSummit](#)

Riverside Neighborhood Partnership

Facebook: [RiversideNeighborhoodPartnership/](#)

Wood Streets Green Team

www.woodstreetsgreenteam.org
Promoting sustainable living in Riverside, CA.

Inland Urban Forest Council

www.inlandurbanforestcouncil.org/



Be Water Wise: So Cal Water Agencies

www.BeWaterWise.com

Weather it's hot
Weather it's cold...

Take the whole house approach to Energy Efficiency with Riverside Public Utilities' Weatherization Rebate Program.*

Saves Energy... Saves Money!!
Call 951.826.5485 or visit
RiversidePublicUtilities.com
*restrictions apply

RIVERSIDE PUBLIC UTILITIES

Riverside Grown is Growing!

The Riverside Food Systems Alliance (RFSA) has undertaken a challenge to help build a *farm to fork and back to farm* local economy by supporting programs that train new farmers, connect growers to vacant land, prevent food waste, connect restaurateurs to local food producers, encourage community gardens, manage our lands sustainably, and much more. Support from consumers, farms, businesses, and organizations has been inspiring and continues to grow.

THANK YOU!

If you're not involved, but would like to be, please contact RFSA at rfsainfo@gmail.com or (951) 640-3868.



Food Processing and Distribution

Riverside County Master Preservers

Contact University of California Cooperative Extension
<http://ceriverside.ucanr.edu/>

Grist and Toll

(626) 441-7400, info@gristandtoll.com.
www.gristandtoll.com
990 S. Arroyo Pkwy #1, Pasadena, CA 91105
First urban flour mill in the greater LA area in over 100 years.

Local Harvest

www.localharvest.org/

Farmers Markets and Direct-to-Consumer Marketing

www.ams.usda.gov/services/local-regional/farmers-markets-and-direct-consumer-marketing

Local Food Directory

<http://www.ams.usda.gov/services/local-regional/food-directories>

Know Your Farmer, Know Your Food (KYF2)

<http://www.usda.gov/wps/portal/usda/usdahome?navid=KNOWYOURFARMER>

Gleaners for Good

(951) 290-7327, See ad pg 23.

Find Local Products

Etta Mae Gourmet

Laurie Anderson, (951) 662-4999
PO Box 344, Riverside, CA 92502
ettamaegourmet@gmail.com
Local food artisan makes homemade jams, jellies.

Hunneedees Baking

Deana Arellano
(951) 295-3070, Hunneedee@gmail.com
Kids baking parties and education in the science of baking and food safety.
Baking for weddings, dessert tables.

The Juniper Jamery

Ann M Richmond, (951) 202-8987
PO Box 1387, Riverside, CA 92502
ann@randinc.com
Jams with no sugars or preservatives, Jojoba skin care and soap

Goat Rodeo Soap

Janice Lake, (626) 826-3204, Info@goatrodeossoap.com
www.goatrodeossoap.com
Find at downtown riverside farmers' market.
Handcrafted soap from goat milk. All ingredients are natural: raw milk, essential oils, herbs, spices and botanicals.





Food Donation Sites

Our Lady of Perpetual Help Catholic Church -Food Pantry

5250 Central Ave, Riverside, CA (Central & Palm),
(951) 687-8146

Hours: M-F 9-11:30 am, ID and SS cards for all family members. Has refrigerators.

Arlington Temporary Assistance -Food Pantry

9000 Arlington Ave., Riverside, CA, (951) 689-5620

Hours: M & W 11-4 am T & Th 10-1 pm

Non-profit org. Has refrigerators and freezers.

The Concerned Family

5055 Canyon Crest Dr., Riverside, CA, (951) 774-2060

Catholic Charities

3020 Madison St., Riverside, CA, (951) 689-1803

Casa Blanca Home of Neighborly Service -Food Pantry

7680 Casa Blanca St, Riverside, CA, (951) 688-3043

Hours: 2nd & 4th Thursday 7:30-9:30 PM

No refrigerators. Bring bag or box.

Community Settlement -Food Pantry

4366 Bermuda Ave., Riverside, CA

Hours: M, W & F 11:00 am

Sign up in advance in person. Hot meals. Has refrigerators.

Feeding America

2950 Jefferson St., Suite B, Riverside, CA

(951) 359-4757, www.feedingamerica.org

Food distribution to Non-profits Accepts donations, call.

First Congregational Church

3504 Mission Inn Avenue, Riverside, CA ,

www.FCCRiverside.org

Hours: Wednesdays 5:30-6:30 pm

Hot meal

Arlington Seventh Day Adventist -Food Pantry

8778 Magnolia Ave, Riverside, CA, (951) 688-6630

5 day supply_1x per month_5x per year

Kansas Avenue Seventh Day Adventist -Food Pantry

4491 Kansas Ave., Riverside, CA, (951) 682-9810

Hours: 1st Mondays 9-noon

For zipcode: 92507 Pict. ID required

Magnolia Center Church of Christ -Food Pantry

6160 Riverside Ave., Riverside, CA, (951) 686-4343

Hours: 3rd Sunday, 5 pm

Queen of Angels Church

4824 Jones Ave. , Riverside, CA, (951) 689-3674

Hours: Thurs. 9-11 am Emergency food, call for hrs.

Riverside City Mission

3878 6th St, Riverside, CA (Chicago & 12th St.)

(951) 341-5055 10 day emergency food supply

Order taken 3rd Friday of month. Pick up Saturdays.

Second Baptist Church

2911 9th St., Riverside, CA, (951) 684-7532

Hours: M, W, & F Call for times. Hot meal



GLEANERS FOR GOOD

OUR HANDS, YOUR HEART



1

You call or email.
Share the extra fruit and vegetable bounty of your backyard!



2

We collect.
Our volunteers gather the produce from your home.



3

We deliver.
We drop your donations at Feeding America or other local food banks.

[Be a volunteer! Help with your community's hunger problem!]

(951) 290-7327
riversidefoodcoop@gmail.com

RIVERSIDE
FOOD COOP





Small Business Resources

Beginning Farmers Farm Business Planning

www.beginningfarmers.org/farm-business-planning/

Developing a Farm Business Plan

http://extension.psu.edu/business/ag-alternatives/farm-management/developing-a-business-plan/extension_publication_file

Cottage Food Operation Information

www.cdph.ca.gov/programs/pages/fdbcottagefood.aspx

Riverside County Department of Environmental Health (888) 722-4234, www.rivcoeh.org/Forms

Food handling forms and more

Inland Empire Small Business Development Center

(951) 781-2345, www.iesmallbusiness.com

Inland Empire Women's Business Center

(909) 890-1242, www.iewbc.org

Inland Empire Business Counseling and Consulting Service (SCORE)

(951) 652-4350, <https://inlandempire.score.org>

SCORE is a nonprofit association dedicated to educating entrepreneurs and helping small businesses start, grow, and succeed nationwide: resource partner with the U.S. Small Business Administration. Free counseling, information

Small Business Administration (SBA)

Santa Ana District Office, (714) 550-7420

www.sba.gov/offices/district/ca/santa-ana/about-us

**be healthy.
add color to your diet.**

WRCOG
Western Riverside
Council of Governments

**RIVERSIDE
COUNTY HEALTH
COALITION**



Gardening Resources

CA Rare Fruit Growers - Inland Empire Chapter
<http://crfg-ie.org/>

Master Gardeners, University of California Cooperative Extension

Helpline: (951) 683-6491 Ext 231

<http://ucanr.edu/sites/RiversideMG/>



Master Composters, Riverside County Waste Management Department

(951) 486-3200

<http://www.rcwaste.org/composting/how>

Riverside County Department of Waste Resources

Riverside Community Garden Council and Community Gardens

Facebook: [RiversideCommunityGardens](#)

(See more next page)



UC Agriculture and Natural Resources Catalogue

<http://anrcatalog.ucanr.edu/> (800) 994-8849

Tried and True or Something New? Selected Citrus

Varieties for the Home Gardener <http://anrcatalog.ucanr.edu/Details.aspx?itemNo=8472>

California Garden Web

<http://cagardenweb.ucanr.edu>

Compost, Organic Fertilizers, and Reuse

Jongs Organic Fertilizers

David Smith, (909) 809-2247, David@jongs.com

www.shop.jongs.com

Burrtec

(951) 786-0544

Compost and mulch

Material Recovery Facility: Agua Mansa Transfer Station

1830 Agua Mansa Road, Riverside, CA 92509

<http://www.burrtec.com/organic-and-food>



Key Threats to Pollinators

Native bees, butterflies, and other pollinators face many threats including habitat loss, disease, pesticide use, and climate change.

Bumble bees are at special risk, because unlike honeybees, which have large perennial hives with greater than 10,000 individuals, bumble bees produce smaller annual colonies (50-1,500 individuals). Due to their population sizes, life cycle, and genetic makeup, they are uniquely susceptible to extinction.

Learn about how you can reduce impacts on pollinators at:

<http://www.xerces.org/bringbackthepollinators/>

PHOTO BY WENDY WALKER

Low Cost Soil and Irrigation-Water Testing

If you suspect that your soil may be causing poor plant growth, consider having your soil analyzed. Soil tests reveal chemical problems that are invisible to the eye, except when plants are dying or sickly.

The Riverside-Corona Resource Conservation District (RCRCD) provides low-cost soil and water testing for **private landowners** and **homeowners**.

For information: (951) 683-7691
Ext: 223



IMPROVE YOUR SOIL!



Riverside's Community Gardens

Facebook: Riverside Community Gardens



Arlanza

8700 Cypress Ave.
at Challen Ave.

growarlanza@gmail.com
(951) 732-7509

The Riverside Community Garden Council (RCGC) is a coalition of community gardens, including those at parks, schools, churches, and other neighborhood areas. The Council is composed of volunteers who share resources, collaborate, and seek funding to support community gardens.

Share the Joy of Gardening!



Eastside

4660 Ottawa Ave. behind
Emerson Elementary

jcburk@pacbell.net
(951) 212-7229



Riverside Community College

4800 Magnolia Ave.
So. of Digital Library

preston.galusky@rcc.edu
(951) 222-8361



UC Riverside

Martin Luther King Blvd.
entry at Canyon Crest Dr.,
edge of parking lot 30

rgarden@ucr.edu
(951) 827-4271



Tequesquite at Bonaminio Park

5000 Tequesquite Ave.

jcburk@pacbell.net
(951) 212-7229



Community Settlement Association

<http://www.csarivca.org>

(951) 686-6266



Madison Street Church

3991 Madison St., behind church
commonGood.riverside@gmail.com
(951) 687-0557

If you would like to be notified of upcoming meetings or to add a garden to the growing list, please contact rivcommunitygardencouncil@gmail.com or Fortino Morales (951) 827-4271, fortino.morales@ucr.edu

The Council normally meets the third Monday of every month at 6:30 PM.

If you don't find the garden contact nearest you, call the City of Riverside at (951) 826-5168.

RCGC is a public-private partnership. To start a community garden, join our monthly meeting.



Contact your local neighborhood garden or find out more at Facebook: Riverside Community Gardens



Healthy Living Resources

First 5 - Loving Support Breastfeeding Program

www.lovingupport.org

Loving Support provides encouragement and assistance to new mothers to help make breastfeeding successful. Training is provided for employers, childcare sites, and medical care providers.

Call a counselor 24 hours a day: **1-888-451-2499**.

First 5 - Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC)

(951) 358-5311, www.rivco-nutrition.org/nap-sacc

NAP SACC is an obesity prevention program that helps child care Facilities improve their nutrition and physical activity programs.

First 5 - Asthma Management Program

www.rivcoasthma.org

The goal of this initiative is to reduce the negative impact of asthma and asthma-like conditions on children, so they can be successful in school. For Riverside County children 0- 5 yrs old. Provided by the Riverside County Department of Public Health.

Fresh, Fit and Fun

www.riversideca.gov/mayor/fitfreshfunforum/

3900 Main St., Riverside, CA

Eddy Jara, (951) 826-5813, ejara@riversideca.gov

Resources, plus Walk and Bike with the Mayor

Eastside HEALZone

www.healthyriversidecounty.org

The Eastside neighborhood in the City of Riverside is one of 17 Healthy Eating, Active Living (HEAL) Zones activating residents and organizations in community efforts for healthy living. Funded by Kaiser Permanente



Harvest of the Month

www.harvestofthemonth.com

Highlights a variety of seasonal produce items grown in California, featuring free newsletters that include gardening, cooking, science, reading, and other topics.

Tobacco Control Project

<http://rivcotcp.org/>

Nutrition Education and Obesity Prevention (NEOP)

www.cachampionsforchange.cdph.ca.gov

NEOP is part of the statewide “Champions for Change” campaign focused in low-income communities to create environments that support fruit and vegetable consumption and physical activity.

Nutrition and Health Promotion and the Riverside County Nutrition Action Plan (CNAP)

(951) 358-5311, www.rivco-nutrition.org

Help build healthier and more physically active communities in Riverside County.

Rethink Your Drink

www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrink.aspx

RethinkYourDrink.aspx

Educates consumers about healthy drink options.

Riverside County Health Coalition

www.healthyriversidecounty.org

A collaborative committed to policy development and advocacy, environmental change, and community empowerment for healthy lifestyles.

Riverside County Department of Public Health

www.rivcoph.org

Text 4 Baby APP <https://text4baby.org>

The free Text4baby app makes it easy to get critical health and safety information.

Women, Infants & Children (WIC)

(800) 455-4942, www.rivhero.com/

Helps pregnant women, new mothers and young children eat well, stay healthy and be active with peer support, nutrition education and coupons for healthy foods.

WIC Breastfeeding Peer Counselor Program

Facebook: *WICatwork*

WIC@Work is aimed at making the breastfeeding mother's transition from home to work successful, with help of a Board Certified Lactation Consultant.

Nutrition News

Gurumantra Khalsa, (951) 784-7500

Subscriptions, memberships, ebooks, guides, webinars, books



Photo courtesy of Jeff Vanaga, USDA NRCS

Educational Resources

California Citrus State Historic Park

9400 Dufferin Ave. (at Van Buren), Riverside, 92504

www.parks.ca.gov/?page_id=649

The park and museum recapture the time when "Citrus was King", and showcase the importance of the citrus industry in southern California.

Riverside-Corona Resource Conservation District

(951) 683-7691, www.rcrcd.org

4500 Glenwood Dr., Building A, Riverside, CA 92501
(at the corner of 14th St.)

Educational materials and mini-grants for school gardens are provided free of charge to teachers, students, and home schooling families who reside or work within the RCRCd. Order forms:

http://www.rcrcd.org/#For_Youth, or call Ext. 207.

Visit the LandUse Learning Center (LLC), a 3-acre garden that demonstrates sustainable practices for the three main land uses of southern California: native habitats, urban areas, and agriculture. Learn about sustainable agriculture in the Agricultural Area, and see crops that thrive in the local climate. Plants are labelled, so pick up plant lists for each area and other free materials.

Facebook: *Riverside Corona Resource Conservation District*



4-H Youth Development Program

<http://4h.ucanr.edu/>

Riverside Office (951) 683-6491 Ext. 229

21150 Box Springs Rd, Ste. 202

Moreno Valley, CA 92557

Claudia Carrasco Diaz (951) 683-6491 Ext. 222

Riverside Citizen Science

Facebook: *Riverside Citizen Science*



Riverside Metropolitan Museum and Heritage House

www.riversideca.gov/museum/

Riverside Unified School District (RUSD) Nutrition Services

(951) 352-6740, www.rusdlink.org/domain/69

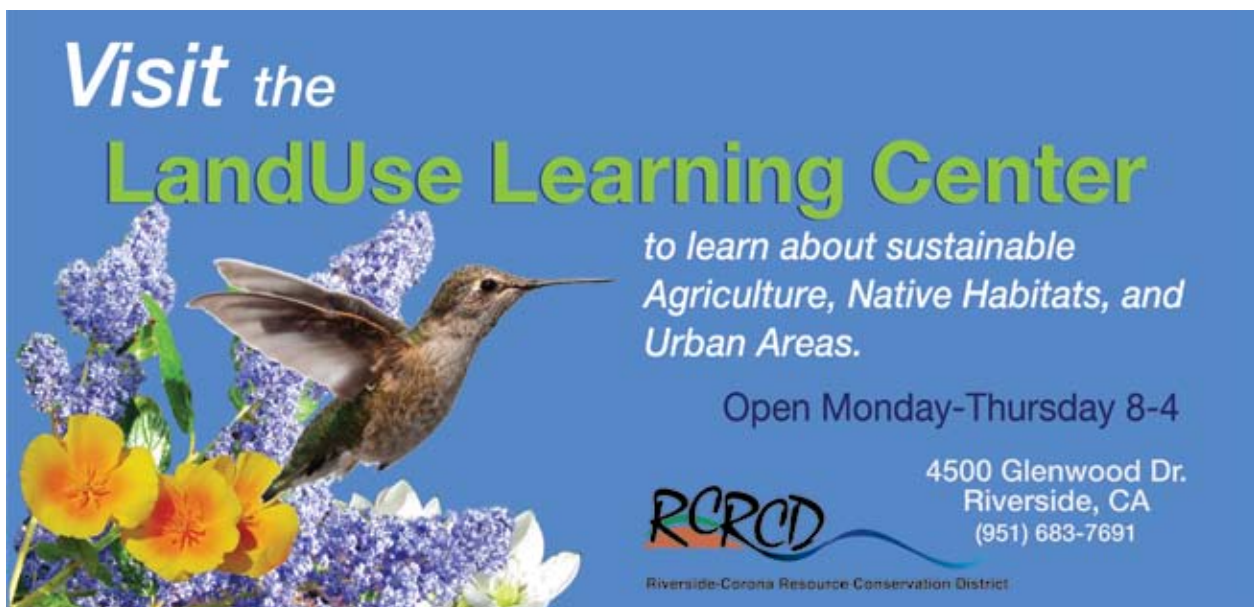
The RUSD Farm to School Program is a practice-based intervention designed to promote healthy eating in children by increasing the availability of fruits and vegetables in school lunches and by providing nutrition education to increase knowledge of and improve attitudes toward eating a variety of locally grown produce.

Environmental Education Collaborative

Riverside and San Bernardino Counties

www.enviroedcollaborative.com

Facebook: *EE Collaborative*



Visit the
LandUse Learning Center

*to learn about sustainable
Agriculture, Native Habitats, and
Urban Areas.*

Open Monday-Thursday 8-4

**4500 Glenwood Dr.
Riverside, CA
(951) 683-7691**

RCRCd
Riverside-Corona Resource Conservation District



Educational Resources continued

Riverside Public Library

(951) 826-5201, www.riversideca.gov/library/

Riverside County Library System

(951) 369-3003

<http://rivlib.info/riverside-county-library-system/>

Western Municipal Water District

School grants for water study:

www.wmwd.com/149/scholarships-grants

Earth En Regen

(909) 529-2129, www.earthenregen.org

Local non-profit organization that assists with education projects.

Master Gardener Training Program

UC Cooperative Extension

http://ucanr.edu/sites/RiversideMG/How_To_Become_A_Master_Gardener/

Rosa Olaiz, (951) 683-6491 Ext. 230 rmolaiz@ucanr.edu

Formal training and continuing education provided to volunteers who extend research based horticultural information and sustainable gardening practices to the public.

Online Ag Ed Resources

The Citrus Experiment Station

<http://cnas.ucr.edu/about/history/ces.html>

California Foundation for Ag in the Classroom

www.cfaitc.org/ <http://learnaboutag.org/>

Growing School Gardens

A professional learning and social network at

www.edWeb.net/schoolgardens

California School Garden Network

www.csgn.org/california

National Gardening Association

<https://garden.org>

Kids Gardening

www.kidsgardening.org

School Gardens and Native Plants

www.cnps.org/cnps/grownative/school_gardens.php

California Farm to School Program

CA Department of Education

www.cde.ca.gov/ls/nu/he/farmtoschool.asp

The Edible Schoolyard Project

<http://www.edibleschoolyard.org>

Connects educators around the world to build and share a K-12 edible education curriculum.

Higher Education

Cal Baptist University Food Innovation Center

<http://bit.ly/23i1qXi>

Cal Poly Pomona College of Agriculture

www.cpp.edu/~agri/departments/index.shtml

Cal Poly Sustainable Agriculture Training Program at Archi's Acres

<http://archisacres.com/page/sat-program>

Environmental Leadership Academy

(760) 750-3020, www.csusm.edu/temecula/certificate_programs/ELI/education_training/index.html

Riverside Community College (951) 328-3663

Culinary Academy: <http://rcc.edu/departments/careertech/appliedtech/Pages/Culinary.aspx>

UCR Sustainability

See: Seeds of Change, Menus of Change

<http://sustainability.ucr.edu/>

University of California Global Food Initiative

<http://universityofcalifornia.edu/global-food-initiative>

UCR California Agriculture and Food Enterprise (CAFE)

<http://cafe.ucr.edu/>

What Is Sustainable Agriculture?

In relation to natural resources, sustainability simply means that our resources will last forever, being neither depleted nor damaged.

Sustainable describes a system that maintains productivity indefinitely. Farmers use a variety of planting and tillage methods to build soil productivity, control pests, and create a high level of diversity, called *biodiversity*. Sustainable agriculture includes:

- farming practices that conserve water and energy, support wildlife, and build soil health
- use of natural processes, such as nature-based pest control methods and composting on farm waste
- selling locally for the economic vitality of the community and reduced product transportation costs and related pollutants.

Diversified farms are more resilient to pests, weather extremes, and market conditions.

Photo courtesy of USDA Natural Resources Conservation Service.

Does your food budget need a boost?
WIC can help your family!



WIC helps pregnant women, postpartum women, infants and children up to the age of five years.
You may qualify for WIC even if you are working!



Health & Cooking Tips



Checks =
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Join Us!

Working Together for your Riverside Food Systems Alliance

Partners in the community formed a Riverside Food Systems Alliance (RFSa) executive committee, advisory board, and working groups. The Alliance gained a fiscal sponsor: Community Partners.

- RFSa has been inventorying community, farm, and food assets and has been building partnerships with businesses, agencies, and growers to improve a variety of aspects of the local food system.
- RFSa has supported and promoted efforts at many events, including GrowRIVERSIDE conferences, Community Gatherings, Farmers' Forums, Farm Fest, Riverside Green Festival and Summit, Farm to Fork dinners, and at Resource Conservation Districts' conferences.
- RFSa is working with the Southern California Regional Food Policy Council and California Food Policy Council.
- RFSa received a \$1,500 City Sponsorship Grant to develop this local guide, along with a variety of sponsorships that have helped to print this publication. Please support our sponsors.
- Fox Farm, a local urban farm, successfully used crowd-funding to purchase a cooler that is being used for aggregation and refrigeration of Co-op foods.
- More restaurants are buying local produce, including The Pines Modern Steakhouse, a top tier restaurant at San Manuel Indian Bingo and Casino.
- Riverside Unified School District has been a leader in providing local produce for school lunch programs.
- The Riverside Corona Resource Conservation District (RCRCD) received an Urban Agriculture Conservation grant from the National Association of Conservation Districts (with support from the USDA Natural Resources Conservation Service) that provides funding for free irrigation system evaluations for growers and funding for the development of this publication.
- Gleaners For Good formed and conducted their first gleaning. Thank you Riverside Food Co-op.

Most of the above progress has been accomplished by volunteers.

RFSa Partners' Accomplishments

- An Invest Health grant from the Robert Wood Johnson and Reinvestment Fund was awarded to the City of Riverside to develop a robust farm to fork system. Invest Health aims to enact long-term changes that will improve the health and well-being of the City's residents. www.investhealth.org, www.rwjf.org
- The Riverside Food Co-op (RFC) won a Kaiser Permanente grant to operate both a farmers' market and produce box program for the Eastside Heal Zone. RFC has been buying produce from farms within 25 miles of downtown Riverside, and created seven jobs since September of 2015. Thank you for your support Kaiser Permanente.





Special Advertising and Benefits for Community Sponsors

As a sponsor you will gain recognition with your ad in *Fresh and Local*, a free guide that helps consumers and restaurants connect with local growers and that highlights resources for healthy living and local growing.

Circulation: 30,000 print copies, plus via newsletters, websites, and Facebook of RFSA and numerous partners.

Print copies mailed to greenbelt growers and distributed at Riverside area farmers' markets, farm stands, libraries, Chamber of Commerce, health agencies, government offices, restaurants, neighborhood organizations, and to sponsors (upon request).

With sponsorship you will gain booth space, and recognition with your logo at RFSA events, on websites and via social media.

For sponsorship information: please contact Diana Ruiz at (909) 238-8338, Ruiz@RCRCD.org



Join us by being a sponsor and help build a healthy and sustainable food economy.



The **RFSA** thanks the following sponsors for their support:

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Riverside Food Co-op

Sprout \$500-\$999

Riverside University Health System-WIC
California Department of Conservation
Friends of Riverside's Hills

Root \$250-\$499

Western Riverside Council of Governments



Three Ways You Can Help!

1. Use your “purchasing power” to support local agriculture and grow Riverside’s economy.
2. If you have a passion for helping local food communities prosper, get involved as a collaborator, volunteer, or sponsor. Please contact our volunteer executive director Seth Wilson at RFSAinfo@gmail.com or Chair Gurumantra Khalsa at (951) 640-3868. The advisory committee meets the first Thursday of each month from 3-5 PM.
3. Become a sponsor or member of RFSA



RFSA has become a public-private partnership with members from the community, government, and business. The RFSA collaborative includes farmers, community gardeners, restaurateurs, food co-ops, health and hunger organizations, Riverside’s Economic Development Department, health and ag agencies, and individuals.

Follow us on Facebook: Riverside Food Systems Alliance

Join Us! Share in our healthy harvest.

Name _____

Address _____

City _____ Zip _____

Phone _____ Email _____

Membership Level

- | | |
|------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Volunteer | <input type="checkbox"/> Limited Income \$10 |
| <input type="checkbox"/> Individual \$35 | <input type="checkbox"/> Sustaining \$100 |
| <input type="checkbox"/> Family \$50 | <input type="checkbox"/> Business Partner \$250 |

Enclose with payment and mail to:

Riverside Food Systems Alliance
PO Box 324, Riverside, California 92502

Please make checks payable to Community Partners, the non-profit partner for RFSA. (Community Partners is a Section 501(c)(3) tax-exempt organization. Your sponsorship may be deductible as a charitable contribution. Please consult with your tax advisor.)



This is a future that needs you.

Riverside Food Systems Alliance (RFSa) is an organization that is working to create a “farm to fork” food system that makes healthy, local foods available for all. RFSa makes connections and removes barriers in an effort to expand access to local foods, preserve land for sustainable agriculture, and to grow Riverside’s economy.



www.RiversideFoodSystemsAlliance.com

It’s a future where:

- everyone, regardless of economic or social standing will have access to healthy, nutritious, locally grown food
- neighborhoods flourish, and people share food they grow with each other and those in need
- young people start growing food and experience fresh flavors, connecting them to healthy choices over a lifetime
- active living and good nutrition reduce the incidence of degenerative disease
- we honor our past by protecting our soils and preserving our farm lands throughout the City and beyond.

It’s a future filled with enthusiastic farmers and hungry consumers connecting at food co-ops, sustainable restaurants, farmers markets, food hubs, community gardens, neighborhood growing spaces, and more.

RFSa: Enhancing food security by building and growing a resilient, productive, and sustainable local food and agricultural system in and around Riverside.

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What is GrowRIVERSIDE?

In 2014, the City of Riverside sponsored the first GrowRIVERSIDE Conference which drew a lot of attention to the local food movement and Riverside's rich agricultural heritage. As interest grew, the city invited community partners to monthly planning workshops. Eventually, about 90 participants collaborated to envision a local farm to fork food system. The result was a Food Policy Action Plan. When the goals of the plan are realized, partners will have strengthened the economy, raised awareness about healthy living, and conserved local farmland and natural resources.



What is the Riverside Food Systems Alliance?

To capitalize on growing interest and synergies from the GrowRIVERSIDE planning workshops, a small group of participants volunteered to form the Alliance. RFSA has since become a public-private partnership that is working to make fresh, healthy, local foods available for all. The Alliance includes members from the community, government, and business. RFSA is currently operating under the fiscal sponsorship of Community Partners, a tax-exempt 501(c)3 nonprofit organization.

Join us at an upcoming Community Gathering or Grower's Forum.

Please help us by sharing this guide and by spreading the word about buying local. We welcome your involvement as a member, as part of a working group, or sponsor. Sponsors are provided recognition and advertising space in this guide.

The ***Fresh and Local*** guide was developed by the Riverside-Corona Resource Conservation District.

If you would like to be included in next year's ***Fresh and Local*** Guide with an advertisement, sponsorship, or free listing (i.e.: farms, farm stands, relevant resources), please contact Diana Ruiz at ruiz@RCRCD.org, (909) 238-8338 or rfsainfo@gmail.com.