INTEGRATED PEST MANAGEMENT (IPM)

Natural pest control that is healthier for people and the environment

**IPM** aims to remove unwanted insects from your garden while attracting helpful ones, using a mix of environmentally friendly methods:

1. **NATURE** - Garden-damaging bugs have natural enemies like ladybugs and wasps. Certain plants such as yarrow and marigolds attract these beneficial insects, reducing the need for pesticides.

2. **DIY** - Mulches keep invasive weeds at bay. Copper barriers on raised garden beds reduce damage by slugs and snails. Screens keep out birds and insects.

3. **NONTOXIC** - Pesticide-free gardening practices that help keep pests in check include correct irrigation, crop rotation and growing plants resistant to pests, disease and drought (typically native species).

**GOOD BUGS**

- Many types of wasps inject their eggs into caterpillars and the hatching larvae eat the plant-damaging pest.

**MONITORING**

- Keep an eye on the balance of bugs within your yard’s ecosystem; catching a problem earlier makes it easier to correct.

**4 DAYS TO HATCH**

- Once hatched, the larvae of green lacewings feast on destructive aphids.

**5,000 APHIDS**

- A ladybug can eat this many of them in its lifetime.

**30,000 LENSES IN EACH EYE**

- The beneficial dragonfly has superior vision, giving it an incredible hunting advantage.

**SOURCES:** University of California Agriculture and Natural Resources; U.S. Department of Agriculture
**BIOSWALES** These shallow, vegetated ditches let nature do the work of cleansing polluted rainwater and snowmelt that run off streets and parking lots. The methods are low-tech:

1. **DETENTION** • Vegetation slows the runoff, allowing silt, toxic metals and other pollutants to settle out.

2. **FILTRATION** • Grasses and shrubs filter runoff as it passes through them.

3. **INFILTRATION** • Pollutants are captured in porous soils as the runoff seeps underground.

**124 BODIES OF WATER**

In California are too polluted for swimming and fishing. (2016)

**Cleansing Runoff at Home**

Homeowners can build a "Rain Garden" — a sunken vegetated area that captures runoff from the roof and driveway and allows water to seep underground.

**49% of Pollutants in Runoff**

Can be removed by a well-designed bioswale during a moderate storm. (2016)

**99% of Storm Drain Systems**

In California empty the runoff directly into a water body without being cleansed at a water treatment plant. (2016)

**Bioswales:**

- Protect water quality
- Reduce sewer overflows
- Increase well water supplies
- Attract birds and butterflies
- Look nicer than concrete stormwater channels

**Bioswales and Water Quality**

Capture, absorb and filter polluted stormwater runoff on site

Sources:

- U.S. EPA
- University of California Agriculture and Natural Resources
- UC Davis
- Soil Science Society of America
- Sacramento Stormwater Quality Partnership

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**Infiltration**

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**Runoff Pollutants**

Include motor oil, gasoline, pesticides, fertilizers, pet wastes, sediment and toxic metals like mercury, copper, zinc and lead.

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NURTURING WILD BEES

Native pollinators can help sustain our food supply

WILD With the right habitat, scientists say native bees in the wild can be just as effective in pollinating crops as European honey bees. Ways to nurture wild bees include:

1 PROVIDE FORAGE • Plant flowering cover crops in orchards. Grow hedgerows of native shrubs, grasses and wildflowers within and around crop fields and gardens. Include a range of plants blooming at different times to provide nectar and pollen year-round.

2 PROTECT FROM PESTICIDES • Most pesticides can kill bees. Do not apply them to plants in bloom. Maintain buffers between sprayed areas and bee foraging habitat.

3 CREATE NEST SITES • Leave bare a sunny, sheltered area where ground-nesting bees can tunnel. Keep rotting logs, stumps or branches for wood-boring species. Or build nests by drilling small holes into wood blocks.

POLLEN COLLECTORS
Most wild bees are pollinators. They transfer pollen from one flower to the next, helping plants set the fruit.

SOLITARY
Unlike honey bees, wild native bees do not live in hives or make honey. Most are solitary and nest underground or in wood.

CROPS POLLINATED BY WILD BEES:
• APPLES
• BLUEBERRIES
• CHERRIES
• CRANBERRIES
• RASPBERRIES
• SQUASH
• TOMATOES

35% OF CALIFORNIA CROPS POLLINATED BY WILD BEES.

$900 MILLION
California agriculture reaps at least this much value yearly from pollination by wild bees.

1,600 WILD BEE SPECIES
Found in California. The honey bee is one of the few non-natives.

ABOUT A THIRD OF OUR DIET RELIES ON IMPORTED HONEY BEES, WHOSE POPULATION HAS BEEN IN RAPID DECLINE. ONE SOLUTION MIGHT BE TO ENCOURAGE NATIVE, WILD BEES TO POLLINATE OUR FARMS AND GARDENS.
SUPER POOP Worms like to eat slowly rotting organic material, such as vegetable and fruit scraps. The resulting worm manure, or compost, is often more beneficial to plants than traditional compost. Here's why:

1. **MORE NUTRIENTS** • Worm manure contains more growth-boosting minerals and bacteria and makes those nutrients more available to plants.

2. **BETTER SOIL** • Worm compost retains plant nutrients for a longer time and has greater moisture-holding capacity.

3. **GREATER PROTECTION** • Worm compost provides much higher protection against plant-damaging microbes in surrounding soil.

**IT TAKES GUTS**

Secretions in worm intestines make nutrients concentrated and available for plant uptake.

**NUTRIENTS**

Chemicals in worm manure that promote plant growth include nitrogen, phosphorous, potassium, calcium, magnesium, iron and zinc.

**OPTIMAL RATIO**

1:4

For healthier house plants, mix 1 part worm compost into 4 parts potted soil.

**1/2**

Red composting worms can eat half their weight in one day.

**90%**

Of worm’s body comprised of water.

**WORM FOOD:**
- Vegetable scraps
- Fruit rinds, peels
- Coffee grounds, filters
- Tea bags
- Egg shells

SOURCES: University of California Agriculture and Natural Resources, CalRecycle, CompostGut.com, Mother Earth News, New Mexico State University.
Where our water comes from

Engineered

In California, most water availability is in the north during winter storms and spring snowmelt, but most water demand is in the south during the dry summer. Reservoirs and aqueducts help bridge these gaps in space and time.

1 Runoff • About half the state's water supply comes from rain and snowmelt running off the 400-mile Sierra Nevada. Many Sierra rivers are dammed to store and release this runoff when needed.

2 Imports • Most of Southern California's water supply originates hundreds of miles away in the Sierra and the Rocky Mountains, via the Colorado River.

3 Groundwater • About 35% of California's water supply is pumped from aquifers — sponge-like underground reservoirs filled with gravel and sand. More is pumped in dry years to make up for the lack of rain.

75% of precipitation falls north of Sacramento.

66% of Californians receive some part of their water from the Sacramento-San Joaquin Delta.

Delta Exports

Northern and Central Sierra rivers drain to the Sacramento-San Joaquin Delta, where giant pumps and aqueducts divert water to cities and farms across the Southern two-thirds of the state.

Recycled

Many California communities reuse treated wastewater for landscape irrigation.

85% of Sacramento's water is drawn from the Sacramento and American Rivers. The rest comes from groundwater.

Most of California's water supply comes from these rivers:

- American
- Colorado
- Sacramento
- Tuolumne
- Trinity
- Stanislaus
- Feather
- Mokelumne

Sources: UC Davis; Water Education Foundation; California Department of Water Resources; City of Sacramento

Sponsored by SMUD
Drip irrigation is highly efficient because it delivers water slowly and directly to the base or root zones of plants.

1. **DIRECT TO PLANT** - Drip systems use considerably less water than pop-up sprinklers and hand-watering because they deliver water only to the desired plants.

2. **DIRECT TO SOIL** - Running a drip line directly to the plant's base or underground to its root zone minimizes water losses to overspray, wind and evaporation.

3. **SLOWLY APPLIED** - Water delivered at a trickle is more likely to soak in before it runs off. This makes drip irrigation ideal for watering sloped gardens.

**53% OF HOUSEHOLD WATER GOES TO IRIGATING YARDS IN CALIFORNIA.**

**MAINTENANCE**

Drip irrigation systems need to be regularly checked for line breaks and plugged emitters.

**90% EFFICIENCY**

Using drip irrigation, compared with 50% — 70% for sprinkler systems and hand-watering.

**152 GALLONS**

Used daily by the average Sacramento County resident, compared with statewide average of 111 gallons per person per day. (CPTT 2016)

**BENEFITS OF Drip Irrigation:**

- Saves water and fertilizer
- Prevents overwatering
- Minimizes runoff and soil erosion
- Reduces risk of plant disease
- Works well on slopes
- Easy to reconfigure

**GARDENERS CAN PUT THE RIGHT AMOUNT OF WATER IN THE RIGHT PLACE AT THE RIGHT TIME, SAVING MUCH WATER**

**DRIP IRRIGATION**

The most efficient way to water most home gardens

**SOURCES:** University of California Agriculture and Natural Resources, U.S. EPA, California Department of Water Resources, California Water Resources Control Board.
HERBS AS GARDEN GATEKEEPERS

Plants that enliven food also shoo pests, invite pollinators

GATEKEEPERS Many herbs serve as gatekeepers to your garden's health, both turning away destructive pests and attracting helpful insects.

1 DETERRENT • Growing highly fragrant herbs can make your garden less appetizing to deer. Rosemary bushes can be used as a protective border. Its spiky leaves emit a strong perfume that deer dislike.

2 REPELLENT • Aromas of thyme, sage and winter savory repel insects that damage kale and other cabbage crops. Parsley fends off destructive beetles and its seeds attract predatory wasps that kill the tomato hornworm.

3 ATTRACTANT • Allowing herbs to flower will draw pollinators. Hummingbirds sip nectar from lavender and other tubular-flowered herbs. Bees prefer herbs with single-petaled flowers, such as basil. Some herbs such as fennel feed butterflies and their larvae.

HERBS VS. SPICES

PLANTS THAT HAVE LEAVES USED FOR FOOD SEASONING, MEDICINE OR PERFUME ARE HERBS. SPICES COME FROM ROOTS, BARK OR SEEDS.

DROUGHT TOLERANT HERBS NEED LITTLE WATER. MOST ARE NATIVE TO THE SEMI-ARID MEDITERRANEAN REGION.

10 YEARS TYPICAL COMMERCIAL PRODUCTIVE LIFESPAN OF LAVENDER, WHICH IS USED FOR FRAGRANCE AND ALTERNATIVE MEDICINES.

95,000 STICKS OF GUM CAN BE FLAVORED WITH JUST 1 GALLON OF MINT OIL.

CALIFORNIA LEADS THE NATION IN PRODUCTION OF HERBS, INCLUDING PARSLEY AND SAFFLOWER.

CULINARY HERBS THAT WARD OFF GARDEN PESTS:

- BORAGE
- CHIVES
- OREGANO
- DILL
- PARSLEY
- THYME
- SAGE
- ROSEMARY
THE MONARCH BUTTERFLY IS UNIQUE AMONG INSECTS FOR ITS LONG-DISTANCE SEASONAL MIGRATION. GARDENERS CAN HELP SUSTAIN THEIR JOURNEY BY PROVIDING THREE BASIC NEEDS:

1. **HOST PLANT** • The female lays her eggs only on milkweed, almost the only food its larvae and caterpillars will eat. California has several native milkweed species.

2. **FOOD** • Monarchs feed on nectar, so plant plenty of native wildflowers and blooming shrubs. Add gravel to your birdbath or create a muddy patch in your yard to provide butterflies a shallow place to drink water.

3. **SHELTER** • Monarchs need protection from harsh weather and predators. A dense patch of shrubs or cluster of tall grasses and wildflowers will do the trick.

**MILES**

THE DISTANCE SOME WESTERN MONARCHS FLY TO REACH THEIR WINTERING GROUNDS. IT TAKES FIVE TO SIX GENERATIONS OF THE INSECT TO COMPLETE THE MIGRATION. SCIENTISTS HAVE NOT FIGURED OUT HOW THE INSECTS KNOW WHERE TO GO.

**HOST PLANT**

- CALIFORNIA [Asclepias (A.) californica]
- SHOWY (A. speciosa)
- HEARTLEAF (A. cordifolia)

**SHELTER**

- NARROWLEAF (A. fascicularis)
- WOOLLY (A. vestita)
- WOOLLYPOD (A. eriocarpa)

**DEFENSE**

MILKWEED CONTAINS TOXINS THAT MAKE THE MONARCHS UNPALATABLE TO MOST PREDATORS.

**U.S. MONARCH POPULATIONS**

ONE BREEDS EAST OF THE ROCKIES AND WINTERS IN MEXICO. THE OTHER BREEDS WEST OF THE ROCKIES AND WINTERS ON CALIFORNIA’S COAST.

**CALIFORNIA OR BUST**

CALIFORNIA’S COAST IS THE ONLY PLACE IN THE U.S. WHERE MONARCHS GATHER IN THE WINTER.

**1,000 MILES**

THE DISTANCE SOME WESTERN MONARCHS FLY TO REACH THEIR WINTERING GROUNDS. IT TAKES FIVE TO SIX GENERATIONS OF THE INSECT TO COMPLETE THE MIGRATION. SCIENTISTS HAVE NOT FIGURED OUT HOW THE INSECTS KNOW WHERE TO GO.

**$1,000 FINE**

FOR TOUCHING OR OTHERWISE DISTURBING MONARCHS IN PACIFIC GROVE, CALIF., WHICH HOSTS A WINTER SANCTUARY FOR THEM.
CITRUS: THE GIVING TREES

Enjoy healthful fruit, glossy foliage and sweet fragrance year-round

GIVING TREES Citrus trees offer better returns on their maintenance than most anything in your garden. Here are three dividends:

1. **HEALTHY FRUIT** - Citrus fruits are rich in vitamins, minerals, dietary fiber and plant chemicals that are linked to a lower risk of cancer and heart disease.

2. **FRAGRANT EVERGREEN** - Citrus trees please the senses year-round with their shiny foliage, bright fruit and fragrant blossoms. The scents of kumquat and Meyer lemon blossoms are especially pleasing.

3. **LOW MAINTENANCE** - Once established, a citrus tree can yield fruit for decades with little upkeep, compared with the planting, weeding, watering and pest control involved in growing annual vegetables.

DWARF TREES

Once mature, a healthy dwarf citrus tree can produce up to 20 full-size fruits each year.

FRESH OJ YEAR-ROUND

There are a variety of citrus trees that ripen in every season: Washington Navel Orange (winter), Trovita Sweet Orange (spring), Lane Late Navel Orange (summer) and Owari Satsuma Mandarin (late fall).

NO. 1 PRODUCTION

California leads the nation in production of lemons, limes, mandarins and kumquats.

10 OUNCES

Of Satsuma Mandarin Juice contains as much synephrine as an over-the-counter nasal decongestant pill.

37% MARKET SHARE

California dominates U.S. citrus production.

THE SACRAMENTO VALLEY AND LOWER SIERRA FOOTHILLS ARE IDEAL FOR GROWING MANY KINDS OF CITRUS TREES

POPULAR CITRUS TREES IN SACRAMENTO VALLEY:

- Washington Navel Orange
- Valencia Orange
- Moro Blood Orange
- Owari Satsuma Mandarin
- Meyer Lemon
- Lisbon Lemon
- Bearss Lime
- Oroblanco Grapefruit

MARKET SHARE

California dominates U.S. citrus production.
HABITAT FOR POLLINATORS

Gardeners can help repopulate bees and butterflies

**REPOPULATE** Pollinating insects and birds need to feed and breed. Here are three ways you can attract and nurture them:

1. **FLOWERING PLANTS** • Grow a wide variety of nectar-rich native species with a staggered bloom sequence to ensure food for each pollinator’s unique season.

2. **NEST SITES** • Leave dead trees for wood-nesting bees and bare, untilled sunny spots for those that nest underground.

3. **AVOID PESTICIDES** • Most pesticides can kill beneficial insects. Do not apply them to plants in bloom. Maintain buffers between sprayed areas and flowering plants.

**VANISHING BEES**

Recent population declines in bees have been attributed to many factors, including increased pesticide use, habitat loss and climate change.

**35% OF HUMAN FOOD**

Relies on one type of pollinator: bees.

**POLLINATION**

As insects and birds sip nectar or gather pollen for their brood, they transfer pollen from one flower to the next, allowing plants to reproduce and make seeds and fruits.

**28,000 SPECIES OF BEETLES IN U.S.**

Though not efficient pollinators, beetles visit many flowers to sip nectar or eat flower parts.

**SOURCES:** University of California Agriculture and Natural Resources; Xerces Society for Invertebrate Conservation; UC Davis
ADVANTAGES Trees, shrubs and other plants native to the Sacramento Valley evolved to thrive with dry, hot summers and less than ideal soil. Growing natives is beneficial in at least three ways:

1. **LESS WATER** • Once established, many California native plants need little irrigation. Many non-native plants require an average of seven times more water than native species.

2. **ENVIRONMENTALLY FRIENDLY** • Native plants adapted to your area will need little if any fertilizers, soil amendment or pesticides.

3. **MORE WILDLIFE** • Native wildlife prefer native plants. A variety of native insects and birds will help pollinate your fruit trees and help free your yard of plant-eating bugs. A native oak feeds up to 5,000 species of insects.

GOING NATIVE

Plants made to live here have natural advantages

**CALIFORNIA POPPIES**  
"IF PURE GOLD WERE LIQUID AND COULD RAISE A CREAM, THAT GOLDEN CREAM MIGHT BE LIKE THE COLOR OF THE POPPIES."  
— JOHN STEINBECK, EAST OF EDEN

**66 FEET TALL**  
TWO CALIFORNIA FAN PALMS AT THE SOUTHWEST CORNER OF SACRAMENTO’S CAPITOL PARK HOLD THE NATIONAL TITLE FOR LARGEST TREES OF THEIR SPECIES. (2016)

**65% OF WATER USE**  
AMONG SACRAMENTO AREA RESIDENTS GOES TO IRRIGATE YARDS. (2015)

**GO LOCAL**  
LOCALLY NATIVE PLANTS ARE ADAPTED TO THE SOIL AND MICROCLIMATE CONDITIONS SPECIFIC TO YOUR REGION.

**6,000 PLANTS**  
THAT ARE SPECIES, SUBSPECIES AND VARIETIES NATIVE TO CALIFORNIA.

SOURCE: California Native Plant Society; University of California Agriculture and Natural Resources

NATIVE SHRUBS RECOMMENDED FOR SACRAMENTO AREA GARDENS:
- California Wild Rose
- Coyote Bush
- Fuchsia-Flowered Gooseberry
- Red-Twig Dogwood
- Wild Lilac
- Western Redbud
- Western Spice Bush
WHAT YOU TOSS AS GARBAGE CAN SAVE YOU MONEY AND MAKE YOUR GARDEN HEALTHIER

BACKYARD COMPOSTING
Converting green wastes to garden soil helps plants and the environment

WHY COMPOST?
Composting saves resources and produces healthy soil for plants.

1 CONSERVATION • Turning green wastes into a gardening product conserves landfill space and reduces the need for commercial soil conditioners and fertilizers.

2 RETENTION • Compost improves the structure and texture of the soil so it can better retain nutrients, moisture and air for the betterment of plants.

3 ADDITION • Compost adds growth-promoting bugs and nutrients, including secondary and trace elements essential for plant health.

GREAT COMPOSTING MATERIALS:
• Vegetable and fruit wastes, eggshells
• Coffee grounds, tea bags
• Shredded paper, cardboard
• Yard clippings, flowers
• Chopped woody prunings
• Dry leaves, pine needles

MULTIUSE
COMPOST CAN BE USED AS MULCH, TOP DRESSING, SOIL AMENDMENT OR AS AN ORGANIC FERTILIZER.

ZERO WASTE
SAN FRANCISCO AIMS TO SEND ZERO WASTE TO DUMPS BY 2020, DIVERTING DISCARDS THROUGH COMPOSTING, RECYCLING AND OTHER MEANS.

25% OF U.S. THROWAWAYS ARE FOOD AND YARD WASTE.

FREE LABOR
BACTERIA, FUNGI, ANTS AND OTHER BUGS BREAK DOWN THE COMPOST MATERIAL.

25,000 BUGS
AEROBIC BACTERIA, THE BIGGEST PLAYERS IN COMPOSTING, ARE ALSO THE TINIEST — TAKING THIS MANY OF THEM LAYED END TO END TO MAKE AN INCH.

GOOD COMPOSTING MATERIALS:
• Vegetable and fruit wastes, eggshells
• Coffee grounds, tea bags
• Shredded paper, cardboard
• Yard clippings, flowers
• Chopped woody prunings
• Dry leaves, pine needles

SOURCES: U.S. EPA; University of California Agriculture and Natural Resources
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SACRAMENTO STATE
Valley farmers and wildlife stewards manage fields to feed wintering waterbirds

Pacific Flyway

Millions of migratory birds rely on Central Valley stopovers

Stopovers Migratory waterbirds that winter in the Valley rely mostly on three types of managed habitat to rest and eat:

1. Fields • Rice farmers flood up to 350,000 acres after harvest each winter to decompose the remaining rice straw. This provides a buffet of aquatic bugs and leftover grain for waterbirds.

2. Corn Fields • Corn growers in the Sacramento-San Joaquin Delta similarly flood their harvested fields in the winter, providing about 40,000 acres of important habitat for wintering waterbirds, particularly sandhill cranes.

3. Wetlands • Managers of state and federal wildlife refuges provide nearly 27,000 acres of seasonal wetlands that are flooded in the fall, while privately managed wetlands such as duck clubs provide another 43,000 acres.

95% Wetlands Lost
Yet the Central Valley still hosts some of the world’s largest populations of wintering birds.

60% of Food Source
Sacramento Valley waterbirds feast mostly on flooded rice fields.

American Pacific Flyway Spans 4,000 miles from the Arctic to Mexico and 1,000 miles east to the Rocky Mountains.

See the Longnecks
The Cosumnes River Preserve near Sacramento hosts cranes and tundra swans.

230 Species
Depend on Sacramento Valley’s managed wetlands. Several are on the edge of extinction.

Species

Ducks • Geese • Shorebirds • Wading Birds • Songbirds • Swans

Sources: U.S. Fish and Wildlife Service; California Department of Fish and Wildlife; California Rice Commission

Sponsored by California Rice
GOING SOLAR AT HOME
Rooftop systems provide multiple benefits over long term

**BENEFITS** In sunny California, rooftop solar panels can be a good investment, offering substantial long-term benefits in at least three ways:

1. **ECONOMIC** • Using your solar power, rather than the utility's, greatly lowers your electric bills and acts as a hedge against rate hikes. Buyers of solar systems enjoy a 30% federal income tax credit plus incentives offered at the utility, local and state levels. (2016)

2. **PERSONAL** • Homeowners enjoy the satisfaction of producing their own power, lowering their carbon footprint and seeing negative balances on their electric bills.

3. **ENVIRONMENTAL** • Solar energy is a renewable alternative to fossil-fuel power plants that emit air pollutants, including global warming gases.
Eating the traditional Mediterranean meals reduces the risk of heart disease. The diet stresses frequent physical and social activity and consists of these types of foods in these amounts:

1. **HIGH** • Fruits, nuts, vegetables and whole grains — daily. Replace butter with monounsaturated fats, ideally extra virgin olive oil.

2. **MODERATE** • Seafood at least twice weekly. Yogurt and small amounts of traditional cheeses. Eggs and poultry occasionally. For those who drink, wine in moderation.

3. **LOW** • Red meat, processed meats and sweets. For dessert, eat fresh fruit.

**FIVE MEDITERRANEAN REGIONS IN WORLD**
Parts of California, Australia, Chile, South Africa and countries in the Mediterranean.

**CALIFORNIA SPECIALIZES IN GROWING MEDITERRANEAN FRUITS AND NUTS:**
- Almonds
- Apricots
- Figs
- Grapes
- Mandarins
- Olives
- Pistachios
- Pomegranates
- Walnuts

**166 POUNDS**
Weight of average U.S. male in 1960; today it’s 195 lbs. Women have gone from 140 to 166 lbs.

**LOCALLY GROWN**
Eating fresh vegetables and fruits grown close to home maximizes the nutrition you get out of them.

**8,476 FARMERS MARKETS IN U.S.**
This 2015 figure represents a nearly fourfold increase over 20 years.

**CALIFORNIA MEDITERRANEAN DIET**
Eating plan promotes good health with locally grown foods

**MEDITERRANEAN CLIMATE**
Much of California has a Mediterranean climate, with warm to hot, dry summers and mild, moderately wet winters.

**BE PHYSICALLY ACTIVE, ENJOY MEALS WITH OTHERS**

**SPONSORED BY**
Sponsored by...