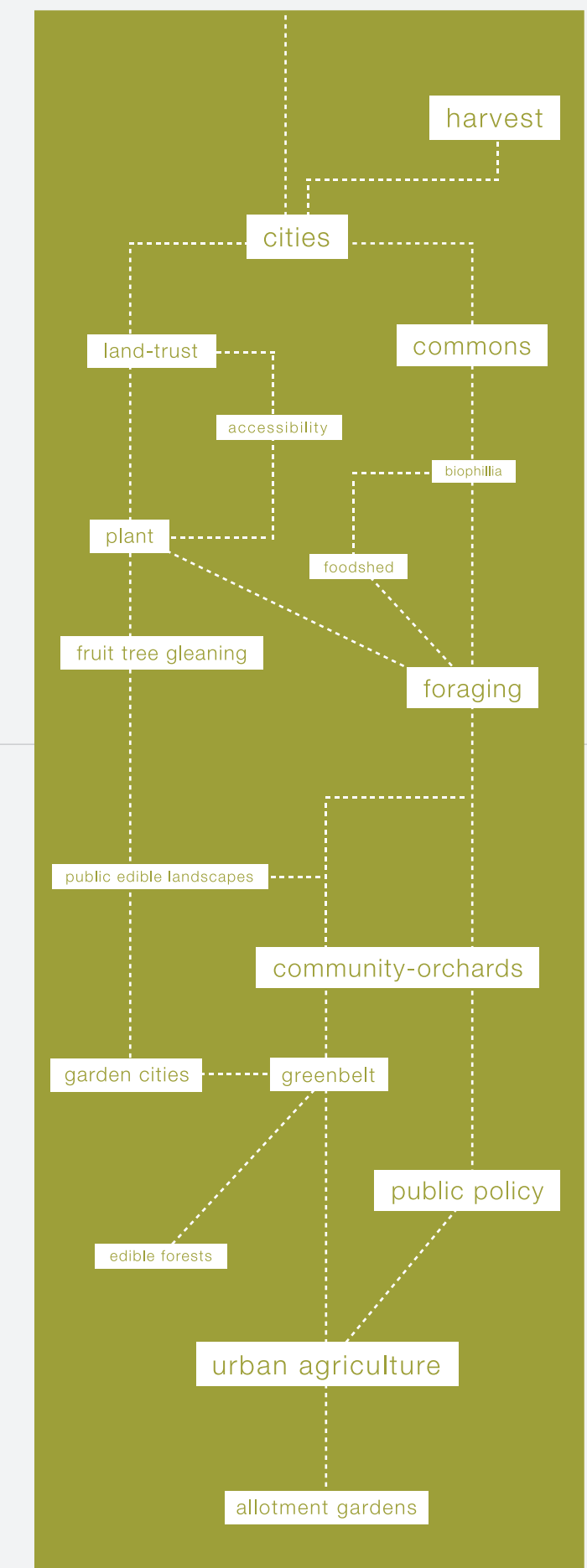




PUBLIC ORCHARD



Founded in 2006, the Studio for Urban Projects is an artist collaborative that perceives art as a means of advancing civic engagement and furthering public dialogue. Our interdisciplinary and research-based projects aim to provoke change by re-framing our perceptions of the city and physically transforming elements of the built environment. The studio's core members—including Alison Sant, Marina McDougall, Richard Johnson, Kirstin Bach, and Daya Karam—blend backgrounds in new media, film, design, and curatorial practice. We also work collaboratively with individuals and institutions in the presentation of projects, public programs, and publications. Engaging the broad themes of ecology and urbanism, our projects have taken the form of audio tours, interactive websites, exhibitions, and architectural environments. Through these projects we reflect upon the cultural dynamics that shape our urban landscapes.

Further Reading

Agropolis: The Social, Political and Environmental Dimensions of Urban Agriculture
Luc J.A. Mougeot

Biophilic Cities: Integrating Nature into Urban Design and Planning
Tim Beatley

City Bountiful: A Century of Community Gardening in America
Laura J. Lawson

Civic Agriculture: Reconnecting Farm, Food, and Community
Thomas A. Lyson

Cities and Natural Process: A Basis for Sustainability
Michael Hough

Garden Cities of To-morrow
Ebenezer Howard

Growing Better Cities: Urban Agriculture for Sustainable Development
Luc J. A. Mougeot

Public Produce: The New Urban Agriculture
Darrin Nordahl

Stalking the Wild Asparagus
Euell Gibbons

The Allotment: It's Landscape and Culture
David Crouch and Colin Ward



Hayes Valley Farm Orchard, San Francisco 2010 (photo: Mark McQuillen)

These cities are creating public edible landscapes

The following list of U.S. Cities are initiating the creation and maintenance of public edible landscapes on freely accessible public lands:

- Baltimore, Maryland
- Davenport, Iowa
- Des Moines, Iowa
- Portland, Oregon
- Provo, Utah
- San Francisco, California
- Seattle, Washington

Acknowledgements

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We would also like to thank our guest speakers Darrin Nordahl, Iain Boal, Nicole LoBue, Sharon McCray, Linda McCabe, and Rebecca Jepsen. We appreciate the generous donation of trees from Don Dillon from Four Winds Growers in Fremont, CA, with assistance from Daqo Mora, Summer Winds Nursery.

Thank you to the team at Richard Johnson Design for their help in the design and construction of the installation: Anton Willis, Annessa Mattson, and Packard Jennings.

We are grateful for the scholarship of Darrin Nordahl and his book *Public Produce: The New Urban Agriculture* and Iain Boal, and his research for his forthcoming book *The Long Theft: Episodes in the History of Enclosure*. We appreciate the inspiring work of Fallen Fruit, Temescal Amity Works, Future Farmers, Fritz Haeg and other Artists groups whose research and projects have informed our own. Finally, there are many organizations in San Jose and beyond whose work deserves support. A few we want to thank include Emma Prusch Farm Park, Guadalupe Gardens, Full Circle Farm, Vegglution, and the Village Harvest Project. Finally we would like to thank Kevin Bayuk for his work in permaculture and Vacant lot gardening whose ideas around public policy and edible landscapes inspired this project.

Canning Recipes

Preparing your jars

Get your jars ready beforehand. Sterilize by washing jars, lids, and screw bands in hot soapy water. Rinse well, and then dry screw the bands. Put jars and lids on a rack in a boiling-water canner or an 8-to-10 quart deep pot and add enough water to cover by 2 inches. Heat water until an instant-read thermometer registers 180 degrees. Do not let boil. Keep jars submerged in hot water, covered, until ready to use.

Spicy Apple Sauce

7 pounds apples, choose a great eating apple
2 cups apple juice
1 cup granulated sugar
1/2 cup firmly packed light brown sugar
2 tablespoons fresh lemon juice
1 teaspoon ground cinnamon
1/2 teaspoon freshly grated nutmeg
1/4 tsp cayenne

Rinse the apples in cool water, core, and chop them into large chunks.

In an 8-quart pan, combine the apple juice and granulated sugar, place over medium-low heat and stir until the sugar dissolves. Add the apples and turn the heat up to medium high, bringing the mix to a boil.

Reduce the heat, cover, and cook until the apples are soft, about 15-20 minutes.

Press the apples and juice through the food mill, discarding the skins. Return the apple pulp to the pan, and over medium-low heat, add the brown sugar, cinnamon, and nutmeg. Stir until all the sugar has dissolved, then turn the heat to medium-high and bring the mix to a boil.

Reduce the heat, and continue to cook, stirring frequently, until the sauce thickens, 15-20 minutes.

Ladle the applesauce into prepared jars, cap and process in a hot-water bath at 200 degrees F for 20 minutes.

This recipe will make 5 pint jars, and can be easily doubled.

Nectarine Preserves with Basil

4 cups sugar
1/4 cup fresh lemon juice
1/4 cup water
1 cup fresh basil sprigs
8 small basil sprigs
5 pounds nectarines or peaches —peeled, each cut into 8 wedges
1 package lower-sugar powdered pectin

Bring sugar, lemon juice, water, and 1 cup basil to a boil in a 5-to-6 quart heavy pot, stirring until sugar is dissolved. Simmer over moderately-low heat until thick and syrupy, about 25 minutes. Discard basil with a slotted spoon.

Add nectarines to the syrup and bring them to a rolling boil over moderately-high heat; then boil, uncovered, stirring frequently for 5 minutes. Remove from heat and transfer nectarines with slotted spoon to a sieve set over a bowl to catch juice. Drain nectarines for 5 minutes, then add juice from bowl to juice in pot.

Drain jars upside down on a clean kitchen towel 1 minute, then invert. Divide nectarines among jars with slotted spoon. Tuck a fresh basil sprig into side of each jar.

Return juice in pot to a rolling boil, skimming off any foam. Continue to boil until juice registers 220-224 degrees, about 7 to 10 minutes. Gradually add pectin, whisking constantly. Return juice to a rolling boil, then boil, skimming off any foam, for about 1 minute.

Ladle juice into jars, leaving 1/4-inch of space at top, then run a thin knife between fruit and jar to eliminate air bubbles.

Wipe off rims of filled jars with a clean, damp kitchen towel, then firmly screw on lids with screw bands. Put sealed jars on a rack in a boiling-water canner or an 8-to-10 quart deep pot and add enough water to cover by 2 inches. Cover and bring to a boil. Boil for 10 minutes (for 1/2-pint jars), then transfer with tongs to a towel-lined surface to cool.

Jars will seal (if you hear a ping, that signals that the vacuum formed at the top of the jar has made the lid concave) and preserves will thicken as they cool. After jars have cooled 12 to 24 hours, press center of each lid to check that it's concave, then remove screw band and try to lift off lid with your fingertips. If you can't, the lid has a good seal.

Let preserves stand in jars at least 1 day for flavors to develop.

This recipe yields 7 or 8 (1/2-pint) jars.

Recipes provided by Nicole LoBue, www.lobuevents.com

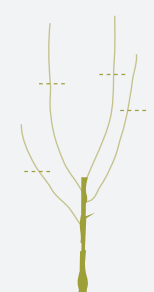
Notes



Pruning and Tree Care

Most kinds of deciduous fruit trees require pruning to stimulate new fruiting wood, remove broken and diseased wood, space the fruiting wood, and allow good air circulation and sunlight penetration in the canopy. Pruning is most important in the first three years, because this is when the shape and size of a fruit tree is established.

Year 1



At planting time, bare-root trees may be topped at 15 inches to force very low scaffold limbs. Or they may be topped higher, up to four feet, depending on existing side limbs and desired tree form. After the spring flush of growth (late April/early May), cut the new growth back by half. In late August to mid-September, cut the subsequent growth. Size control and development of low-fruiting wood begins now.

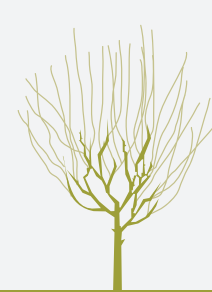
Reprinted with permission from Dave Wilson Nursery, Hickman, CA

Year 2



In the second season, thin to an open center. Pruning is the same as the first year. Cut back new growth by half in spring, early summer, and late summer. Pruning three times may be the easiest way to manage some vigorous varieties. Prune in the spring, early summer and late summer.

Year 3

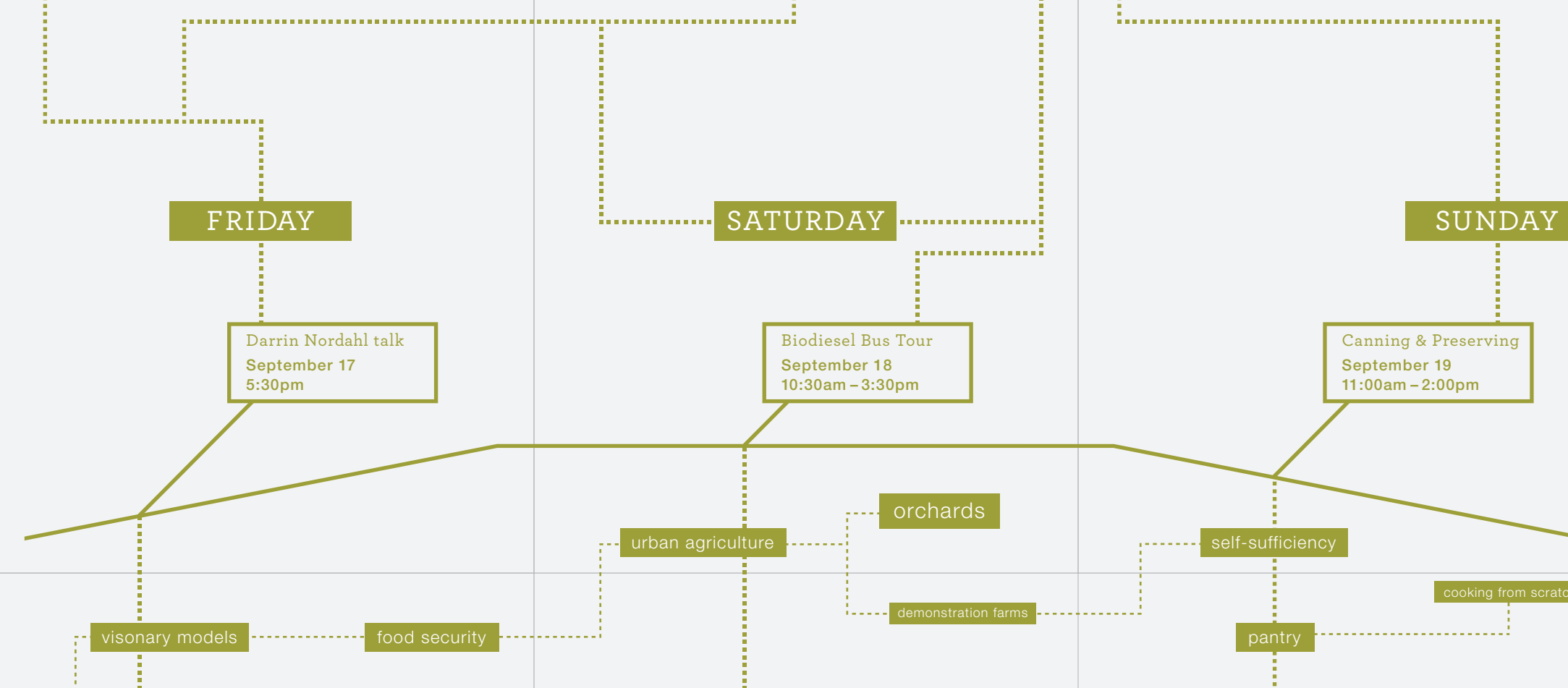


Tree height is the decision of the pruner: Choose a height and don't let the tree get any taller. When there are vigorous shoots above the chosen height, cut back or remove them. Again, in late spring/early summer, cut back all new growth by at least half.

Don't let pruning decisions inhibit you or slow you down. There are always multiple acceptable decisions - no two people will prune a tree in the same way. You learn to prune by pruning!

How can we create public edible landscapes in our cities?

PUBLIC ORCHARD



urban policy

Darrin Nordahl talk

Join us for a talk with author and activist Darrin Nordahl, who will discuss the problems of food safety and security, obesity and poor nutrition — and how some US cities are encouraging the creation of edible landscapes on public or unutilized land to address these pressing issues.

Nordahl is the author of *Public Produce: The New Urban Agriculture* (Island Press, 2009) and *My Kind of Transit: Rethinking Public Transportation in America* (University of Chicago Press, 2009). He is the city designer at the Davenport Design Center, formed in 2003 as a division of the Community & Economic Development Department of the City of Davenport, Iowa and has taught planning at the University of California at Berkeley.

Biodiesel Bus Tour

Come explore San Jose's urban orchards and local farms. Stops will include Emma Prusch Farm Park, Guadalupe Gardens Historic Orchard and Full Circle Farm. Locally-sourced vegetarian lunch prepared by chef Nicole Lo Bue will be provided.

Advance registration is required. Tickets are \$35 and are available at www.studioforurbanprojects.org and Brown Paper Tickets. The ticket fee covers the cost of the lunch and a donation to each of the farms.

Emma Prusch Farm Park, San Jose
The orchards and gardens of this urban farm were preserved so visitors can enjoy a taste of San Jose's agricultural past. The 42-acre park was gifted to the city in 1962 as a former working farm. Now a municipal park and rural oasis in a bustling city, the farm features a deciduous tree orchard, a rare fruit orchard, and two community gardens as well as barn animals and acres of open grass for recreation.

Guadalupe Gardens Historic Orchard, San Jose
The three-acre Historic Orchard at Guadalupe Gardens was planned in 1994 to showcase the variety of fruit trees that once flourished in the farms and orchards of Silicone Valley. The Orchard contains over 250 fruit trees, including cherries, apricots, prunes, apples, and more. Fruit harvested from the Historic Orchard is donated to area food banks.

Full Circle Farm, Sunnyvale
This 11-acre organic educational farm supplies the local school district cafeterias. In addition to school field trip programs, Full Circle is developing an apprenticeship program, a mentorship program for At-risk youth, and a science/nutrition elective curriculum for 6-8th graders. The farm is a nonprofit that is partially supported through CSA subscriptions and its farm stand sales.

Canning & Preserving

The Public Orchard installation will be transformed into a workshop space for the course of the day. Here, participants will be introduced to one of the basic arts of self-sufficiency, canning and preserving.

Stop by for all or part of the session as we can this summer's bounty with chef Nicole LoBue. We will use water-bath canning methods to can seasonal orchard fruits from local farms. The workshop will demonstrate equipment, recipes and techniques to make preserves for the winter months ahead.

Nicole has been working in the food industry in New York and San Francisco since 1990.

A dedicated student of herbal medicine, Nicole firmly follows the political and aesthetic culinary principles regarding the faithful use of ingredients that are healthful both for consumers and the environment.

Smart City Governments Grow Produce For The People

Essay by Darrin Nordahl



“And the bounty from these municipal gardens — call it public produce — not only promotes healthy eating, it bolsters food security simply by providing passersby with ready access to low-or no-cost fresh fruits and vegetables.”

Victory Garden, San Francisco Civic Center 2008 (photo: Katie Standke)

There's a new breed of urban agriculture germinating throughout the country, one whose seeds come from an unlikely source. Local government officials from Baltimore, Md., to Bainbridge Island, Wash. are plowing under the ubiquitous hydrangeas, petunias, daylilies, and turf grass around public buildings, and planting fruits and vegetables instead — as well as in underutilized spaces in our parks, plazas, street medians, and even parking lots. The new attitude at forward-thinking city halls seems to be, in a tough economy, why expend precious resources growing ornamental plants, when you can grow edible ones? And the bounty from these municipal gardens — call it public produce — not only promotes healthy eating, it bolsters food security simply by providing passersby with ready access to low-or no-cost fresh fruits and vegetables.

As long as municipal policymakers strive to create programs to reduce social inequity and increase the quality of life for their citizens, I contend that it is. Access to healthy, low-cost food helps assure the health, safety, and welfare of citizens every bit as much as other services that city governments provide, such as clean drinking water, protection from crime and catastrophe, sewage treatment, garbage collection, shelters and low-income housing programs, fallen-tree disposal, and pothole-free streets.

In Seattle, a forgotten strip of land that once attracted only those engaged in illicit behavior is now a source of fresh food and community pride. Residents of the Queen Anne neighborhood worked with the Department of Transportation to transform a neglected street median, rampant with invasive plants and weeds, and have recently constructed raised vegetable beds and planted fruit trees. (I had the honor of attending the dedication ceremony back in April, and planted — what else? — an apple tree.)

Parks and Recreation staff in Des Moines, Iowa, meanwhile, are cultivating the land in neighborhood parks and around schools and community shelters. Fruits and nuts are the foods of choice for Des Moines staff, since once established, these woody perennials require considerably less maintenance than annual vegetable crops such as corn, beans, and tomatoes.

Des Moines' reasons to turn public space into food gardens are profound: bolster food security, improve economic self-sufficiency, increase community access to culturally appropriate and nutritious food, and to make connections between community members, organizations, and resources to ensure the longevity and viability of the urban food system.

Interestingly, city staff purposely plant fruits that are unfamiliar to many. By encouraging Des Moines citizens to try new foods they hope to increase dietary diversity and to improve "food literacy." That these plants are unfamiliar to many is somewhat ironic, as many of the fruit trees and shrubs — such as paw paw, spicebush, and serviceberry — are actually native to Iowa.

A bit further east along Highway 80, city planners in Davenport, Iowa, where I work, are refining plans to turn an underutilized downtown parking lot into an edible oasis. What is today a one-acre eyesore will become green space filled with fruit and nut orchards, garden plots, and pergolas replete with rambling grape vines. The renovation of this parking-lot-cum-park is being funded out of the municipality's Capital Improvement Program: \$370,000 is allocated for construction, with ongoing maintenance supplied by volunteers from United Way, Big Brothers Big Sisters, students from local grade schools and universities, and even the proprietor of the Thai restaurant across the street. (The produce he will plant and harvest — such as Thai eggplants, chilies, and basil — is essential to his authentic cuisine, but difficult to source in Davenport.)

The willingness on behalf of these local organizations to help the City of Davenport with the ongoing production of fruits and vegetables should placate anyone concerned with maintenance of these public produce plots. Imagine how few takers there would be if municipal leaders were to offer citizens an "opportunity" to help city staff mow the grass in the neighborhood park or weed the petunia beds in the downtown plaza. Ask those same citizens to help grow food for their community, and it is remarkable the legions who step forward, trowel in hand.

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“We have neglected to understand that we cannot be free if our food and its sources are controlled by someone else”

—Wendell Berry

There has been a groundswell of interest in the local foods movement in the past several years. However, healthy, organic produce is still out of reach for many and food security remains a problem in the United States. Given this context, it is striking that in most American cities edible landscapes are not integrated into our urban environments. Fruit trees are discouraged in the permit process because of concerns about the mess on city streets. In addition, foraging in parks is technically illegal, as it encourages “the destruction of park property.”

How can we re-imagine and redesign our cities to allow them to become part of an urban foodshed? How can we make urban planning more participatory, transparent, and reflective of the public need for affordable and healthful food? What models, current, imagined or historical would help us to understand future directions for our cities?

Public Orchard is an architectural installation and series of events created by the Studio for Urban Projects for the 2010 01 SJ Biennial exhibition that explore these questions. The project centers around an outdoor public pavilion, installed at South Hall, which incorporates fruit trees, a community kitchen, and hands on workshop space for hosting classes, tours, and talks. The space and the events hosted in it explore models of urban edible landscapes, codes that encourage public foraging, and methods for harvesting and preserving food. Most broadly, the project visualizes the possibility of incorporating public orchards into the planning of our cities.