FARM TO FEED: OVERCOMING HUNGER BY PLANTING FRUITS & VEGGIES (Golden Currant, Avocados, Oranges, Kale and Corn)

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WHY FARM

Farming on campus will help provide a sustainable source of food to Cal State LA students and staff. Farming Produce that are native to California will ensure its durability and ability to compete for land. Cal State LA has a variety of unoccupied land areas that are along the main walkway.





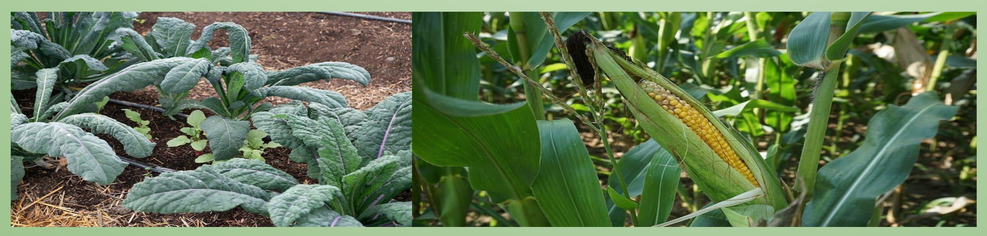
This Area would be perfect because it is very accessible to students and faculty.

WHAT TO FARM

Native Plants such as Golden Currants, Avocados, Oranges, Kale, and Corn are the easiest to grow in California. They are very nutrients and can be made into jams, jellies, and be eaten raw. They each provide different benefits to Cal State LA. Avocados grow up to absorb up to 48 pounds of Carbon Dioxide(CO_2).

Oranges provide great benefits to your immune system. While Kale can be grown all year around, very pest resistant, and grow well near other plants. Lastly, Corn is rich in vitamins C, B, E, K and high in fiber. There are images of these plants below from left to right(currants, avocados, oranges kale, and corn)





HOW TO FARM

According to www.cnps..org "When putting your plants in the ground, dig a hole that is twice as wide and half again as deep as the container. If planting on a dry bank or slope, it's best to create a flat area around the hole too, at least twice the diameter of the hole.

It'll help the new plant retain just a bit more water. Fill the hole with water and let it soak through before continuing. Rough up the sides and bottom of the hole so the roots will be able to dig in as they grow. Put back enough loose dirt in the bottom of the holes, so that when you put the plant in the hole, the root ball is about ″1 higher than the surrounding grade."

BENEFITS OF FARMING

- Farming overall will help build bonds between students & faculty.
- Provide food and nutrients for everyone on campus.
- Helps improve air quality and provides shade.
- Great Survival Skill and Learning Experience.