

Events

Saturday

■ Rena DeLacey will facilitate a workshop, "Life Books: Smile! Say Cheese!" from 10 a.m. to 4 p.m. at 15 N. Cottonwood St. in Woodland. Life Books are customized books used for keepsakes, photos and journaling to connect a child to their memories and beginnings. Participants will use a variety of paper, die-cuts, edgings and other materials in constructing the books. Visit <http://www.yolofostercare.com>.

■ Derrick Bang will speak about his book, "Security Blankets," at 3 p.m. at Atria Covell Gardens. "Security Blankets" is a collection of 51 stories from people around the world, reflecting on what Charlie Brown and the "Peanuts" gang have meant to them. Bang also will talk about his two earlier books devoted to the works of Charles M. Schulz: "50 Years of Happiness" and "Li'l Beginnings." Atria Covell Gardens is at 1111 Alvarado Ave. in North Davis. Call (530) 756-0700.

■ The public is invited to celebrate family history at the Hattie Weber Museum, 445 C St., at a free drop-in event sponsored by the Davis Genealogy Club and the museum. Anyone interested in finding out about Davis' pioneer families will want to stop by the museum at the northeast corner of Central Park. This is an opportunity to learn about Hattie Weber archives and the Davis Genealogy Club library.

■ The Davis Farmers' Market's second annual tomato tasting runs from 9 a.m. to noon near the oak tree deck, adjacent to the market in Central Park, Fourth and C streets downtown. Visit <http://www.davisfarmersmarket.org> or e-mail dfma@dcn.org.

Tuesday

■ Author Adair Gasparian will speak about her 2009 Hollywood Festival award-winning book, "Threads: A Memoir," at the Davis Senior Center, 646 A St., at 10 a.m. Gasparian writes about her experiences joining the Peace Corps at the age of 52, and the life-changing events that followed her decision. Sign up at the Center or call (530) 757-5696.

■ The Fly Fishers of Davis host Lisa Thompson, a fisheries specialist from UC Davis, for a program on Central Valley chinook salmon. It meets at 7:30 p.m. at Harper Junior High School, 4000 E. Covell Blvd. Call (530) 758-6722 or visit <http://www.dcn.davis.ca.us/go/ffd>.

Thursday

■ A Stepping Stones teen drop-in bereavement group is available at Yolo Hospice, 1909 Galileo Court, Suite A, Davis, from 4 to 5:30 p.m. Thursdays. All teens attend a short preliminary meeting prior to their first visit to the group. Call (530) 758-5566 or (800) 491-7711. The program uses art, music and discussion engaging the whole child — mind, body and spirit.

Friday, July 31

■ A new drop-in English language conversation class is offered at International House. Open to all levels, it runs from 1 to 3 p.m. The class is free with I-House membership.

Friday, Aug. 7

■ Folk musicians are invited to an acoustic jam session from noon to 1 p.m. at the Wyatt Deck on Old Davis Road next to the redwood grove in the UC Davis Arboretum. Call (530) 752-4880 or visit <http://arboretum.ucdavis.edu>.

Saturday, Aug. 8

■ Quail Ridge Wilderness Conservancy will conduct an interpretive walk on Quail Ridge Reserve at the southwest end of Lake Berryessa from 2:30 to 6:30 p.m. Meet at the Reserve at 2:20 p.m. All participants must leave at the same time, about 6:30 p.m. To reserve a space, call (530) 219-4477 or (530) 758-1387.

Camp culinary



FRED GLADDIS/ENTERPRISE PHOTOS

Participants in the Good Life Garden's Kids, Farms and Food summer camp make up a batch of ranch salad dressing on July 16 at the Robert Mondavi Institute for Wine and Food Science. Chef Bobbin Mulvaney, director of catering and marketing at B&L restaurant in Sacramento, came in to teach the youths how to make an entrée salad. From left, campers Hannah Hergesell, Bryant Ecklund and Maya Vikstrom get some tips from Diane Kennedy, who was assisting Mulvaney.

Kids learn all about food and farms at this summer experience

By Sasha Lekach
ENTERPRISE CORRESPONDENT

For participants in the Kids, Farms and Food summer camp, snack time is more meaningful than just gulping down some raisins and juice.

In fact, food is the star attraction at this camp, debuting this year as part of the Good Life Garden's new programs.

During a recent weeklong session, about 25 kids ages 9 through 13 were paying visits to farms, restaurant kitchens, chefs and grocery stores, and cooking their own meals. Run in conjunction with UC Davis department of campus recreation, three counselors were on staff to help. A week costs just more than \$200.

So far, the camp has been a great success — all three of the summer sessions filled in record time, said Good Life Garden event coordinator Kira O'Donnell. The first two were this month and the final session begins Aug. 3.

The Good Life Garden is part of the new Robert Mondavi Institute for Wine and Food Science, which opened its doors in October, next door to the Mondavi Center for the Performing Arts on the southern edge of the UCD campus. The time since has served as a pilot year to see what events the Good Life Garden will continue to host, O'Donnell said. The children's weeklong day camp made the cut and will return next summer.

"I would want to do the (camp) with adults, too, because they just don't have access — like with farms," O'Donnell said.

To get an idea of what a typical day at camp is like, here is a recent schedule:

■ 9 to 9:20 a.m.: Meet on campus
■ 9:20 to 11:30 a.m.: Visit Soil Born Farms in Rancho Cordova

■ 12:15 to 12:45 p.m.: Work with a guest chef to prepare lunch (salad, lemonade)

■ 12:45 to 1:15 p.m.: Lunch

■ 1:30 to 3 p.m.: Rec Pool

Visiting farms is enlightening for campers, O'Donnell said. One boy told her he now wants to be a farmer. Others were blown away when they saw an egg come straight from a chicken — not a carton.

Soil Born Farms' manager Sean Hagan enjoys having young people come out to the 25-acre farm.

"The overall goal," he said, "is to reconnect kids to the natural world and to where their food comes from."

When asked what the best part of the week was so far, the resounding answer was, "Whole Foods!" One camper added, "We got to try free samples." They were talking about a behind-the-scenes trip to a Whole Foods Market to see how food makes it to store shelves; apparently it was far from boring.

Other food education includes plenty of cooking. O'Donnell's main hope is that "if they get nothing out of this but the confidence they can cook — that's huge." She noted that many of the campers are aspiring chefs, and throughout the week more become interested.

Chef Bobbin Mulvaney, director of catering and marketing at B&L restaurant in Sacramento, came in to teach campers how to make an



Campers Hope Ramos, Nikhel Sylvain and Ariana Pollak choose from several salad toppings including smoked grilled chicken, cherry tomatoes, roasted Yukon potatoes and feta cheese.



Caitlin Mazzoleni and Bryant Ecklund relax and enjoy the fruits of their labor.

entrée salad at the Food Innovation Lab kitchen at the institute. She stressed the importance of local foods and using food found at home to avoid unnecessary trips to the grocery store.

"Kids can realize things don't come in packages and learn to work with products within their reach," Mulvaney said. "Cooking — it's not a science, it's something you just do."

Salad day was filled with ingredients. Options included romaine and organic greens, smoked grilled chicken, cherry tomatoes, roasted Yukon potatoes, feta cheese and much more.

One eager camper asked, "Will there be croutons?" Indeed, homemade croutons were among the options, much to the girl's relief, as a loud "Phew!" was heard throughout the kitchen. Campers then made ranch and vinaigrette dressing from scratch.

At the ranch station, important cooking lessons were learned, such as "You can always add more but you can't take it out." One camper remarked that his concoction really did taste like ranch while other campers were concerned their dressing was too oily, others too salty.

Meanwhile at the vinaigrette station, it was back to basics. One camper simply asked, "What is vinaigrette?" He soon found out: balsamic vinegar, red wine vinegar, shallots,

"The overall goal is to reconnect kids to the natural world and to where their food comes from."

Sean Hagan

Soil Born Farms' manager, on the benefit of the campers visiting his Rancho Cordova farm

lemons, limes, oranges, chopped thyme and parsley, olive oil, salt and pepper.

After an afternoon of tossing salads and mixing dressings, Mulvaney remarked that the day was fun. Events like those "keep us (chefs) young," she said.

"These kids are sophisticated," Mulvaney said. "They have a sophisticated palette."

After salad making, campers were already getting excited for what was to come at the end of the week: pie day. O'Donnell, who owned a pie shop in Sacramento, the Real Pie Company, until last year, lends her expertise.

"Pie day is the favorite part of the week," she said. "Kids get creative with the crust." Pie day also is the messiest day with fresh blackberries, apricots, plums, peaches and plenty of flour.

Other than summer camp, Good Life Garden programming also includes events geared to the adult crowd, such as a Lunar New Year night, a Mother's Day brunch and various events in the edible garden in the center of the institute that grows tomatoes, Meyer lemons, artichokes, basil and many other offerings.

"Next year we hope to bring back the popular (events)," she said. Although what qualifies may be difficult to determine since all events have sold out.

For more information about camp, events and everything about the Good Life Garden, go to <http://www.goodlifegarden.ucdavis.edu>.