Thank you to Seeds of Change for providing the organic seeds that made this garden grow to what it is today. Their mission to help preserve biodiversity and to promote sustainable, organic agriculture is an inspiration to the Good Life Garden.

For more information:
www.seedsofchange.com

features

- An ever-changing landscape of edible plants, flowers, vegetables, and fruits as well as a mature olive tree grove
- A site flanked by the 12.5 acre research vineyard of the UC Davis Department of Viticulture & Enology
- Capacity of up to 800 people

For more information about how to reserve the UC Davis Good Life Garden visit our Web site: goodlifegarden.ucdavis.edu or call UC Davis Conference Event & Visitor Services at 530-752-2813.

about the garden

Rather than install a traditional static landscape, UC Davis Grounds and Landscape Services collaborated with the Robert Mondavi Institute for Wine and Food Science and Seeds of Change to create an interactive space for outreach, research, and education. As a result, the UC Davis Good Life Garden contains an ever-changing edible landscape of seasonal vegetables, herbs and flowers.

The Good Life Garden aims to educate the public on how to buy and plant seasonal vegetables for the best taste and highest nutritional content. Each season the garden’s planting list will be available online along with information on how to grow, harvest, buy, and cook the various plants, herbs, and fruits found in the garden.

Seeds of Change

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contact information

The UC Davis Good Life Garden is part of UC Davis Campus Planning and Community Resources: Grounds and Landscape Services. The garden is located in the courtyard of the Robert Mondavi Institute for Wine and Food Science on the University of California, Davis campus.

Grounds and Landscape Services is located at:
3333 Cushing Way
Davis, CA 95616
Tel: (530) 752-6741
email: goodlifegarden@ucdavis.edu

For more information visit:
www.goodlifegarden.ucdavis.edu

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dedications.ucdavis.edu

One Shields Avenue
Davis, CA 95616
530.752.6741

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Featured Winter Plants

**Artichokes** — *Cynara scolymus*

**Taste:** A chemical compound found in artichokes called cynarin inhibits the sweet receptors on our tongues, so desserts will taste especially sweet when followed by a course including these members of the lettuce family.

**Health:** This flower bud contains a flavonoid called silymarin, which works against cancer and aging.

**Varieties:** The Chioggia variety originates from Venice, Italy and was cultivated by farmers in 17th-century Italy, and was considered a delicacy until the nineteenth century.

**Did you know?** When harvested, artichokes can be stored for long periods of time.

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**Beets** — *Beta vulgaris*

**Nutrition:** Beets owe their bright red color to betacyanin which is one of the few vegetables that contains red and yellow betaines—a type of pigment that produces the bright red and purple color seen on certain types of beets. Red betaines contain antioxidants, yellow betaines do not. Betains are also found in beets, amaranth and prickly pears.

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**Beets** — *Beta vulgaris*

**Taste:** Beets have a high content of geosmin, a compound which gives them their earthy taste.

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**Lettuce** — *Lactuca sativa*

**Growing tip:** Olive trees are high in monounsaturated fat, which studies have linked with cardiovascular health. Olives also contain antioxidants that protect against cancer and aging.

**In history:** Garden lettuce is thought to be a selected variety of *Lactuca serriola,* a wild lettuce found throughout Europe, Asia, and North Africa. It is believed to have been first cultivated in Egypt but was also a favorite amongst the ancient Greeks.

**Sources**

Nutritional information provided by Liz Applegate, Director of Sports Nutrition at UC Davis. www.lizapplegate.com

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**Carrots** — *Daucus carota*

**Health:** Known for being packed with beta-carotene, carrots supply over 300% of the Daily Value (as Vitamin A) per 1/4 cup when steamed. Studies show diets rich in beta-carotene from vegetables like carrots lower the risk for breast, prostate and other cancers.

**Did you know?** Pigments called carotenoids are responsible for most of the yellow and orange colors in fruits and vegetables as well as the red of tomatoes, watermelon and carrots. These pigments are so named because the first member of the family of pigments to be chemically isolated came from carrots.

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**Celery** — *Apium graveolens*

**Did you know?** Did you know? Two forms of fennel are flavorful base which is eaten as a vegetable.

**About the veggie:** Fennel was a thin-stalked vegetable that we know today. It is connected to the mint family, thyme and oregano species of the tiny-leaf thyme genus of the mint family. The Thyme is a common chemical thymol which is found in many infused dishes. It is connected to the 17th-century to honor the royal Dutch House of Orange.

**Sources**

Thyme known for being packed with beta-carotene, carrots supply over 300% of the Daily Value (as Vitamin A) per 1/4 cup when steamed. Studies show diets rich in beta-carotene from vegetables like carrots lower the risk for breast, prostate and other cancers.

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**Kale** — *Brassica oleracea*

**Varieties:** Dinosaur kale is believed to be sweeter with exposure to frost, whereas Red Russian kale becomes more tender and sweet in hot weather.

**In history:** Many varieties of *Brassica oleracea* were used in toothpaste and were considered a delicacy until the Victorian period as a compound called thymol which is found in many infused dishes. It is connected to the 17th-century to honor the royal Dutch House of Orange.

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**Olives** — *Olea europaea*

**Growing tip:** Did you know? Some of the yellow and orange colors in fruits and vegetables are due to pigments called carotenoids. These pigments are so named because the first member of this family of pigments to be chemically isolated came from carrots.

**Health:** Deep green lettuce leaves provide a wealth of nutrients, including Vitamins C and K, and folate, along with the minerals potassium and magnesium. Supplying only 25 calories per cup, lettuce is a nutritional bargain and excellent for heart health.

**In history:** Garden lettuce is thought to be a selected variety of *Lactuca serriola,* a wild lettuce found throughout Europe, Asia, and North Africa. It is believed to have been first cultivated in Egypt but was also a favorite amongst the ancient Greeks.

**Sources**

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**Plantain** — *Muscari neglectum*

**Did you know?** Did you know? Two forms of fennel are flavorful base which is eaten as a vegetable.

**About the veggie:** Fennel was a thin-stalked vegetable that we know today. It is connected to the mint family, thyme and oregano species of the tiny-leaf thyme genus of the mint family. The Thyme is a common chemical thymol which is found in many infused dishes. It is connected to the 17th-century to honor the royal Dutch House of Orange.

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