

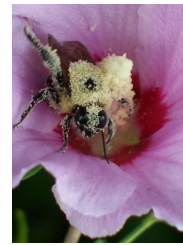


# Fresh Advocate

Summer 2016



## Celebrate Pollinators National Pollinator Week June 20-26



### Who are the pollinators?

- They are the bees, butterflies, moths, wasps, ants, flies, beetles, birds, bats and wind. To attract these beneficials think of the basic needs of life: water, shelter and food. Choose native plants (milkweed, CA poppies, CA buckwheat) or non-natives such as aromatic herbs (coriander, catnip, mint, parsley, lavender), annuals (marigolds, sunflower, Mexican sunflower, zinnia, cosmos), perennials (bee balm, coneflower, salvia) and trees/ shrubs (CA buckeye, manzanita, gooseberry). It may seem obvious but remember, please do not use pesticides and herbicides.

### Are pollinators in trouble?

- Worldwide there is disturbing evidence that pollinating animals have suffered from loss of habitat, chemical misuse, introduced and invasive plant and animal species, and diseases and parasites.
- The U.S. has lost over 50% of its managed honeybee colonies over the past 10 years.

### Why does pollination matter to us?

- Worldwide, roughly 1,000 plants grown for food, beverages, fibers, spices, and medicines need to be pollinated by animals in order to produce the goods on which we depend.
- Foods and beverages produced with the help of pollinators include: apples, blueberries, chocolate, coffee, melons, peaches, potatoes, pumpkins, vanilla, almonds, and tequila. More information:

<http://www.fws.gov/pollinators/PollinatorPages/YourHelp.html>

<http://www.sunset.com/garden/flowers-plants/plants-pollination/view-all>

[http://www.pollinator.org/pollinator\\_week\\_2015.htm](http://www.pollinator.org/pollinator_week_2015.htm)



### Growing Grounds Downtown Store

956 Chorro Street  
(Across from the Mission),  
San Luis Obispo  
805-544-4967

### Hours

10am-5:30pm, Mon.- Sat.  
11am-5pm, Sunday

One hour FREE Parking at  
the Palm St. Garage!

**Like us on Facebook!**  
**Review us on Yelp!**

### Growing Grounds Farm and Nursery, San Luis Obispo

3740 Orcutt Rd.  
San Luis Obispo  
805-543-6071

### Public Hours

11am-4pm, 3rd Tuesday of  
each month

### Growing Grounds Farm, Santa Maria

820 W. Foster Rd, Santa Maria  
805-934-2182

### Farm Stand Hours

Thursday, Noon-Dusk

Want to get involved?

**Become a Volunteer!**

Call: 805-540-6534



**Transitions-Mental  
Health Association**

[www.t-mha.org](http://www.t-mha.org)  
805-540-6500



**Mark your calendars  
for August 5th!!**

Growing Grounds Downtown welcomes TMHA's own artists:  
**Deanna Strachan and Hannah Tenpas**

Hannah will also entertain us with her musical  
talents!!



**Summer Succulent Sale at Growing Grounds Farm Santa Maria**  
**August 27<sup>th</sup> 11- 3**