

## Ecological Gifts



### EcoExpress Gifts

85 Galli Drive, Suite E, Novato 94949  
PHONE: (415) 883-6060, (800) 733-3495  
WEB: [www.ecoexpress.com](http://www.ecoexpress.com)

*"Uncommon Gifts for the Common Good." EcoExpress creates unique gifts featuring natural and organic gourmet food, organic wine, bath and relaxation items, and other eco-friendly products. Local delivery and nationwide shipping. Great for individuals, businesses, and special events.*



### Got Fruit • Fruit of the Month Club

P. O. Box 748, Ukiah 95482  
PHONE: (707) 462-0849, (800) 455-7020  
WEB: [www.gotfruit.com](http://www.gotfruit.com)

*This local family-owned business ships fruit gift baskets and Fruit of the Month Club to all 50 states. They're now offering organic options. Packed on shipping day for freshness.*



#### FOR MORE GIFT IDEAS

➤ Look throughout this book. Companies that mail order their products are marked with this symbol:



## Education



*Do you want to learn more about organics and related topics – for your own well-being, your job, or a new career? Explore these local sources of classes, tours, and degrees covering the topics in this book. You might also want to share these resources with a young person or someone else in your life looking for support in living – and earning a living – according to their eco-values.*

### ★ Bauman College

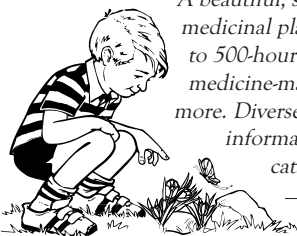
10151 Main St./P. O. Box 940, Penngrove 94951  
PHONE: (707) 795-1284, (800) 987-7530  
WEB: [www.baumancollege.org](http://www.baumancollege.org)

*Innovative professional training in holistic nutrition and culinary arts, including promoting health through natural organic whole foods. Become a certified Nutrition Consultant or Natural Chef. Distance Learning available, plus Vitality Fasting Retreats, one-day cooking classes, and free monthly nutrition seminars. "Healing from the ground up."*

### California School of Herbal Studies (CSHS)

P. O. Box 39, Forestville 95436  
PHONE: (707) 887-7457  
WEB: [www.cshs.com](http://www.cshs.com)

*"A beautiful, sacred place to gain knowledge of medicinal plants." Courses range from one-day to 500-hour programs, and cover body systems, medicine-making, gift-making, herb walks, and more. Diverse on-site organic garden. Course information on website or call for a catalog.*



### Daily Acts/Sustainability Tours

P. O. Box 826, Monte Rio 95462  
PHONE: (707) 869-2565  
WEB: [www.daily-acts.org](http://www.daily-acts.org)

*Daily Acts is "a social profit organization committed to reclaiming the richness of all life" by empowering people to choose positive daily actions that "ripple out into the world." Their Sustainability Tours showcase "examples of abundant bioregional living," including local organic farms, permaculture gardens, eco-buildings, and veggie-powered vehicles. Their Ripples Journal is published seasonally.*



### ★ Edge Land Farm

Mailing address: 6450 First St., Suite O, Forestville 95436  
PHONE: (707) 887-8244  
EMAIL: [edgelandfarm@yahoo.com](mailto:edgelandfarm@yahoo.com)

*This non-profit educational farm offers children the opportunity to connect with and learn about local plants and animals. Nature study walks, workshops, and school group tours. Organic practices used on-site.*

### New College of California

99 6th St., Santa Rosa 95401  
PHONE: (707) 568-3093, (707) 523-9261  
WEB: [www.newcollege.edu](http://www.newcollege.edu)

*Attend short classes and events, or earn an accredited BA or MA in Culture, Ecology, and Sustainable Communities. The Ecological Agriculture Concentration includes hands-on training in creating a healthy, sustainable community food system. Other Concentrations offered in ecological and wholistic subjects.*

### ★ Occidental Arts and Ecology Center

15290 Coleman Valley Rd., Occidental 95465  
PHONE: (707) 874-1557  
WEB: [www.oaec.org](http://www.oaec.org)

*This educational institute, intentional community, and organic farm offers courses in permaculture, medicinal plants, school gardens, watershed restoration, starting intentional communities, and more. Courses (mostly residential) range from half-day to two weeks. They also have evening talks, plant sales, tours, and a Biodiversity Tasting event. Catalog online or call. No drop-in visitors. Also see Page 138 (Annual Plant Sales box), Page 43 (School Garden Project), and Page 46 (GE-Free Sonoma County).*

### Patty James: Healthy Kitchens, Healthy Lives

330 S. Main St., Sebastopol 95472  
PHONE: (707) 829-6707  
WEB: [www.pattyjames.com](http://www.pattyjames.com)

*"We love to create delicious healthy meals and teach you to do the same." Adult and childrens' classes (using organic, whole foods), wellness seminars, and nutritional consultations. They also offer food to-go (Tu & Th 8:30am-6pm); all ingredients are organic, except the fish is wild. (Formerly Full Circle Living.)*

Section continues next page ...

**ALSO SEE** ➤ For more classes, workshops, and tours, see Emandal (Page 153), Wild About Mushrooms Co. (Page 116), plus the Farms, Herb Stores, Nurseries, and Community Gardens listings.