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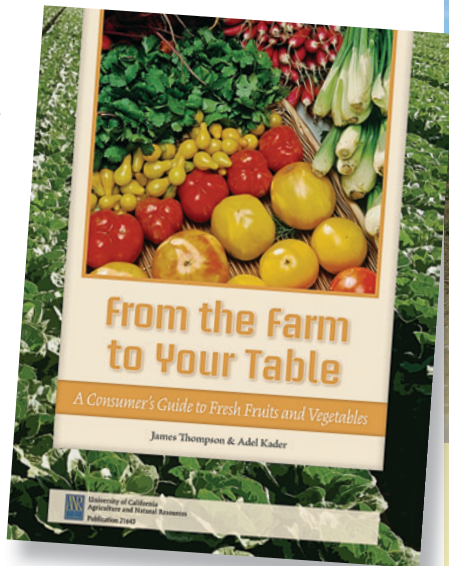
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## AVAILABLE from ANR

### From the Farm to Your Table: A Consumer's Guide to Fresh Fruits and Vegetables

Have you ever wondered how to select the best fruits and vegetables at the grocery store, but weren't sure what to look for? This colorful handbook, by James Thompson and Adel Kader of UC Davis, provides practical advice for selecting good-quality, healthy fruits and vegetables that are a vital part of your family's daily diet. You'll learn why there is more to fruit and vegetable quality than meets the eye and how to handle fresh produce at home to maintain quality and safety.



You'll also learn how growing, handling and harvesting factors can affect quality. Handy tables show the steps between the field and your table, and which fruits and vegetables should be stored in the refrigerator and which are okay to leave on the counter.

ANR Pub No 21643, 16 pp, \$7

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## COMING UP in California Agriculture



A hedgerow lines fields at Fong Farms in Yolo County.

### Hedgerows enhance beneficial insects on California farms

Hedgerows are trees, shrubs, forbs and perennial grasses bordering farm fields. Their many documented benefits in agricultural landscapes include enhanced weed control, water quality, soil fauna, erosion control, sediment retention, game hunting and biodiversity. In the next issue of *California Agriculture* journal, UC researchers present the results of a 2-year study comparing hedgerows and weedy areas near farms in the Sacramento Valley. The hedgerows had greater numbers of beneficial insects than pests while adjacent weedy areas showed the opposite trend, demonstrating that hedgerows may serve as replacement vegetation for weedy areas to encourage beneficial insects rather than pests in field crop edges.