



# The Pescadero Fish Wrap

January/February 2020

## Community Story: The Sunshine

The Sunshine is the latest addition to Stage Road in Pescadero and has lived up to its name by spreading sunshine and happiness to everyone who visits. The Sunshine opened up on August 30 this past summer and was the brilliant idea of Nicole Sillapere, an eight year resident in the Pescadero community.

The Sunshine came up as an idea in Nicole's head when she was finishing up her previous career in the event industry. Nichole expressed that while she enjoyed this industry it took a toll on her "my body started really showing signs of the challenges and the stress and the long hours, so I started getting interested in what I was putting in my body."

This newfound interest in seeking out the best possible food to fuel her body sparked the idea to share her knowledge and passion with others while supporting the local community including the farmers and ranchers that are a part of it.

Nicole describes the sunshine as a grab-and-go pantry where people have access to local, healthy, and environmentally friendly food

options. She specifically wanted to make it grab-and-go because sometimes "people don't have time to make a decent healthy meal for themselves because everyone, even here in small Pescadero, is busy, so I want them to have a place to go to."

The Sunshine hyper-locally sources most of its products and ingredients and is extremely proud to support these farmers and ranchers. Some of the local producers include: Simms Organics, Blue House Farm, Twisted Fields, Leftcoast Grassfed, Markegard Grassfed, Root Down Farm, Fogline Farm, Fifth Crow Farm, Brisa de Año, Muddy Boots Farm, Fly Girl Farm, and Shuman Pottery. Even their jarred salads are made using locally sourced produce and are then prepared by The Sunshine's kitchen crew using the high school's industrial kitchen. 100% locally grown, made, and sold!

The Sunshine not only aims to put clean local food into its customer's bodies but also wants to do its part in cleaning up the environment as much as possible. Nicole explained that they have a jar deposit

program where they "take a deposit when you buy a salad, and then when you bring the jar back, you get your deposit back. In order to avoid a lot of plastics." This is just one of the many ways they aim to cut out unnecessary plastics and packaging waste.



Nicole stocking The Sunshine's shelves with fresh products for the day

In addition to its shop, The Sunshine will be offering classes several times a month starting this March. These classes are very versatile and are true to the shop's core values. Classes include activities such as natural soap making, an assortment of

crafts, mending and repairing workshops, food fermentation and preservation, herbal remedies, healthy homemade cleaning products, and many more. The Sunshine is always up to hear any suggestions on what the community would like to see for their next class.

Looking towards the future, Nicole plans to offer a delivery service of her local goods to the community. She wants people to be able to have access to fresh, healthy food “so they could just stock up their fridge and they’re all set for the week because sometimes people don’t even have time to come down to the shop.”

The Sunshine seems to have a bright future here in Pescadero and can only continue to better our community. You can follow them on social media @thesunshine.pescadero or book a class in their website [www.thesunshinepescadero.love](http://www.thesunshinepescadero.love)

# Catch of the Day

Are you smarter than a fishgrader? Take a few minutes to challenge and strengthen your brain with a few games!

## Sudoku Puzzle

Directions: Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

	6			8			7	
1					6			
2	3	7		4				
		5	7	9	3		2	
4	1						3	5
	7		4	5	1	6		
				3		9	1	4
			9					2
	2			1			6	

## Pescadero Wordsearch

Butano	Redwoods	Coastal
Beaches	Fishwrap	Locals
Creek	Pescadero	PMAC
Ocean	Sunshine	

J Y P U C T W D O Q V V Y I L  
A K G A Z O E C B R X V Y W S  
L I E M R I A U Y H J N F E D  
W W A E L W T S D E E Z C R O  
H P N Z R A H A T N O I O G O  
J X B F N C E S I A R V J T W  
W L C O B T V H I Z L M R M D  
O R E D A C S E P F Z A T S E  
J A L N J N B E A C H E S L R  
V T O L U D K R W A J H G O I  
O H Q S N A E C O M K B V C J  
I C P T I U U K T P V A Z A L  
L Z P I W W A E M U H S Z L H  
V X D R I R E V I O F X S S W  
D X S A L T Z D T J Z T A F S

# Upcoming Community Events

## February PMAC Meeting

### February 11, 7:00pm-8:30pm

Come learn about whats happening in the community and get a chance to give your input on community decisions. Come at 6:30 for coffee and snacks before the meeting!

**Where:** Pescadero Community Church, 363 Stage Rd

## Sustainable Pescadero Meeting

### February 2, 4:00pm-5:00pm

Join a group of local residents, organizations, and businesses committed to an inclusive process to create a common vision for the future of our community.

**Where:** 360 Butano Cutoff, Pescadero, CA 94060

## Locals Night Loma Mar Store

### Every Thursday, 6:00pm-8:00pm

Get a chance to hangout with fellow locals while enjoying dinner and a beer!

**Where:** The Loma Mar Store

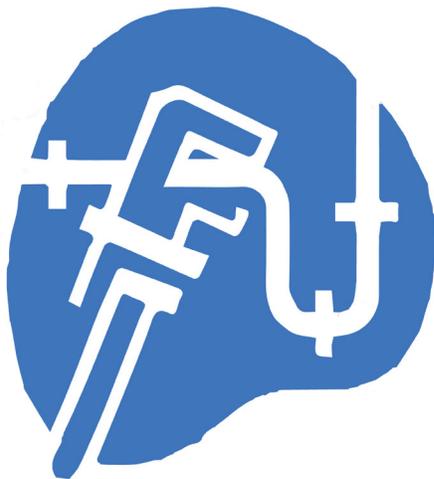
## Church Pancake Breakfast

### February 16, 9:00am-11:00am

\$5/plate for a choice of a pancake, waffle, or blueberry pancake plate including eggs and sausage along with your choice of beverage. Everyone Welcome!

**Where:** Pescadero Community Church, 363 Stage Rd

## Simms Plumbing & Water Equipment, Inc.



**650-879-1823**

Lic. # 725194

**Simply the Best!**



**Relax with us on Thursdays!**

**House Brewed Craft Beer - \$5.00**

**BBQ specials\***

**Vegan and Veggies option too!**

**Beer Garden is family and dog-friendly**

***\*Locals' discount on all menu items***

[www.highway1Brewing.com](http://www.highway1Brewing.com)

  @Hwy1BC

# What are Locals New Years Resolutions for 2020?

<p><b>Jamie: Loma Mar</b> “To make my footprint on this earth smaller”</p> <p><b>Nic: Pescadero</b> “Spend more time surfing”</p> <p><b>Cotton: Butano</b> “Make a full dinner at least once a week”</p> <p><b>Loma Mar Store Stanta</b> “Spend more time fishing”</p> <p><b>Bella: Loma Mar</b> “Graduate from college and start a full-time career in agriculture”</p>	<p><b>Jason: Loma Mar</b> “Go to the gym more consistantly”</p> <p><b>Ayden: Pescadero</b> “Read more of The Pescadero Fish Wrap!”</p> <p><b>Rowan: La Honda</b> “To become a better person within my personal relationships, learn C++, get an internship and to work out more”</p> <p><b>Rori: Loma Mar</b> “My resolution is to get into at least a few colleges and to start working in the salon more.”</p>
--	--

## PMAC Pond... and Some Ripples

**CHP Commander Jim Allen review of 2019:** 43 Collisions on highway one between So end of HMB to SC county line. 1 fatality, 25 injuries, 17 non-injury. In the rest of the area, other than highway one there were 12 collisions; one fatality, 7 injuries and 4 non-injury. As we're all too aware the weekend traffic is now a yearlong thing and not just in the summertime. Car break-ins have exploded over the past few years, mostly in beach parking lots. Guess the over-the-hill bad guys are expanding their territories and without charges/arrests it's looking hopeless. Just don't take any chances and have nothing in your car if you or a visitor parks out there.

CalFire update; our local Chief Cox has been promoted to deputy chief of the SM division. Congratulations to him as it's much deserved. The issue of

contractors taking water from our hydrants came up and it turns out that the water district may not make any water available to anyone other than ratepayers through existing hookups. Meanwhile please report anyone plugged into a hydrant if you see that happening. Pictures would be helpful and feel free to inform them that what they're doing is illegal. And if they're not any bigger than you run them off. The fire department also reported that there's still no determination on the source/cause of the Mushroom farm fire on Gazos, also a big thank you to the resident crew for coming to help clean up the high school grounds recently. Next time you see one of these guys/gals give them a big thankyou or hug.

On February 8, the Office of sustainability (OOS) is sponsoring a free electronics, small appliances and Styrofoam drop-off at the

transfer station. Also, the OOS is proposing a disposable food service ordinance to the board of supervisors that requires any individual, company, organization that is preparing and serving food, must only use fiber-based disposables. This will only apply to the unincorporated areas and not to cities, etc. Hmmm? If the BOS approves the ordinance it will take effect within one month and enforcement starting in one year. Speaking of food and good times, Memorial Park will be available for day use only while upgrades are currently being made. Probably in effect through the end of the year.

Mary Wendrup, president of the LHPUSD made a big splash and an excellent appearance before the community. She related much of the progress being made at the various schools. It's great to get some update and the good news

is she still has one year remaining in her term. B.J. Burns, who lives across the street from the high school observed that it would be worthwhile for the district to investigate the availability of potable water on the property through sinking a viable well. Could be an excellent alternative to spending upwards of \$6,000,000 or more on extending the CSA-11 services to the property. We have some excellent water Witcher's in this community and it might be worth a little time to check out. Mary will send someone qualified to address the idea from the school next month. On a side note, the seventh and eighth graders managed to raise enough money to finance their trip to D.C.

DON'T miss the next **PMAC meeting on February 11**. There's a major proposal to modify the LCP (local coastal program) that will

greatly impact all the south-coast property owners and not just the farmers and ranchers. This will be addressed by the county, MidPen and POST. When the draft of the proposal is made available it will be posted on TPFW website and we'll also send it out as a special mailing to current subscribers. Please mark your calendars and attend the meeting. According to those that have sat through two presentations already this is confusing, and it appears that there's a great deal more to this proposal than meets the eye. This deals with sub-divisions, which was supposed to be under the sharp eye of the Coastal Commission, but this may not have been the case for years. Lot-line adjustments may become problematic and jeopardize existing density credits for those not a public agency. The Farm Bureau and Ag Advisory Council have both been presented

with this proposal and confusion reigns. It's their sense that time to digest and understand what the proposal (its relative impact and long-term consequences) is needed. Don't miss this meeting! Melisa Ross, Senior Planner with the Planning and Building department will present. Also involved with the presentation will be Mike Williams, MROSD and Ben Wright with POST.  
Fil Let; TPFW staff reporter.

### **Advertising with The Pescadero Fish Wrap...**

Help support our efforts and purchase a custom ad in our publication and on our website. All of \$25 will get you excellent coverage and go a long way in reaching our communities. Please send inquires to: [thepescaderofishwrap@gmail.com](mailto:thepescaderofishwrap@gmail.com)

# PESCADERO

## ESSENTIALS

### *wellness collective*



PESCADERO ESSENTIALS is a wellness collective on the slow coast. We offer sustainable, organic and zero waste body care. Our team of chair massage therapists are available to you on the weekends for walk ins - or by appointment.

We are expanding to create a "tiny spa!"  
We will offer TABLE massage, reflexology and the royal foot treatment!

Therapists are available for walk ins Fri/ Sat/ Sun and also by  
APPOINTMENT. To BOOK:  
<https://pescaderoessentials.schedulista.com>

# Free Trees



**Look out for  
postings in  
the Pescadero  
Post Office for  
when the next  
set will be  
out!**



# Community Highlight: Ophélie Vico

Ophélie Vico was born and raised in France but has been able to call the central coast her home for the past few years. After college she and her husband, Ashley, traveled around the country working on various farms to gain experience and find a place to settle down when they finally stumbled upon Pescadero area.

Ophélie has worked in several different places in the area exploring what she likes to do best. She worked for Twisted Fields Farms but most recently at Blue House Farms and occasionally Simms Organics. At Blue House she works with the school district to help create the school gardens where students are able to “harvest, plant, and cook food using the garden plants. All this helps them learn about what goes into making a garden.”

Ophélie believes this program is a great learning tool for students to be able to connect with nature, learn how to garden, and get some information about how their food is grown. However, this program was not the first time Ophélie has been involved in a community or school garden.

She initially got her interest in gardening and the agriculture industry through a university field trip called “Urban Gardening.” On this field trip she visited the Chicago Botanic Garden and was able to learn how to do tasks such as

“garden work, harvesting honey, prepping plant beds, planting, and so much more.” By going through this initial experience with gardens she realized she really didn’t know where her food came from or what the process was to get the food on her table every day.

After learning a little more about gardening Ophélie decided to rent a raised bed in her university garden and begin experimenting with some plants. After falling in love with the process and the connection to nature and her food she has been able to get involved in many farming operations throughout the country. She stated “This was all back in 2017 when I first started gardening, since then, I’ve put so many seeds in the ground all over the country.” She is a firm believer that putting in some hard work is worthwhile, especially when it

comes to where your food comes from “I really love farming, it’s really hard work but it’s very gratifying...working outside is so healing and eating the plants you grow is very special.” Having the full experience of seed to farm to plate is something that people should try to experience if they can. Knowing the hard work and process it takes to put a few vegetables on someone’s plate is a learning experience.

Ophélie has such a passion for agriculture but for her immediate future plans she wants to lean a little more into her passion for education. She is currently working on getting her teaching credential and has started working for Puente, she is excited to see what lies ahead for her. While she may be straying away from agriculture at the moment, she stated that “I will always have a passion for farming and I know I will always be involved in some form of agriculture throughout my life.”



Stop by R&R Farms today! Our farm stand features fresh local produce and fun farm animals for the family to enjoy. It is a perfect place to stop for a slow coast picnic. Come by and grab a basket to pick your own raspberries, blackberries and olallieberries straight off the vine!

Open from 10am-7pm daily  
2310 Pescadero Creek Rd, Pescadero, CA 94060  
(Just past the Post Office)  
Visit our website for more information:  
<https://rnrfresh.com/>

# CALIFORNIA AGRICULTURE

California is the only state to produce domestic artichokes



Milk production has become 55% more efficient than it was in 1986



California is the 4th largest wine producer in the world and produces over 90% of the wine in the U.S.



California is the leading agriculture state

Bringing in more than \$100 billion every year



27.6 million acres are dedicated to the production of food



# Classified Ads

We hope The Pescadero Fish Wrap Classified Ads section can be an opportunity for local residents to post ads for the local community to see. These ads can include: help wanted, items for sale, job openings, etc. Wish to place a classified ad? It's as easier than catching a fish!

Send an email to: [thepescaderofishwrap@gmail.com](mailto:thepescaderofishwrap@gmail.com) with the following information:

- Name and contact info
- What you want to advertise
- Information/measurements of ad content
- Pictures if applicable

\*Each ad is \$5\*

**\*\*\*Additional items for sale, information on all items below, and contact information to buy for sale items can be found on our website: [www.thepescaderofishwrap.com](http://www.thepescaderofishwrap.com) \*\*\***

### **Set of 3 Sterilite drawers \$15**

- Size: 15 7/8" x 21 7/8" x 24"
- Practically NEW-no signs of wear

### **Set of 3 nesting side tables \$30/set**

- 17-1/4"x21"x21-3/4",
- 16"x16-1/2"x18",
- 12-1/2"x13-1/2"x14-1/2"
- Solid wood, stained top, painted legs.

### **Craftsman Style Couch \$100**

- Very comfortable, great condition.
- Long enough for an adult to sleep on
- Arms serve as side tables

- Very sturdy, no stains
- 87"x 37-1/2"x 27-1/4"--including arms,

### **Art Deco style cabinet \$125**

- Very sturdy, solid wood
- Had a previous life as additional kitchen storage and as a stand-alone bar.
- 48"x 20"x 34-1/2"

### **Dresser with 10 drawers!!!! \$70**

- 4 small drawers and 6 larger drawers.
- Black with vintage ruler accents. Some minor wear on the top.
- 52-1/2"x 15"x32"

## **Subscribe to our E-Newsletter and join the community!**

Get this newsletter sent directly to your email after each new publication and stay up to date on any community news or events!

Ways you can subscribe:

- sign up at <https://mailchi.mp/628451cd2903/pescaderofishwrap>
- send an email request to: [thepescaderofishwrap@gmail.com](mailto:thepescaderofishwrap@gmail.com)
  - \* Include full name and write "subscribe" in the subject line
- Scan the QR code at the bottom of this page to be brought directly to the sign up link

Feel free to send any questions, comments, suggestions, or story ideas to our email:

**[thepescaderofishwrap@gmail.com](mailto:thepescaderofishwrap@gmail.com)**