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.

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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.