The scene is the Snack Bar. The time is Thursday afternoon, early in Spring Quarter. Three students are grouped around a table, downing sodas, and munching on greasy, catsup-y french fries, looking for all the world as if infectious Boredom has spread through every vein in their bodies.

"Well, the weekend's almost here," one of them drones.

"So?" Another takes up the complaint. "What's there to do around here on a weekend besides get drunk?"

"Yes, the best thing to do in San Luis on a weekend is to leave," the third one adds. "Yes, right," they all agree, and munch on in silence.

We at Outpost, have come upon that scene just too many times. So we've done something about it.

Outpost has been busy compiling information on the surprising number of things there are to do in San Luis Obispo County on a weekend. What we've come up with is, by no means, a comprehensive guide to all the campsites, beaches, backroads, and swimmin' holes there are, but at least it should get you started.

Although many of the adventures we describe require the use of an automobile, we realise not everyone has a car—so we've included some things that require nothing more than a set of legs and an adventurous spirit.

Many of the best places to visit require you to cross private property—be discreet. Be sure and take a jacket or sweater with you—wherever you are in San Luis County, inevitably it gets chilly when the sun goes down.

Happy adventuring! —continued on page 4
HOLD EVERYTHING!

Plastic containers can also be used, but they are not all porous. Bischofsohn pots are air porous but not water porous meaning they need frequent watering. You can even use a tin can. If you have a Hawaiian Punch can or even an old bean can in your garbage bucket, try it and use it.

It will save time and money. Just remember that cans are neither a water nor air porous and holes must be punched in the sides near the bottom. Cans also need less frequent watering than clay pots.

Once you've got the desired container, the next step is deciding which fruits or vegetables you want to plant. Tomatoes, lettuce, green peppers, radishes, onions, zucchini, snap beans, bush beans, and cucumbers are your most popular miniature plants.

SOIL MEDIUMS
With container and hand and the fruits and vegetables chosen, the third step is to fill the pot with soil for planting. Real dirt is great, but it must be sterilized. It must be sterile, unless you own or rent a house with a yard. If you live in an apartment it doesn't seem logical that the manager would take kindly to a giant hole in front or to the side of your front door.

And if the whole quad started farming in front or to the side of your front door. There is a method of gardening which will greatly eliminate any chance of this type of destruction. There is also a way to overcome the problem of space. The solution?

Become a city farmer.

Whether you live in the city or the country, "city farming" can work for you. All you need are some seeds, sunshine, and soil. Those who enjoy houseplants can have them not only to view but to eat. Horticulturists have developed fruits and vegetables that will grow in containers. That's right—mini-fruits and vegetables—plants such as tomatoes, lettuce, cucumbers, radishes and green peppers. Even onions, carrots or bush beans can be grown. As long as you have a patio, window sill, or a balcony plus sunlight these plants will grow and grow and grow.

CONTAINERS
To "farm" in a flowerpot there are seven steps which should be observed. Before you can do anything, you must choose a container. Almost anything can be used as a container for plants provided it has adequate drainage. Clay pots are the best containers as far as drainage is concerned, because they are porous.

If you have a container over ten inches in diameter it should have three or four half inch holes near the bottom. Wooden containers, for example, are less porous than clay and often come without holes for drainage. In this case the holes must be drilled. Maybe you don't have a drill. There is a solution. You can put a two inch layer of coarse gravel at the bottom of your container and then pack the soil over it:

A country vegetable garden in your apartment living room? Sounds like something out of a Walt Disney dream. But when you wake up to the facts, it's really not such a farfetched idea. And you don't have to be a crop major to have one. In fact, fresh vegetables can be grown in containers right on your living room rug or outside the back door, as well as in the middle of your flower patch.

This was when no good American could live without at least a small patch for his own needs. There were very good reasons for this—not the least of which was financial. In those days it was hard to hitch up the buggy and get to the General Store and once you got there, there wasn't much of a selection anyway.

Today, for poor college students, the cost factor is still a good reason to grow your own—equally as important is the therapeutic regard of hard physical work with natural elements after a day in class or lab. But the biggest reason for having an individual garden can be summed up in one word: necessity.

Whether you live in the city, country or halfway between at least one kind of garden will suit you. Let's take apartment dwellers for instance. Your habitat most likely consists of two bedrooms, a kitchen, bathroom (maybe two), and a living room. When you walk outside you see replicas of your apartment elsewhere. Do you ask: Where am I going to plant vegetables? You reason if I plant them right outside the door, my neighbors are undoubtedly going to be tempted to help themselves. And how about the weekends? What's going to happen to the tender young vegetables after that Friday or Saturday night bash when the whole apartment complex troops home around 1 a.m.

There is a method of gardening which will greatly eliminate any chance of this type of destruction. There is also a way to overcome the problem of space. The solution?

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as a container and the money you will save on the vegetables and fruits are grown will make it all seem worth it in the end.

Soil media usually come packaged, are free from disease organisms, pests and weed seeds and are much lighter than ordinary soil.

**PLANTING THE GARDEN**

How about growing the Bead? Step number four. If you plan to grow the plants outdoor on a balcony or porch instead of inside your apartment don't sow the seeds sooner than six to eight weeks before they can be safely used there. In this area the time is now. As soon as you've decided upon the container, fruits, and vegetables go ahead and plant. Seeds for some plants, such as lettuce, radishes, bush beans, and carrots, may be sown directly into the containers in which they will mature. Other plants, like tomatoes and green peppers need to be started in flats for best results. The plants, once reaching seedling stage will be transferred from the flat to larger containers.

A flat is a shallow box two to three inches deep and is much easier to handle than a pot. Instead of buying a flat, substitute an oblong cake pan or the deeper foil pans frozen foods come in. Don't forget to make the provision for drainage if you use these. Add a layer of potting soil one and a half to two inches deep, moisten it and let it settle. Sow the seed on the surface. Read your seed packet and space the seeds according to the instructions. It's best to sow twice the number of seeds as plants desired. Cover them with the prescribed amount of potting soil, and pat the top with a glass or your hand to firm it in place.

The entire flat should be covered with a clear plastic film which does not touch the seedbed. This helps provide humid atmosphere for seed growth. Water will not be needed until the seeds have sprouted. The flat should be placed in a warm spot (form 60 to 70 degrees), but not in the sun or near direct heat.

Many seeds seem to germinate more quickly in the dark. If the package doesn't specify this, take the chance. Cover the flat with a newspaper for the germination period, but leave the plastic covering in place. When the plants appear remove the newspaper so they will receive full light. But no direct sunlight. One way to make them receive light is to place a piece of white paper around the sides of your flat in such a way that light will hit the paper and reflect directly into the flat.

To keep the soil slightly moist you may have to add water a day or so after the seeds have sprouted. The water shouldn't be poured in a heavy stream since it may disturb the plants' growth. Instead use a sprinkler system like a clothes sprinkler. In a day or two the first leaves will appear. In another few days two more leaves will follow the first ones. These are the "true" leaves. When these true leaves begin to touch neighboring plants, thinning must occur. Use a pair of sharp scissors and slip off the excess plant at the surface of the soil. If you pull the plants out by their heads the whole soil system will be disturbed.

When the plants (seedlings) have two or three leaves they are ready to be transplanted into another container. An irregular piece of broken clay pot should be placed into the container first. This prevents any soil or gravel from blocking the drainage hole. Then add the gravel and the dirt respectively. Have the flat slightly damp. Lift the young plant gently and plant it in the new container.
At this time of the year, the hills surrounding San Luis Obispo are decked out in rich, violet green. If you ride a bike you know that pedaling up green hills on a bike isn’t half as bad as pedaling up brown ones, right? So now is the time to go.

Riding is a fun and healthy way to spend a day, if you go early in the day. Not like Jean Rector from Paso Robles who cycled for Lopes Lake about three in the afternoon on their old chunker bikes with those big, balloon tires. They were headed to the Lake via Orcutt Road, a nice jaunt of about 18 miles. After the first seven miles of enjoyable riding, the sun began to slip behind the hills, and the girls decided to forget about the lake for that day. One thing they hadn’t reckoned on was the fierce wind which started gusting southward late every afternoon. They pushed hard, but on those bikes it was too late.

Finally, they had to get off the bikes and—in your case it—walk the seven miles back to town.

You can spend an enjoyable day going the same route, but you can leave out the last seven miles of walking if you wish. If you don’t have a bike, borrow one. Get a friend or two, pack a lunch, and you’re off.

Ride down to Johnson Ave. to Orcutt Road, then Orcutt to Lopes Drive, turn left and down the road to the lake. When you arrive, you can set and even swim to prepare for the trip back. Bicycling out to Avila Beach makes a nice ride. Take Higuera Street all the way out to Avila Road, then out the road to the beach. Once you arrive you can splash in the ocean, have a picnic and throw a frisbee around. Be sure to take suntan lotion so you won’t burn.

Lopes Road also is a pretty route for riders. Go out Foothill Blvd, and turn right onto Los Osos Road. You can go as far down the road as you like, even out to Montana de Oro State Park, a 18 mile ride.

Once you arrive at Montana you can set lunch and fly kites, or just sit and watch the waves crash over the rocks.

If you don’t want to ride to the beach you can turn right when you come to Turri Road, and then travel into Morro Bay. Spend time looking around Morro State Park. May overnight, if you wish, and if you have $3) and head for home the next day.
ON A BEACH

This area is known for its beaches. Cars and clinics at Pismo, horseback-riding at Cayucos, sunbathing at Avila, tidepooling at San Simeon.

Here you have ever heard of grunton? No, they are not a myth. They are small, silvery fish that "run" up onto the beaches at high tide to lay their eggs, then are stranded by the ebbing tide. Grunton run between April and July, although April and May are closed season; no catching them so they won't spawn without interference. Any other time you can take as many as you can eat, and even more.

The fish should run on the second, third and fourth nights after a new or full moon, but charts predict them at other times, too. Grunton run usually around midnight, so if you go out some, dress warmly. Carry only a flashlight, fishing licenses, and a bag to hold the grunton. It is illegal to catch the fish with anything but your hands. Take plenty of friends to keep you company while you wait.

ON FOUR WHEELS

Driving up Highway 1 and stopping at town along the way is a pleasurable way to spend a day. Halfway in Morro Bay is the Many Colony where there is a gift shop selling jewelry, leather goods, paintings and trinkets the men have made. When you get to Morro Bay drive out the Embarcadero to the rock. You can't climb the rock, but you can walk around it. Later you can sit on the docks, fish, and watch the harbor's activity. In the state park you can rent a kayak and explore the bay. A good thing to do is paddle to the sandspit and have a picnic. Rates for kayaking are a dollar an hour, $5 for a half day and $8 for the whole day.

After kayaking you will want to visit one of the seafood restaurants for which Morro Bay is noted. As you wind up the coast, Cayucos is the next town. Located on a sparkling blue bay, Cayucos is a pretty little town where you can fish, play or swim. Just driving around the town, looking in its quaint stores, and talking to the people can make a fun and informative day.

About ten miles up the coast is Cambria. If you are an antique freak this is the place for you. This little town, nestled in the pine-club hills has a year-ner-ear atmosphere all its own.

At the county park near Cambria there is a sandy beach. Before you Morro Bay is the Many Colony where there is a gift shop selling jewelry, leather goods, paintings and trinkets the men have made. When you get to Morro Bay drive out the Embarcadero to the rock. You can't climb the rock, but you can walk around it. Later you can sit on the docks, fish, and watch the harbor's activity. In the state park you can rent a kayak and explore the bay. A good thing to do is paddle to the sandspit and have a picnic. Rates for kayaking are a dollar an hour, $5 for a half day and $8 for the whole day.

At the park you can also picnic, hike, rock or surf fish, or swim in the pool. Don't pass up Cambria—it is worth a stop.

On up the coast is San Simeon and the Hearst Castle. There are three tours of the castle, starting at 94 and going up, depending on how much of the castle you can see. William Randolph Hearst's private home is something to see at least once while you're at Paly. It's a good thing to write home about.

After the castle, you can go either up the park in the area and enjoy the beach, swimming, picnicking, boating, fishing or hiking.

You take your time driving up the coast and back and seat in the beauty of nature around you. Those green hills won't be around forever.

Making sand candles at the beach is a creative way to spend an afternoon. You need some equipment: an old pan, wax, rocks, some colored sand and a candle wick.

TO MAKE A CANDLE

Select a beach with the texture of sand you want. Pismo, Avila and Morro Bay have fine smooth sand. Light a fire and melt the wax and coloring—this is when you add the scent, too. Next, dig a hole and shape the form you want. You will want a somewhat smooth or square bottom as set a board or stare a piece of driftwood down in the hole. Your toes will go into the hole. The wax should be too hot because you will get some on your toes. It is too cool because you won't get enough.

The wax will start to set and just as a crust starts forming on top, put your fingers in it. Roll of thumb, the bigger the candle, the bigger the wick. Let the candle set 80 to 30 minutes, then carefully dig it out. Hide! There you have it, your very own candle.

MORE ON A BEACH

and when you hit something put your foot in it, take the fork away, reach down fast on it, take the fork away, reach down and when you hit something put your foot in it, take the fork away, reach down and when you hit something put your foot in it, take the fork away, reach down and when you hit something put your foot in it, take the fork away. You may sit on the docks, fish, and watch the harbor's activity. In the state park you can rent a kayak and explore the bay. A good thing to do is paddle to the sandspit and have a picnic. Rates for kayaking are a dollar an hour, $5 for a half day and $8 for the whole day.

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FEEDING

Some of you may be planning to decorate your driveway or patio with these potted plants. If so, put them out for a couple of hours in a shaded area and gradually increase their exposure to the sun. In about a week they should have grown accustomed to the sun and its rays.

LIGHTING

Step number five concerns light. Crops like tomatoes, egg-plants, and green peppers need more light than do most plants. This is because they are fruit producers. Root crops like radishes and carrots need less light. Leaf crops need the least light of all (lettuce).

If you live in an apartment or a house where the amount of light is limited, supplemental light should be considered. Orientate have developed fluorescent lamps with high intensity which will produce heat and supply the kind of energy plants can absorb. GroLux and Plant-Gro are two of these sold commercially. An ordinary fluorescent lamp can also be used. Seedlings can use as much as 18 hours of light per day and these lamps provide an excellent way to start their growth. Leaf crops can also be given this kind of lighting.

But this type of lighting has its limitations. Tomatoes need too much energy from the sun which artificial lights will not supply. FEEDING

Plants must also receive a balanced diet which brings us to step six. The three main nutrients in a plant's diet are nitrogen, phosphorus, and potassium. The numbers which identify fertilizer formulas, like 10-10-10 refer to the percentage of these three elements in the formula. You can buy some plant foods which are formulated specifically for the kind of plants you are growing. Various trace elements may be needed. The main one is iron. If your plants become pale and the leaves have a yellow white color while the veins remain green, they probably need iron.

When you transplant seedlings a fertilizing treatment should be given with regular feeding thereafter. Here are some good fertilizing formulas, which Identify fertiliser formulas, Uka a marketed for school or when you arrive home for dinner. Be careful that the soil is not constantly soggy. When you do water your plants enough to drain through the bottom of the pot.

How much water is too much? You can usually tell if your plant needs water by feeling the soil or simply lifting up the pot. If it's lightweight, water is usually needed, but sometimes the weight of the pot might fool you and just because the soil is dry on the surface doesn't necessarily mean it will always be dry inside. One good determining method is to tap the pot with your knuckles. The sound may be hollow and ringing. Instead, the plant needs instead of plain watering that day.

WATERING

But crops grown in containers dry out quickly. The final steps, watering, should answer some of your questions. Check your containers each day before you leave for school or when you arrive home for dinner. Be careful that the soil is not constantly soggy. When you do water your plants enough to drain through the bottom of the pot.

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more than starting them yourself. It will help you gain some confidence so that next time you can plant them yourself. You merely transplant the seedlings as the city farmers would, allow them some sun, and know and understand it companion planting. Companion planting, also called intercropping, is simply raising herbs, flowers, and/or vegetables together in the same bed for mutual benefits—theirs and yours. One example is that of corn, beans, and squash. Planted together with beans and squash, corn plants grow tall, receive the first sun and most of the moisture. They also take a large amount of nitrogen from the soil. The bean plants then grow up the stalks to get both sun and replenishing the soil's nitrogen. The squash produces fruit after the corn and beans have been harvested. Three crops in one.

Mulching will eliminate most of the weeding problem and cut down on the need to watering. The best mulch is organic. Grass clippings, chopped leaves, or hay will work fine. There are other mulches available from your nurseries. Just remember the finer your mulch the better the layer should be. Mulch also acts as a fertilizer, adding rich compost to your plants as it breaks down. It is a good idea to fertilize by withholding basically the same rules as the city farmers.

You may want to plant the seeds yourself instead of transplanting seedlings. Try the easier plants. Surprisingly the easier ones are the ones you'll think of first. Besides your tomatoes and peppers, leaf lettuce, cucumbers, squash, pumpkins, carrots, corn, snap beans and peas can all be planted with the minimal amount of effort.

Now that you're convinced that you want to become a vegetable gardener, one of the most beneficial gardening techniques is... OR ON A LOT

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