The scene is the Snack Bar. The time is a Thursday afternoon, early in Spring Quarter. Three students are grouped around a table, Downing colas, and munching on great, 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 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
HOW DOES YOUR GARDEN GROW?

by Bill Mattos

Photos by Dean Opperman

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 carpenter 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.

There was a time 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 our own—but 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: hobbies.

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 apartments everywhere. So you ask: Where am I going to plant vegetables? You can put a two inch layer of coarse gravel at the bottom of your container and then pack the soil over it.

There is a method of gardening which will really 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.

SOIL MEDIUMS

With container in hand and the fruits and vegetables chosen, the third step is to fill your container and then pack the soil over it. Hawaiian Punch can or even an old bean can be used as a container for plants provided it has adequate drainage. Clay pots are the best containers as far as drainings are concerned, because they are porous.

Even onions, carrots or bush beans can be grown. As long as you have a patio, window, 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.

1. Decide what you want to grow. Almost anything can be used as a container for plants provided it has adequate drainage.

2. Fill can with soil. Real dirt is better than clay and often comes 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.

3. Plastic containers can also be used, but they are not all porous. Styrofoam 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 an old bean can in your garbage basket, grab it and use it.

4. 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 frequent watering than clay pots.

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

6. 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.

7. Before you can do anything, you must sterilize your pot with soil for planting. Real dirt is great, but it must be sterilized. Dirt should not be stolen, unless you own or rent a house with a yard. If you live in an apartment you can’t seem logical that the manager would take kindly to a giant hole in front or in the side of your front door. And if the whole quad started farming in their apartments the ground would soon be holier than swiss cheese. The best thing to do is ask a friend who lives in the country if you can have some of his or her soil.

A land owner in the area will probably allow you to take some dirt from one of his fields. But remember to ask him first. Once you have this dirt you should sterilize it. The usual or about the only home method for sterilization is as follows: Bake the dirt in the oven in a flat pan for at least one hour at 325 degrees. That’s it. But be ready for the smell and probably the mess.

Most container gardeners prefer to buy commercially prepared mediums. They cost a bit more, but the money you save by using your old bean can.
as a container and the money you will save once the vegetables and fruits are grown will make it all seem worth it in the end. Soil mediums usually come packaged, are free from disease organisms, pests and weed seeds and are much lighter than ordinary soil.

PLANTING THE GARDEN
How about aowlng the Bead? Use number four. If you plan to grow the planta outdoor! ton a balcony or porch) Inetead of Inalde your apartment don't aow the Made eooner than alx to eight waeka before they can be safely used there. In this area the time la now. Aa asoon aa you've decided upon the container, frulta, and vegetablea go ahead and plant. Seeda for some planta, such aa lettuce, radlahea, bush beans, and carrots, ma y be sewn directly Into the container! In which they will mature. Other planta, like tomatoea and green peppera need to be atarted In "flata" for beat reaulta. The planta, once reaching seedllng etage will be transaferred from the data to larger container!.

A flat la a ahallow box two to three Inchea deep and la much eaaler to handle than a pot. Instead of buying a flat, aubatitute an oblong cake pan or the deeper foil pana froien food! come In. Don't forget to make the provlalon for drainage If you uae theae.

Add a level layer of potting aoll one and a half to two Inchea deep, molaten It and let It aettle. Bow the aeed on the aurfaoe. Read your aeed packet and apace the aeeda according to the lnatructlona. It'a beat to aow twice the number of aeeda aa planta dealred. Cover them with the preacribed amount of potting aoll, and pet the top with a glaaa or your hand to firm It In place.

The entire flat ahould be covered with a clear plaatic film which doea not touch the aeedbed. Thia helpa provide humid at* be needed until the aeeda have aprouted. The flat ahould be placed In a warm apot (form 65 to 76 degreea), but not In the aun 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 planta appear remove the newspaper so they will receive full light. But no direct sunlight. One way to make them receive even 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 atream alnce It may diaturb the planta' growth. Instead use a sprinkler system like a clothes sprinkler.

In a day or two the first leaves will ap* pear. In another few days two more leaves will follow the first ones. Thes are the "true" leaves. When these true leaves begin to touch neighboring planta, thinning must occur. Use a pair of sharp scissors and snip off the excess plant at the surface of the soil. If you pull the planta out by their heads the whole soil system will be disturbed.

When the planta (seedlings) have two or three leaves they are ready to be trans* planted into another container. An irregular piece of broken clay pot should be placed Into the container first to prevent any soil or gravel from blocking the drainage hole. Then add the gravel and the dirt reapeotly. Have the flat allghtly damp, lift the young plant gently —continued on page 6

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GUIDE TO THE OUTDOORS

by Cathy Carrier

Photos by Gary Breshers

ON TWO WHEELS

At this time of the year, the hills surrounding San Luis Obispo are decked out in rich, velvety greens. If you ride a bike you know that pedaling up green hills on a bike isn't as hard as pedaling up brown ones, right? So now is the time to go.

Bicycling is a fun and healthy way to spend a day, if you go early in the day. Not like Jean who went out early in the morning for Lopes Lake about three in the afternoon on their old clunker 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 no use.

Finally, they had to get off the bikes and—guess 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 lake, borrow one. Get a friend or two, pack a lunch, and you're off.

Ride down to Johnson Ave. to Orcutt Road, out 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 Lake Road also is a pretty route for bikers. Go out Foothill Road, and turn right onto Lopes 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. Spend time looking around Morro Bay State Park. Stay overnight, if you wish.

Now what was he to do? He was miles from where it seemed. The path he had come on was straight up—and it was rough. Someone might come by, but that was unlikely. He started walking. It got later and later, and darker and darker, but he kept walking. He walked uphill and downhill, across creeks, and past deserted farmhouses.

"When will this road end?" he kept thinking to himself. Finally, it did end—at the lake. He found a phone and called a friend.

"Help—" he stuck at Lopes Lake, save walking up to the "P", then running back down the fire trail is good exercise. You might want to fly a kite or see the "P" and bag some rays.

Survey out past the old swing unit makes a nice ride. If you'll go a bit further—almost to the orchard—you'll find an old suspension bridge spanning the creek. It is a nice quiet spot for people who just want to think or for those crazy enough to make the bridge swing by running across it.

You can bike in any park in the county. All have trails to help you enjoy a good day out in nature.

THE BACKPOCKET DIRECTORY

PLACES 

Amadoro 
Anselmo Lake Campground 
16 miles on 241 
from San Luis Obispo 

Avila Beach 
Higuera Street 
from Morro Bay 

Camaris 
Arroyo Grande Creek, 
Nue Estral, Los Angeles 

Diablo Canyon 
Crawford Point 

Huntington 
Pescadero Slough, San Luis 

Lopes Lake 
Lakeside, Fire Trail 

Montana de Oro State Park 
West Side 

Moro Bay 
State Park 

Paso Robles 
Assumption, San Luis 

Peters 

can view the lake at Lopes Ranch, save walking up to the "P", then running back down the fire trail is good exercise. You might want to fly a kite or see the "P" and bag some rays.

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West Side 

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State Park 

Paso Robles 
Assumption, San Luis 

Peters 

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ON A BEACH

This area is known for its beaches. Cars and bikes at Pismo, horseback-riding at Oceanic, sunbathing at Avila, tidepooling at Hister.

Here you heard of grunion? 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.

Grunions run between April and July, although April and May are closed season; or catching them so they won’t spawn without interference. Any other time you can take as many as you can eat, and even many.

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

The next few grunion runs are April 15 from 11 p.m. to 11:30 p.m., April 22 from 11 p.m. to 11:30 p.m., and May 4 from 11:30 p.m. to 12 a.m. The grunion will start to run about a half hour after the ebb tide, but often they are late. Remember, in April and May you may only catch them if you can catch them, so keep your eyes peeled for them.

Pismo Beach is a good place to take your four-wheeled drive vehicle or dune buggy. Even an old Dodge Dart will do. Riding along the beach with the windshield down or the top off is invigorating. Even if you don’t get much. Many cars have burrowed right into the soft sand or the creek that runs through. It’s nice to see your car being washed up on the sand.

As night, a romantic thing to do is explore the dune. If you’re in a crazy mood, it’s fun to jump or slide down the cliff, or surf fish, or swim in the pool. Don’t try making your own oil lamp. It is illegal to catch the fish with anything but your hands. Take plenty of friends to keep you company while you wait.

MORE ON A BEACH

and when you hit something put your feet on it, take the fork away, reach down and pull it out. If it is a clam about four inches wide, put it in your sack. If, not, toss it back.

Observing is an interesting way to spend a day or even a night. The Avila area has a few places that lend themselves to this sort. The ones by Port San Luis are the best.

You will need at least— if you don’t have them you can rent for 76 cents to a dollar a day. If you don’t want to do it, you can rent a fork (or rent one about a half hour after the peak of high tide to lay their eggs, then are stranded by the ebbing tide.

Beach at Avila, route near from the golf course. Cave Landing Road veers to the left. If you follow the road it will take you to Pismo’s Cove where luscious old lories of the sea used to unload their treasure ships.

One day Gary went to study philosophy there. He figured it was a nice quiet place with good seclusion. Hiking around on the rocks he came upon an old man, stark naked, just sitting enjoying the sun. You never know for sure who you will run into while exploring the caves, sitting on the dunes or having a party.

Other things to do at Avila are beer, fish, and swim, or have a cook-out. You may want to build a sandcastle or two while you’re there.

Both Avila and Oceano are good places for horseback riding.Palis Hill has a place where you can pick up as much jade as you can find.

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 the hill you can see the countryside.

At the county park near Cambria there is a beach where you can pick up as much jade as you can find.

On up the coast is San Simeon and Atascadero. You may want to see, William Randolph Hearst’s private home is something to see at least once while you’re at Poly. It’s a good thing to write home about.

After the castle, you can go either to the beach or and explore the bay. A good thing to do is to go to the beach and have a picnic. Rates for kayaking are a dollar an hour, $8 for a half day and $16 for the whole day.

After kayaking you will want to visit the state park near Cambria. You can rent canoes, rowboats or have a picnic. You can rent one for 70 cents to a dollar an hour. Rate for kayaking is a dollar an hour, $8 for a half day and $16 for the whole day.

On up the coast is Cambria. If you are an antique freak this is the place to go. It’s a good thing to write home about.

You can get a bunch of fresh blackberries on the road. It is illegal to catch the fish with anything but your hands. Take plenty of friends to keep you company while you wait.

ON FOURS WHEELS

Driving up Highway 1 and stopping at town along the way is a pleasant way to spend a day. Halfway to Morro Bay is the Man’s Colony where there is a craft 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 see the docks, fish, and watch the harbor from the harbor. In the state park you can rent a kayak and explore the bay. A good thing to do is to go to the beach and have a picnic. Rates for kayaking are a dollar an hour, $8 for a half day and $16 for the whole day.

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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.

**GARDENING IN A POT...**

**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, phosphorous, and potassium. The numbers which identify fertilizer formulas, like 15-15-15 refer to the percentage of these three elements in the formula. You can buy a 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 yellowish 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 of your questions. Check your containers each day before you leave. Watering should be done 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, but... If it’s lightweight, water is usually needed. If it’s heavy, the soil is not dry enough. A good determining method is to tap the pot with your knuckles. The sound may be hollow and ringing. In that case the plant needs water. A thumping sound indicates that you should wait a while before watering. It is important to judge when and when not to water through experience.

**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 be as much as 10 hours of light per day and these lamps provide an excellent way to start their growth. Leaf crops can also be grown this kind of lighting. But this type of lighting has its limits. Tomatoes need too much energy from the sun which artificial lights will not supply.

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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 may 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—thiers 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 some sun while 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 weeds and reduce the need for 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 topsoil to your plants as it breaks down. It is a good idea to fertilize by following basically the same rules as the city farmers. You may want to plant the seeds yourself instead of transplanting seedlings. Try the easier plants. Burlyprickly 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 to remember is companion planting. Some good examples of companion planting include:

- **Companion planting with tomatoes and peppers:** These plants perform a microbe to one another. The dill plant repels the tomato worm from the tomatoes. You will receive plenty of healthy tomatoes while getting enough dill to garnish dishes.

- **Companion planting with squash, corn, and beans:** These crops take a large amount of nitrogen from the soil. By planting them together, you will replenish the soil's nitrogen while growing healthy vegetables.

- **Companion planting with lettuce, cucumbers, and squash:** These vegetables complement each other in the garden, providing a lush and productive space.

With these gardening innovations, remembering that certain vegetable ingredients for your dinner at the last minute won't be quite as painful. Instead of running or driving to the grocery store, you'll simply turn to your roommate and say, "Hey, get me a couple of carrots out of the living room."
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