

WHERE THE GREEN DRAGON GROWS

This adventure explores Green Gulch Farm at Green Dragon Zen Temple near Muir Beach (less than 30 minutes from San Francisco). Plan for at least an hour to explore fruits and flowers growing in gardens, farms producing crops of greens, and wild nature thriving in neighboring national park land! Print the **ACTIVITY PAGE** at www.baynature.org/families-afield and head out.

NATURE NEIGHBORS: AT HOME IN THE DRAGON-SHAPED VALLEY

This “Green Dragon” is a valley that is alive. Its head is in the mountain mists, and its green body twists down the valley, dipping its tail into the sea. Dragons are symbols of wisdom and transformation, and Green Gulch has learned how to be a good neighbor to nature by farming sustainably, restoring the creek, and planting native plants. That means creatures who visit from nearby park lands, or migrate along the coast, can find healthy habitat here. Gardeners, farmers, and visitors enjoy sharing this special place with California quail and songbirds, butterflies and bees, chorus frogs and newts!



★ = activity stop
(see the activity page)

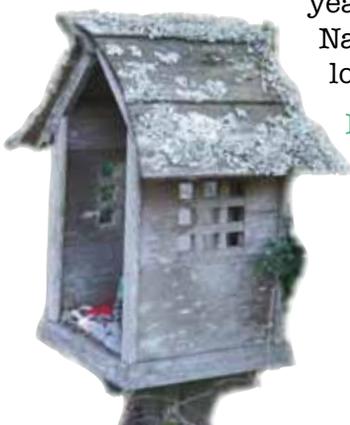
A SENSE OF PLACE: YESTERDAY & TODAY

ANCIENT TIMES This valley was created over thousands of years by a meandering creek that fed a wetland lagoon where Native Coast Miwok hunted ducks and feasted on salmon and local shellfish at the beach.

RANCHO DAYS In the 1830s dairy ranching began. Later ranchers planted grasses and drained pasture land. Water was important for irrigation, but diverted water prevented the return of Salmon to their historic spawning homes in the creeks.

TODAY The endangered Coho salmon, steelhead trout, and California red-legged frogs find a home here. Restoring a healthy watershed from Muir Woods to the farm and all the way to the ocean requires ongoing work. Visitors to Green Gulch are often restoration volunteers!

GARDEN ALTAR



RANCHING 1950s

Bay Nature Families Afield - **URBIA ADVENTURE LEAGUE** ACTIVITY PAGE

GREEN GULCH FARM ZEN CENTER, ALSO KNOWN AS GREEN DRAGON TEMPLE: www.sfzc.org/ggf/

★ START AT MUIR BEACH IN MARIN, CA: Walk from parkland to farmland on a level trail (takes about 20 minutes). From the parking lot, cross the bridge and turn left. When the trail ends, turn left along the fence. When you reach the gate, enter Green Gulch Farm. Green Gulch welcomes the public!
parksconservancy.org/visit/park-sites/muir-beach
nps.gov/goga/naturescience/muir-beach-history

FIELD NOTES

TODAY'S DATE: _____

SEASON: _____

TEAM NAME: _____

SENSORY TOOLBOX

START MOVING BY WALKING:

- TO A BEAT SLOWLY
 BACKWARDS

OBSERVE THE TRAIL:

- LOOK AHEAD FIND A LANDMARK
 TURN AROUND

MIMIC A QUAIL:

California Quail walk, run, and scratch at the ground and leaves for seeds and other food in open areas but stay close to cover grouped in their flock called a "covey".

A GOOD NEIGHBOR TO NATURE

Farms and parklands, gardens and beach. At Green Gulch these places are all within reach.

The bees and birds who cross this farm know good neighbors are here who will keep them from harm.

A good neighbor to nature this could be you! Wherever we live, nature is nearby, too.



STAMP HERE

★ END HERE! At the pond look for a hidden box on a post near the dock!

7. Find this place. Explore the trail through nearby bamboo!

6. Find a pitchfork. Now peek in here.

8. Look on and in the water for creatures.

POND AND RESERVOIR: Water for irrigating crops also provides a home for water bugs, frogs and more!

COBB TOOLSHED: A pitchfork lifts straw, and could help build this shed! Cobb is an ancient building material with clay, sand, straw, water, and earth.

4. Look closely. Find three different leaf shapes.

COLD CROPS: Greens grow year-round in our mild climate.

5. What is growing today?

seeds
 sprouts
 seedlings
 leaves
 buds

2. On your way (or on your return) find this native plant by exploring trails of the Golden Gate National Parks!

YELLOW BUSH LUPINE: Quail depend on this plant for its seeds.

ON THIS MAP FIND THE SHAPE OF THE FARM. IS IT A GREEN DRAGON?

ITS HEAD IS IN THE MISTY HILLS, ITS BODY WINDS DOWN THE GREEN VALLEY, AND ITS TAIL COMES TO REST IN THE COOL OF THE BLUE PACIFIC OCEAN!

START

MUIR BEACH

GATE

CROP FIELDS

SEEDLING HOUSE

TOOL SHED

GARDEN

POND

PARK LANDS