

Laguna Farm CSA

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From Farmer Scott

It is another frosty morning and I am thankful for the sun shining on our beautiful county. I was really starting to feel water logged! We are definitely in the dormant period of the year, when there is limited produce from our fields, and it's even tough to get things from our suppliers that are exciting. Thanks for hanging in there with us through the winter months..... and for voting!

I continue to get in touch with my frustration with the internal combustion engine. I'd like to be done with this type of vehicle; I have a strong desire to bring an electric vehicle into the mix here at the farm, to deliver produce, and in general to get around, without feeling embarrassed by the emissions going out of the tailpipe. Yes, the majority of the emissions this farm produces is from vegetable oil (which is relatively carbon neutral), but I still have a dream for a simpler and more efficient transportation. Maybe I could hire a bunch of youth to deliver with bicycles and trailers! Be well.

In your box today:

From the frosty fields of the farm, our "beyond organic" salad mix and turnips; also kohlrabi from Bakersfield or fennel from Goleta, carrots from Kenwood, yams from Livingston, garlic from Gilroy, brown rice from Princeton, and kiwi from Auburn.

Many botanists believe that **kohlrabi** is a hybridization of cabbage and turnips – 'kohl' means *cabbage* and 'rabi' means *turnip*. It can be enjoyed cooked or raw (peel it and eat like an apple, or just trim off woody or tough portions for cooking), and is high in fiber, Vitamins A and C, potassium and calcium.

The **fennel** bulb (not the same as the common fennel growing wild, or naturalized, from the Mediterranean) is an enlarged underground stem, and is highly aromatic. Mix it with other vegetables, such as potatoes, tomatoes and onions, for a surprise flavor twist. It's great in potato salad!

THANKS FOR FILLING OUT OUR LAGUNA FARM STORE QUESTIONNAIRE. IF YOU HAVEN'T ALREADY DONE THAT, PLEASE GO TO THE WEBSITE, FIND THE QUESTIONNAIRE IN THE "THIS WEEK'S NEWSLETTER" CATEGORY, AND EMAIL IT BACK TO US. WE VERY MUCH APPRECIATE YOUR FEEDBACK.

ATTENTION LAGUNA FARM WHOLE FOODS SHOPPERS!

Whole Foods Sebastopol offers a program called "Change for Change," which gives you the chance to donate to the cause of your choice if you use your own grocery bags when you shop. At the checkout, you may ask for the change for each of your bags to be donated to the Earth Camp Collective program. This is the summer camp program (formerly known as Earth Roots Field School), held here at the farm in the summer. The donation program is in place now and goes until mid-April. Thanks for helping to support this opportunity for kids to learn sustainable living skills in nature!