

Laguna Farm CSA

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February 12 and 14, 2008

From Farmer Scott

Loving this sunshine and the early spring surge of energy in the the acacia and daffodil blossoms. We are seeding the first of the summer tomatoes. Yes, the sungolds are coming, those orange balls of flavor exploding yumminess.

We just received our copy of the "Real Dirt on Farmer John", a wonderful film on a CSA in the Chicago area called Angelica Organics. The film is about a farm lost and then found, due to the community support developed by Farmer John Peterson. It is a moving tale that has footage of very early times, when John's father ran the farm, and the transition over to the current very different and successful farm. An emotional roller coaster ride, with great interviews with his mother. A must see for anyone involved in a CSA. We are looking for a venue and date to show this film. Stay tuned. Eat your veggies, and be well.

In your box today:

From the winter fields of the farm, our "beyond organic" salad mix, chard, Romanesco broccoli; also potatoes from Petaluma, kohlrabi from Bakersfield or fennel from Goleta, raisins from the San Joaquin Valley, and apples from Sebastopol.

THANKS FOR FILLING OUT OUR LAGUNA FARM STORE QUESTIONNAIRE. IF YOU HAVEN'T ALREADY DONE IT, 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.

Local sources: Organic humanely-raised range pork – contact Beverly Rudolph at 823-5818. Also natural Black Angus beef, also humanely-raised – contact Scott Gerber at 799-6731.

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!

90% of U.S. residents carry a mixture of pesticides in their bodies, says the Third National Report on Human Exposure to Environmental Chemicals from the US Centers for Disease Control and Prevention. Adverse health effects such as cancer, birth defects, hormone disruption, immune system damage and neurological problems have been attributed to many of these synthetic poisons. Children were found to have higher levels of some pesticides in their bodies than adults.