

# Laguna Farm CSA

1764 Cooper Rd., Sebastopol, CA 95472 info@lagunafarm.com

Office phone 823-0823 \* Barn phone 823-0824

February 26 and 28, 2008

## **From Farmer Scott**

It looks like we will soon have an electric delivery vehicle. I found an electric 2000 Ford Ranger truck on Ebay, and will be working on the eight-year-old battery pack to set it up for a 50 mile range. There are some other challenges, such as capacity for all the boxes, that will require a change in the packing such that we can fit all of them on this truck.

Frogsong, the Cotati co-housing project, has agreed to host the showing of the film "The Real Dirt on Farmer John" -- a wonderful story of a CSA in the Chicago area. The film documents the transition of Farmer John Peterson as he takes over the family farm, and the struggles that eventually are resolved by creating a Community Supported Agriculture program, which ends up connecting an urban population to the farm, saving this land. There is wonderful footage of early days and interviews with his mother. The DVD has finally arrived and I want to share it with you. The proposed date is Saturday, March 29 for the showing. It would help if we could get an idea of how many are coming. Please RSVP to info@lagunafarm.com if you would like to come.

## **In your box today:**

From the energized fields of the farm, our "beyond organic" salad mix, spinach and turnips: also cauliflower from San Juan Batista, shallots from Hollister, and kiwi from Auburn.

**Spinach** contains large amounts of lutein, a plant pigment used by the body to make macular pigment in the retina of the eyes (which protects the eyes from any harmful effects of direct sunlight). Studies have led experts to conclude that lutein can stave off cataracts and age-related macular degeneration, a major cause of reduced vision and blindness. A daily cup of spinach or other lutein-rich foods (green veggies like broccoli, kale, and collards) is recommend, and since it is fat soluble, consume it with a meal containing olive or other healthy oil. As if that's not enough, spinach is also high in antioxidants (which protect the body from the effects of harmful free radicals in the environment), potassium, magnesium, vitamin K, and folic acid (of which it is the richest plant source). It has been shown in studies to help prevent colon cancer, prevent and reverse memory loss, offer protection against stroke, and help build stronger bones (lowering the risk of hip fractures from osteoporosis as much as 30%). Wow!

**Kiwis** are native to New Zealand and grow well in our climate. They rank No. 1 among 27 fruits in terms of nutrients per calorie - highest in Vitamin C and strong in folic acid, potassium and other antioxidants protective against cancer and heart disease. Tart ripe fruit is firmer (good in salads), and soft ripe fruit is sweeter (better for eating alone).

**IF YOU HAVE EXTRA BROWN PAPER BAGS, PLEASE BRING THEM TO THE FARM AND LEAVE THEM AT THE BLUE CSA TABLE. WE'RE RUNNING LOW!**

**EVEN BETTER, THE LAGUNA FARM BAGS ARE BACK!** Reusable canvas with the Laguna Farm design, at the bargain price of \$10 each. Be a certified Laguna Farm shopper!