

Laguna Farm CSA

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

Office phone 823-0823 * Barn phone 823-0824

April 8 and 10, 2008

From Farmer Scott

This is an interesting time of year, as far as the content of the box is concerned. Many people look at the current weather and think "Where is the Laguna Farm produce?" But what is easily forgotten is that everything we are harvesting now was planted up to 100 days ago. So, if you think what it was like outside in January and February, you will understand why we are purchasing many items from other farms well south of here. Of course, we do utilize greenhouse technology, by building tunnels over crops to extend production in the fall/winter and help start and grow crops in the winter/spring.

I have been focusing much of my attention on our new electric truck. I have successfully hybridized it, so it will have a flexible range with the addition of a liquid fuel (ethanol, made from waste wine) and a tow-behind generator (with time to charge the batteries when we are at stop signs, rolling downhill or stopping at drop off and delivery sites). Even though I have run into a frustrating point where the power steering pump, along with a few other functions, are faulting the computer, I am confident I will be able to repair and get the vehicle fully functioning soon.

In your box today:

From the time-delayed fields of the farm, our "beyond organic" salad mix, fennel on Tuesday and beets on Thursday, and leeks; also cauliflower from Bakersfield, avocados from Carpinteria, garlic from Gilroy, and Mandarin oranges from Oasis.

COOKING OUT OF THE BOX: *Nutrient Dense Seasonal Cooking, a monthly class taught by JoEllen DeNicola, Certified Nutrition Educator and Permaculture Design Consultant. First one is next Monday, April 14, 10 AM - 1 PM. \$35/person, \$50/couple (and every second Monday of the month). This hands-on class will teach you to maximize the nutritional values that are available to you from fresh foods with easy and delicious whole foods cooking. You will cook up a mineral broth and a delicious spring pilaf with produce right out of the Laguna Farm CSA box. Call or email to register: heart2heartnutrition@gmail.com 707-824-2906. (SEE BELOW)*

LAGUNA FARM MONTHLY FAMILY VOLUNTEER DAY will be held the third Saturday of this month: Saturday, April 19, anytime after 10 AM (not this coming Saturday, as originally announced). Please join in!

Dear Laguna Farm CSA Subscribers,

I want to introduce myself and invite you to join our new monthly

COOKING OUT OF THE BOX classes. Held the second Monday of every month from 10am to 1pm, we will be learning easy whole foods cooking techniques with the produce from your weekly Laguna Farm CSA box.

Initially, Scott had the idea of a holding a cooking class for all the CSA subscribers and I took it up. I am passionate about reconnecting our lives to whole foods and the earth that sustains us. I have been an organic home gardener for over 25 years. Of course growing food leads to one end: preparing delicious meals. Raising our vegetarian family with four children, I understand how important and challenging it can be to have a family, work, and create healthy meals.

My studies include herbal studies with Susun Weed and Kathryn Abbey Rich, Polarity Practitioner Certification, Permaculture Design Consultant Certification, Holistic Nutrition Educator Certification, and a BS in Resource Management. I currently offer kitchen/garden classes through Sonoma County Conservation Action, Daily Acts, Kidspot Imagination Center, Ceres Community Project, and soon at the Dyanna Center. I am on the Board of Directors for the Ceres Community Project, which offers whole foods meals to health challenged families, and give individual consultations. Plus...we cook daily meals from our garden or with fresh whole foods.

COOKING OUT OF THE BOX future classes may include:

Quick and Easy Family Meals: Healthy foods need not take hours to make, just imagination.

Sprouting Meals: While making Black Bean Tacos we will uncover the importance of sprouts, how easy they are to make, and the health benefits they add to our meals. Vegetables for the tacos will be out of the box.

Pie for Dinner: We will create a delicious quiche with chard, kale, or spinach and then see what else is in the box. We will also talk about different crusts and how to make them.

Kim Chi and Kombucha: Hands-on lessons in fermentation. Take home a Kombucha Mother and the freshly started homemade Kim Chi with vegetables out of the box.

Simple Soups: Soups are easy to make and satisfying in the cooler months.

Tasty Deserts: Hands-on class to make some nutritious and special desserts.

All we need are eight people to register for the class to get off the ground! Please call me if you have any questions or if you have a topic you would like to see as a class.

I look forward to seeing you soon!

JoEllen

JoEllen DeNicola APP, NE
Nutrition Educator

707-824-2906
heart2heartnutrition@gmail.com