

Laguna Farm CSA

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

Office phone 823-0823 * Barn phone 823-0824

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From Farmer Scott

Cold weather is affecting the crops here at the farm. The grapes, which are just starting to bud, have crispy frosted tips all over, and the summer squash transplants we just put out were damaged, even under the floating row cover that gives a few degrees of frost protection. We are holding off on planting the first tomato plants until it feels safer. We like to get a first round of Sungold cherry tomatoes out early to have some early tomatoes coming your way, but we need warmer soils. We were hoping for some rain with this current weather front, but it looks like we will have to step up the irrigation efforts to get the soils prepared for upcoming plantings and help the past ones.

On May 2nd at 6:30 PM, I will be speaking at the Cotati Cohousing Project (Frog Song) about sustainable agriculture. It is part of a series called "Transition Cotati" (based on the Transition Town initiatives in the UK). For more info, call Laurie-Ann at 792-1195. If you have any interest in talking with me about what we are doing here at Laguna Farm, this will be a good opportunity. Be well.

In your box today:

From the warm-again-cold-again fields of the farm, our "beyond organic" salad mix, beets, saute mix, and parsley; also potatoes from Madera, avocados from Valley Center, red or yellow onions from Hollister, and Valencia oranges from Oasis.

Parsley is often ignored on the side of a restaurant plate and considered an attractive garnish only. But if you knew how good it was for you, you'd include it with your meal. This herb offers outstanding nutrition: it is extremely high in Vitamin A and C and most minerals, especially iron. It is a valued medicinal as well – the leaves are a strong diuretic (promoting the urinary flow, which helps to flush toxins from the bloodstream) and the root is a kidney tonic. It can be added to soups, stir-fries and sauces, and chopped into salads. And it is famous for freshening the breath at the end of a meal.

Early Americans called the **avocado** an alligator pear, not because of its lizard-looking skin but because they could not pronounce the Spanish word for avocado, "ahuacate." This fruit is rich in monosaturated fats, which help lower the body's bad LDL cholesterol, while retaining the good HDL cholesterol (avocados themselves are free of cholesterol and sodium). They are a good source of fats for vegetarian diets, which sometimes leave out fat sources. Avocados are rich in Vitamins E, C, and B, as well as beta carotene (converted to Vitamin A in the body). And avocados are a good "first food" for babies, when fully ripe and mashed.

GOT FRUIT? Join "Cornucopia," our neighborhood fruit share program

....coordinated by member Sahar Pinkham. This is a simple and easy way to localize our economy and our food, and share the bounty of this wonderful community! If you have a fruit tree, cut flowers, medicinals, etc., contact Sahar (all your information will be kept in a confidential file). He will contact you to learn how much extra will be available, and the times you are open to a neighbor harvest, and then send out an email or phone call arranging it. Email sahar@sonic.net; address: 164 Florence Ave, Sebastopol.