

Laguna Farm CSA

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

Office phone 823-0823 * Barn phone 823-0824

April 29 and May 1, 2008

From Farmer Scott

I am hoping the cold snaps are over. There was such a change over the weekend that we are going to plant out the first tomatoes now. That was a nice rain last week, but not a deep one, and we are continuing to water a lot of ground to finish the preparation for big plantings such as the the pumpkin and hard squash. It takes a lot of land to grow those particular crops. They are not as labor intensive as some other vegetables, but we have to prepare about three acres just for them. We probably use a similar amount of acreage for the salad greens, but that crop is in your box every week, all year round. The mustards for the salad are a quick 30-40 day crop, while the squash takes over 100 days. We can only grow one crop of squash on any particular piece of land, yet can plant multiple rounds of salad greens and other crops. Now, tomatoes are planted by seed in February in the greenhouse, but just start to bear fruit in July (and go through October or the first frost), thus dedicating that field for the season.

The new electric delivery truck is being completed this week! We will be using the past shell from the old delivery truck (the one that has the nice painting on it) to go on a new trailer combined with the generator. After we arrange for the truck to get some creative painting, it will stand out on the road. I hope you are all well and enjoying the nice weather.

In your box today:

From the dedicated fields of the farm, our "beyond organic" salad mix, bok choy, chard, turnips, and scallions; also celery from Oxnard, snow peas from Esparta, and lemons from Sebastopol and Valley Center.

Bok choy, also written as bok Choi, bak choy or pak Choi, is a traditional Chinese vegetable high in calcium, Vitamins A, B complex and C. Separate the thick, white stem from the leafier area and add to your pot first (they need a little longer cooking time). When storing, remember that leaves will wilt and lose nutrients if allowed to dry out.

The Sonoma County Meat Buying Club will host an Eating Green Dinner on Monday, May 19th, 6 - 8 PM, at La Gare Restaurant in Santa Rosa, featuring the Sonoma County Meat Buying Club Meat. This "grazing" event will give you the chance to taste locally produced meat, and learn more about the club. The producers themselves will be in attendance to answer questions, as well as Sarah Bennet of Navarro Vineyards and *Mouthful's* Michele Anna Jordan. All Laguna Farm CSA members are cordially invited. The cost is \$20.00 per person. Contact Jacqueline Rotlisberger at (707)565-2621 to reserve a seat.