

Laguna Farm CSA

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From Farmer Scott

This week will be a good growing week, with the warm spell. The first corn is already a good foot tall, and basil is ready, so enjoy a fresh pesto sauce on some pasta. I have been exploring some of the non wheat pastas made from rice and quinoa, and enjoying them.

Still lots of great projects happening here: a new sign for the compost collection site! Ganesh, a fairly new resident who is working with me on various aspects of maintaining the farm and all its structures and systems, took on building a solar hot water collector for the community shower house. It is working quite well and has cut down electricity use considerably.

Well, after a minor setback, the electric delivery vehicle is set to make its inaugural run next week. I have really enjoyed putting this all together and learning some basics and advanced aspects of electric vehicles.

I hope all you moms had a wonderful Mother's Day. Leslie and I took my mom out into nature and had a yummy picnic overlooking the beauty of the Willowcreek open space wilderness. I hope you and your loved ones are well.

In your box today:

From the beautiful fields of the farm, our "beyond organic" salad mix, bok choy, parsley and basil; also broccoli from Coalinga, cauliflower from Salinas, Shiitake mushrooms from Moss Landing, and shallots from Hollister.

Basil is native to India and Asia, and has been cultivated for over 5,000 years. It calms nerves and treats digestive complaints, insomnia, headaches, nausea, and parasites. Add to hot tea, soup, sandwiches, salads, vegetables, meats, beans, tofu, eggs, or fish. Pesto can be made a zillion ways: blend in the food processor with oil, pine nuts, walnuts, even sunflower seeds, and parmesan, goat or any sharp cheese. Preserve basil by drying, freezing, or placing in olive oil or vinegar. When freezing pesto, add a top layer of olive oil.

WHAT NOT TO FREEZE: Frozen fatty and fried foods (prone to rancidity and poor texture), potatoes (become mealy), hard-boiled eggs (become rubbery), sauces high in fat, milk or cheese (may separate), cottage cheese, salty foods (better if not salted), foods made with cornstarch (tend to destabilize).

THE FRUITS OF SUMMER ARE COMING! Yum, yum - fruit shares will be resuming **the first week of June**. Please call or email us if you'd like to receive fruit in your box, and we will add the fruit share to your account and send you a reply. You are not automatically signed up for a fruit share from last year, so you'll need to sign up again! Cost this year will be \$7.00, an increase over last year because of rising costs. **Starting in June, only fruit subscribers will receive fruit in the boxes.**