

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

The summer crops are coming along, even with this cooler period. I'm always waiting for the sungold tomatoes, and I see they are pushing up the floating row cover that helps give them a bit more warmth. It will be a month before the first fruits are harvested, and the main crop will come in the latter part of July. We will see the beans and squash and most of the other summer crops before that.

We are delaying the winter squash/pumpkin planting for another week to let the population of striped beetle decrease. Some years, this pest is in such high numbers that when we plant certain crops such as squash and cucumbers during their peak, the plants get eaten down to the nub from these hungry beetles. Timing is crucial. We will combine overseeding with backup planting in the greenhouse, so that we can transplant in missing areas in the field. We also will try a garlic spray to repel the critters. The key for us is to get the pumpkins and butternut squash planted in time for their full development. We don't want to have green pumpkins for Halloween or winter squash that will not store for the winter.

Last week's electrified delivery route went well. We do get looks from folks along the streets, wondering what the loud generator is all about. I am going to work on a sound dampening box to soften the sound. I do look forward to having an energy storage system that will allow for extended range. The cost of lithium-ion batteries is high, and I am hoping for another alternative. Be well.

In your box today:

From the happy beetle habitat of the fields, our "beyond organic" salad mix, radishes, cucumbers or squash, basil and parsley; also yellow beans from Goleta, red onions from Fresno, and sweet peppers from Indio.

The word **radish** comes from the Latin word *radix*, meaning "root." There are many shapes, colors and sizes. The Egyptians grew them largely for radish seed oil before the introduction of the olive. Nutritionally, radishes are modest, being 94% water, but they are high in valuable fiber, and act as digestive aids and blood cleansers. Don't peel them! Also, radish greens rank way up there with other dark leafies in Vitamins A, C and the B's.

FRUIT SUBSCRIPTIONS START NEXT WEEK! Yum, yum – the fruit shares are coming. 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 each week, an increase over last year because of rising costs. **Starting next week, only fruit subscribers will receive fruit in the boxes.**