

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

Summer is here, and with it our Sebastopol summer fog. I define the perfect day as one when the fog breaks around 11:00 – noon, and we get a sunny, yet not too hot day. Another sign of summer: the contents of the vegetable box are completely from our fields this week. The fruit, for those getting that option, is sourced from organic growers from out of the area, and hopefully at or close to ideal ripeness (sometimes certain fruits will require a bit of time on your counter to finish).

We all love having the summer fruits to offer. Soon we'll be getting blueberries from a local grower, and that will follow with other fruits from our trees and vines, as well as other local sources. And on the veggie front, sweet corn will start in the next two to three weeks, followed by the tomato season, along with peppers and eggplant.

Summer is the time of abundance in the fields, and it shows in the box when we have a bumper crop of something. There are times in the summer when you will receive over your dollar value of produce. Of course, it is balanced by winter scarcity, which usually starts in January. I want to thank those of you that have gone through the cycle(s), and supported us in times of shortage. Those are rare, since we purchase produce at those times to make up the difference in the \$17-valued box. Be well.

In your box today:

From the abundant fields of the farm, our “beyond organic” salad mix, carrots, turnips, squash or cucumber, peas, chard, mini red onions, and parsley. Fruit subscribers will receive nectarines and plums from Dinuba and tangerines from Temecula.

Before the introduction of the tomato to Europe, **turnips** were the vegetable of choice to throw at someone as an insult, and an eligible English maiden would present her suitor with one when rejecting him. The flavor is simultaneously sharp and sweet, and the nutritional profile is high in Vitamin C, calcium and potassium. The greens are edible and highly nutritious, like all leafy greens. No need to peel the bulb; just trim away damaged areas. Try turnips raw (the Vitamin C is strongest this way) – create turnip sticks with a dip or grate into salads and slaws.

Peas probably originated in northern India. They are an excellent source of vitamins A, C, D and the B's, the minerals iron, potassium and phosphorous, protein (ranking very high in comparison to most vegetables) and fiber. The **shell pea** has an inedible pod encasing the peas, the **sugar snap pea** features juicy peas encased in a crunchy edible pod, and the **snow pea** is a flat edible pod with undeveloped peas inside.

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

If you have a fruit tree, cut flowers, medicinals, etc., email CSA member Sahar Pinkham at sahar@sonic.net. He will contact you to learn how much you have available and the best times for a neighbor harvest, and then send out an email or phone call arranging it.