

Laguna Farm CSA

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Farmer Scott

...is travelling, and will return to the newsletter next week.

In your box today:

From the summer fields of the farm, our “beyond organic” salad mix, saute mix, beets, scallions, cucumbers or squash, Sungold or Early Girl tomatoes, and basil. Fruit subscribers will receive strawberries from the farm, and nectarines and white peaches from Reedley.

Cucumbers were first cultivated in India over 3,000 years ago, and their popularity has certainly spread. They are even a major crop in Iceland, where natural geothermal steam resources heat the hothouses. They are 95% water and contain small amounts of Vitamins A and C and a few minerals, but large amounts of Vitamin E and fiber. They are light and cooling, helping to replenish the fluids and minerals lost on hot Indian summer days, leaving us “cool as a cucumber.”

The abundance of the summer months give us the chance to source all of the contents of your box directly from our fields. This is also a chance for you to deepen your awareness of the seasonality of food, and to become more fully a “localvore,” by decreasing your trading or purchasing of items we source from outside the farm. Instead, we appreciate you relying as much as possible on all Laguna Farm-grown veggies. Thanks!!

“A community’s culture makes it special. Yet to be sustainable, a level of economic and social cohesiveness is needed. One of the key components of a sustainable model lies in local food consumption.

After the industrial revolution, food sources became global. Concentration of production and processing led to concentrated wealth and efficiency. [but] globalization has also led to greater exploitation and poverty, not sustainability. We became unsuspecting victims of our own greed. What we need to do for the future is to preserve the community’s relationship with food so that residents understand what is truly at stake. As resources are depleted and energy costs rise, food security will increasingly become an issue.”

-from the Center for Rural Affairs newsletter January 2008

COMPOSTING WORKSHOP

Jessica Jones, our compost coordinator, is offering a workshop on Sunday, August 24 from 10 – 2, at Frogsong Cohousing Community in Cotati. It is free of charge, with demonstrations, raffle, and lots of information about composting, mulching and reverence for the earth! More detail to follow. Contact Jessica at jessica7787@sbcglobal.net, or view her website at www.freewebs.com/compostlady.