

Laguna Farm CSA

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From Farmer Scott

It's going to be a hot one, I'm thinking as I sit down to write this. Yesterday I created a cooling system for the electric delivery vehicle's charging system. The electronics were getting warm and limiting the amount of energy the generator could provide to help the extended range of the battery pack. So I made a cooler box that can have frozen packs inserted when the weather is a hot, and air is forced past that with an air scoop (made from a couple of pieces of clothes dryer flex hosing). I also added another small fan to pull air through, and after testing it, I was convinced it would work even on a very hot day. The battery pack has a range of 30-35 miles - and we need to go 45 miles - so extending the range with the generator is crucial.

Lots of plantings are happening for the fall/ winter period. Does it seem early to be thinking fall and winter? Not if you remember that carrots and broccoli need at least 100 days to mature.

We have a date for the Fall Harvest Festival: Saturday, October 11, 2 – 11 PM.

Once again we are partnering with the Sonoma County Herb Association. There will be herbal workshops and demonstrations, kids activities, horse drawn wagon rides, farm tour, herb walk, local crafts/herbs/books/plants and products, food and drink, and music starting at 7 PM. Should be a great time for all.

In your box today:

All from the high-season fields of the farm, our "beyond organic" salad mix, turnips, squash or cucumbers, Sungold or heirloom tomatoes, beans, corn, and Walla Walla onions. Fruit subscribers will receive apples, pears and berries.

Native Americans called corn, beans and squash "the three sisters," because they understood the nutritional and energetic link among the three. All three are ancient staple foods of the Americas. Beans are high in protein (even higher when dried), Vitamins A and the B group, calcium and potassium. Sweet corn, as we know it, was developed after the introduction of early corn to Europe in the 1700's. Even though some nutrition has been sacrificed in the selection of corn strains for their sweetness, modern sweet corn is still a good source of complex carbohydrates, protein, Vitamin A and the B complex, phosphorous, potassium and the carotenoid lutein, a powerful antioxidant. Summer squash (which includes zucchini, patty pan and yellow crooknecks) is a great source of Vitamins A and C, potassium and calcium. It is easily digested, nourishing and cooling in the summer months.

7 ORGANIC MUSTS: *These seven fruits absorb pesticides more easily than others, according to the Environmental Working Group, so be sure to choose organic: peaches, apples, nectarines, strawberries, cherries, imported grapes, and pears.*

☞ **JOIN US FOR THE FALL HARVEST AND HERB FESTIVAL, SATURDAY OCTOBER 11!**