

Laguna Farm CSA

1764 Cooper Rd., Sebastopol, CA 95472 info@lagunafarm.com

Office phone 823-0823 * Barn phone 823-0824

September 16 and 18, 2008

From Farmer Scott

I am back from my backcountry retreat. It was an awesome journey up into the subalpine world of the southern Sierra. We ended the trip with a thunderstorm, which included a period of hail. The bonus was a decision to change routes, stimulated by that event, which diverted us through a Sequoia grove that ended at the largest tree in the world. Wow.

We have a **new solar product** that has just been installed on the farm office. It is a small mounted unit that heats air and blows it into a room. When it is cold out and the sun is shining you can have warmth and ventilation coming into the space which is 100% solar powered. The company, Moss Beach Renewable Energy, is offering these units at a 10% discount to all farm members: feel free to come take a look at ours. And they will have a booth and ongoing demonstrations at the Harvest Festival on Oct 11th between 3 and 6 PM. I am really glad to have new ways to keep moving toward the goal of having the farm run completely on its own energy production.

In your box today:

From the solar-powered fields of the farm, our "beyond organic" salad mix, fingerling potatoes, chard, beans, Sungold or heirloom tomatoes, cucumber or squash, and peppers. Fruit subscribers will receive cantaloupe from Esparto, plums from Marysville, and peaches from Linden.

The **potato** is the leading vegetable grown worldwide! It is native to the Andean mountains of South America, where it has been cultivated for at least 3000 years. Unless it is in the form of French fries or potato chips, the potato is high in fiber and potassium (provided the skin is eaten – remember, most minerals are concentrated just under its protective coating). It's a good idea to trim away any green spots or eyes, where the toxic compound solanin resides. Potatoes store well, and keep best at 45-50 degrees, high humidity and darkness. Warm temperatures will cause them to sprout and shrivel, and cold temperatures will cause their starch to turn to sugar.

WE STILL need lots of BROWN PAPER BAGS at the farm. Bring them to the BLUE CSA TABLE IN THE BARN - and thanks!

☞ **JOIN US FOR THE FALL HARVEST AND HERB FESTIVAL, SATURDAY OCTOBER 11!**
2 - 11 PM. FARM TOUR, HERB WALK, HERBAL BEER MAKING, ESSENTIAL OIL DISTILLATION DEMONSTRATION, KIDS ACTIVITIES, FOOD AND DRINK, AND VENDORS OF LOCAL CRAFTS, BOOKS, PLANTS, TINCTURES, JEWELRY AND BODY CARE PRODUCTS. MUSIC ALL DAY, FEATURING THE BLUES BURNERS AT 7 PM.