

# Laguna Farm CSA

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## From Farmer Scott

I hope all you folks that came to the Harvest Festival had a good time! The day was beautiful, and the night chilly, but had a gorgeous nearly-full moon. It is a lot of work putting on events like this, but fun to get together with all the wonderful people -- and celebrate life in all its diversity and abundance. Challenging times we live in, yet how amazing and tasty life can be if you open your eyes and heart to what is there in front of you. I worked my back off (to the point of tweaking it) the first part of the Festival day, yet tables got moved and everything came together with the help of all the wonderful work exchangers.

My back is still a little painful, so I have not yet totally returned to full physical work abilities, but the farm is readying for winter. We are bringing in the winter squash to store and start putting into your box. We frosted heavily over this past week, and lost all the summer crops like summer squash and beans. The basil in the tunnel will go on for a little while more, and we harvested the last tomatoes for this week's box, but that is it. It's on to full-on fall, and then the much-anticipated winter season with the rains.

## In your box today:

From the newly frosted fields of the farm, our "beyond organic" salad mix, saute mix, radishes, leeks, potatoes, Sungold or heirloom tomatoes, and pumpkins (**be sure to pick up your carving pumpkin if you didn't get it last week**). Fruit subscribers will receive apples from Sebastopol, and pluots and plums from Reedley.

Your carving pumpkin is valued at \$4, so we reduce the value of your box by \$1 for four weeks in October (starting last week). Be sure to get one here at the farm or at your drop-off site.

Our **salad mix** is composed of baby greens, harvested when they are small. These greens are much more nutritious than head lettuces. Some we include are tatsoi (high in vitamins A and C, calcium and folate), arugula (high in vitamins A and C and calcium), mizuna (high in Vitamins A and C, calcium and folate), chard (high in Vitamins A and C, thiamine and riboflavin [B vitamins]), mustards, and when in season, edible flower petals and selected herbs. The **saute mix** includes many of these as they grow a little larger.

## Sonoma County Meat Buying Club meats available to CSA members

The Sonoma Meat Buying Club is a local meat CSA, bringing freshly frozen meat from local small family farmers to local consumers. Orders are placed in 3-month increments, and each order includes detailed info on the ranches that raised your meat, recipe ideas from the chef of the month, and cooking instructions for different cuts. Laguna Farm will be serving as a pick-up spot for orders, with the next order arriving October 23 (deadline to place the order is October 17). For more information, visit <http://ucanr.org/SoCoMBC>, or call Susan or Jacqueline at 707-565-2621.