

Laguna Farm CSA

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From Farmer Scott

We are into the time of year when we plant less and mostly grow inside greenhouse tunnels. These are simply flexed PVC pipe hoop houses over growing beds of cool weather crops like salad, cooking greens of all sorts, and some root crops, like Japanese turnips and beets. The tunnels allow for nice succulent growth during harsh winter months.

We have had a pumpkin shortage, with resulting confusion, this year, and I want to clarify things for you. A partial crop failure caused the shortage, such that there were not enough pumpkins for all the members. As it turned out, if you are a member who picks up at the farm, then you got to choose from a carving or sugar pie pumpkin. If you get a delivered box, your box did not receive one. There was a mishap in the box value adjustment, and the delivered boxes over the last few weeks were adjusted down in value by \$2.50 (instead of the correct \$1). SO, to correct that, we will be putting an apple juice worth \$3 in those boxes, to balance it back out. We apologize for the confusion (especially if I just made it worse!).

You will notice over the fall and winter that there will sometimes be a fruit element in your box. The fruit subscription has ended, as you know, and now we include fruit to help with the lack of vegetables after the frost ends the summer crops. We are looking forward to the citrus, kiwi and persimmons. Be well.

In your box today:

From the slowly frosting fields of the farm, our "beyond organic" salad mix, turnips, collards, fingerling potatoes, and cilantro; also cauliflower from Fremont and apples from Sebastopol.

NO FRUIT SUBSCRIPTION? Yes, it's true, the weather has changed, and the variety of local fruit is going through an autumn lull at this time. The fruit subscription has ended, and over the next few months, we will include fruit in all boxes (depending on availability and quality).

Collards are chock full of calcium (highest of the leafy greens!), magnesium, iron, fiber, and Vitamins C, K and E. Phytonutrients called indoles and isothiocyanates present in collards neutralize harmful free radicals in the body (the molecules that contribute to cell destruction and aging) and stimulate anti-cancer enzymes.

WE APPRECIATE YOUR SUPPORT. As the production in our fields declines, we will begin sourcing produce from other farms in other areas. Sourcing veggies from other places allows us to continue throughout the winter, when our production is low, and this saves us start-up costs in the spring. We always try to source the most local, best quality, and least corporate organic that we possibly can. We really appreciate you supporting us during the winter months.

HAPPY HALLOWEEN!!!