

Laguna Farm CSA

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September 30 and October 2, 2008

From Farmer Scott

These days I am working hard to prepare the winter field for produce to go in your December through March boxes. The gophers are in high population, but I am slowly bringing that down with traps -- and soon, a tool that injects propane and oxygen into the tunnel, then detonates a spark, and humanely kills the gophers and collapses the tunnel. It is necessary sometime; otherwise we would not have enough food for you, and our livelihood would collapse!

I am cover cropping a portion of the land to cycle the nutrients back into the bodies of plants, which are then incorporated later back into the soil.

Lots of preparations are happening for the Harvest Festival. If you are interested in a two-hour work exchange shift during the Festival, your entrance fee is waived. There are many different tasks. Call the Herb Exchange at 824-1447 or herbexch@sonic.net if you're interested. Be well.

In your box today:

All from the gopher-plenty fields of the farm, our "beyond organic" salad mix, saute mix, beets, cucumbers, eggplant, peppers and beans. Fruit subscribers will receive grapes from Bakersfield, apples from Sebastopol, and plums or pluots from Yetten.

A pluot is a cross between a plum and an apricot, with the antioxidant profile of both: plenty of anthocyanins (which prevent the growth of cancer cells and reduce oxidative stress) and flavanoids and beta carotenes (which protect against heart disease, infections and inflammation).

**WE NEED BROWN PAPER BAGS AT THE CSA TABLE
IN THE BARN – THANKS!**

☞ **JOIN US FOR THE FALL HARVEST AND HERB FESTIVAL, SATURDAY OCTOBER 11!**
2 - 11 PM. MUSIC ALL DAY, WITH THE FARM'S FAVORITE, MR. DECEMBER, OLD JAWBONE, UMANA, AND THE BLUES BURNERS AT 7 PM. CLASSES AND ACTIVITIES FROM 3 - 6 PM INCLUDE FARM TOUR, HERB WALK, ALTERNATIVE ENERGY, ESSENTIAL OIL DISTILLATION DEMONSTRATION, KIDS ACTIVITIES, HAY RIDES, PUMPKIN CARVING, FOOD AND DRINK, AND VENDORS OF LOCAL CRAFTS, BOOKS, PLANTS, TINCTURES, JEWELRY AND BODY CARE PRODUCTS.

ALSO, CHECK OUT THE NEW SOLAR VENT THAT HAS JUST BEEN INSTALLED ON THE WALL OUTSIDE THE FARM OFFICE. IT IS A SMALL, 100% SOLAR POWERED, MOUNTED UNIT THAT HEATS AIR AND BLOWS IT INTO A ROOM. THE MANUFACTURER, MOSS BEACH RENEWABLE ENERGY, IS OFFERING THEM AT A 10% DISCOUNT TO ALL FARM MEMBERS. THEY WILL HAVE A BOOTH AND ONGOING DEMONSTRATIONS AT THE HARVEST FESTIVAL ON OCT 11TH BETWEEN 3 AND 6 PM.