

Laguna Farm CSA

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From Farmer Scott

As I write this on Election Day, I want to say thanks for voting for local healthy sustainable food in your lives. We are living in interesting times. I believe what I have focused on for the last 22 years will be increasingly realized as an essential in our country. The need to shift our food production system toward putting the culture back into agriculture is becoming more and more clear to more people. The challenge is the control of our society by corporate greed.

We are blessed here in Sonoma County with all the benefits of climate, quality foods and growers, and land to grow. There are some places nationwide where it will be more difficult to create local food systems, but not so much if we remember that it is possible to grow a lot just in the front and backyards of one's homes. I believe small farms could be a more efficient way to produce the vegetables and fruits for communities than the mega- or micro-farms, but it is clear that more people will be needed in the field(s) in any case. Peace to you and yours.

In your box today:

From the thankful fields of the farm, our "beyond organic" salad mix, saute mix, rapini, scallions, and fennel bulb; also cabbage from Fremont.

NO FRUIT? 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, fruit will often be included in everyone's boxes (depending on availability and quality).

Please see the recipe page for a beautiful treatment of rapini - a most interesting veggie.

Florence fennel is distinct from the "wild" fennel found growing freely alongside roads in the Mediterranean and naturalized here in California (that variety is also cultivated for its leaves and seeds -- it is a digestive aid and has been used since antiquity to increase mother's milk). Florence fennel, however, is cultivated for its bulbous stem, and has a texture similar to celery, combined with an anise-like flavor. You can substitute it for celery in most any recipe, cut it into slices and use for dipping, or steam or saute with other vegetables. Also try cutting it into quarters, drizzling with olive oil and baking for about 35 minutes or until tender.

THANKSGIVING WEEK boxes will be made on Tuesday, November 25 and WEDNESDAY, November 26. Thursday subscribers can pick up your boxes as early as 1:00 PM Wednesday, as well as Thanksgiving day (and through 9 PM Saturday evening).

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.