

Laguna Farm CSA

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Farmer Scott

.....is working out of the area and will return to the farm soon. From afar he wishes you, as all of us at the farm do as well:

HAPPY HOLIDAYS!!

In your box today:

From the frosty fields of the farm, our "beyond organic" salad mix, chard, turnips, carrots, potatoes and parsley; also broccoli from Coalinga and lemons from Fresno.

Carrots are one of the farm's specialties; we have rich soil to nourish them to perfection. They contain large amounts of beta-carotene, which is a precursor to Vitamin A in the body and protects against virtually all cancers that have been researched, as well as the retina of the eye and the myelin sheaths around the nerves. Beta carotene, along with all the carotenoids, is an antioxidant, and fights the effects of oxidizing free radical molecules in the body. You will absorb the beta carotene in carrots better after they are cooked!

Before the introduction of the tomato to Europe, turnips were the vegetable of choice to throw at someone as an insult, and an eligible English maiden would present her suitor with one when rejecting him. The flavor is simultaneously sharp and sweet, and the nutritional profile is high in Vitamin C, calcium and potassium (highest when raw). The greens are edible and highly nutritious, like all leafy greens.

NEXT WEEK'S HOLIDAY SCHEDULE AT THE FARM

Next week (Christmas week), the farm will take a much-needed rest, but the store will be open (see below) stocked with lots of produce and extra items for your big holiday meals.

Our usual STORE HOURS THIS WEEK: Tuesday, Wednesday, and Thursday 2- 8 PM, and Friday 3 – 6 PM.

STORE HOURS NEXT WEEK: Monday 12/22 9 AM – 3 PM, Tuesday 12/23 12 noon to 8 PM, CLOSED Wednesday and Thursday, open Friday 3 – 6.

NEXT BOXES will be made Tuesday, Dec. 30 and Wednesday, Dec. 31 (New Year's Day falls on a Thursday). Thursday subscribers take note!

