

Laguna Farm CSA

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From Farmer Scott

I hope you all have a Happy New Year! This last year has been a interesting one, with some challenges but mostly success, in providing healthy living food for this community. It was good, this last week, to give the farm a rest and celebrate the holiday. We took the opportunity to clean the walk-in cooler and office, and even scrubbed the bins with soap and water. In the fields, we were mostly weeding future crops and planting new ones. The cool weather slows down growth, but because of the tunnels, most of the crops still have good conditions to grow.

Electric delivery vehicle update: we now have a range of 70 miles in the electric truck, so deliveries can resume with this vehicle. I am thrilled to reach this point and have enjoyed the work of installing and testing the system out. Be well.

REMINDER: This week's boxes are being made on Tuesday (12/30) and Wednesday (12/31). On New Year's Day, the walk-in cooler will be open and you can pick up your box, but Kelly will not hold store hours (however, the store will be open Tuesday, Wednesday and Friday as usual).

In your box today:

From the misty fields of the farm, our "beyond organic" salad mix, kale, parsnips, Sweet Dumpling squash, beets, and red onions; also celery from Oxnard and kiwi from Auburn.

HOLIDAY OVERLOAD? WINTER DOLDRUMS? As you probably know, your eating habits can affect your mood as well as your health. Food changes the brain chemistry by influencing the activity of neurotransmitters, which convey information from one neuron to the next. For example, omega-3 fatty acids (found primarily in fatty fish such as wild salmon, sardines, herring, some oils and in supplement form) may be effective at combatting depression. The B vitamins, especially B6, B12 and folic acid, have also been shown to balance hormones and lift moods: they are found in leafy green vegetables, sunflower seeds, soybeans, beets and oranges. And Vitamin D has garnered plenty of attention lately because it reduces the risk of osteoporosis, various cancers, and auto-immune diseases, and may help Seasonal Affective Disorder.

Other recommendations to help banish the blues: cut back on sugar and other refined carbohydrates (soda, candy, cookies, white flour products) and nourish your body with protein and/or complex carbohydrates that contain lots of soluble fiber, such as oats, barley, lentils, beans, sweet potatoes and squash. Eat fruit instead of dessert and when snacking, and don't go for long stretches without eating.

HAPPY NEW YEAR!!