

# Laguna Farm CSA

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## **From Farmer Scott**

The lower fields got a nice little flooding with the recent rains. This not only leaves a thin layer of fertile silt to the land, but eliminates the gopher population that found its way there last season. Some of these critters find their way to the upper fields (probably giving thanks for the abundant and diverse roots growing there), but we will trap them down to a small population in time.

In these hard economic times, it is important to pay attention to where you spend your resources. In the long run, local production of food and the other goods needed in day-to-day living will need to be generated as close to the source of need as possible. I believe the CSA structure is ideal for keeping eaters in touch with growers, and it provides the freshest, most nutritious food. As we know, you are what you eat, and the body, mind and spirit respond to what you put in it! It is important to keep your health at a high priority, so you are able to function well in the changing times to come.

Currently in our CSA, we are feeling the effects of the downturn just like everyone else, and our numbers are down. Please put out the word to folks that need good healthy food that we are accepting members. We need folks that understand how important it is to eat well and shop locally. Thanks.

## **In your box today:**

From the silt-laden fields of the farm, our "beyond organic" salad mix, spinach, bok choy, potatoes, and carrots (supplemented with some from Oak Hill Farm in Sonoma); also broccoli from El Centro and shallots from Oak Hill Farm.

## **THE ECONOMIC DOWNTURN AND YOUR FOOD DOLLAR**

**Most analysts agree** that it is hard to know what to expect from the economy over the near future, although most are pessimistic about any quick recovery. Farmers report that their sales to restaurants are down, and polls confirm this trend: recently, it was reported that 68% of consumers had dramatically reduced their dining-out habits. About the same amount said they were spending more on basic food items and eating at home, eating fewer processed foods and cooking from scratch more. One expert advises laid-off workers to focus more attention on buying fresh foods, rather than luxury items, especially if they have lost their health plan. He projected that there may be pressure to lower retail prices, and buying direct from farmers, as in a CSA, is a good business decision.

**"A CSA membership is a good way to support the local economy in tough times.** Initially perceived as a food system that involved some sacrifice on the part of consumers who wanted to do the right thing, CSA is now perceived as doing the right thing PLUS a good value for the money."

- Lynn Byczynski, editor and publisher of Growing for Market