

# Laguna Farm CSA

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## From Farmer Scott

As we come up on the Spring Equinox, new life erupts from this amazing biological being called Earth. The logical part of it is recognized at times, yet ignored too often. I for one am in awe of the simple - yet complex - intelligence of the living systems all around us. I wish we, as a species, behaved with such grace. For some reason I just do not see that the solution for the economic crisis is to use more of the same to fix it. I read a headline somewhere that said "Don't Fix Wall Street, Replace It", and I like that idea. I admit that I am biased. I also believe that there is plenty of technology to help in our energy needs, if the stranglehold of over-consumption is removed.

It is odd that we are at this time incorporating the farm to protect from a litigious society, while what I think is needed in general is to de-corporate the overall system. May we return from the direction of globalization to a localized cooperative system soon. And may we move toward a sustainable solar economy also, that is gentle to the Earth and its inhabitants. Spring Wishes!

## In your box today:

From the living fields of the farm, our "beyond organic" salad mix, beets and chard; also cabbage from Oxnard, artichokes from Santa Cruz, avocados from Temecula, brown rice from Princeton, and lemons from Sebastopol.

Artichokes, which we classify as a vegetable, are actually the unopened flower and surrounding leaves of this member of the thistle family. They come from the Mediterranean area, which means that they don't grow well where the winters are cold, and have been enjoyed as a delicacy for centuries. The leaves are used medicinally as a spring tonic and lymphatic cleanser.

The brown rice in your box comes from our friends at Massa Organics in the Chico area. It is certified organic and the product of a young member of a family who convinced his father to transition to organic from conventional agriculture. We love supporting this endeavor!

## **COMING SOON: A DAIRY OPTION FOR YOUR SUBSCRIPTION!**

**We are exploring a dairy delivery to the farm, which would allow you to add a dairy option to your CSA box, like the bread and fruit options. This would be available to be picked up at the farm only. Look at the pre-order sheet available in the barn with Kelly to see what you might be interested in ordering, and we will implement the change soon.**

**COMING UP THIS THURSDAY: THE SONOMA COUNTY MEAT BUYING CLUB is offering locally produced meat – now without the cost of membership. Individual cuts will be available for purchase once a month at the farm (ground beef, pork and goat chops, lamb leg steaks, and whole chickens). This month's opportunity is this Thursday, March 19, 4:30 PM – 6 PM. For more information, call Jacqueline Rotlisberger at 565-2621, and visit [ucanr.org/SoCoMBC](http://ucanr.org/SoCoMBC).**