

Laguna Farm CSA

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From Farmer Scott

We are getting pretty ideal conditions for soil preparation, at an early point in the season; not too wet, not too dry. I remember one year when we still had wet soils into May, and then it rained the first week of June. And then I feel a little guilty loving this beautiful weather, when we are so low in rainfall. My solution is to go with what is... and use the conditions for further water conservation measures. I envision some of the newly unemployed folks out there starting eco-businesses installing greywater systems, rainwater catchment systems, and solar hotwater systems on our houses around the county. Here at the farm, we are working on designing and building low-cost batch hotwater solar collectors that may soon be available commercially. I will keep you informed on the development of it.

I am also working on LED lighting for the farm. Light Emitting Diodes are far superior to florescent bulbs in efficiency, durability, and longevity, and probably, will eventually be cheaper. One major problem with florescents is disposal. The mercury in each of the bulbs is a problem, particularly when they break and end up in a landfill, never making it to the recycling process. That mercury is going into the ground and water we depend on.

Thank you all for making us once again the Best Organic Farm in the Bohemian voting awards. Anyone have any idea how many years that is? We are not sure. Be well.

In your box today:

From the spring fields of the farm, our "beyond organic" salad mix, turnips, red mustard on Tuesday or spinach on Thursday, and parsley; also asparagus from Guinda, green onions from Bakersfield, and grapefruit from southern California.

Parsley offers outstanding nutrition: it is extremely high in Vitamin A and C and most minerals, especially iron. It is a valued medicinal as well - the leaves are a strong diuretic (promoting the urinary flow, which helps to flush toxins from the bloodstream) and the root is a kidney tonic. It can be added to soups, stir-fries and sauces, and chopped into salads. And it is famous for freshening the breath at the end of a meal.

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.

FOOD MOVIE NIGHT this Saturday night

Our friends at FrogSong Cohousing in Cotati are hosting a mini double feature of films about food and agriculture, Saturday, March 28 at 7:30 pm (8290 Old Redwood Highway, Cotati). First will be "Hidden Bounty of Marin - Farm Families in Transition" (30 min) and then "Beyond Organic" (33 min). Discussion about creating local, healthy food systems will follow. Popcorn provided. Bring local treats to share, if you wish. For more info see www.transitioncotati.org or call Laurie-Ann 792-1195.