

# Laguna Farm CSA

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## From Farmer Scott

We are cruising along with soil preparation and plantings. The second planting of sweet corn has been transplanted, along with another bean flush. The tomatoes, cukes and peppers are happy inside the tunnels, except for a few individuals that got nipped at the ends after experiencing the frost a while back. The first basil is not far away from coming to you for the first pesto of the year.

I have been changing oil and filters, along with other ongoing maintenance, on the equipment. This week I have two more extensive repairs on the two main tractors and rototiller. The blades are something I have to keep an eye on, as the sandy soil will wear down the steel ever so consistently.

I will be looking for a new delivery driver in June, as the present driver has other employment calling him back. I will be opening the interview process by email at first, to start the search for someone that fits this 8-hour-a-week job. Be well.

## In your box today:

From the burgeoning fields of the farm, our "beyond organic" salad mix, rapini, spinach, and beets; also artichokes from Santa Cruz, yellow onions from El Centro, and Meyer lemons from San Juan Bautista.

Rapini, or broccoli raab, is a relative of turnip and has many of the antioxidant and cancer-protective properties of the other members of the Brassica, or mustard, family. The leaves, stems, and flower heads are cooked (broil, stir-fry, braise, saute, or steam) and eaten just like broccoli and have a flavor similar to broccoli, but much more pungent. It is quite tasty with a nutty, slightly bitter, flavor that is beneficial for digestion. Broccoli raab is considered an acquired taste - but once acquired, it's addictive!

**DAIRY SHARES ARE ON! Remember to bring back your glass bottles to avoid a \$1.50 charge.**

**THE FRUITS OF SUMMER ARE COMING: IN JUNE, THE FRUIT SHARE BEGINS. YOU MUST SIGN UP BY PHONE OR EMAIL (EVEN IF YOU WERE SIGNED UP LAST YEAR), AND THE COST IS \$7.00/WEEK. FOR THE DURATION OF THE SUMMER/FALL FRUIT SEASON, YOU'LL RECEIVE RIPE, DELICIOUS SEASONAL FRUIT IN YOUR BOX, EITHER GROWN HERE AT THE FARM OR SUPPLIED ELSEWHERE, OFTEN BY LOCAL GROWERS.**

***THE POWER OF PLANTS: According to a recent study by researchers at Kansas State University, postoperative patients in hospitals that were given plants in their rooms had significantly fewer intakes of pain medication, lower blood pressure and heart rate, less pain, anxiety and fatigue, and more overall satisfaction with their recovery than patients without plants - in some cases, 150% better.***