

Laguna Farm CSA

1764 Cooper Rd., Sebastopol, CA 95472 info@lagunafarm.com

Office phone 823-0823 * Barn phone 823-0824

May 19 and 21, 2009

From Farmer Scott

I give thanks for the onshore fog pattern! (I melt in those high temperatures.) The summer crops love it if we give them good moisture conditions, but the human element gets a bit stressed.

I also give thanks for our new delivery driver. Rampujan, or Ram, has been a member of the CSA for many years and was looking for a right livelihood element in his life. One of the things that I remember on the first day of training was that, when loading the truck, he was picking up four boxes when I was going for three. He is very physically fit for an elder and is a conscious individual who wants to do a job to its best potential. The whole crew here is awesome, and I am so lucky to have these fine people here working this amazing farm.

I have been working for 25 years with the goal to create a sustainable farm that would give me and my family, and the community involved, a stable food production for unstable times. The energy element has given us the added element of stable energy. We are not completely independent of the grid, but certainly could continue growing produce if things got more challenging. May the transition into summer be fruitful for you all. Be well.

In your box today:

From the stable fields of the farm, our "beyond organic" salad mix, peas, turnips, chard, fennel bulb, and parsley; also poppy apricots from Patterson.

Peas probably originated in northern India. They are an excellent source of vitamins A, C, D and the B's, the minerals iron, potassium and phosphorous, protein (ranking very high in comparison to most vegetables) and fiber. The **shell pea** has an inedible pod encasing the peas, the **sugar snap pea** features juicy peas encased in a crunchy edible pod, and the **snow pea** is a flat edible pod with undeveloped peas inside.

Before the introduction of the tomato to Europe, **turnips** were the vegetable of choice to throw at someone as an insult, and an eligible English maiden would present her suitor with one when rejecting him. The flavor is simultaneously sharp and sweet, and the nutritional profile is high in Vitamin C, calcium and potassium. The greens are edible and highly nutritious, like all leafy greens. No need to peel the bulb; just trim away damaged areas. Try turnips raw (the Vitamin C is strongest this way) – create turnip sticks with a dip or grate into salads and slaws.

SUMMER CAMP AT LAGUNA FARM

Earth Camp, which is coordinated by Vanessa Eyen and Kyle Collins, is a program that enables kids to be physically active and learn sustainable living skills such as gardening, eco-crafts, hiking, cooking, weaving and building, solar exploration, dancing, and storytelling. For more information, visit www.earthcampcollective.org.

FRUIT SHARE BEGINS NEXT MONTH: SIGN UP BY PHONE OR EMAIL (EVEN IF YOU WERE SIGNED UP LAST YEAR) FOR \$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.