

Laguna Farm CSA

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From Farmer Scott

I just returned from a quick trip into the Sierras, where the snow pack is the lowest I have seen it this time of year. Of course, my draw was the beauty of the mountains as spring was just starting at the higher elevations. My personal retreats are nearly always backpacking trips. I love having everything I need on my back and raw nature all around me. This recharges my batteries and gives me the space and time to reflect on who I am and where my path is going in life. As I returned driving across the Central Valley, I discussed the fate of the agricultural system we were passing by.

The Sierra snow pack is directly connected to the crops and production for the rest of California. I foresee a shift away from water intensive plants like rice, alfalfa and other crops connected to cow production (such as all the genetically altered corn we observed, which was looking greener than normal by being pumped up with synthetic nitrogen manufactured from our dwindling petroleum).

I look forward to seeing the transition to a sustainable food system based on farms of small-to-medium size, growing crops appropriate to the resources available. It will take a while to move toward the solar based economy that will take our coming generations into the future. Imagine everyone eating the quality of produce we eat! The difference that will make on the health of the people is huge, not to mention the soils we all depend on. To your health, be well.

In your box today:

From the sustainable fields of the farm, our "beyond organic" salad mix, summer squash, beets, collards, green garlic, and basil; also Tom Cat apricots from Patterson.

Beets get their color from betacyanin, a pigment that shows promise as a cancer fighter. Another phytonutrient in beets, betaine, supports detoxification in the liver, intestines and blood, and can guard against the damaging effects of alcohol. Eat a 1/2 cup serving to benefit from the high folic acid, iron and potassium content. Store the greens and roots separately for longer keeping. Steam beets or wrap them in foil and bake at 400 degrees for an hour.

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 or see the registration display at the farm.

FRUIT SHARE BEGINS NEXT WEEK! COST IS \$7.00/WEEK; SIGN UP BY PHONE OR EMAIL. 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.