

# Laguna Farm CSA

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## From Farmer Scott

The cooler weather has slowed the summer crops a bit, but we will still be ahead of the norm on many of those yummy eats. We are planting the seeds for the winter squash this week. It has been a month in preparing the soil for this crop, and we put it in your box starting around Thanksgiving time. The timing trick in this crop, which goes for pumpkins as well, is to plant on either side of the peak "hatch point" of the Japanese cucumber beetle. These are the ones with light green color and black spots, and are the size of a ladybug. While the ladybug is a bug-eating critter, especially during the larvae stage, the cucumber beetle is a vegetarian that is responsible for the holes in your chard and basil. When the new sprouts of squash emerge during a peak hatch, the planting can be devastated before they are big enough to outrun the bugs. There have been some years that we had to do a daily sweep of the planting to pick them off by hand. Another technique we'll use is to cover the whole row with an agricultural fabric that we use to exclude insects from specific crops, like the mustards in the salad mix (which a different beetle loves).

We are beginning to prepare for the warmer delivery days, when we put frozen pints of water in the delivered boxes. If you can save your pint juice bottles for us we would greatly appreciate it. And the folks who get them in their boxes, please leave them in the box for re-use in the future. Be well.

## In your box today:

From the bug-happy fields of the farm, our "beyond organic" salad mix, carrots, kalg, kohlrabi on Tuesday and summer squash on Thursday, and scallions; also broccoli from Oxnard, potatoes from Monterey, and culinary herbs from Sebastopol. Fruit subscribers will receive strawberries from Salinas, and pluots and red plums from Yettem.

Many botanists believe that **kohlrabi** is a hybridization of cabbage and turnips – 'kohl' means *cabbage* and 'rabi' means *turnip*. It can be enjoyed cooked or raw (peel it and eat like an apple, or just trim off woody or tough portions for cooking), and is high in fiber, Vitamins A and C, potassium and calcium.

**FRUIT SHARE HAS BEGUN! FROM NOW THROUGHOUT THE SUMMER AND FALL, ONLY FRUIT SUBSCRIBERS WILL RECEIVE FRUIT IN THEIR BOXES.**

**PLEASE BRING US YOUR EMPTY PLASTIC PINT JUICE BOTTLES - we will gladly re-use them in the hot summer months as ice packs for the delivered boxes. You can leave them in the barn near the blue CSA table.**

## SUMMER CAMP AT LAGUNA FARM

Earth Camp, which is coordinated by Vanessa Eyn 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](http://www.earthcampcollective.org) or see the registration display at the farm,