

Laguna Farm CSA

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From Farmer Scott

Another beautiful day in Sonoma County. I have been loving this cool weather. We are due for some sunny days, but the fog pattern seems to be starting (which keeps us from cooking like the Central Valley). I would definitely NOT like being a Central Valley grower, or I guess a Ukiah one, with the lack of coastal influence.

Everything in the fields is going pretty well. We are doing an experiment this season with pole beans and peas, along with the usual bush beans and peas. The pole requires a structure to climb on, but gives extended production and easier harvest once it is up the fence (in this case). There is a lot of squatting and bending in this occupation, which I sometimes call Yoga in the Field. This makes me think of one veggie which will be coming along soon, the tomatoes. We do not trellis ours, because we can let them grow naturally along the ground with our lack of rain. Moisture affects any fruit which contacts the soil, of course.

I hope all is well in your lives and that you and yours are happy and healthy.

In your box today:

All from the food-yoga in the fields, our “beyond organic” salad mix, saute mix, turnips, summer squash or cucumbers, fennel, peas and basil. Fruit subscribers will receive pluots from Yettem, cherries from Linden, and plums from Dinuba.

Our salad mix is composed of baby greens, harvested when they are small. These greens are much more nutritious than head lettuces. Some we include are tatsoi (high in vitamins A and C, calcium and folate), arugula (high in vitamins A and C and calcium), mizuna (high in Vitamins A and C, calcium and folate), chard (high in Vitamins A and C, thiamine and riboflavin [B vitamins]), mustards, and when in season, edible flower petals and selected herbs. The saute mix includes many of these as they grow a little larger.

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

PLEASE BRUSH OUT YOUR BIN BEFORE RE-STACKING IT HERE IN THE BARN – there is a brush hanging above the compost that you are free to use. THANKS!

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.

Sustainability patterns still going strong: a new report from the Hartman Group, “Sustainability: The Rise of Consumer Responsibility”, finds that 62 percent of consumers say that current economic conditions have had no impact on their purchase of sustainable products, and 13 percent are buying more sustainable products now. The reports states, “In many ways, the term ‘sustainable’ has become synonymous with responsibility for consumers....with doing the right thing.”