

Laguna Farm CSA

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From Farmer Scott

“Knee high by the Fourth of July.” Some of you probably know that this saying applies to the growth of corn and its progression during the season. I think it must have originated from a place of colder origin. And so I imagine it is more for the grain corns of the upper Midwest states. Well, I chomped on my first ear of sweet corn recently from the Sparkes Road field, and though it was a little ear, it was delicious. The second flush is fully tassled and silks are popping out all over. Even the third flush is knee high and loving this warmer weather. Irrigation of the crops - and the people - becomes a priority with these rising temperatures. We will be putting frozen pints of water in the delivered boxes today. I hope you are happy and healthy.

In your box today:

From the popping fields of the farm, our “beyond organic” salad mix, beets, kale, squash or cucumbers, beans, basil and celery; also red onions from Hollister. Fruit subscribers will receive nectarines from Linden, peaches from Dinuba, and boysenberries from Kokopelli Farm in Sebastopol.

Visit Kokopelli Farm for more artisan boysenberries! U-pick or hand picked for you. \$4 a basket; also available by the flat (12 baskets) or half flat. 7 AM to 9 PM every day, by appointment only: 829-8185 or sb3@pon.net. Harvest lasts until early July.

BERRIES are superfoods! They help lower blood pressure, increase the body's level of HDL [good] cholesterol, and contain potent antioxidants. They're also a great low-calorie snack and packed with fiber. Make smoothies and add to yogurt, cereal, and salads.

.....and **FIBER** has been shown in recent studies to lower C-reactive protein in the body, a protein linked to diabetes, heart disease, and hypertension that circulates in the bloodstream. Fiber helps keep blood sugar levels stable throughout the day and staves off hunger.

THESE FRUITS absorb pesticides more easily than others, according to the Environmental Working Group. Always buy them organically: peaches, apples, nectarines, strawberries, cherries, imported grapes, and pears.

WE NEED YOUR EXTRA BROWN PAPER BAGS at the blue CSA table in the barn.....

And, if you have EMPTY PLASTIC PINT JUICE BOTTLES, bring them in as well. THANKS!

“Having been in business since 1968, we've been through several economic downturns and I have actually found that times of recession have been good for people, and good for our business. Families go back to the basics. They prepare meals at home, and when they do they become more aware of the food they are eating.”

-Michael Potter, president of Eden Foods, the oldest natural foods company in the U.S. and manufacturer of a wide range of staples like organic grains, beans, and pastas.