

Laguna Farm CSA

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June 30 and July 2, 2009

From Farmer Scott

I was chatting with someone the other day, and the subject of eating quality food came up (as it often does around here). We talked about how expensive health care is these days, and yet many folks feel it is important to have. I am thinking that, especially if you do not have health insurance, a subscription to a CSA is a cheap health care plan.

The chicken area is experiencing a revival. New energy is going into the chicken coop and free-range area. John Taylor has taken on this project and has big plans for egg production. He is incubating a big batch of fertile eggs from the folks who live at the Sparkes Road field. His bigger plan is to build chicken tractors to expand the flock to other areas off-farm. We have two local suppliers that we currently buy eggs from, but it will be nice to have eggs from the farm flock also.

In your box today:

From the healthy fields of the farm, our “beyond organic” salad mix, potatoes, bok choy, squash or cucumbers, corn (supplemented with some from Hollister on Tuesday), scallions and cilantro; also lemons from Carpinteria. Fruit subscribers will receive Amire Joannet pears from Windsor, and plums, nectarines and pluots from Dinuba.

Summer squash (which includes zucchini, patty pan, yellow straightneck and yellow crookneck) is distinct from winter squash, which has a thick skin and stores well. Summer squash depends on warm weather for its growth and is somewhat perishable (and therefore highly seasonal). These squash are descended from native species originating in South America, though zucchini, for example, is believed to have been developed in Italy. They are a good source of Vitamins A and C, potassium and calcium, are easily digested, and, being 94% water, a good way to replace lost fluids.

Amire Joannet is an early French small pear from the 1600's. It has to be picked before it is ripe, as its window for ripening is short and can come on quickly. When ripe they are still firm, a bit crisp and sweet. Look for a slight yielding at the very top (shoulder) near the stem. If they are still hard, ripen them on your counter for 1-2 days and then refrigerate for a more gradual ripening. Check them daily. They are great in salads, dipped in tahini or almond butter for a simple snack, or poached.

Organic produce has 25% more key nutrients than conventional, according to a compilation of over 100 recent studies, published by The Organic Center. Using over 17 different screens and selection criteria, the review compared levels of 11 nutrients, including antioxidants. Most people consume 3-4 pesticide residues daily from fruits and vegetables.