

Laguna Farm CSA

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July 28 and 30, 2009

From Farmer Scott

Back from the Sierra. Wonderful backpacking, though I was just about sucked dry by the mosquitos. Wildflowers were in full bloom at the 9,000-10,000 ft. zone.

First project I jumped into last Friday was changing the walk-in cooler lighting to LED (Light Emitting Diode). There are T8 bulb units (the skinnier fluorescent tube) that go right into the same fluorescent-type fixture after you bypass the balast, so it is directly wired. The bulb has the same shape, but is made of rows of the LED bulbs. They are 15-watt bulbs replacing the 32-watt fluorescent, yet seem to put out more light. There is a blue tint to these lights but I understand with the different colored bulbs combined, now it's possible to get warm tints as well. All combined, I am lighting the whole 18 by 30 foot space with 120 watts of energy. The fluorescent lights did not like the cold, while LED loves it and will last even longer than in a regular room temp, so I do not expect to change bulbs as often anymore. Fluorescent bulbs have mercury in them which is released when they break (which is all too easy). I am hoping LED lighting will quickly move into the market to replace all the compact fluorescent bulbs being sold.

In your box today:

All from the energy intensive fields of the farm, our "beyond organic" salad mix, carrots, tomatoes or squash, Torpido red onions, beans, kale and basil. Fruit subscribers will receive berries from the farm and Asian pears and Gravestain apples from Sebastopol.

Commercial tomatoes are usually hybrids, genetically developed such that they do not breed true from seeds (meaning that you cannot save the seeds and grow your own). Heirlooms are bred for just one thing: flavor. Most are too thin-skinned and tender for commercial production. They usually have a low fruit-to-foilage ratio, which makes for sweeter, more flavorful fruit (and yes, botanically the tomato is a fruit). There are hundreds of heirlooms hailing from countries all over the world!

GOT CANNING JARS?

Many of the folks here at the farm are working on preserving the summer bounty. If you have extra canning jars taking up space, please bring them by the farm and we'll put them to good use!

LAGUNA FARM ORGANIC EGGS ARE BACK!

Beginning next week, a limited supply of eggs produced by John Taylor at the farm will be available in the store for members. Our chickens are fed only organic feed and Laguna Farm fresh vegetables! The initial supply of eggs will be very limited (less than 4 dozen per week), but we hope to see this grow to 30 dozen per week by the end of August. If you are interested in learning more about the chickens, or getting involved on a volunteer basis, contact John at johnrtaylor474@yahoo.com.

(...and look for Farmer Scott's Bourbon Red turkeys in the chicken coop!)