

Laguna Farm CSA

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September 29 and October 1, 2009 WEEK B

From Farmer Scott

First little cold front as I write this on Tuesday morning, reminding us of what is to come, just in case the recent rain didn't do it for you. Looks like we will have nice weather for our **Harvest Festival on Saturday**. If you have been wanting to talk with me in person, this is your chance – I'll be leading a tour at 3:00 and we'll talk about some interesting things. The music itself is quite a wonderful diverse lineup, that will hopefully draw folks away from the Sonoma County fairgrounds harvest event.

Pumpkins and winter squash are looking great this year, so expect a nice pumpkin for Halloween, and a sugar pie pumpkin for Thanksgiving. There are hard squash in the store, and they will start appearing in your boxes once Jack Frost comes and ends the summer crops. Last year we had a really early frost on the 10th of October. I am hoping for that to be later this year.

Hope to see you this Saturday!

In your box today:

All from the fall harvest fields of the farm, our "beyond organic" salad mix, peppers, squash or cucumbers, heirloom or Sungold tomatoes, kale, beans on Tuesday and scallions on Thursday, and parsley. Fruit subscribers will receive berries, apples and pears from the farm.

ORGANICS STILL GROWING

U.S. sales of organic products (food and non-food) reached \$24.6 billion by the end of 2008, growing 17% over the previous year, despite tough economic conditions, according to a study by the Lieberman Research Group. Organic food sales now account for approximately 3.5% of all food product sales in the U.S. Nearly three-quarters of U.S. families buy organic products at least occasionally. In fact, three in 10 U.S. families are actually buying more organic foods than they were a year ago, with many parents preferring to reduce their spending in other areas. 55% said they believe organic products to be healthier for themselves or their children.

FARM HARVEST & HERB FESTIVAL Saturday, October 3 2 – 11 PM
\$10 Admission Donation * Food & Drink * Herbal Products * Kid Zone

Farm Tour * Herb Walk * Hayrides * Magicians * Fire Dancers * Classes
(starting at 3 PM – herbal beer making, food fermentation, oil distilling)
Music at 2:30 PM with the Love Choir, 3:30 Mr. December, 5:00 Johnny
Downer from Free Peoples, 6:30 Goathouse, and 8:00 SOL HORIZON.

Work exchange positions available (free admission and drink tickets): call 824-1447.
Visit www.lagunafarm.com for class schedule.