

Laguna Farm CSA

1764 Cooper Rd., Sebastopol, CA 95472 info@lagunafarm.com

Office phone 823-0823 * Barn phone 823-0824

October 13 and 15, 2009 WEEK B

From Farmer Scott

We are being blasted into winter this year, with early frosts and early heavy rains. I mourn all the soil being lost in erosion with heavy rains around the West Coast, due to all the exposed soils from earlier fires (and other human activities, including agriculture). I always hope for light early rains to germinate seeds, which starts the growing of the skin of life that covers and holds onto the precious topsoil. One advantage of the early cover crop plantings I do is that the fields get covered by vegetation before the floods.

My body, and the bodies of a few other wonderful folks who worked all day yesterday gathering the pumpkins and half the winter squash, is sore. We pushed to get as much squash out of the fields as possible before the big rain and possible flood. I would hate to watch the remaining squash float away (if they don't get caught and held by their own vines). Well, it is all a practice in impermanance, and as I have said many times, "Agriculture is the ultimate in gambling". A big gust just reminded me of the other factor - wind - and the need to go around and put a few extra shovelsful of soil (or mud, as it is) on the edges of the plastic tunnels to keep them from blowing off the precious crops inside. Stay warm, dry and safe.

In your box today:

All from the wet fields of the farm, our "beyond organic" salad mix, carrots, kale, peppers, cranberry shelling beans, Butterball potatoes, and radishes.

IT'S PUMPKIN TIME! For the month of October, we will deduct \$1 each week from the value of your box toward your Halloween pumpkin. There is a pumpkin patch at the entrance to the farm, and you pick-up folks can choose one anytime you like. Delivery folks will receive pumpkins in your box either this week or next week.

ANOTHER SIGN OF THE SEASON: our fruit share has ended for the year. Seasonal fruits that are available through the fall and winter months will go into all boxes.

From "Out of the Kitchen, Onto the Couch", by Michael Pollan, NY Times Magazine

"The rise of fast food, home-meal replacements and the decline and fall of everyday home cooking has several causes: women working outside the home, food companies persuading Americans to let them do the cooking, and advances in technology that made it easier for them to do so. Cooking is no longer obligatory. The average American spends a mere 27 minutes a day of food preparation (and only another 4 minutes cleaning up), less than half the time than in 1963, when Julia Child published "The French Chef." And the surprise accomplice? Television cooking shows!

Cooking shows do not inspire viewers to get off the couch and cook, but instead to watch cooking: television has succeeded in turning cooking into a spectator sport. The rapid acceptance of microwave ovens – which went from being present in only 8 percent of American households in 1987 to 90% today – opened up vast new horizons of home-meal replacement. The corporate project of redefining what it means to cook and serve a meal has succeeded beyond the industry's wildest expectations. Today 80% of the cost of food eaten in the home goes to someone other than a farmer, which is to say to industrial cooking and packaging and marketing." (....to be continued)