

# Laguna Farm CSA

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October 20 and 22, 2007 WEEK A

## **From Farmer Scott**

Monday brought more rain than we expected. When I saw the crew in the morning, getting ready to venture out into the fields to harvest the salad for the Tuesday boxes, I could see the aversion to going out into the downpour in their faces. The first rain is always the hardest, because we have to switch to a new routine and we do not have the salad greens and other produce growing in the tunnels yet. We also have a lower turnout of work-trade folks in the barn to assemble the boxes when the weather goes cold and wet, but the job still needs to be done. I am sure you all had your own experiences with the change in the weather. We all get accustomed to the regular California six-month drought, and unlike other parts of the country where it regularly rains and folks get used to it, we are sometimes shocked into winter consciousness.

I want to express my appreciation to the hard working, dedicated crew and staff who make sure the produce flows out of the fields and into our boxes week after week, even when the weather makes you want to stay in your warm dry bed. I know that you all are thankful too. Be well.

## **In your box today:**

All from the weather-ized fields of the farm, our “beyond organic” salad mix, beets, saute mix, Torpido onions, Sweet Dumpling squash, and basil; also apples from Sebastopol.

Studies show that eating just two apples a day (or drinking 12 ounces of 100% apple juice) helps prevent heart disease by slowing the oxidation of LDL (“bad”) cholesterol.

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.

## **“Out of the Kitchen, Onto the Couch”, by Michael Pollan, NY Times Magazine, cont'd.**

Cooking is a defining human activity and is central to human identity and culture – the practice of eating together “civilizes” us and bonds us together. And there are links between cooking and dietary health: cross-cultural studies show obesity rates are inversely correlated with the amount of time spent on food preparation. The fact that we no longer have to plan or even wait to enjoy food, as we would if we were cooking ourselves, makes us that much more likely to indulge impulsively. As the “time cost” of food preparation has fallen, calorie consumption has gone up, particularly of the sort of snack and convenience foods that are cooked outside the home. When we don't have to cook meals, we eat more of them: the amount of time we spend cooking has dropped by about half, and the number of meals we eat has climbed: since 1977, we've added approximately half a meal to our daily intake. And prepared foods tend to go heavy on sugar, fat, and salt; things we're hard wired to like, and cheap to produce.