

# Laguna Farm CSA

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## From Farmer Scott

I am amazed at how much residual heat is stored in a hoopouse tunnel. We are still harvesting zucchini from the tunnel at the Sparkes Rd. field, and peppers from the two tunnels here at the home fields. The plants growing near the entrance are either dead from frost or smaller in size, but still hanging with what I think of as the fruits of summer. We are pretty fully into the winter mode -- hard winter squash and roots and greens -- but in the farm store you'll find a limited amount of these "summer" items.

Some of you may have noticed the smaller-than-usual bunches of baby turnips or radishes in your box last week. We were short in the field and to fill out the box, purchased from a grower we like. We were pretty surprised that the product we purchased is so lacking (compared to ours) and at the same time, pleased that we are producing and providing a higher quality/quantity from our fields. If you were disappointed, please know that in general you are getting a better value from your CSA box than shopping at the retail store. I look at the CSA box as a supplement to your health insurance policy. We have had a tough year here, with increased costs and declining income due to a drop in membership and sales through the wholesale distributor. We are trying hard to keep the boxes full of the highest quality produce.

May your Thanksgiving meals be full of good food and friends.

## In your box today:

From the thankful fields of the farm, our "beyond organic" salad mix, saute mix, carrots, leeks, potatoes, bok choy, and a sprig of rosemary as a special thank-you; also Garnet and Hannah sweet potatoes from Livingston.

The **saute mix** is a blend of greens that can be used similarly to spinach in stir-fries, bakes and casseroles. There is a pleasing tang or bite to the taste because of the addition of mustards (good for the digestion!).

The **potato** is the leading vegetable grown worldwide! It is native to the Andean mountains of South America, where it has been cultivated for at least 3000 years. Unless it is in the form of French fries or potato chips, the potato is high in fiber and potassium (provided the skin is eaten -- remember, most minerals are concentrated just under its protective coating). It's a good idea to trim away any green spots or eyes, where the toxic compound solanin resides. Potatoes store well, and keep best at 45-50 degrees, high humidity and darkness. Warm temperatures will cause them to sprout and shrivel, and cold temperatures will cause their starch to turn to sugar.

**ENJOYING SOME TURKEY THIS HOLIDAY?** You may be interested to know that heritage turkeys were the clear winners in a blind taste test comparing nine varieties of turkeys earlier this year. 70 food professionals, chefs, and food writers scored pieces of turkey on flavor, texture, tenderness, smell and appearance. When the tally and the varieties were revealed, all of the heritage varieties came out ahead of the industrial variety (a Butterball). The event was sponsored by The American Livestock Breeds Conservancy, Humane Farm Animal Care, & Slow Food USA.

## HAPPY THANKSGIVING!