

Laguna Farm CSA

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

Office phone 823-0823 * Barn phone 823-0824

December 22 and 23, 2009 WEEK B

From Farmer Scott

I hope you all had a happy Solstice on Monday. The days will be lengthening from this point on, but the winter weather is just settling in. I hope our schedule for this Christmas week, and then the skipped week, is not too confusing for you all. Our intention is to get nutritious produce into your homes for the holiday meal, and then take a week off before starting the next year. So, in that spirit, Happy New Year!

Energy research and development is still primary for me. I have diverged from the electric truck project a bit, and have purchased a Prius (with which I am tinkering for extra mileage). Currently it is getting 100+ mpg. Of course, that depends on the speed you drive, and how you drive. You can get 20-30 extra mpg in all-electric mode, on the electrical charge, maintaining under 34 mph, with the battery pack I installed -- or 80 mpg going highway speeds for at least 50 miles. I have enjoyed doing the research and installation, and am interested in doing a workshop to do a group install if there is enough interest.

*** HAPPY HOLIDAYS! ***

In your box today:

From the winter fields of the farm, our "beyond organic" salad mix, carrots, saute mix, parsnips, parsley, a Sugar Pie pumpkin, and Mandarin oranges.

Carrots are one of the farm's specialties; we have rich soil to nourish them to perfection. They contain large amounts of beta-carotene, which is a precursor to Vitamin A in the body and protects against virtually all cancers that have been researched, as well as the retina of the eye and the myelin sheaths around the nerves. Beta carotene, along with all the carotenoids, is an antioxidant, and fights the effects of oxidizing free radical molecules in the body. You will absorb the beta carotene in carrots better after they are cooked!

IT ALWAYS BEARS REPEATING.....What do we mean by "beyond organic?"

For a number of years, Laguna Farm has chosen not to continue our organic certification, even though we were one of the earliest Sonoma County farms to be certified, and our farmer Scott is a Past President of the local chapter of California Certified Organic Farmers (CCOF). Scott feels that the National Organic Standards Program (implemented in 2002) selects for large corporate farms because it places a crushing financial and administrative blow on small farms (businesses that are often operating with small margins in the first place). This has the effect of diluting the high standards of the original organic movement. Scott subscribes to an "open gate" policy of peer-reviewed organics, meaning that you, the customers, are always welcome to come to the farm and inspect our growing practices. We think you'll find them BEYOND "Organic."

THE FARM WILL BE CLOSED NEXT WEEK!!! The staff and crew will take a rest, and boxes will resume Tuesday, January 5 and Thursday, January 7.