

Laguna Farm CSA

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

Office phone 823-0823 * Barn phone 823-0824

February 16 and 18, 2010 WEEK A

From Farmer Scott

Over this last weekend I watched a local farmer here on Cooper Road spray his fields with Roundup. This week, the color of the vegetation will turn orange, as the herbicide stifles the growth of the plants. I believe his choice of herbicide, instead of mowing and tilling later, is based on the goal of ease (and maybe lack of equipment) along with the desire to be able to control the timing on when the ground will be available to plant. Here at Laguna Farm, we incorporate the covercrop or indigenous vegetation into the soil, and wait for the organic material to be broken down by the microbial workforce. It takes longer and more tractor time, but adds precious organic matter back to the soil. I struggle over how to change the perspective of our agricultural system to include all cultures for all times into the future. Thanks for being part of a solution.

In these hard economic times, it is important to pay attention to where you spend your resources. In the long run, local production of food and the other goods needed in day-to-day living will need to be generated as close to the source of need as possible. I believe the CSA structure is ideal for keeping eaters in touch with growers, and it provides the freshest, most nutritious food. As we know, you are what you eat, and the body, mind and spirit respond to what you put in it! It is important to keep your health at a high priority, so you are able to function well in the changing times to come.

In your box today:

From the locally generating fields of the farm, our “beyond organic” salad mix, chard, beets, and Delicata squash on Tuesday (for Thursday, it’s celery from San Clemente): also artichokes from Santa Cruz, cauliflower from Salinas, and kiwi from Auburn.

COSMIC EGG: WORK/TRADE POSITIONS

Cosmic Eggs is seeking two regular chicken-loving work/trade helpers to help us feed and water the chickens daily, and to collect and wash eggs. This will involve working two mornings a week from 9 a.m. to 11 a.m. Workers will receive a Laguna Farm CSA bin AND one dozen Cosmic eggs. The Cosmic Egg and Chicken Company is growing and anticipates hiring new employees in the near future. The work/trade positions are a good opportunity for us to get to know you and for you to see if you resonate with our mission and work philosophy, and possibly join our team. Qualities we value highly include: dependability, good at making work fun, empathy with living creatures, (especially chickens), strong personal communication skills grounded in honesty and trust, ability to identify problems and create/find solutions. This job requires good physical health and mobility, and the ability to lift 50 pounds (our chickens aren't this big yet, but their feed bags are!). Please email cosmiceggandchicken@yahoo.com and type WORK/TRADE in the subject line.

EVERY-OTHER-WEEK subscribers: EFFECTIVE THE WEEK OF MARCH 2 & 4, we'll be adding a \$2.00 per week surcharge to your subscription. We are very sorry, but we are needing to add a modest surcharge to your box. The farm receives half the income for the same administrative costs with an every-other-week subscription. So the first week of March, your invoice will reflect a cost of \$19.00 per week.

In addition, since quite a few of you forget your boxes on this type of schedule, we may cancel your subscription if you miss picking up your box twice in a 30 day period. **Please check the top right hand area of your invoice for your pick-up dates!** Of course you are always welcome to switch to an every-week schedule.