

# Laguna Farm CSA

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## From Farmer Scott

Nice break in the rain. It is great to be getting more rain to fill the reservoirs and the water table. Rain makes it challenging to prepare and plant, but since we have tunnels we have the ability to work inside and under the cover of greenhouse film. This also gives us exceptional conditions to be able to grow the salad and other crops we have been putting into the box recently.

I am excited to be involved with the Transition Sebastopol group. This movement has a positive approach to our community's need to move towards resiliency. I believe we will need this resiliency as we prepare for decreased resources (not limited to petroleum), climate change and economic turbulence. There are many groups being formed within the Transition movement, such as the energy group I want to form in the near future. I hope those of you that are interested in being involved in this grassroots form of activism will find the group and focus you are passionate about. The food group (as well as other subgroups) are currently active and meeting. Go to [transitionsebastopol.org](http://transitionsebastopol.org) for more info. Be well.

## In your box today:

From the resilient fields of the farm, our "beyond organic" salad mix, bok choy, rapini, and cilantro; also potatoes from Oh! Tommy Boy Farm in Tomales, broccoli from Fresno, and avocados and lemons from Las Palmalitas.

Rapini, or broccoli rabe, is a cousin of mustard and probably descends from a wild herb that is a relative of the turnip, likely in China or around the Mediterranean. Like other leafy green vegetables, it is high in Vitamins A, C and K, as well as potassium, calcium and iron. Its tangy, slightly bitter bite is highly beneficial for your digestive system.

As the winter progresses, some of the veggies will be sourced from warmer places to supplement what we can provide from the farm. We choose the freshest, highest quality, and most local produce that we can find (always organic, either certified or personally verified). Buying "off-farm" allows us to offer a box throughout the winter months, when our production is down, and provides you with the best possible food at a below-retail cost. Continuing through the winter saves us a lot of startup costs in the spring. We appreciate you supporting us year-round, even when not all of the produce is grown here.

**DON'T FORGET you can get an extra half pound of salad mix, or a loaf of bread, added to your CSA box. And if you're a pick-up subscriber, you can also have various dairy products added to your subscription.**

**The FARM STORE is open all through the winter months, bustling with seasonal veggies and fruits, bread, eggs, milk, butter, nuts, and packaged products. STORE HOURS are Tuesday 2 – 8 PM, Wednesday 12 – 6 PM, Thursday 2 – 8 PM, and Friday 12 PM – 6 PM. Of course, you can pick up your box on Saturday until 9 PM, but the farm is closed on Sunday and Monday.**