



Farmer Dave's



Groundwork LAWRENCE

Community Supported Agriculture

ISSUE 9

AUGUST 26, 2008

Groundwork Lawrence is a non-profit organization working to improve the environment and quality of life in Lawrence, MA

SOME ITEMS IN YOUR SHARE THIS WEEK:

Celery

Corn

Swiss Chard

Lettuce

Peppers

Tomatoes

Cucumbers

Fruit Share:

Now—October 28

Flower Share:

Now—Sept 9

Groundwork Lawrence

Tuesday
3:00-7:00 pm

At Groundwork Lawrence
60 Island Street
Lawrence, MA

July 1—October 28

Farmer Dave's

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Late Summer Bruschetta From "From Asparagus to Zucchini"

Ingredients

2-3 large tomatoes
1 crunchy sweet pepper
1 medium sweet onion
2-3 cloves garlic, minced
Olive oil
Small handful fresh basil, chopped (optional)
Crusty bread (like baguette)
Shredded mozzarella or grated parmesan cheese (optional)



Preparation

Chop the vegetables in a midsize dice. Combine with garlic, 1-2 Tbsp olive oil, and optional basil. Slice baguette down the middle and lay the 2 sides cut side up. Brush with additional 1-2 Tbsp oil and sprinkle on cheese, if using. Broil bread for several minutes until bread or cheese browns a bit. Top the sections (you may cut them smaller if desired) with some of the vegetable mixture. Makes 4-6 servings.

Cookbook Recommendation: "From Asparagus to Zucchini"

I recently bought this great recipe book that I had been meaning to get for years and have been thrilled with it. The book contains recipes tailored to eating seasonally and offers great recipes for produce that comes in your CSA share. Its title is "From Asparagus to Zucchini", and is put out by the Madison Area Community Supported Agriculture Coalition (MACSAC). The book is organized in a simple, user friendly way, listing CSA vegetables in alphabetical order, followed by recipes using the vegetable. The pages also include additional information about the vegetable, the family it belongs to, cooking tips, and nutritional information. The back of the book offers a compilation of recipes that specifically use several seasonal vegetables. Some of the recipe titles include Late Summer Bruschette (above), Zydeco Green Beans, and Marinated Cucumber Tomato Salad. As a great bonus, the beginning of "From Asparagus to Zucchini" explores reasons for eating seasonally and locally and provides encouragement for reorienting eating habits to do so.

The space in the newsletter allows for just a few recipes a week, and I know that there are far more great recipes out there for you to explore. This has been a great resource for cooking creatively and seasonally that I have found inspirational. If you are interested in purchasing this book, I recommend that you purchase it directly from MACSAC online: <http://www.macsac.org/atoz.html>

Field Notes

This past week I attended a twilight meeting at a Concord, MA farm. The meeting was organized by the New England Vegetable and Berry Growers Association. At least twice a summer we have a meeting at a different farm to highlight that farm's practices. I hosted a meeting couple of years ago and find that the twilight meeting is a good opportunity to talk to other farmers in the midst of the season. It is called a twilight meeting, because it is held at the end of the day as the typical farmer would not be able to attend at any other time. The consensus was that this has been a very difficult growing season given all of the rain and the lack of sun and heat. However, I feel very fortunate that we do not did not get all of the hail that many other farms did. We had just a few short minutes of hail back in June. One farm I talked to in Litchfield, NH had its crops virtually wiped out by a heavy hailstorm less than two weeks ago. How sad it must have been to see all of that season's hard work to be shredded by several minutes of pea sized hail. I'm sure that some of the crops are still harvestable, but I imagine that many of them are all full of holes or have its leaves shredded bits. The power of Mother Nature never ceases to amaze me. - FD





Farmer Dave's CSA

Thai Chicken Curry from The Thai Table: www.thaitable.com

Ingredients

3 cups water
3-5 sprigs thai basil,
2 Tbsp fish sauce
1/2 lb thai eggplant, quartered
1 Tbsp red curry paste
1 cup coconut milk
1 chicken breast



Preparation

Cut up the chicken into bite size pieces. If you have this dish in Thailand, you will see that the chicken comes with bones. All parts such as legs and thighs can be used. The bones make the curry more flavorful.

Pour half of the coconut milk into a large pot, over low to medium low heat. Add the red curry paste. Break up the paste and mix it with coconut milk. Stir constantly. Lower the heat if it splatters too much. Add chicken when you see red oil bubbling on top. Stir and coat chicken with curry sauce. Add the eggplant when chicken starts to turn white. Add the rest of the coconut milk and water and the fish sauce. Let it boil until all the eggplant pieces turn dark and tender. The longer you boil the curry, the thicker the curry becomes because the eggplant disintegrates and thickens the sauce. Add the basil leaves just before you serve and make sure the leaves are submerged quickly in the curry to preserve the color.

Serve hot with rice or rice noodles.

Stuffed Peppers from Lizzie Bruer, Zephyr Community Farm, "From Asparagus to Zucchini"

Ingredients

A little oil
2 cloves garlic, minced
2 onions, chopped
3 cups raw brown rice
6 cups water, chicken or vegetable stock or tomato juice
1/2 tsp allspice
1/2 cup almonds
1 cup chopped tomatoes
3/4 pound cheddar cheese, grated
Salt and pepper
9 large peppers tops cut off, seeded

Preparation

Heat oil in large skillet; add and sauté garlic and onions. Add rice and brown about 5 minutes. Add desired liquid and allspice. Cover and cook until rice is done, about 40 minutes. Toast almonds in a dry skillet or hot oven several minutes, tossing often. Stir in tomatoes, cheese, almonds, and salt and pepper to taste. Cook peppers in boiling water 2 minutes. Drain and stuff peppers with rice mixture. Bake at 350 degrees 30 minutes. Makes 9 servings.

Note: This recipe calls for 9 peppers, but you can change the number of peppers if you like, then eat the rice stuffing as a side dish to a later meal.

Idea: try adding a few more CSA vegetables to the versatile stuffing mixture like corn or chard.

Celery

We are growing celery for the first time this year and are noting how much more flavorful and pungent the stalks and leaves are in comparison to grocery store celery. The stalks have a nice crunch to them—good enough for peanut butter boat-making, and the leaves have a nice kick to them that would make for a well rounded vegetable broth or soup. Because celery doesn't hold up well to the frost, we suggest making some soup now with the leaves, and freezing it, so that you will have some tasty soup when the air gets a bit nippier and you need something to warm you up.

Vegetable Stock, the foundation for good soup from Heidi

Basic Ingredients

Following are common vegetables and seasonings used in vegetable stock. You can use as little or as much of each as you have around the house, and can experiment with additional spices as well.

Onions, Celery, Carrots, Tomatoes

Garlic, Parsley, Salt, Pepper

Preparation

Cut up your vegetables and add them to water. Bring to a boil, add seasonings to taste and let simmer for at least 20 minutes. When you are satisfied with the taste, remove it from heat and strain it through a sieve, leaving you with just the vegetable broth and no vegetable pieces. Pour the cooled stock into quart containers with lids, date and freeze.