



Farmer Dave's

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

THIS WEEK'S SHARE:

- Arugula
- Broccoli
- Kale
- Lettuce
- Peppers
- Sugar Pumpkin
- Chard
- Carrots
- Purple Top Turnips
- Dill

**Fruit Share:
Now—October 28**

Groundwork Lawrence
Tuesday
3:00-7:00 pm

At Groundwork Lawrence
60 Island Street
Lawrence, MA

July 1—October 28

Farmer Dave's
437 Parker Road
Dracut, MA 01826
(978) 710-6120
www.farmerdaves.net



Groundwork LAWRENCE

Community Supported Agriculture

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Field Notes

As autumn sets in, and the weather cools, the leaves are taking on brilliant hues of yellow and red. The farm looks beautiful. Vegetables are growing more slowly on the farm as the temperatures dip, and the field crew is working hard to cover up those crops that will be damaged by frost. Those that they will be able to cover will be able to be harvested for a little bit longer, extending their season. The fall crops are in abundance; chard, kale, collards, cabbage, cauliflower, broccoli, turnips, winter squashes, are all coming on, and some are getting sweeter with the cooler temperatures. Before it gets too cold, we hope to be able to still harvest some later summer crops for you (peppers, beans), but soon you'll be able to enjoy -as you have already started to- mostly root vegetables, hearty leafy greens, and winter squashes!

Arugula Pear and Gorgonzola Salad from Fort Hill CSA, CT

Ingredients

- White wine vinaigrette (see recipe >>)
- 6 ounces crumbled Gorgonzola
- 6 cups (about 5 ounces) cleaned Arugula
- ½ cup (about 2 ounces) toasted walnuts
- 1 ripe pear, cored and sliced very thin

White wine vinaigrette:

- 3 ounces extra virgin olive oil
- 1 ounce white wine vinegar
- Salt

Preparation

In a salad bowl, toss the vinaigrette with arugula, half of the walnuts and pear, reserving some slices for decoration. Add the Gorgonzola and toss once more. Arrange the salad in the center of a salad plate. Scatter the remaining walnuts over the salad and arrange the reserved pear slices around the salad.

Maple Pumpkin Black Walnut Cookies from "Asparagus to Zucchini"

Ingredients

- 1/2 lb butter, softened
- 3/4 C brown sugar
- 1/4 C honey
- 1 egg, beaten
- 1 C pumpkin puree (see Note below)
- 1 tsp vanilla extract
- 2 1/4 C flour
- 2 tsp cinnamon
- 1 1/2 tsp baking powder
- 1 1/4 tsp baking soda

- 3/4 C chopped black walnuts, hickory nuts or walnuts

Frosting:

- 3 C powdered sugar
- 3 Tbsp butter, softened
- 1 tsp vanilla extract
- About 4 Tbsp maple syrup
- 1/4 C finely ground black walnuts, hickory nuts or walnuts

Preparation

(Note: to make pumpkin puree, cut a small sugar pumpkin into pieces, remove the skin, and boil the flesh in water until tender. Drain, cook, and puree in food processor.) Heat oven to 350 degrees. Grease 2 cookie sheets. Cream butter in large bowl; mix in sugar. Mix in honey. Mix in egg. Mix in pumpkin puree and vanilla. Combine flour, cinnamon, baking powder, and baking soda. Stir in wet mixture. Stir in nuts. Drop batter by heaping teaspoons (or more if you prefer larger cookies) onto cookie sheets. Bake until golden brown on the edges and firm in the middle, 12-15 minutes. Cool 10 minutes on cookie sheets, then remove cookies from sheets and cool completely on racks. For the frosting, combine powdered sugar softened butter, vanilla, and enough maple syrup (starting with 4 Tbsp) to make a fairly thick frosting. Sprinkle each cookie with ground nuts immediately after frosting it. Let frosting "dry" before storing cookies in an airtight container. This recipe was a prizewinner in the 2002 Food for Thought Festival in Madison, Wisconsin! Makes 30-36 cookies.

Missed the potluck on the farm? Considering visiting anyways!...

Fall at the Farm

- Saturdays, Sundays, 11-5
- Now through October 26
- Hayrides \$5 * Corn Maze \$5
- Hayride/Corn Maze \$8
- Pumpkin Picking

-Heidi