



Farmer Dave's



Groundwork LAWRENCE

Community Supported Agriculture

ISSUE 17

OCTOBER 21, 2008

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

THIS WEEK'S SHARE:

Butternut Squash
Acorn Squash
Beets
Broccoli
Arugula
Kale
Lettuce
Cilantro
Radishes
Kohlrabi

Fruit Share:
Now—October 28

Last CSA pickup:
October 28

The season is coming to a close and we will have our last CSA distribution next week.

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

Field Notes No, it's not just a cold spell. The cool weather appears to be here. Before you know it there will be snow covering the fields. With that in mind, we have a lot of work to do before putting the fields to bed for the winter. We'll have to take down all the tomato trellises, pick rocks, harrow the fields, plant the cover crops, and finish installing field drainage pipes. Even though we have had a good frost, we continue to pick root crops and crucifers/brassicas (all the plants in the cabbage family like broccoli, collards, cauliflower, kale, and brussel sprouts). Eating this family of vegetables is known to reduce the risk of a number of cancers. So, it's not just "eat your broccoli", it should be "eat your brassicas". As the frost brings an end to many "tropical" vegetables like eggplant, peppers and squash, I begin to wonder about all the effort our forbearers went through before the modern age brought transportation, refrigeration and supermarkets. Imagine having to grow your own food by the end of October and then have to have storage space for enough food to last seven months. That would be one big root cellar. Just so you know, I do plan on growing a lot of those storable root cellar vegetables like potatoes, onions and carrots next year. Please note: You may notice the brassicas have a slightly different flavor now that they have been touched by frost. They are much sweeter!

Calling all crates!
If you've got some CSA crates around your home, we'd be grateful to get them back.

Vegetable Spotlight Kohlrabi, translated "cabbage-turnip" is the wild looking bulb-like vegetable with stems coming off of it, displaying both purple and green hues. This crunchy vegetable is part of the extensive brassica family, (along with cabbage, kale and collards). Peel first, then try shredding it raw into a coleslaw, cube it into a hearty soup, or mash it with potatoes. The leaves can be used like kale or collards. Separate leaves and bulb for storage.



Roasted Roots, inspired by Tory, recipe by Heidi

Ingredients

root vegetables (i.e. beets, carrots, turnips) cut up into 1 inch chunks
winter squash, gutted, peeled and cut into 1 inch chunks
A few leeks or one onion cut up into 1 inch chunks
olive oil and salt
herbs de Provence mixture (marjoram, thyme, basil, lavender, bay leaf)
butter
maple syrup

Preparation

Preheat oven to 375. Prepare vegetables and put into a large bowl. Drizzle oil into bowl, mix veggies and oil, coating evenly. Add herbs and salt and mix. Put vegetables in a casserole/lasagna dish. Cover with aluminum foil. Put in oven for 45-60 minutes. Test veggies with a fork to make sure done. While still warm, drizzle a little maple syrup and mix a little butter in before serving.



Butternut Squash Coconut Curry Soup from Asparagus to Zucchini

Ingredients

1 Tbsp peanut oil	1 small jalapeno pepper, chopped
1/2 large onion, chopped	1 can coconut milk
2 cloves garlic, minced	1/2 C chopped lemongrass
3 1/2 C chicken or vegetable stock	2 citrus/kaffir lime leaves
1 med. butternut squash, peeled, seeded, chopped	1/2 cup bottled fish sauce
	sugar to taste (start with 1 Tbsp)
	juice of 1/2 lime

Preparation

Heat oil in saucepan; add onions and garlic. Saute until lightly browned. Add stock, squash, and jalapeno; simmer until squash is tender, 10-15 minutes. Add coconut milk, lemongrass, lime leaves, fish sauce, and sugar. Simmer (do not boil) 10-12 minutes. Puree and strain through fine mesh strainer. Add lime juice and adjust to taste with sugar and lime juice. Makes 4 servings.