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Groundwork Lawrence's



Community Supported Agriculture

In your share this week:

August 16, 2010

Vegetable Shares

Dear CSA Member,

Corn
Bell Peppers
Slicing Tomatoes
Plum Tomatoes
Beets
Basil
Onions
Heirloom Tomatoes -
(possible)

We hope you enjoyed the beautiful weekend once again!

And more!

I wanted to share with you all that sadly, this week is my (Janel's) last week with Groundwork Lawrence. After this week my husband and I will be packing up all our belongings and hopping in our (hopefully) trusty old Saturn to meander over 3,000 miles to Davis, California where I will be attending a graduate program in International Development and Sustainable Agriculture at the University of California at Davis. Words can't describe how sad I am to leave the fantastic community I have found here in Lawrence. I am so grateful to have had the opportunity to be a part of this dynamic city and the dedicated team of individuals striving for sustainable environmental change here at GWL. I have loved connecting with many of you CSA members, in person or via email--sharing stories, swapping recipes, and chatting about the delights of locally-found food.

Fruit Shares

Peaches
Nectarines
Melons (possible)

However, I know that I'm leaving the CSA in very capable hands! Anna Rickards, who has been interning with GWL over the summer, will be stepping up into a full time position with GWL soon and taking over management of the Groundwork Lawrence CSA. Anna will introduce herself in this newsletter next week, but should you need to reach her anytime soon, her email is arickards@groundworklawrence.org, and she is eager to meet you all. Please be sure to give her a warm welcome!

And possibly more!

**Beets & Treats Partner of
the Week:
Mary Kay**

In good health,

Janel Wright, *Community Programs Manager*
Groundwork Lawrence



Field Notes from Farmer Dave

**The *Beets & Treats*
Program at the CSA**
*highlights local
businesses and
nonprofits each week
during CSA pick-up in*

an effort to foster a greater sense of community at CSA pick-up and support our local economy.

Got a small local business or work for a nonprofit you'd like to see highlighted? Sign-up to participate in **Beets & Treats!** Contact [Anna](#) for more information.

QUICK LINKS

[Our Blog](#)
[Our Homepage](#)
[More About GWL](#)
[Farmer Dave's](#)

Donate to GWL!



Help support all of GWL's programs by donating online [here!](#)

On Facebook?

[Be our friend on Facebook!](#)
 and [Farmer Dave's!](#)

Lawrence Farmers Market Times, Days, and Locations!

If you don't get enough veggies in your CSA share, visit one of the Lawrence Farmers Markets, conveniently located



1500-gallon tanks hold well water for tomato irrigation

The average crop needs 1 inch of water per week. In the past two months, I think we have had less than a half-inch of rain in all. The water needs of the crops are great, and we are having to provide it all on our own, without nature's help. I'm beginning to think there is a rain-blocking force-field around the Merrimack Valley. A little over a week ago, the meteorologists predicted a good chance of thunderstorms. 'Twas a Thursday, and we sent everyone to the farmers markets in Gloucester, Lynn and Boston. I looked at the radar, and could see a good solid line of rain moving east / northeast from New York to Massachusetts. I phoned those at the market and warned them to brace themselves for a late afternoon rain. I went to the fields and turned off the irrigation pumps, as it looked like a good rain was about to hit within three hours. I closed all the windows and picked up anything that looked like it might blow away in the wind. Then, it started to rain, and I headed to the office to view the radar again. But, that solid line of rain seemed to just disappear only around northeast Massachusetts, right over our fields, and then re-form before it reached the coast.

The rain totals that day were: Dracut - 2 tenths of an inch of rain. Tewksbury - one-quarter inch. Gloucester - 1.5 inches! Lynn - 1 inch. Boston - 1.5 inches! It was all over by 5 p.m., and faces on the farm were long. Time to go start up the pumps again, and never let them be idle...

One pond used to naturally refill within about 3 hours of us using all its water. No longer. The groundwater level is now lower than the bottom of the pond, so we've reverted to a shallow 16-foot well nearby. Every four hours, we run a baby-pump out of it to put 500 gallons of water into three 1500 gallon tanks we've placed nearby. After 2 days, we have over 4,000 gallons of water to irrigate the tomatoes and keep them growing. From 4 a.m. to midnight, run that baby-pump for a half-hour, every four hours. Who is on pump-watch tonight?

Enjoying our coffee,

Farmer Dave

throughout Lawrence
on three different
days:

Tuesdays 4-7:30 pm
@ McGovern Train
Station (211
Merrimack St.)

Wednesdays 9 am-4
pm @ Appleton Way
(between Essex &
Common Sts. & next
to City Hall)

Saturdays 9 am-1 pm
@ 216 Lawrence St.
(on the Corner of Park
& Lawrence Sts.)

We hope to see you
there!

Share-a-Share!



**Our Share-a-Share
Program subsidizes
the cost of shares
for individuals in
need. Learn more
about our Share-a-
Share Program or
donate [here](#).**

CSA Community Board

You may or may not
have noticed a small
community board
hanging up on the wall
at CSA pick-up. This
is your CSA
community board!
Please use this board
to post recipes,
business cards,
announcements,

Summer Concert Series at Saturday Lawrence Farmers Market!

Starting this past Saturday, August 14th,
and continuing for the next two Saturdays,
until August 28th, there are free
performances from 12-1 pm at the
Saturday Farmers Market on the corner of
Park and Lawrence Sts.

Join Groundwork Lawrence as we host
Ryan Thomson (fiddler), Los Sugar Kings
(Latin, salsa, jam band), and Veronica
Robles (mariachi)!

While you are at the market be sure to
purchase some delicious fresh fruits and
veggies and support your local farmer.

**FREE
CONCERT
SERIES**

On August 14th, 21st, and 28th
there will be performers coming to
the Lawrence Farmers Market on
the corner of Park and Lawrence
Sts. Don't miss out on these FREE
performances. This is the perfect
opportunity to enjoy fresh produce
and entertainment at a community
gathering!

**3 SATURDAYS • SABADOS
3 PERFORMANCES • ACTOS
1 GREAT TIME • TIEMPO GRAN**

**ryan
thomson**
fiddler and son
www.captainfiddle.com

August • Agosto 14th
12pm-1pm

**los sugar
kings**

latin, salsa, jam band
www.losugarkings.com

August • Agosto 21st
12pm-1pm

**veronica
robles**
mariachi music
www.veronicarobles.com

August • Agosto 28th
12pm-1pm

El 14, 21 y 28 de Agosto el
Mercado de Granjeros en
Lawrence en la esquina de
la Park y Lawrence va haber
entertainment para el
publico. No se pierda de este
entertainment GRATIS. Esta
es una oportunidad perfecta
para disfrutar de productos
frescos y entretenimiento en un
evento comunitario!

**SERIA DE
CONCIERTOS
GRATIS**



Funded by the
WHITE FUND

GWL Hiring for "Cultivating a Healthier Lawrence" AmeriCorps Intern

AmeriCorps Member Activities

- Assist with developing and/or compiling bilingual outreach, educational and workshop materials on soil testing, soil contaminants, raised bed and container gardening, healthy gardening, cooking and nutrition for a bilingual audience.
- Conduct outreach/relationship-building with vacant lot, homeowner and potential gardeners.
- Create and implement workshop presentations to give at meetings held by partner organizations and to current community gardeners. Create evaluation tool for workshops.
- Work with City to expand and support urban agriculture via the building of new community gardens and clean raised beds for homeowners.
- Measures vacant lot gardener's increased understanding of health risks by conducting pre and post tests
- Increase in number of residents with access to fresh, healthy food
- Serve as the community liaison for GWL outreach efforts
- Organize and manage the 2011 Spicket River Greenway Cleanup and events
- Support the Project Manager throughout the design and construction process of the Greenway.
- Other duties and projects as assigned.

invitations, rideshare and carpool requests, and more. We are working on getting it in a more accessible location at pick up, but we hope you will use this board to share your CSA experience with your CSA community.

JOIN OUR LIST

[Join Our Mailing List!](#)

Minimum Qualifications

- High school degree, GED certificate or agree to achieve GED within the year
- Minimum of 18 year of age, US citizen or permanent resident status
- Desire and ability to work with a diverse group of people, particularly those living in low-income distressed neighborhoods
- Bi-lingual (Spanish and English) verbal and written communication skills required.
- Ability to work independently and in a team environment
- Strong Computer skills and good written and oral communication skills
- Ability to work a flexible schedule (some night and weekends may be required)
- Background in community organizing, outreach, and/or multi-cultural settings.
- Experience/knowledge of community gardening, food security, and/or place-based redevelopment (Greenways, community gardens, vacant lot reclamation).
- Experience in volunteer recruitment and event management highly desired.
- Experience working with youth a plus.
- A CORI background check is required.

Member Benefits

Full time members are required to serve for a minimum of 1,700 hours and a full year at Groundwork Lawrence. Members will attend a national orientation the week of October 23-29, 2010 and monthly meetings and trainings hosted by the local LISC office. Groundwork Lawrence will also make additional training opportunities available. Members will earn a stipend of \$18,000 and are eligible to participate in the AmeriCorps health insurance program and may apply for childcare benefits. Upon successful completion of the service year, members will be eligible for a \$5,350 education award to pay off existing student loans or return to school.

Please send submissions to:

Candidates with less work experience but a passion for developing healthy sustainable communities are encouraged to apply. Early applicants will be given top consideration. Interested applicants should mail or e-mail a cover letter and resume to: HR, Groundwork Lawrence, 60 Island Street, Lawrence, MA 01840, hr@groundworklawrence.org.

The cover letter should explain your qualifications and your interest in Groundwork Lawrence and the position. City of Lawrence residents are strongly encouraged to apply.

LISC & Groundwork Lawrence promote equal opportunity in selecting AmeriCorps members. We are committed to diversity and inclusion in the selection process.

Know your Farmers: Maksym

From harvesting to tractor work to irrigation to packing, Maksym plays an integral role in the production and delivering fresh,



quality vegetables to your home kitchen. Maksym's involvement in farming began at a young age, driving tractors and working in the fields of his father's farm in the Ukraine.

Maksym, or "Max," as we call him, is from Semyrichka, a small village in the Ukraine. He was enrolled at the Uman National University of Horticulture in the Ukraine studying agronomy before coming to Farmer Dave's. Max is taking a semester off to gain international experience here at Farmer Dave's. When he returns to the Ukraine, Max plans to finish his examinations and obtain his degree in agronomy. Max studied medicine before switching over to agronomy. Max is multilingual - fluent in Russian and Ukrainian and can also speak English and French. Max also plays the piano and loves playing ballads and rock ballads.

Real Farmers, Real Food!

This week's farmer recipe comes from Pallavi, our bookkeeper, who grew up in India. Bethany (who always thought Indian cooking was labor-intensive) tested this recipe and reports that it is easy enough to whip up on a weeknight!

Indian Eggplant and Peas

2 tbsp. oil
 2 tsp. whole cumin seeds
 1 medium onion sliced in half-moons
 3-4 cloves garlic, minced
 1/2 inch ginger, minced
 2 eggplants cut into chunks (slice eggplant in 1/2 and then cut 2 -inch pieces)
 1 green chili, chopped (Thai chili or jalapeño)
 1/2 tsp. cayenne (or more)
 salt to taste
 2 tbsp. of lime/lemon juice or 1/2 tsp. of dried mango powder (amchur)
 1 - 2 cups fresh or defrosted frozen peas.
 little bit of water (2 tbsp)
 1/4 cup roasted crushed peanuts (optional)
 Chopped cilantro (optional)

Heat oil in a heavy pan. Add cumin seeds and sautee until the seeds turn one shade darker. Add onions and a little salt. Saute until the onions turn translucent and start to brown. Then add the garlic, ginger and chopped green chili and saute some more.

Add eggplant and stir. When eggplant starts to soften (shouldn't take very long) add enough water to prevent sticking. Add salt and cayenne. Cover and let the eggplant cook.

When the eggplant is cooked add lime juice and green peas. Stir it around and it's done. Add crushed peanuts and cilantro, if desired.

Vegetable Spotlight: Tomatoes!

Round, pear-shaped, plum-shaped, red, yellow, orange, green, there's a tomato shape and color for every summer meal, you know it's summer when you slice into a juicy red heirloom or pop a sweet tangy cherry tomato into your mouth! Tomatoes in salad are like peas in a pod, but have you ever marinated them first? How about making a tomato tart or a tortellini tomato soup? If it's salad you're truly craving, try the twist on a ranch dressing in the recipe below...

Handling and Storage:

Do not refrigerate tomatoes

Tomatoes will keep up to a week at room temperature, longer if not ripe

When cut, tomatoes deteriorate quickly

Skins will shrivel and get tough if left in a long-simmered dish. To remove skins, dip in boiling water for 15-30 seconds, lift out and skin

Tomatoes can be frozen whole - core, place on a baking sheet and freeze. Thawed tomatoes make great sauce or puree

Avoid cooking in aluminum pots to avoid corrosion

Add a touch of sugar or carrot to balance acidity in tomato sauce

Uses:

Eat raw or cooked

Saute

Marinate

Bake in a tart

Broil, fry or grill

Stuff or Shish kebob

Salsa!

Sauces and purees, including ketchup and BBQ

Make a soup to freeze or can

Dehydrate for "sun-dried" tomatoes

Recipes***Marinated Tomatoes and Grilled Onions***

Serves 2 - recipe courtesy Tidepools, Koloa, HI

Tomato Marinade:

1 teaspoon garlic, minced

1 teaspoon ginger, minced

1 tablespoon basil, minced

1 teaspoon olive oil

3 tomatoes, sliced 1/2-inch

Mix all tomato marinade ingredients together and marinate tomatoes.

Onion Marinade:

2 ounces mirin

1 ounces brown sugar

1 tablespoon ginger, minced

1/2 onion, sliced

Mix all onion marinade ingredients together and marinate onions.

Grill onions until soft. Serve at room temperature with marinated tomatoes.

Easy Heirloom Tomato, Zucchini, and Cheese Tart

Serves 4 - recipe courtesy Jeanne Lemlin

1 sheet (half of a 17-ounce package) frozen puff pastry

2 tablespoons olive oil

1 onion, finely diced

2 garlic cloves, minced

2 medium zucchini, quartered lengthwise and thinly sliced

2 cups diced heirloom tomatoes, well drained

3 large eggs
 1 cup grated smoked Gouda
 1/2 teaspoon salt
 Generous seasoning freshly ground black pepper

Remove the puff pastry from the package and let thaw at room temperature for about 30 minutes, or until no longer frozen but still cool.

Meanwhile, heat the oil in a large skillet over medium heat. Add the onion and garlic, and cook 5 minutes, or until the onion is slightly tender. Stir in the zucchini and saute just until it begins to soften, about 5 minutes. Mix in the drained tomatoes and raise the heat to medium-high. Cook, stirring often, until the zucchini is tender but not mushy and the juices have evaporated. Let cool.

Lightly butter a dark-colored 9-inch tart pan with a removable rim or a glass pie plate. On a lightly floured surface, roll the puff pastry into an 11-inch square. Fit it into the tart pan or pie plate. Trim off the overhanging pieces of pastry with scissors. Refrigerate the crust, uncovered, for 15 minutes, or up to 8 hours, covered.

Preheat the oven to 425 degrees F.

Beat the eggs in a large bowl. Stir in the cheese, salt, pepper, and cooled vegetables. Spoon the mixture into the tart pan. Bake 25 to 30 minutes, or until the pastry is brown and a knife inserted in the center of the tart comes out clean. Remove the outer rim of the tart pan. Let the tart cool on a wire rack for 20 minutes before slicing. It is best to serve this tart very warm rather than piping hot.

Roma Tomato, Spinach & Tortellini Soup

Serves 4 - recipes courtesy Kathleen Daelemans

1 tablespoon olive oil
 1/2 cup minced onion (about 1/2 small onion)
 1 clove garlic, minced
 4 to 6 cups broth, chicken or vegetable
 2 cups tomatoes, crushed through your fingers or coarsely chopped
 1 (9-ounce) package fresh tortellini or 4 servings dried tortellini
 sea salt and cracked black pepper
 10 ounces fresh spinach, chopped
 1/4 cup freshly grated Parmesan

In a 3-quart soup pot, heat olive oil over medium high heat. Saute the onion and garlic, stirring often until onions are translucent, about 5 to 7 minutes. Add broth and tomatoes, turn heat up to high, and bring to a boil. Add the tortellini and cook according to package instructions. When tortellini is almost done, add spinach and taste, adjusting seasonings with salt and pepper. Serve immediately. Garnish each serving with a sprinkling of Parmesan.

Cherry Tomato Summer Salad with Ranch Dressing

Serves 4 - recipe from Food Network Kitchens Cookbook, 2003

8 ounces small red-skinned potatoes, halved
 Kosher salt
 1 cup fresh corn kernels (from 2 ears of corn)
 1 cup chopped fresh green or wax beans
 1 cup small broccoli florets
 1 cup cherry tomatoes, halved
 1 kirby cucumber with peel, chopped
 Ranch Dressing, recipe follows
 Freshly ground black pepper
 4 cups torn mixed greens, such as arugula, romaine, and watercress

1 cup sprouts, such as alfalfa, broccoli, radish, or pea, optional

Put the potatoes in a small saucepan with enough cold water to cover and season with salt. Bring to a boil and then simmer, uncovered, until just tender, about 5 minutes. Drain and put in a large bowl.

Bring a medium pot of water to a boil and salt it generously. Fill a medium bowl with ice water and salt it as well. Add the corn, beans, and broccoli to the boiling water and cook until crisp-tender, about 2 minutes. Use a slotted spoon or strainer to scoop out the vegetables and plunge them immediately into the ice water. Drain the vegetables, pat them dry, and add to the bowl of potatoes along with the tomatoes and cucumber. Toss the salad with 1/2 cup of the dressing. Taste, and add more salt and pepper, if desired. (The salad may be prepared up to this point 2 hours ahead and refrigerated.)

When ready to serve, toss the salad with the greens and the sprouts, if desired, and with a bit more dressing if you like your salad on the well-dressed side. Pass the remaining dressing at the table.

Ranch Dressing:

Yield: about 1 1/3 cups

1 clove garlic

1/2 teaspoon kosher salt

1 cup mayonnaise

1/3 cup buttermilk

2 tablespoons minced fresh flat-leaf parsley

2 tablespoons minced fresh chives

1 scallion (white and green parts), thinly sliced

1 teaspoon white wine vinegar

Freshly ground black pepper

Smash the garlic clove, sprinkle with the salt, and, with the side of a large knife, mash and smear the mixture to a coarse paste. Scrape the paste into a small bowl, add the remaining ingredients, and whisk well to make a creamy dressing. Use immediately or refrigerate in a tightly sealed container for up to 3 days.

CSA Q & A: Contents of My Share

Q: I picked up my share and didn't see all the items that were listed in the newsletter. Why is that?

Q: My friends pick up at a different location, and when we compare notes, sometimes I notice that they receive items that I didn't, or vice versa. Why is that?

A: Often when a crop is "ready to harvest," all of it isn't ready to harvest at the same time. Even in a perfect season (with ideal temperatures and water conditions, and no weeds), the harvest tends to come on like a wave. If we imagine a corn or tomato harvest as a wave, it is easy to visualize: for the first few weeks of the harvest there might be only a little bit, here and there. Then over the subsequent weeks, as the harvest peaks, we may have more than enough for everyone. After that, there is a gradual trailing-off of the harvest-able quantities as the season comes to a close. In a less-than-perfect growing season, when crop yields are affected by sunshine, water or weed conditions, even the peak of the harvest season can sometimes be unpredictable.

Our policy is to send the vegetables out to you when they are freshest (as opposed to holding vegetables in the coolers for a week until everyone can have some, or

letting a few heads of lettuce go to waste because we don't have enough for everyone), even if this means that everyone doesn't get all the items listed in the newsletter, or that some locations get a particular item and others don't in a given week. We keep track of what each pick-up location gets each week so we can even these things out in subsequent weeks. Since you've signed up for an entire season of produce from our farm, we believe that it will all even out in the end.

Save the Date: 9th Annual Spicket River Clean-up on Saturday, September 11th!

Every year, Groundwork Lawrence hosts the Spicket River Clean-up, where hundreds of volunteers come together to clean up what is often an overlooked community resource: the Spicket River, which winds through North Lawrence and some Lawrence's most densely-populated neighborhoods. Last year, the cleanup started and ended at Manchester Street Park. Hundreds of volunteers, many Lawrence High and Community Day Charter School youth included, fanned out from Manchester Street along the River. 350 volunteers worked to pull out approximately 10 tons of trash from the Spicket River. To date we've removed 92 tons of trash and over a 1,000 tires from the [Spicket River Greenway](#). Event volunteers include students, institutions, corporate groups, and local residents. Each year we provide trash bags, gloves, and dumpsters for volunteers to utilize, logistical support, and a celebratory lunch for all donors and volunteers.

Check out our [blog post with pictures from last year's cleanup](#), and please save the date for this year's clean-up, Saturday, September 11th, from 9 am to 1 pm. For more information on how to participate or sponsor the event, please contact [John Haak](#), GWL Summer Intern.

Have You Taken Farmer Dave's Survey Yet?

Did you miss last week's e-mail about Farmer Dave's survey? Do you want to win a \$50 gift certificate towards next season? If so, [take their survey](#) and they'll enter you into a drawing to win a \$50 gift certificate towards the 2011 season! Your answers may help them make improvements for next season.

"Thank you very much for helping us to plan ahead!"

-Farmer Dave

Sincerely,
Groundwork Lawrence

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