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Groundwork Lawrence's



Community Supported Agriculture

In your share this week:

August 2, 2010

Vegetable Shares

Sweet Corn
Assorted Squash
Bell Peppers
Cubanelle Peppers
Eggplant
Slicing Tomatoes
Basil
Scallions
And more!

Fruit Shares

Blueberries
Peaches
And possibly more!

**Beets & Treats Partner of
the Week:
Groundwork Lawrence!**



*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*

Dear CSA Member,

We are so glad that a number of our members are taking interest in the Winter and Fruit Shares! As you probably noticed in the last newsletter, we have included Q & A sections regarding some reoccurring questions about these particular shares. Also, read more below for some tasty recipes that will help you incorporate eggplant into your meals!

In good health,

Groundwork Lawrence

Field Notes from Farmer Dave

The fields are producing well and so much credit needs to be given to those who have labored for the past several weeks to keep the crops growing. As long as we can provide water, the crops have been growing well. As I write this, four crew members are installing irrigation lines to pump water a half-mile from one pond to another. I've never done this before. We have asked a neighbor if we may cross their property with the water lines. On one field, the corn will be ready for harvest in two weeks. We have been pumping every bit of water from the pond next to the field in an effort to keep the corn crop sustained.



At two and three weeks before harvest, the ear of corn is at its most vulnerable point for drought stress. A water shortage now will lead to "dry tip" and shorter ears. Also, at this stage, the corn plant naturally requires more daily water than at any other point in its life cycle. We have sufficient water in our second pond, so we will gather up all our pipes and hoses, transfer about 80,000 gallons of water from one pond to the other over the course of the day, then gather up all of the same irrigation pipe, line it through the corn field with with sprinklers and make it rain a good inch.

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 [Sam](#), summer GWL intern, for more information.

QUICK LINKS

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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 throughout Lawrence on three different days:

I've never gone through so much effort to water a field. But, we have already put so much effort into keeping the field of corn growing beautifully since May that it would be a travesty to just let it wilt and dry in its last and sweetest moments.

Here's to some much-loved corn!

Farmer Dave

Go Local Food Festival this Saturday!

On Saturday, August 7th from 9 am to 1 pm at our new Saturday Lawrence Farmers Market we will be hosting a **Go Local Food Festival** where you can enjoy free food samples cooked by LOCAL chefs using LOCAL ingredients, LOCAL entertainment, LOCAL fresh produce for sale, and an array of information about LOCAL food sources and why it's important to stay LOCAL! CSA Member Suzanne Carey-Fernandez and Groundwork Lawrence have teamed up to bring you this celebratory event. More information to come--for now save the date and follow details of the event at [glocal2010.blogspot.com!](http://glocal2010.blogspot.com)

Event Partners: Groundwork Lawrence, Greater Lawrence Family Health Center, LPS-TV, Whole Foods, Cafe Azteca, Cafe Verde, Terra Luna, Rio Bar & Grill, Farmer Dave's/Brox Farm, Riverdale Farm, Herb Hill Dairy, Lawrence Public School, & Lawrence Recycling

CSA Questions and Answers: Winter Shares

Over the last week, we received a common question about the winter shares:

"I see that the winter share is five deliveries, and that the fourth and fifth deliveries will be 'larger holiday shares.' What does that mean, exactly?"

Here's what it means:

- Week 1 (first week of November) - winter share delivery
- Week 2 - winter share delivery
- Week 3 - winter share delivery
- Week 4 - winter share delivery - DOUBLE share for the Thanksgiving holiday!
- Week 5 - no delivery this week
- Week 6 - final winter share delivery - DOUBLE share for the December holidays!
- Week 7 - no delivery this week

As you can see, the winter share is really the equivalent of seven weeks (or more!) of produce. The cost per week works out to be less than three dollars more than the cost of the regular share. (Winter vegetables can be more labor-intensive to grow, need to be protected from frost, and some need to be stored).

Many of the vegetables in the winter share can be stored for later use. With proper storage techniques, you might be enjoying potatoes, sweet potatoes, winter squash, celeriac, carrots, and other root vegetables

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,
invitations, rideshare
and carpool requests,
and more. We are

well into the new year!

If you missed last week's newsletter, which contained information about the winter share, [click here to view it](#).

How to Sign Up for a Winter Share

If you already have a vegetable or fruit share, the best way to sign up is to send your payment (\$200), along a letter listing the number of winter shares and the primary shareholder's name and pick-up location, to Farmer Dave's, 437 Parker Road, Dracut, MA 01826. If you do not have a vegetable share or a fruit share, please fill out [a registration form](#) and mail it in with your payment.

CSA Q & A: Herb Preservation

Q: I'm having trouble keeping up with my fresh herbs, such as basil and mint. How can I preserve them for later use?

A: Here are our four favorite ways to preserve fresh herbs:

1. Using twine or string, hang the bunch upside down from the ceiling until they dry. Store dried leaves in an airtight container.
2. Mint Ice Cubes - Place whole or chopped mint leaves into an ice cube tray. Pour water over the leaves and freeze. Store the mint ice cubes in Ziploc bags for use in iced tea or lemonade.
3. Chopped herb ice cubes - Using a chopped herb of your choice, follow the directions for mint ice cubes. Use the ice cubes to season soups and sauces in the winter time, when fresh herbs command a high price in the supermarket.
4. Pesto - made from any herb or leafy green, pesto freezes wonderfully. But you already knew that from prior newsletters, didn't you? [Click here to watch](#) a slideshow on how to make pesto.

CSA Q & A: Fruit Share Management

Q: The peaches in my fruit share are ripening much faster than the supermarket peaches I am used to. Help! How can I get the most out of my fruit share before it spoils on me?

A: As with your vegetable share, we suggest taking a quick inventory when you first bring your share home. Figure out which fruits need to be eaten ASAP, and which fruits could use a few days to ripen. If you have more "eat-it-now" fruit than you think you can handle, many fruits can be frozen for later use. Berries are prime candidates - simply freeze, unwashed. To freeze ripe peaches or nectarines - wash, slice away from the pit, and place slices in a freezer bag. The frozen fruit can be used in smoothies, ice creams or sorbets, or baked into cakes or pies later.

To ripen fruits such as peaches, plums, nectarines and apricots, we recommend placing them in a paper bag on the counter. Make sure to check them daily and transfer ripe fruits into the refrigerator or eat them as they ripen. If you notice any bruised spots, eat, freeze or cook that piece of fruit immediately, because these spots will spoil more quickly.

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.

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Much of our fruit is left on the tree until they are fully ripe. This affords the best flavor, but also makes it more perishable. Two quick ideas for rescuing ripe fruit (other than gobbling it up, of course!)

1. Popsicles! - Blend ripe fruit in the blender or food processor (add a little water if needed). Taste for sweetness. If you prefer a sweeter popsicle, add a bit of your sweetener or fruit juice of choice. For a "grown up" version, add a bit of fresh mint or even basil (sparingly!). Pour into popsicle molds, add popsicle sticks, and freeze.
2. Dice up the good parts, discarding any major bruises. Cook the diced fruit in a pot with a couple of tablespoons of sugar for just a few minutes, until it starts to soften up and release its juices. Let cool and then store in an airtight container in the fridge for up to a week. Serve by itself or spooned over yogurt, cottage cheese, ice cream, pancakes or waffles. This method works well with stone fruits, berries, and, later in the season, apples and pears.

Have you figured out other ways to preserve your fruit share? Let us know!

Vegetable Spotlight: Eggplant

In your CSA shares over the course of the season, you'll discover several different varieties of eggplant: large deeply purple eggplant, striped Rosita eggplant, long thin Japanese eggplant, round plum Sicilian eggplant, and Thai (or Kermit) eggplant. Though the eggplant varieties are slightly different in flavor, they are interchangeable in recipes. Low in calories, high in fiber, eggplants are a part of the nightshade family. Incredibly versatile with its fleshy, meaty texture, eggplant can absorb large amounts of cooking fats and sauces, creating sumptuous rich dishes.

Enjoy one of the eggplant recipes below, or one of the many available on our recipe blog.

Handling and Storage:

Best when used fresh; store un-refrigerated in a cool place for one week, or wrap unwashed eggplant in a towel to absorb moisture, and place in fridge

For long term storage, dishes like ratatouille store well frozen in air-tight containers

Not necessary to peel, but you can if you want

Rinse in cool water and cut off stem

Skin can be slippery to cut, use a sharp knife!

To remove excess liquid, lightly salt, then drain in a colander 15 minutes, lightly squeeze

Eggplant turns brown quickly, sprinkle with lemon juice to stop discoloration

Uses:

Bake, Stuff, Roast, Broil

Saute, Steam, Blend, Grill, Stir-fry, Fry

Gratined, stewed, skewered

Recipes

Grilled Eggplant Wraps with Lemon Aioli, Feta, and Mint

Serves 4 - recipe from Sara Moulton Cooks at Home, 2002
2 medium eggplants, cut lengthwise into 1/4-inch-thick slices
1/2 cup plus 2 tablespoons olive oil
Kosher salt and freshly ground black pepper
2 medium red onions, cut into 1/4-inch-thick slices
4 (10-inch) flour tortillas
1/2 cup mayonnaise
1 small garlic clove, minced
1 tablespoon fresh lemon juice
3/4 cup chilled crumbled feta cheese
1/2 cup fresh mint leaves

Preheat the oven to 350 degrees F and preheat a charcoal grill and let the coals burn down to a gray ash. (Alternatively, preheat a broiler and lightly oil a broiling pan.)

Brush the eggplant slices with the 1/2 cup oil and season both sides with salt and pepper. Grill or broil on a rack set 5 to 6 inches from the heat, turning once, until tender, about 5 minutes. Transfer to a baking sheet to cool. Brush the onions with the remaining 2 tablespoons oil and season with salt and pepper. Grill or broil until brown and tender, about 5 minutes. Wrap the tortillas in foil and heat in the oven for 5 minutes.

Whisk the mayonnaise with the garlic and lemon juice in a small bowl to make the aioli. Spread 2 tablespoons of the aioli over each tortilla. Cover the bottom 1/3 of each tortilla with 1/4 of the eggplant and 1/4 of the onions. Sprinkle on a 1/2 of the cheese and top with mint leaves. To make the wrap, fold in the two sides of the tortilla. Roll away from you, tucking in the edges to form a tight cylinder. Wrap the cylinder in foil and cut in 1/2 diagonally right through the foil. The foil becomes the holder to be peeled away as the wrap is consumed. Serve the wrap hot or at room temperature.

Eggplant Sandwich with Black Olive Pesto

Serves 6 - recipe courtesy of the Cookworks
1/4 cup all-purpose flour
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1 medium Italian eggplant, cut lengthwise into 1/4-inch slices
1 cup olive oil
1 loaf focaccia
1 cup Black Olive Pesto, recipe follows
4 tomatoes, thinly sliced
2 roasted red peppers, peeled and seeded
1 1/2 cups grated Asiago

Preheat the oven to 350 degrees F.

Combine the flour, salt, and pepper. Coat each eggplant slice with the seasoned flour.

In a large skillet heat 1/4 cup of the olive oil over medium-high heat and fry the eggplant slices until golden brown on both sides, adding more oil as needed. Remove the eggplant from the skillet and blot lightly on

paper towels.

Cut the focaccia in 1/2 horizontally and spread the Black Olive Pesto on the inside of both halves. Arrange the eggplant slices on 1 half of the focaccia. Layer the tomatoes and roasted peppers on top and sprinkle with cheese. Cover with the other half of the focaccia, pressing firmly to join.

Cut the sandwich in 2 pieces. Brush each side of the focaccia with olive oil. Heat a large skillet over medium-high heat and grill both sides until golden and crispy. Place the sandwiches on a baking sheet and place in the oven for 10 minutes or until the cheese is melted and gooey. Cut each sandwich into 3 and serve warm.

Black Olive Pesto
Yield 1 cup

1 cup black olives, pitted
1/2 cup grated Parmesan
2 tablespoons olive oil
1 teaspoon minced garlic

In a food processor puree the olives, Parmesan, olive oil, and garlic until smooth.

Can be stored in the refrigerator for several weeks in an air-tight container.

Know Your Farmers: Mark



Mark, a Dracut native, started working on the farm before entering high school. This season marks his 9th summer at the farm. The work culture and the sense of community here at Farmer Dave's is what keeps Mark coming back summer after summer. Mark credits his work on the farm for adding character to the person he is today.

Mark plays multiple roles on the farm; on any given day you can find him in the fields harvesting, in the washing area sorting out the day's harvest, or in the packing area preparing shares for CSA members.

For some, fieldwork may rank in at the bottom half of favorite assignments at the farm, but Mark prefers working in the fields harvesting. "I really enjoy working outdoors with my hands, and like picking corn and tomatoes," he says. He adds that squashes are his least favorite because the plants are so prickly.

This season Mark bids adieu to Farmer Dave's. Having completed his first year in medical school, next summer he'll be working at a hospital as part of his clinical experience. When asked about any favorite farm

memories, Mark recalls, "probably almost dying trying to learn how to drive standard on a diesel truck that was probably built in the 1960s!"

Best of luck in all your endeavors, Mark!

Swap & Donation Box

We wanted to take a moment to remind you that the swap box, located at the end of CSA pick-up closest to the check-in table, gets donated at the end of CSA pick-up to Neighbors in Need, a network of local food pantries. **If there are items that are part of your share that you might not want for yourself, please consider picking these items up and placing them in the swap box as a donation.** Your items will stay a part of the swap box, able to be mixed in and out, until the end of CSA pick-up, at which time it will be donated to Neighbors in Need with all the unclaimed CSA shares.

Sincerely,
Groundwork Lawrence

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