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Groundwork Lawrence's



Community Supported Agriculture

In your share this week:

August 30, 2010

The following items will most likely be in your CSA share this week, harvest conditions permitting:

Dear CSA Member,

I hope that you enjoyed the rain last week and the beautiful weather this past weekend. We certainly appreciated it here at Groundwork Lawrence as we try and spruce up our schoolyard gardens for the coming school year. The summer really seemed to fly by! But fall brings a bountiful harvest, so we're all in for a treat!

Vegetable Shares

Beans
Eggplant
Lettuce
Peppers
Slicing Tomatoes
Cherry Tomatoes
Plum Tomatoes
Purslane
Hakurei Turnips
Radishes
And more!

We would like to ask, as you enjoy your CSA, that you think of others in need of food in our community right now. Starting this week through the end of the CSA pick-ups we will have a box out by the check-in table labeled Neighbors in Need for collecting non-perishable food items. Neighbors in Needs, one of our community partners, already comes at the end of each pick-up to collect the left-over produce, and now they will have additional canned and boxed foods to distribute to food pantries throughout Lawrence, as well.

Also, in an effort to reduce waste and cost, the CSA distribution staff has asked that you please return the green crates and red nets that those delicious cherry tomatoes come in.

Fruit Shares

Apples
Peaches
Nectarines
And more!

As always, please contact me with any comments, questions, or concerns at: arickards@groundworklawrence.org.

Enjoy,
Anna Rickards, *Program Manager*
Groundwork Lawrence

Field Notes from Farmer Dave

**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 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.

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Transplanting fall broccoli into wet ground is a welcome change!

Last week was a wonderful week. I seemed to keep singing in my head the country music song "Rain is a Good Thing" by Luke Bryan. It was great - the constant hum of irrigation pumps in the distance was gone and now I was singing in the rain - at least on Wednesday!

So with three inches of water over not just one or two fields, but over every bit of every field, the pace on the farm has once again changed - back to normalcy (if that exists). Now we are tilling up some harvested fields to plant cover crops and transplanting late fall broccoli and lettuce while catching up on other tasks that were avoided during the drought.

It was somewhat pleasing to get the call that a farm truck was stuck in the mud and needed the tractor to pull it out. That hasn't happened since April!

Enjoying every bit of it,
 Farmer Dave

Farmer Dave on WBZ!

Farmer Dave was featured on WBZ on August 24 as part of the "Gardening With Gutner" segment! For those of you who missed it, you can [watch it here](#) (and catch a glimpse of those healthy-looking tomato plants that are yielding such a bountiful harvest!)

An Important Note About Parking & Pick-up Safety

Please take a moment to review our [instructions for parking](#) on our website. It's been brought to our attention by several CSA members that cars have been double parked and also left ideling. In an effort to reduce pollution and run a smooth, comfortable CSA pick-up for all our members please park and turn off your vehicle in an avalialbe spot in front of 60 Island St or in one of the two free lots on either Island St. or Union

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:

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

St.

Also, we'd like to remind everyone to please keep the safety of your children in mind during the pick-up, as many cars are coming in and out of the driveway and parking area. As in any parking area, please supervise your children and make sure they do not play unattended near parked or moving vehicles. We want everyone to have a safe and fun pick-up, with no injuries or tears!

Know your Farmers: Sean



Sean is a rising senior at UMass Lowell studying Business Management and is in his seventh season at Farmer Dave's. Over the years, Sean has done almost everything under the sun - from working the fields to seeding in the greenhouse to packing CSA shares to staffing farmer's market and the farm stands. A Jack-of-all-trades of sorts, Sean comments that the diversity of work is one aspect that keeps work on the farm exciting and fun.

Over the years, Sean has gained a wealth of knowledge about agriculture, horticulture and the intricacies involved in running a farm. He says that his time on the farm influenced and cultivated an interest in agriculture. During the past couple of years, Sean has picked up on gardening and composting, which allows him to put into practice what he knows about agriculture.

When he's not at the farm or in class, Sean spends time practicing bass guitar and performing with his band. Sean's other hobbies include screen printing and fishing.

Real Farmers, Real Food!

This week we have a couple tomato-based condiment recipes, which are great ways to use up extra tomatoes or "seconds" tomatoes. The first recipe is a peach salsa recipe, courtesy of Heather, one of our Dracut pick-up staff members. It's a great way to enjoy the abundance of peaches and tomatoes! Heather suggests adjusting the ingredient quantities to suit your personal tastes. She also notes that cooking and canning the salsa will bring out the peach flavor.

The second recipe is a tomato chutney, courtesy of Pallavi, our bookkeeper. If you're looking for a change of pace from salsa or pasta sauce, try it! You won't be disappointed.

Peach Salsa

*3 cups pureed tomatoes
3 cups chopped tomatoes*

is your CSA community board! Please use this board to post recipes, business cards, announcements, 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.

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5 large peaches (peeled and chopped)
 2 green bell peppers(chopped)
 2 onions (chopped)
 3 (or more) finely chopped jalepenos (keep seeds in if you like it spicy)
 1/4 cup sugar
 1/2 tsp cumin
 1 tsp garlic pepper (or a clove or two of fresh garlic-minced)
 1-2 tbsp lime juice
 splash of apple cider vinegar

Combine all ingredients in a bowl. Let the mixture sit in fridge for about an hour prior to eating to allow the flavors to mingle.

Tomato Chutney

Olive oil or Canola oil - 4 Tbsp
 Onions - 1 Chopped
 Tomatoes - 5 large
 Salt - to taste
 Powdered red chili or red pepper flakes - 1/4 tsp or to taste
 Black Mustard Seeds - 1/2 tsp
 Whole cumin seeds - 1/2 tsp
 Whole dried Red Chile - 1
 Green Chile- 2 (optional)
 Asafoetida (hing) - 1/8 tsp (optional)
 Sugar 3-4 tbsp or to taste

Method:

1. Heat 4 Tbsp Oil in a pan.
- 2 Add Mustard Seeds and allow them to pop,
- 3 Add cumin seeds
- 4 Break and add Whole Red Chili.
- 4 Add Asafoetida
- 5 Saute Onions until lightly caramelized.
- 6 Add Tomatoes/green chiles and cook till tomatoes softens (approximately 7-10 minutes).
- 7 Add salt,sugar and red chile powder & cook for another 3-4 minutes.

For a variation, add 2 tsp of grated ginger along with onions. Any of the ingredients can be adjusted to suit your personal taste.

Vegetable Spotlight: Tomatoes, Part II!

Due to the abundance of tomatoes we've been enjoying, this week we are taking a break from featuring a new vegetable in order to give you some ideas for handling all these wonderful tomatoes! If you've eaten your fill of [Farmer Dave's Greek Salad](#), and still have tomatoes invading your counter tops, try one of these two recipes - they both use at least four tomatoes in one shot!

Tomatoes Stuffed with Herbed Grains

from "Vegetarian Cooking for Everyone," by Deborah Madison

4 medium to large ripe but firm tomatoes
 1 cup cooked rice, couscous, quinoa or other grain
 1/2 cup toasted pine nuts or chopped toasted almonds
 2 garlic cloves, minced
 3 tablespoons finely chopped parsley
 2 tablespoons finely chopped dill or basil
 3 tablespoons grated Parmesan

Salt and freshly milled pepper
Olive oil

Preheat the oven to 375 degrees. Slice the tops off the tomatoes, scoop out and chop the pulp. Mix the pulp with the rice, nuts, garlic, herbs and cheese. Season well with salt and pepper and fill the tomatoes. Replace the tops, brush them with oil, and set closely together in a small, oiled baking dish. Bake until the filling is hot, about 25 minutes. Carefully remove the tomatoes with a spatula to a serving plate.

Serves 4.

Slow-Cooked Tomato Sauce for Pasta from Bethany, CSA Manager

2 tablespoons olive oil
1 large yellow onion, chopped
2 garlic cloves, minced
As many tomatoes as you want to use up, seeded and chopped
1/2 cup dry red wine
1 to 2 teaspoons packed light brown sugar, to your taste
1 bunch fresh basil, chopped
1 teaspoon dried oregano, chopped
1 teaspoon salt
1/2 teaspoon freshly ground pepper.

Add all ingredients to a 4 or 6 quart slow cooker. Cover and cook on low for 6 hours. Puree using an immersion blender, or allow to cool and puree in a blender or food processor. If you like a thicker sauce, cook until the sauce reduces to the texture you like. Use within a week, or freeze for winter use!

Variation - leave the sauce chunky instead of pureeing.

Greening Your CSA Share!

Here at the farm, we try our best to minimize our consumption of disposable products, especially plastics and petroleum based products. Being part of a CSA is a great way to reduce your carbon footprint - your food is traveling very few miles to get to you, thereby reducing your fossil fuel consumption!

Want do even more? To a large extent, the amount of packaging we use is determined by *you*, our members! Here are some things you can do to help:

1. Take your share home in a reusable plastic crate, or bring your own reusable bags to pick up your share. Remember to bring one for your vegetable share (or more!) and one for your fruit share. We sell additional Farmer Dave's bags at the pick-ups for \$7 dollars (tax included).
2. Bring containers for your cherry tomatoes and berries! Small tupperware containers, reused supermarket berry containers, or reused yogurt containers will do the job, and reduce the amount of packaging that we will need to use (as a petroleum product, those pint-tops add up quickly in terms of environmental costs).
3. For those of you who pick up your share choice-style - please consider putting all your items in a reusable bag or box, rather than bagging each individual item.
4. Once you get home, consider storing your vegetables in reusable containers, rather than disposable bags. This has the added advantage of helping your vegetables (especially greens) stay fresh for longer periods, thereby reducing waste. It also makes your veggies super-easy to find in the refrigerator!
5. We know that everyone forgets to bring their bags sometimes, and we understand! If we can, we may offer you a reusable plastic crate or cardboard

fruit box instead of a bag to transport your share.

Thank you for doing your part to help the farm reduce its use of plastic packaging and carbon footprint! Do you have any additional suggestions for making pick-up a "greener" experience? Please [let us know](#), so we can share them with other members!

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.

Sincerely,
Groundwork Lawrence

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