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Groundwork Lawrence's



Farmer Dave's

Community Supported Agriculture

In your share this week:

August 9, 2010

Vegetable Shares
Corn

Assorted Squash
Bell Peppers
Cubanelle Peppers
Eggplant
Slicing Tomatoes
Basil
Onions
And more!

Fruit Shares
Blueberries
Donut Peaches
And more!

**Beets & Treats Partner of
the Week:**
No Visitor Tuesday!



**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.*

Dear CSA Member,

Wasn't it a beautiful weekend? We hope you got to steal some time outside, perhaps enjoying a meal that included fruits and veggies from your CSA share with friends and family!

Over the weekend Groundwork Lawrence helped to host the Go Local Food Festival at the new [Saturday Lawrence Farmers Market](#). Alongside our regular vendors from Riverdale Farm, Brox Farm (Farmer Dave's), and Jones Farm, we also had chefs from local Lawrence restaurants Cafe Azteca and the soon-to-be-open Cafe Verde sampling some fabulous dishes, including savory "Squash Blossom" Sauce with Rice and Chicken, and delicious Tomato Mozzarella Sandwiches with Balsamic Reduction Glaze. We also had Whole Foods passing out some great coupons and sampling healthy products (which are for sale in their Andover store) along with City of Lawrence Recycling, UMASS Extension Nutrition Education Program, Merrimack Valley YMCA, Greater Lawrence Family Health Center, and Herb Hill Micro-Dairy, who all came to help educate Lawrence residents about healthy living and eating. Many thanks to all who participated and to Suzanne Carey-Fernandez, a fellow CSA member that helped pull the event together and put it on the map with her [blog](#). If you missed this year's event, we hope to do this again next year and could definitely use some help, so let us know if you are interested in being at the event or having a hand in planning it! Photos of the event will be up soon on our [Flickr page](#).

This week's newsletter includes some information about missed pick-ups, job openings at GWL and Farmer Dave's, the upcoming Spicket River Greenway, and recipes involving multiple foods included in your share. Be sure to check out the long list of corn recipes so you can really savor that sweet summer corn!

In good health,

Groundwork Lawrence

Field Notes from Farmer Dave



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

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

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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:

Tuesdays 4-7:30 pm

This week we are trying to finish the all the tomato trellising, since I don't like to do much trellising once we begin to harvest. The tomatoes are looking beautiful this year, and the harvest has finally begun. Tomatoes grow well in hot and dry weather. We installed drip / trickle irrigation on all of our tomatoes this year, and the investment has really paid off.

While very high temperatures can cause some problems with developing tomatoes (such as white core and blossom loss), the flavors of the tomatoes has caused me to have dinners loaded with 'em (no thanks, I'll pass on the lobster and just have a Greek Salad loaded with tomatoes!).

August is peak tomato season. Enjoy every last bit of them, because the season just seems to be flying by.

On the farm this week we continue the constant cycle of harvesting, watering, weeding, transplanting, lettuce seeding, and of course, stopping to savor the flavors of our labors.

Enjoy,
 Farmer Dave

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 at 9am. 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

@ 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 working on getting it in a more accessible

event, please contact [John Haak](#), GWL Summer Intern.

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.

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.

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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- 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.

Farm Help Wanted at Farmer Dave's

The summer will soon come to an end, which means that some of the high-energy farm stand and CSA packing staff at Farmer Dave's will be departing for the halls of higher education. They'd love a new part-time crew member or two to carry them through the fall!

Job Duties:

- Staffing the Dracut and/or Tewksbury farm stand (maintaining an attractive display, using a cash register, assisting customers, etc.)
- Washing and counting produce
- Packing CSA shares
- Possibility for occasionally staffing farmers markets.

Requirements:

- *Must be available to weekday mornings through the end of October.* Some afternoon hours may be available, but mornings are a must.

- Comfortable working in a fast-paced environment.
- Excellent customer service skills
- Ability to lift 50 pounds

Enthusiasm for agriculture, farming, or cooking with fresh produce a plus. To apply for a position, please fill out a [job application](#) and submit in one of three ways:

- Mail it to Farmer Dave's, 437 Parker Road, Dracut, MA 01826.
- E-mail a scanned copy to farm@farmerdaves.net
- Fax it to (978) 454-3494

Know your Farmers: Paulina

Paulina, a Lowell native, joined the Farmer Dave's team eager to learn as much as she can about agriculture and how local food systems work. While attending school in Western Massachusetts, Paulina enrolled in a course at Hampshire College about sustainable agriculture and organic farming. The course was a start to a developing interest in agriculture and the social issues that surround how our food is grown.

Paulina studied abroad in Ecuador and during an excursion to a small indigenous, agriculturally-based community, her interest in farming grew. There, Paulina got a first hand look at how dependent a community truly is on agriculture. The experience was eye-opening and served as an impetus for gaining hands-on experience with agriculture.

On the farm, Paulina splits her time between helping Bethany with administrative tasks and staffing the CSA packing area. Her favorite part of working on the farm is the learning opportunity that each day presents, the great staff she works with, and the perk of working outdoors during the summer season.

Although Paulina will be moving on to a full-time chemistry position in Washington, D.C., she's enjoyed her time at Farmer Dave's and will miss the people she has worked with. After the season, Paulina will continue to be involved with agriculture and will support local farmers at farmer's markets.



Real Farmers, Real Food!

Do you ever get into a cooking rut and wonder what the farmers are doing with their produce? Beginning this week, we will feature favorite recipes and ideas from the farm staff! This week, we will feature two recipes from Farmer Dave's mother, Marcia (who is able to prepare a great meal out of any vegetable on the farm).

Swiss Chard - With a Difference

In a large frying pan, heat 1 tbsp oil, 1 tbsp honey, 2 chopped garlic cloves, 2 tbsp balsamic vinegar. Add chopped Swiss chard and stir-fry until soft.

Calabacita (Spanish for "small squash")

4 small zucchini, diced (or use a medley of zucchini, kousa and summer squash)
2 tbsp. olive oil
1 medium onion, chopped
2 cloves garlic, minced
4 ears corn, kernels sliced off
2 plum tomatoes, diced
shredded cheddar cheese (optional)
salt, pepper, hot sauce or other seasoning of your choice

Heat oil in a large skillet. Add onion and garlic. Saute until soft. Add diced squash and corn kernels. Saute 6-7 minutes, until almost tender. Add diced tomatoes and saute 2-3 minutes. Remove from heat and top with cheese if desired. Season to taste with salt, pepper, hot sauce or other seasoning of choice.

Tip: Leftovers can be added to scrambled eggs, or rolled up in a tortilla.

Vegetable Spotlight: Sweet Corn

Nothing says "summer" more than biting into a sweet ear of sun-kissed corn! Corn combined with beans or dairy forms a complete protein. For those who want a departure from a hot ear of corn slathered with butter, you'll find recipes below for a fresh corn salad and a corn fritatta. Looking for a way to use your corn cobs? Make a fresh corn stock for the Midsummer Corn Chowder with Basil, Tomato and Fennel recipe below. In addition, look to our recipe blog for a fabulous Summer Porter Chowder or zippy Tomato Corn Salsa recipe.

Handling and Storage:

- Transportation tip: if using a paper or plastic bag, place into your bag silky-end first to prevent the bag from tearing
- Eat as soon as possible as corn's sugars begin turning into starch the moment the corn is picked
- Store in fridge with husks still on if not eating immediately (up to 4 days)
- Store already-husked corn in plastic bag in the fridge
- Blanched corn will last 3 months - 1 year in the freezer, depending on blanch time
- Worms eating your corn? Just cut off that part and enjoy the rest of the ear!
- To cut kernels off the cob, stand straight up and run a sharp knife from the tip to the base, either before or after cooking
- Boil with or without husk

Uses:

- Enjoy fresh corn raw
- Raw kernels can be used used in soups, salads, salsas, and

relishes

- Boil or Steam corn on the cob for 3-6 minutes, season with salt and butter
- Bake or Grill whole ears in husks for about 20 minutes
- Cooked kernels can be eaten as a side dish, or added to salads, soups and casseroles
- Dehydrate blanched corn kernels and eat as candy!

Recipes:

Fresh Corn Tomato Salad

Yield 6 cups - from Food Network Kitchens

- 3 tablespoons white wine vinegar
- 2 teaspoons kosher salt
- Freshly ground black pepper
- 1/4 cup olive oil
- 6 ears fresh corn, husked (about 4 cups corn kernels)
- 2 cups red or orange grape tomatoes, halved
- 1 bunch scallions (white and green), thinly sliced
- 8 ounces fresh mozzarella, cut into small cubes
- 1 1/2 cups fresh basil leaves

Whisk the vinegar, salt, and pepper in a small bowl. Gradually whisk in the oil, starting with a few drops and then adding the rest in a steady stream, to make a smooth dressing.

Shear off the corn kernels with a sharp knife over a bowl. Toss in the tomatoes, scallions, and mozzarella. Pour the vinaigrette over the salad and toss to coat. Cover and let set for 15 minutes or up to 2 hours. Before serving tear the basil over the salad and stir.

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Spicy Corn Frittata with Tomatoes and Scallions

Serves 4 - recipe courtesy Peter Berley, 2008

- 1/4 cup olive oil
- 2 large ripe tomatoes, cored, seeded, and chopped (about 2 cups)
- 2 large (or 3 medium) ears sweet corn, kernels scraped off the cob (about 2 cups)
- 1 cup chopped fresh cilantro
- 1 bunch (6 to 8) scallions, trimmed and sliced
- 2 garlic cloves, finely chopped
- 1 jalapeno pepper, seeded and finely chopped
- Coarse sea salt or kosher salt
- Freshly ground black pepper
- 8 large eggs
- 1 tablespoon cold unsalted butter, cut into small pieces

Set a rack on the top shelf of the oven and preheat to 450 degrees F.

In a large ovenproof skillet over high heat, warm 2 tablespoons of the oil. Add the tomatoes and saute for 2 minutes. Add the corn, cilantro, scallions, garlic, and jalapeno and saute for 2 more minutes or until the garlic is fragrant and the mixture thickens. Transfer the vegetables to a plate and let cool for several minutes. Season with salt and pepper, to taste.

In a large bowl, season the eggs with salt and pepper. Beat them lightly with a fork, only enough to mix the whites and the yolks. Add the cooled vegetables and cold butter and stir to combine.

Wipe out the skillet with a paper towel and put it over medium heat. Add the remaining 2 tablespoons oil, swirling it all around and up the sides of the pan. Add the egg and vegetable mixture and stir gently with the back of a fork without touching the bottoms and sides of the pan. Cover the pan, lower the heat, and cook for 1 to 2 minutes, or until the bottom of the frittata begins to set. Remove the cover and transfer the pan to the top shelf of the oven and bake until golden brown and puffed, about 15 minutes.

Slide the frittata onto a serving platter, cut it into wedges, and serve immediately or cool and serve at room temperature.

Midsummer Corn Chowder with Basil, Tomato and Fennel

from "Veganomicon - The Ultimate Vegan Cookbook" by Isa Chandra Moskowitz and Terry Hope Romero

Serves 6 - 8

- 6 ears fresh corn, husks and silk removed
- 3 tablespoons olive oil
- 3 cloves garlic, minced finely
- 1 large onion, cut into fine dice
- 1 small bulb fennel (about 1/2 pound), diced
- 1 stalk celery, chopped finely
- 1 large carrot, diced
- 1 pound white, waxy potatoes (about 2 medium-size), peeled and diced
- 2 teaspoons dried thyme
- 2 quarts Fresh Corn Stock (recipe follows), vegetable broth, or water
- 1 pound tomatoes, seeded and chopped finely
- 1/3 cup fresh basil leaves, tightly rolled and chopped into thin strips
- Salt and freshly ground pepper

On a large cutting surface or in a large bowl, hold an ear of corn by the thicker end and run a sharp knife carefully down the length of the ear, close to the cob, to slice off the kernels of corn. Repeat with the remaining ears. Set aside the kernels, break each cob in half to use in the corn stock, or to add to the soup when simmering.

Preheat a large soup pot over medium-high heat. Saute the garlic in oil for 30 seconds, then add the onion. Stir and cover, sweating them for about 5 minutes. Add the carrot and celery, stir, cover and cook for another 2

minutes. Add the fennel, stir, cover and cook for another 2 to 3 minutes; then add the chopped potato, stir, cover, and cook for an additional 3 minutes. Finally, add the corn, stir, cover and cook for 5 minutes.

Add the stock, stir, cover and bring to a boil. Lower the heat to medium and allow the soup to simmer, covered (with lid tilted so a small amount of heat can escape), for 45 minutes. Turn off the heat, ladle 1 1/2 cups of the soup into a separate large bowl, and allow to cool until only slightly warm.

Puree the bowl of soup with an immersion blender, then add back to the remaining soup in the pot. Place the pot over medium heat, add the chopped tomatoes and basil, and simmer for an additional 10 minutes until the soup is hot.

Fresh Corn Stock

- 8 cups water
- 6 corn cobs, broken in half
- 2 carrots, chopped coarsely
- 2 stalks celery, with leaves
- 1 leek, washed well and chopped coarsely
- 1 onion with skin, cut into chunks
- Handful of fresh parsley, torn coarsely
- 1 teaspoon whole black or red peppercorns
- Optional ingredients: carrot tops, additional celery leaves and stalks, additional onion skins, lacy fronds from fennel tops.

In a large stockpot, combine the water, corn cobs, carrot, celery, leek, onion, parsley and peppercorns. add one or more of the optional vegetable trimmings. Cover and bring to a rolling boil. Remove cover, reduce heat to medium-high and allow to simmer for 1.5 - 2 hours. *[CSA Manager's Note: alternately, cook on low in a slow cooker for 6 - 8 hours]*

Allow the stock to cool until tepid. Strain the stock with either a large metal strainer or cheesecloth. It can be refrigerated in a covered container for up to a week.

CSA Q & A: Missed Pick-ups

It's that time of year - many people are escaping the heat and going out of town. We thought this would be a good time to reprint the frequently-asked question: "What happens if I can't pick up my share?"

If you are unable to pick up your CSA share, you may have a friend or family member pick up your share; just have them give the primary shareholder's name at the pick-up (there is no need to call or e-mail us in advance to let us know that they will be doing this). We cannot keep the shares past the distribution time, so if you are unable to get someone to pick up your share, we will donate the produce to Neighbors in Need.

Sincerely,
Groundwork Lawrence

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