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**Groundwork
Lawrence's**



Community Supported Agriculture

In your share this week:

June 28, 2010

Basil
Beets
Cucumbers
Peas
Romaine Lettuce
Scallions
Zucchini
And more!

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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](#).

Dear CSA Member,

Thanks to everyone for another successful CSA pickup! Just a reminder our first Farmers Market of the season will be on July 6th from 4:30-7pm. While in the area for the CSA pickup, be sure to stop by for some fresh produce, breads, pies and artwork that will be at the Market! Unable to make it to Tuesday's Market? Check out the Farmers Market article below to learn about the locations and times of our two other Markets!

In good health,

Groundwork Lawrence

Lawrence Farmers Market: New Days and Locations for 2010!

Here at Groundwork Lawrence we are excited to announce that we will be hosting not one but *three* Farmers Markets in Lawrence! The markets will begin operation on July 6th and will run through October 27th. The dates, times and locations are as follows:

Tuesdays- 4-7:30 pm, 211 Merrimack St., McGovern Train Station
Wednesdays- 9 am-4 pm, Appleton Way, between Essex & Common St.
Saturdays- 9 am-1 pm, 216 Lawrence St., On the Corner of Park and Lawrence Sts.

The Farmers Market is an excellent way to supplement your CSA shares with other fresh produce. We hope to see you there!

Field Notes from Farmer Dave

The past couple weeks have been a bit of a roller coaster, temperature-wise. While the weather was hot and humid, the crops grew extremely quickly. It seemed as though we couldn't pick the peas and zucchini fast enough. When the weather cools down, we see a big difference in the rate of growth, especially for

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Beets & Treats business of the week!

Silpada Jewelry

crops that are picked daily, such as cucumbers, zucchini, kousa, and summer squash.

While we had about an inch of rain at our Tewksbury field, our Dracut fields received less than one tenth of an inch of rain. Therefore, a lot of irrigation is still necessary and some of our farm ponds are beginning to run dry. We are all hoping for more rain (but not too much!).



Tomato Plants on July 1st

We have been giving a lot of attention to our tomato plants the past week. We have been busy pruning and trellising them to maximize air flow, thereby decreasing the likelihood that the plants will succumb to disease due to wet leaves. In order to keep the leaves as dry as possible, we use drip irrigation that waters the soil instead of of the leaves. We have been watering the tomato plants once or twice per week. The first field-grown tomatoes will likely be ripe in late July or early August, depending on what the weather conditions decide between now and then.

In the meantime, we hope you enjoy your week 4 shares!

-Farmer Dave

Know your Farmers: Danala

One of the things many members tell us they love about CSA is experiencing a connection with the people who grow their food. This week, Farmer Dave introduces you to Danala, who has been spearheading much of the packing efforts for the CSA this season.



Danala was born in St. Thomas, Jamaica. Since coming to the United States about three years ago, he has worked in Alabama, Cape Cod, Florida, and New York City. After marrying the daughter of our field manager (Clem), he moved up here to work for Farmer Dave's. Danala works hard both out in the field, in the greenhouses and on the CSA crew. This season, Danala has been coordinating the packing process for all CSA locations. You can also find him delivering shares to Lanesville, Lawrence, and occasionally Boston Medical Center.

Although he grew up farming and enjoys it, his passion is building furniture. You should see how excited he gets around woodworking machinery! His favorite vegetable is amaranth (or "Callaloo," as they call it in Jamaica).

To read about some of our other staff members, click [here](#).

Vegetable Spotlight: Cucumber

The pale, crisp cucumber is 95 percent water. Slightly bitter, it replaces fluids and minerals lost to the body in the summer heat, leaving one "cool as a cucumber."

To make pickles for the winter, see recipes from the Ball Blue Book at <http://www.freshpreserving.com/>, or check out our recipe blog for refrigerator pickle recipes. They're simple, easy, and delicious!

Handling and Storage

Store in fridge up to a week.
Store in fridge whole or sliced, well-wrapped.
Wash before using.

Uses

If bitter, salt and let sit to reduce water content, then drain.
Use raw in salads and fresh pickles.
Slice and add to your sandwich for an extra crunch.
Cook, using the same way as you would zucchini.
Excellent in soup.
Can be braised or sauteed.
Stuff with your favorite cold salad: seafood, tuna, ham, egg.
Preserve your cucumbers for future enjoyment by making canned pickles!

Recipes

Cucumber, Radish and Green Onion Salad with Chili-Lime Dressing

Serves 6 - recipe from Bon Appetit, April 1998

6 tablespoons rice vinegar
1/4 cup sugar
1 teaspoon salt
2 pickling cucumber, halved lengthwise, thinly sliced crosswise
1 bunch thinly sliced radishes
1 1/2 cups matchstick-size strips green onions or scallions (about 6)
Chili-lime dressing - see recipe below
1 tablespoon chopped fresh mint

Mix first three ingredients in a large bowl to blend.
Add cucumbers and toss to coat.
Let stand 1 hour, tossing occasionally.
Drain cucumber mixture.
Return cucumbers to large bowl.
Add radishes and green onions.
Toss salad with Chili-Lime Dressing.
Sprinkle with mint.

Chili-Lime Dressing

1/4 cup fresh lime juice
2 tablespoons soy sauce
1 tablespoon chili oil or hot sauce
1 tablespoon (packed) golden brown sugar
1 teaspoon minced garlic

Whisk all ingredients in medium bowl to blend. Season to taste with pepper. Cover and refrigerate (can be made 6 hours ahead).

Recipe found at www.epicurious.com

Vegetable Highlight: Scallions

Mildly pungent with undertones of sweetness, scallions are also known as "green onions." The white bulb at the bottom is fleshy while the green stalks above are hollow. You can replace the white part for onions in any recipe.

Handling and Storage:

Store unwashed, loosely wrapped in plastic
Refrigerate for a week+

Uses:

As a garnish.

Use green part at the end of cooking to flavor both hot and cold dishes.

Excellent in soup, added at the end of cooking.

Try brushing with sesame oil and grilling.

Scallions can be finely chopped using scissors in place of a knife.

Grilled Scallions with Sesame Oil

Serves 2 - recipe from Farmer John's Cookbook (Gibbs Smith Publishers, 2006)

The intense heat of the grill or broiler caramelizes the natural sugars in the scallions as they cook, making them exquisitely sweet and tender. Toasted sesame oil gives them a special nutty flavor. Serve these whole as a side dish or slice for a garnish to enhance the rest of your meal. (A friend of the farm)

8 scallions, trimmed to 5 inch pieces, cut in half lengthwise
Toasted sesame oil
Black pepper
Salt

Preheat broiler or lightly oiled grill to medium-high heat. Arrange the scallions on a shallow baking sheet or piece of aluminum foil.

Pour a little toasted sesame oil into a small bowl. Use a pastry brush to completely coat the scallions with a thin layer of oil. Season with salt and pepper. Place the scallions under the broiler or on the grill and broil until they are golden brown on all sides, 3 to 5 minutes

Bridge Closing

We wanted to let you all know that the green bridge ("duck bridge") which spans the Merrimack River on Union Street will be closing on July 10th, 2010. To avoid being rerouted and experiencing potential delays, we advise using Rt. 495 as much as possible to reach Island Street. From Rt. 495 take exit 44-45 and follow signs for Marston Street. Take a left onto Canal Street, and another left at the lights onto Union Street. Island Street will be an immediate left.

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 location at pick up, but we hope you will use this board to share your CSA experience with your CSA community.

Beets & Treats Program at the CSA

In an effort to foster a greater sense of community at CSA pick-up and support our local businesses and nonprofits, we're inviting local small businesses and nonprofit organizations to set up a table of information during CSA pick-up. In exchange, we ask that they bring a small treat for CSA members to enjoy while they pick up their delicious veggies! 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.



Sincerely,
Groundwork Lawrence

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