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**Groundwork
Lawrence's**



Community Supported Agriculture

In your share this week:

June 28, 2010

**Arugula
Hakurei Turnips
Green Leaf Lettuce
Peas
Zucchini
Kousa Squash
Garlic Scapes**

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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,

Week 2 pickup went great! We were happy to have Bellesini Academy join us as our highlighted business for the week. Since last Tuesday, we received a recipe from CSA member Leslie Silverstein. She has created a quiche dish using vegetables from the most recent pickup, so be sure to check it out below. For tomorrow's pickup Greater Lawrence Family Health Center will be providing treats and information so make sure to say hello!

In good health,

Groundwork Lawrence

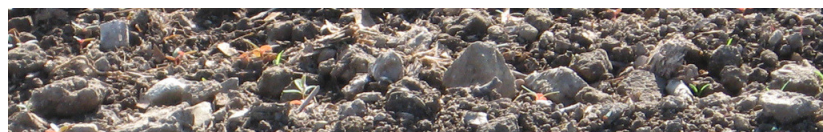
Bridge Closing

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.

Field Notes from Farmer Dave



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Newly-germinated corn seedlings in the field

Everything is growing beautifully and we're hitting our stride so early in the season, earlier this year than we ever have. I'm amazed with how much we have to pick, yet it's only the end of June. Let's hope this stride continues for the rest of the season. Everybody is very busy on the farm - weeding, watering transplanting lettuce and celery, and seeding the last of the corn, (as well as beans and some of the fall root vegetables).

A good douse of rain would be nice. Even though we had 14 inches in March, we've had less than 2 inches in the last 2.5 months. The soils are getting dry, which causes us to spend more time irrigating the crops (when we should be weeding them!). Farming is rarely easy, but it sure is fun!

Enjoy your week 3 shares!

Farmer Dave

Vegetable Spotlight: Arugula

Also known popularly as rocket, arugula is a tangy peppery green with a flavor reminiscent of cress, adds a crisp "bite" to any dish. Enjoy your greens, arugula is loaded with nutrition especially Vitamin C and potassium! Arugula makes great pesto, see our recipe below, and to make the most of your share, substitute garlic scapes for the garlic cloves in the recipe!

Handling and Storage

- Use as soon as possible after purchase
- Stand in a vase on counter or in fridge, changing the water daily
- Store in the fridge 2-3 days in loose plastic
- Store preferably without washing
- Wash quickly without allowing to soak, then drain
- Remove fibrous stems
- To freeze, blanch 2 minutes, immerse in cold water, drain and store

Uses:

- Can be eaten raw or cooked
- Adds flavor to salads, soups, potato salad and pasta

dishes

- Make Arugula mayonaise
- Puree and add to soups or sauces
- Greens cook down to 1/4 of their original bulk
- Mix into pasta, lasagna, casseroles and omelettes
- Top pizza with arugula just after it comes out of the oven
- Fabulous in pesto - see recipe below!

Recipes

Cannellini Bean, Red Onion, and Arugula Salad

Recipe courtesy Dave Lieberman

Serves 8 to 10

Ingredients

4 (15-ounce) cans cannellini beans
 1 medium red onion, thinly sliced (about 1 1/2 cups)
 1 bunch arugula, thick stems removed, washed and dried
 1/2 cup extra virgin olive oil
 1/4 cup balsamic vinegar
 Handful washed basil leaves, roughly chopped
 1 teaspoon salt
 20 grinds black pepper
 1 teaspoon paprika (optional)

Directions

Empty the cans of beans into a colander and rinse them briefly under cold water. Drain thoroughly and empty the colander into a large serving bowl. Toss the beans together with the red onion and arugula.

Shake the olive oil, vinegar, chopped basil, salt and pepper, paprika if using, in a sealable container until the salt is dissolved. Pour the dressing over the salad and toss well. It's best to make and dress the salad about an hour before you serve it. Let it stand at room temperature, tossing every time you think about it. Just before serving, adjust the seasoning with salt and pepper, to taste.

Recipe found at www.foodnetwork.com

Spinach, Arugula and Walnut Pesto

Yield 2 cups

The added pat of butter in this recipe adds a smooth je ne sais quoi... Mixing the arugula with spinach moderates arugula's bite. If you like it peppery you can use all arugula instead of spinach. Try tossing this pesto with roasted potatoes, or steamed veggies in addition to the traditional pasta. Great just spread on buttered toast. Goes nicely with shrimp!

Ingredients

1 bunch fresh spinach, washed and trimmed
 1 bunch fresh arugula, washed and trimmed
 2 garlic cloves, minced
 1/2 cup walnut pieces, toasted
 1/2 cup grated Asiago cheese
 1 tablespoon unsalted butter

Salt and pepper to taste
1/3 cup extra-virgin olive oil

Directions

In a food processor or blender, combine spinach, arugula, garlic, walnuts, cheese, butter, salt and pepper. Process until they form a paste. Gradually blend in olive oil, taste adjust seasoning if necessary.

Cover with a thin layer of olive oil before storing in the fridge or freezer to prevent browning from oxidation. Pesto will store even better in the freezer if you make the recipe without the cheese, adding the cheese after the pesto has thawed. It also takes up less freezer space!

Recipe by Tory Dolben

Farmer Dave's Quiche of the Week

Recipe provided by Leslie Silverstein, Farmer Dave CSA Member
Quiche with Garlic Scapes, Zucchini and Spinach

Ingredients

1½ tbsp. olive oil
1 small onion, chopped
3 - 4 garlic scapes, chopped*
1 small or ½ medium zucchini, chopped*
1 bunch (or a little less) spinach*
1 tbsp. dry sherry
1 or 2 home-made or prepared pie crust(s) (see above for size)
about ¾ cup Swiss cheese, shredded
about ¾ cup sharp cheddar cheese, shredded
about ¾ cup mozzarella cheese, shredded
(Note: You can make the quiche with just one kind of these shredded cheeses or any combination of them)
5 eggs
¾ cup milk
salt and pepper to taste

*Each week, substitute some new vegetables that come from your CSA

Directions

1. Preheat oven to 375° F.
2. Heat oil in large pan.
3. Sauté onion until soft.
4. Add garlic scapes and zucchini, cooking until tender.
5. Add spinach, cook until wilted.
6. Season with sherry and salt and pepper.
7. Remove from heat when veggies are soft but not mushy.
8. Put about ¼ cup of each shredded cheese on bottom of pie crust.
9. Add veggies.
10. Add the rest of the shredded cheese.
11. Beat eggs together with milk and a little pepper.
12. Pour mixture over cheese.
13. Bake for 50 minutes or until top is golden brown.

This makes enough for a 10-inch, deep-dish pie crust or 2 smaller pie crusts.

Beets & Treats Program at the CSA

Many of you may have noticed the table to the left of the check-in table at CSA pick-up last week with samples of delicious banana bread, cranberry-walnut chicken salad, and lemonade from local [Clock Tower Cafe](#). We hope you took a minute to try some of the samples! Clock Tower Cafe was our Beets & Treats business for the first week of the CSA. **What is Beets & Treats you ask?** Great question! 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! We hope to highlight one business or organization per week, so please feel free to enjoy the treats they bring you and take a look at the information available. 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.



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 look forward to your attendance!

Sincerely,
 Groundwork Lawrence

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