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## Groundwork Lawrence's



# Community Supported Agriculture

### In your share this week:

September 27, 2010

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

#### Veggie Share

Radishes or Beets  
Beans (Yellow, Green or Cranberry)  
Bok Choy  
Onions  
Slicing Tomatoes  
Assorted Squash  
Bell Peppers  
And more!

#### Fruit Shares

Cortland Apples  
Macoun Apples  
And more!

**Beets & Treats Partner of the Week:**

**CEED/Greater Lawrence Family Health Center**



*The **Beets & Treats** Program at the CSA highlights local businesses*

Dear CSA Member,

Hope everyone enjoyed the full harvest moon last Thursday, marking the fall equinox! Last Thursday also marked the planting of our brand new Community Fr Orchard here in Lawrence. The community planting was a huge success with students from both Notre Dame and Lawrence High Schools working along side other community members of all ages to plant our 14 apple, pear, cherry, and plum trees! In case you missed it, please click [here](#) to see the article about the planting the Eagle Tribune. And feel free to stop by the Bodwell Orchard on the corner of East Haverhill and Elm Streets to check it out.

Also, I know you all have your fair share of fruits and veggies but if there's something you're missing for a particular dish or recipe remember to come visit us at either our Wednesday or Saturday Farmers Markets (times and locations below and to the left). If you come around mid-day to our Wednesday market at Appleton Way you may catch a poetry reading hosted by the [Robert Frost Foundation](#), one of our community partners. Please follow [this link](#) to see a story of students from the Wetherbee Middle School reading poetry at the market a few weeks ago. Hope to see you there!

And as always, feel free to contact me with comments or questions at (978) 974-0770 or by [email](#).

**Take care and enjoy,  
Anna Rickards  
Program Manager  
Groundwork Lawrence**

## Field Notes from Farmer Dave

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.

#### QUICK LINKS

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[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 our two  
 Lawrence Farmers  
 Markets:



Broccoli in the morning dew

Even though the pace on the farm has slowed and the days are getting shorter, th never seems enough time in the day to get everything done that needs to be done We have had to increase the pace of irrigation as we have had less than a half an inch of rain in the last month. Though the total number of acres that we have to ke watered is reduced, we still have many acres of crops that we need to keep happy right through November for the winter share. We are also seeding winter greens a lettuce mix in the greenhouse to ensure some nice fresh salad greens in the winte share into December. Every year we seem to be growing crops in the field that continue to grow even after frost, and this year those late fall crops are looking absolutely beautiful.

Blue is not a very common color in nature. The blue hue of the broccoli field glistening in the early morning dew causes me to pause every morning I see it. Sometimes I wonder if I could plant my fields as if it were an artist's canvas, and o my palette I could choose different plants for different colors. Red kale for a deep i Winterbor kale for a deep blue. Broccoli for a greenish blue, cabbage for a blueish green. Romaine for the dark green. Greenleaf for a brilliant green. Red leaf for the red. Buckwheat in bloom for the white. A mature grain for the yellow. Then again, i would be virtually impossible to coordinate the maturity dates of all these correctly No, it is probably best not to try to manipulate natural beauty and just enjoy it as it

To nature,  
 Farmer Dave.

## Please, Donate to Neighbors in Need

We'd love for you all to continue to bring in donations of non-perishable food items Neighbors in Need, which supplies 11 local food pantries in Lawrence with both nc perishable and fresh foods. Last week we had a lot of amazing donations, please keep them coming if you can. Also, please remember that any left over produce g

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

### JOIN OUR LIST

donated to them so if you're finding you're not getting through all of your share each week, feel free to leave some behind and rest assured it will go to feed someone who needs it. Please see the Neighbors in Need [website](#) for a list of high-need items (from the homepage click "How to Help" and then click the top right image of a red wagon that reads "Donate food"). Thank you!

## CSA Q & A: Endings and Beginnings

**Q:** *The most frequently-asked questions of the past week were as follows:*

- *When do the vegetable and fruit shares end? and*
- *When does the winter share begin?*

**A:** The last pick-ups for the vegetable shares and fruit shares will take place during the final week of October. The winter share will begin the first week of November. There will be four pick-ups in November (the fourth being a double holiday share) and one pick-up the week of December 13 (also a double holiday share).

## Farmer Dave's Corn Maze, Hayrides and Pumpkin Picking!

Now that fall is here and all the children are back in school, several members have begun asking about the corn maze, hayrides and pumpkin picking that we have here at Farmer Dave's (437 Parker Road in Dracut, MA). Here is the scoop:

### Hours of Operation:

September 25 - October 31st\*  
Saturdays and Sundays only, from 11:00 a.m. - 5:00 p.m.

### Admission:

\$5 hayride  
\$9 corn maze & hayride  
\$.49/lb for pumpkins

*\*On Sunday, October 3, we will be closed to the general public for our CSA Member Appreciation Potluck! On October 3, the corn maze and hayrides will be free of charge to members and their families who attend the potluck.*

## Join Farmer Dave and Crew on Oct 3rd!

Brox Farm invites you to join Farmer Dave and Crew on Sunday, October 3 from 1:30 - 6:30 p.m. for our 2010 CSA Member Appreciation Potluck! It will be hayriding, corn-mazing, potato-sack-racing, potluck-eating barrels of fun...and you get to learn more about the farm and mingle with your fellow CSA members, to boot!

This event is free and open to all CSA members and their families! The only requirement is that you bring a potluck dish (8-10 servings) to share. Pumpkin picking will be available for those who are interested, at 50 cents per pound. We love to know who is coming so we know how many people to expect. [To see all the details and to RSVP, click here.](#)

We'd also love some volunteers to help with the following items. Contact Bethany

Join Our Mailing List!

[farm@farmerdaves.net](mailto:farm@farmerdaves.net) if you'd like to help with any of these:

- Cooking extra food, with extra produce we'll supply
- Coordinating carpools
- Face painting!
- Photographing the event
- Managing the potluck table (clearing away empty dishes, putting out more food, etc)
- Clean-up crew.

We hope to see you there!

-The Farmer Dave's Crew

## Know Your Farmers: Doug



If you pick up your share at Boston Medical Center, or drop by the East Street Farm stand to pick up your CSA share or some extra produce, you have probably met Doug (and possibly been lucky enough to receive his suggestion for preparing kousa squash)!

Born in Worcester and recently graduated from UMass Amherst, Doug came to Farmer Dave's this June with a clear passion for sustainable agriculture. While completing his Bachelors in Political Science (with a concentration in Urban Planning), Doug made local food production a major topic of study. In the summer 2009, he prepared, planted and maintained a 1,200 square foot garden in his backyard that included over twenty varieties of vegetables. For a final project, he designed a simple, affordable aquaponics farm.

Doug's favorite part about working with Farmer Dave's is all the great produce. He loves making a new produce discovery at least once per week. When asked about his favorite vegetable, he responded "any kind of squash." "Any," he insisted when asked the follow-up question of "summer or winter?" When pressed to pick a favor he chose kousa squash. He loves to pan-fry it with olive oil, salt, pepper, and sometimes basil.

In Doug's free time, he loves to play video games, sleep and exercise. Brazilian Jujitsu is his favorite form of physical activity, though he says he gets a lot less of it now that he works at the farm.

## Real Farmers, Real Food!

*This season, we've had an abundance of beets! As root vegetables, they are prime candidates for "saving for later" when you have other veggies that need to be used up more quickly. Got a backlog of beets in your fridge? Here's what some of our farmers have done when they've been in that situation:*

- Farmer Dave's mother, **Marcia** says: Steam, then peel and slice. Toss with your favorite vinaigrette and some red onion, if you'd like. Keeps well in the fridge for several days of lunches.
- **Bethany** says: Steam or bake, then peel and quarter. Toss with some fresh tangerine juice, a bit of the zest, olive oil, mint, salt and pepper. Keeps well in the fridge for several days of lunches.
- **Heidi** likes [Beet Carrot Turnip salad](#).
- **Andrew** and **Bethany** made [No-mato Sauce](#) for Andrew's mother, who can't eat tomatoes.
- **Jenn** makes Refrigerator-Pickled Beets: boil 2 cups vinegar, 1/4 - 1/2 cup sugar (to taste), a teaspoon whole peppercorns, and a teaspoon of salt. Poach over boiled, peeled, sliced beets. Refrigerate overnight. Voila! Refrigerator-pickled beets!
- **Marina** says: dice into small cubes, steam, and mix with mashed sweet potatoes. Season as you like (perhaps salt, pepper, and a bit of garlic).
- **Everyone** says: make borscht! (See recipe below).

## Vegetable Spotlight: Beets

*Once considered old-fashioned, the beet has made a comeback into foodie circles over the last decade. It's no secret that most CSA members come to love beets, or they try them! Beets seem to be one of those vegetables that new CSA members may have limited experience with - perhaps they've tried them canned or pickled, but haven't yet experienced the wonders of a roasted beet.*

*Beets are members of the same family as Swiss chard. Like many root vegetable beets taste even sweeter in the fall. This week, we highlight the beet with two salads (one with cooked beets, and one with raw, shredded beets) and the classic beet soup, Borscht.*

### Handling and Storage:

- To preserve the firmness of the roots, cut off leaves and stems. Store roots in a plastic bag and refrigerate in the crisper drawer
- Store greens wrapped in a damp cloth or in a plastic bag in the crisper drawer
- Greens are best used quickly, as they are much more perishable than the roots.

### Uses:

- Grate raw or use cooked beets in salads.
- Veggie soups or stews
- Bake like a potato, wrapped in aluminum foil, until soft. Rub off skins and serve whole or sliced.
- Try beet greens steamed or sautéed
- Substitute beet greens for spinach or chard.

### Recipes:

#### ***Beets with Lemon, Cilantro and Mint***

from "Vegetarian Cooking for Everyone" by Deborah Madison

Serves 4-6

- 1 1/2 pounds beets, cooked and peeled
- Finely grated zest of 1 lemon plus 2 tablespoons juice
- 2 tablespoons finely diced red onion
- 2 tablespoons chopped parsley
- 2 tablespoons chopped cilantro
- 1 tablespoon chopped mint or one teaspoon dried
- 1/2 teaspoon ground coriander
- Salt and freshly milled pepper
- 6 tablespoons extra virgin olive oil
- 4 handfuls salad greens, such as spinach, frisee, and/or red-leaf lettuce
- 1/4 cup oil-cured black olives

Cut the beets into quarters or sixths. Whisk together the lemon zest and juice, onion herbs, coriander, 1/2 teaspoon salt, pepper to taste, and the oil in a small bowl. Taste the dressing on a beet and correct the seasonings if needed. Toss the beets with enough dressing to coat lightly. Toss the greens with the remaining dressing and arrange them on salad plates. Add the beets and olives and serve.

### ***Shredded Beet, Apple and Currant Salad with Apple Vinaigrette***

from "Vegan Soul Kitchen" by Bryant Terry

serves 4-6

- 2 large fresh beets, peeled, roots trimmed, and coarsely grated
- 2 large firm apples, such as Cortland and Granny Smith, cored, peeled and coarsely grated
- 2 cups apple juice
- 2 teaspoons apple cider vinegar
- 1/4 teaspoon coarse sea salt
- 2 tablespoons extra-virgin olive oil
- Freshly ground white pepper
- 1/2 cup currants

Combine the shredded beets and apples in a large bowl. Meanwhile, in a small saucepan, bring the apple juice to a boil and reduce the juice to a little less than 1/2 cup, about 15 minutes. Transfer 1 tablespoon of the reduced apple juice to an upright blender (reserve the rest for another dish or dilute with water and drink).

Make the vinaigrette by adding the apple cider vinegar and salt to the blender and blending while slowly pouring in the olive oil. Season with white pepper to taste.

Add currants and the dressing to the bowl with the beets and apples and massage with clean hands until well dressed, 3 to 5 minutes. Serve.

### ***Borscht (Beet Soup)***

Serves 8.

*Borscht is a beet soup that originated in Ukraine. It is very popular in many Eastern and Central European cultures. There are many different versions of borscht; some hot, some cold. Here is a hot version of this beautiful red soup.*

Adapted by Farmer Dave's from "The Vegan Table" by Colleen Patrick-Goudreau

- 3 medium-size beets, plus greens
- 6 cups water or broth of your choice
- 1 1/2 teaspoons salt
- 1/2 cup finely chopped carrots
- 5 white or yellow potatoes such as Yukon gold (3 peeled and quartered; 2 diced and peeled, if desired)
- 2 tablespoons olive oil or butter
- 1 yellow onion, finely chopped
- 1 1/2 cups chopped fresh tomatoes or 1 can (15 ounces) diced tomatoes
- 1/4 cup milk, cream, or non-dairy milk
- 1 1/2 cups finely shredded red or green cabbage
- 1 tablespoon fresh dill
- Salt and freshly ground black pepper, to taste
- 1 large-size bunch fresh dill, snipped with scissors

Using a sharp knife, carefully cut off skin of beets, without taking too much beet fle. Cut peeled beets into quarters. Wash beet greens to remove any soil and roughly chop. Set aside.

Place water, salt, carrots, the 3 quartered potatoes, beets, and beet greens in a large soup pot over high heat. Bring to a boil.

Meanwhile, in a separate saute pan over medium heat, heat olive oil or melt butter. Saute onion until tender, approximately 5 minutes. Stir in tomatoes, reduce heat to medium-low, and simmer for 10 minutes. Set aside.

When beets are tender, about 30 minutes later, use a slotted spoon or tongs to remove them from pot, along with potatoes. Chop up half of these beets into bite-size pieces, and place the other half in a blender or food processor, along with potato. Add milk and blend until smooth (you can also mash them by hand). Return bite-size beets and mashed beets/potatoes back to the soup pot.

At the same time, add remaining 2 diced potatoes, shredded cabbage, dill and tomato/onion mixture to the soup pot. Simmer stew until potatoes are just tender, to 15 minutes. Season with salt and pepper to taste.

Spoon into individual serving bowls, and top with a generous amount of dill. Freshness is key to this dish, so don't be stingy with it! Serve hot.

**Sincerely,**  
Groundwork Lawrence

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