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## Groundwork Lawrence's



# Community Supported Agriculture

### In your share this week:

September 6, 2010

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

#### Veggie Share

Corn  
Eggplant  
Assorted Squash  
Slicing Tomatoes  
Plum Tomatoes  
Cherry Tomatoes  
Beets or Radishes  
Garlic  
Kohlrabi - maybe  
Shell Beans - maybe  
And more!

#### Fruit Shares

Pears  
Peaches  
Apples

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



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

Dear CSA Member,

Hope yall are enjoying your holiday weekend and taking this opportunity for some much needed rest! If you're finding yourself with nothing to do today, come join us in Lawrence for a true celebration of Labor Day at the free [Bread and Roses Festival](#) from noon to six at the North Common Park, the site of the 1912 Bread and Roses Strike.

Enjoy the contents below, I'm super excited to have these collard greens recipies. I'd like to specifically draw your attention to the articles below dealing with donation to our community partner, Neighbors in Need, and our Annual Spicket River Clean-up this coming Sat, Sept 11th. We hope to see you there!

Also, I'd like to let you all know that we have wrapped up the season for our Tuesday Farmers' Market at the commuter rail station. But please visit us at either our Wednesday Market at Appleton Way from 9-4 or our Saturday market on the corner of Lawrence St. and Park St. from 9-1 (as if you don't have enough produce already). Both markets will be open through the end of October. Stop by and say high to our new on-site Farmers' Market Manager, Ivette.

Lastly, a note from our CSA distribution staff: If you have a pre-boxed share please make sure you are picking up the correct color crate:

Green = small share

Yellow = regular share

Thank you in advance for double checking and also thanks to all who returned the green tomato crates and red nets. Keep 'em coming!

As always, please contact me with any comments, questions, or concerns at:

[arickards@groundworklawrence.org](mailto:arickards@groundworklawrence.org).

Enjoy,  
Anna Rickards, *Program Manager*  
**Groundwork Lawrence**

## Field Notes from Farmer Dave

*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.

#### QUICK LINKS

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

#### Donate to GWL!



**Help support all of GWL's programs by donating online [here!](#)**

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 and [Farmer Dave's!](#)

**Lawrence Farmers Market Times, Days, and Locations!**

If you don't get enough veggies in your CSA share, visit



One of our fall plantings of corn

Fall is in the air!

During the first weeks of the CSA, we were able start picking at 4:30 or 5:00 in the morning. The days were at their longest, and we like to pick when the vegetables are cool rather than in the hot afternoon sun. As we enter September, 6:00 a.m. seems to be the earliest we can start picking and still see what we are doing, and by the end of the month it will be 6:30.

The days are getting shorter and the amount of growth in a day is getting shorter with it. Yet, especially in corn, I have always sensed that the flavors are richer in September than they are earlier in the summer. The slower rate of growth seems to concentrate the flavors. So, make sure to savor the flavors of the summer's bounty, before the opportunity passes us by!

Bon Appetit,  
 Farmer Dave

## Please, Donate to Neighbors in Need

Some of you may have noticed a box left out at last weeks pick-up next to the check in table for non-perishable foods to be donated to Neighbors in Need, a community partner who supplies to food pantries across Lawrence. As noted in last weeks newsletter, any left over produce gets donated to them. Please help us increase the capacity to serve the hungry in our community by continuing to bring in non-perishable foods through the end of the CSA pick-up. Please see the Neighbors in Need [website](#) for their request list (from the homepage click "How to Help" and then click the top right image of a red wagon that reads "Donate food"). Thank you!

## Real Farmers, Real Food!

*This week's farmer recipe comes from Marina, who helps us with the farmers market*

one of our two  
Lawrence Farmers  
Markets:

**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

and CSA pick-up at Boston Medical Center. Marina says "I [had] been doing a lot with the corn and green beans, but it [had] been getting old. I found this amazing recipe that made this particular dish go from "ho-hum-been-there-done-that" to "whoa! I WILL make this again!"

Here is the recipe, courtesy of the Food Network:

#### Ingredients

- \* Water, to cover beans
- \* 4 cups green beans, ends cut
- \* 2 corn on the cob, white preferably
- \* 2 tablespoons olive oil
- \* 1 red onion, large, cut in 1/8-inch rounds
- \* 2 tablespoons chopped garlic
- \* 1/4 cup white wine
- \* 2 teaspoons sea salt
- \* 1 teaspoons black pepper
- \* 3 tablespoons butter
- \* 1/4 cup diced Roma tomatoes
- \* 3 tablespoons grated Parmigiano-Reggiano

#### Directions

In a medium sauce pot, bring water and 1 teaspoon salt to a boil. Add green beans and blanch for 3 minutes. Remove from water and put into an ice water bath. Drain.

Heat grill or gas burners. Place cleaned corn on the cob on the grill or burner. Turn corn and lightly brown all the way around. Let cool and slice the kernels off the cob.

In a large saute pan over medium heat, add oil, after 45 seconds add onions and saute for 4 to 5 minutes, add green beans, corn, and garlic. Saute for 4 minutes, deglaze with wine, season with salt and pepper, and butter.

Garnish with Roma tomatoes and Parmesan.

#### Marina's notes:

*"I made a few minor adjustments, such as I didn't roast the corn because I had already taken it off the cob; I used 4 cobs of corn instead of 2, and way less than 4 cups of beans (I had a bag and a half left of mixed green and yellow beans); and I didn't use a red onion, but instead the onions I got in my share. (Everything except the butter, cheese, wine, and seasonings was from the share).*

*The deglazing and adding the little bit of sauce REALLY makes the difference in this recipe. I used a table white wine that I found open in the fridge and I wasn't shy with the pepper. That 1/4 cup of sauce definitely transforms this dish as it takes the flavor of the onions that was caramelized to the pan and adds the complex taste of slightly reduced wine. Since the alcohol is evaporated out, this makes this dish kid-friendly; however, wine could also be substituted for a bit of broth or even a bit of water. I recommend you try this, definitely. I was so excited I had to share."*

## Vegetable Spotlight: Collard Greens

As our collard green harvest begins, some of you will receive collards in your shares for the first time over the next few weeks. Are collard greens new to you, or an old favorite? Collards are most commonly associated with southern cooking and celebrations because they take time to prepare, but no worries - you'll be rewarded when you take the first bite! Collards have more protein and fiber than any other

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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green. They add color, texture and flavor to soups and stews, working well with barley, brown rice, kasha, potatoes and legumes. There are a multitude of ways to prepare collards. Find recipes below for Collards, Golden Raisin, and Almond Saute; Caldo Soup; and Collard-Cornbread Stuffing. Collard greens may also be thinly sliced and fermented to make collard kraut!

### Handling and Storage:

- Wash thoroughly to remove garden grit
- Store unwashed and wrapped in a damp towel in the fridge
- Will last up to a week if properly stored - keep them moist!
- To freeze: blanch 2-3 min, rinse in cold water, drain and freeze
- Separate rib from leaf, and discard rib unless young and tender
- Best eaten as soon as possible
- Be careful not to overcook
- Greens will cook down to 1/4 to 1/8th of their original volume
- Watch for the color to brighten, signaling complete cooking
- Add baby greens at the end of cooking 2-5 minutes left
- Most greens are interchangeable - so substitute for kale or spinach as desired.

### Uses:

- Juice
- Use as a wrap: salt and let rest one hour to make it more pliable before wrapping
- Boil or Steam
- Soups, Stews, Omlettes and Quiches
- Delicious with sauce

### Recipes:

#### ***Vegetarian "Southern-style" Collard Greens***

Serves 4-6 - recipe courtesy Sunny Anderson

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 large onion, chopped
- 1 teaspoon red pepper flakes
- 1 clove garlic, finely chopped
- 1 pound collard greens, chopped
- 3 cups vegetable stock
- 2 tomatoes, seeded and chopped
- Salt and freshly ground black pepper

In a large pot over medium heat, heat oil and butter. Saute the onions until slightly softened, about 2 minutes, then add the red pepper flakes and garlic, cook another minute. Add collard greens and cook another minute. Add the vegetable stock, cover and bring to a simmer. Cook until greens are tender, about 40 minutes. Add

tomatoes and season with salt and freshly ground black pepper.

### ***Collards, Golden Raisin, and Almond Saute***

Serves 4-6 - recipe courtesy Cheryl Smith

- 1/2 cup olive oil
- 1 Spanish onion, small diced
- 3 cloves garlic, chopped
- 2 bunches collard greens, washed, and cut in 1/2-inch strips
- 1 cup golden raisins
- 1/2 cup slivered almonds, toasted
- Kosher salt
- Freshly ground black pepper

Heat an 8-quart saucepan over high heat. When very hot, add the oil, onions, and garlic, sauteing quickly for 1 minute. When the onions just start to turn golden, add the collard greens, raisins, and almonds. Season with salt and pepper, and add a little water if necessary, for a little steam. Saute for about 5 to 6 minutes more, and adjust seasoning, to taste.

### ***Vegetarian Caldo Verde Soup***

Serves 2 - recipe found at [chefinyou.com](http://chefinyou.com)

- 1 onion, chopped
- 2-3 garlic, minced
- 2-3 large potatoes, chopped
- 1 cup tempeh, cubed (optional) *Note: Non-Vegetarians can replace tempeh with chouriço*
- 1 bunch Collards (about 1/2 pound) *Note: you can also use kale or turnip greens instead of collards.*
- 4-5 cups of Vegetable broth or water
- salt and pepper to taste.

Heat 1/2 tbsp of oil in a large saucepan. Saute the cubed tempeh until lightly fried about 2-3 min. Set the lightly fried tempeh aside.

In the same pan, add the onions and garlic along with salt. No oil is needed. The salt will help to sweat the onions out in 1-2 min. Add the potatoes and stir for another 1-2 minutes.

Add the vegetable broth (or water) along with pepper, close the lid and cook for 5-8 minutes or until the potatoes are cooked and mushy.

At this point you can either blend the potatoes in a processor or if you want it chunky, simply mash the mixture lightly with a masher. You can also blend it using hand blender. Whatever works for you.

Chop the collards into very fine julienne. You can add as much as you like - more the better. Its a collard soup after all.

Add the collards directly to the soup and let it simmer for 2-3 minutes or until the greens have wilted.

Serve warm topped with tempeh. Enjoy with home made crusty whole wheat bread

### ***Collard-Cornbread Stuffing***

Serves 8 - recipe courtesy Food Network Magazine

1. In a large deep skillet, saute 1/2 pound diced andouille sausage in 6 tablespoons butter for 3 minutes.
2. Season with salt and pepper and add 1 chopped onion, 3 chopped celery stalks and 1 tablespoon each chopped thyme and sage; cook 5 minutes, then add 4 cups sliced collard greens and let wilt.
3. Pour in 3 cups chicken broth. Simmer until step 5.
4. In a large bowl, mix 2 large eggs.
5. Add to the bowl 8 cups toasted white bread cubes, 6 cups crumbled cornbread and the hot broth mixture.
6. Gently toss the stuffing, then spread in a buttered 9-by-13-inch baking dish. Dot the top with butter or turkey pan drippings, cover and bake 30 minutes at 350. Uncover and bake until golden, 20 more minutes.

## **This Weekend: 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. To date we've removed 92 tons of trash and over a 1,000 tires from the [Spicket River Greenway](#).

Join us this Saturday, September 11th, from 9 am to 1 pm for our 9th Annual Spicket River Clean-up! Meet us on the corner of Union & Canal Streets for registration. Each volunteer will need to sign a waiver (minors need a guardian to sign) We provide trash bags, gloves, and dumpsters for volunteers to utilize, logistical support, and a free celebratory lunch for all donors and volunteers.

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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