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## Groundwork Lawrence's



# Community Supported Agriculture

### This Week: In Your Share

Peas  
Arugula  
Garlic Scapes  
Lettuce  
Radishes  
Spinach  
Summer Squash  
Kousa Squash  
Zucchini  
Cilantro

*Don't know what something is? Check out our [Vegetable ID Guide \(pdf\)](#)!*



### Work-Trade Volunteer Needed!

A work-trade position has just become available. We need someone to cover distribution between 2:15 and 7:30 every other week. More information available [here](#) (pdf). Please contact [Rowan](#) immediately if you may be able to help!

### Distribution Information

**Tuesdays  
3-7pm**

**Groundwork Lawrence**

### Week 1

June 30, 2009

Dear CSA Members,

This email contains important information about the CSA pickup and other resources that you can draw on throughout the growing season.

As the season starts up, you will receive an e-newsletter every week. The newsletter let us keep in touch with you about how things are growing on the farm and what to expect in your share. A special highlight of 'garlic scapes' is included in this newsletter below.

We look forward to a great growing season!

-Rowan, Healthy Communities VISTA at Groundwork Lawrence

### Field Notes

This week marks the beginning of our third season offering CSA to the community. We welcome back those who have been with us for a season or two and are glad to have many new members on board.

We have been working in the greenhouses since early in February with the first seeding of tomatoes and onions. The spring brought a great balance of rain, sun and warmth to grow healthy vegetables. The overcast days that we just experienced may have slowed the growth of the vegetables a bit, but we are pleased with the harvest we have for you for this first week.

We hope you enjoy the next four months of fresh veggies!

-Heidi, CSA Coordinator at Farmer Dave's

### CSA Distribution: How it all works

For the first pickup all you need to do is show up. The CSA pickup coordinator will be there to greet you and guide you in getting your vegetables. The first week you will arrive empty-handed, but following weeks make sure to bring your empty crate from the week before and trade it in with the CSA pickup coordinator for a crate full of your week's bounty. We'll have a check-off list with the name of the primary shareholder - make sure you get checked off on the sign in sheet every time you come to pickup.

1st Floor  
60 Island Street,  
Lawrence, MA 01840

June 30th - October 27th

### QUICK LINKS

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

### Recipe Blog

Let us know if you'd like to share recipes you've made with your CSA veggies. We'll pass them on to Heidi, who will gladly put them on the [Farmer Dave's recipe blog](#).

### Donate to GWL!



Donate to Groundwork  
Lawrence [here!](#)

### JOIN OUR LIST

[Join Our Mailing List!](#)

## CSA Begins Tuesday, June 30th, 3-7pm!

CSA members pick up their shares on Tuesdays between 3:00 and 7:00 at 60 Island Street in Lawrence, in the first floor function room, "Chester's." Distribution is from June 30th - October 28th. For those who sign up for it, the fruit share will begin August 11th.

If you arrive to the CSA before the start time, you are more than welcome to help unload and set up shares, but we ask that you have patience and wait until the distribution officially begins to ask for your share. - Our crew works hard to get things organized for the CSA, and it is much easier for them to get everything ready, before they start giving out shares. Shares will be given out starting at 3:00.

## CSA Payment Reminder

Final CSA payments are due unless special arrangements have been made. Please make checks out to Groundwork Lawrence.

## Vegetable Spotlight: Garlic Scapes

Garlic Scapes are the wild-looking, corkscrew shoots of the garlic plant that, if left unharvested, will straighten and bloom into the garlic flower. By cutting these curly tendrils, we allow the plant to send its energy towards growing a larger bulb underground. They have lovely fresh, mild garlic favor and can be used as you would scallions. They can be eaten raw, sliced thinly in a salad or as a garnish, as well as cooked in a stir-fry or eggs. Or try this unique approach to pesto for a pasta or bread dip.



### GARLIC SCAPE AND ALMOND PESTO\*

(recipe found at [doriegreenspan.com](#))

Makes about 1 cup

10 garlic scapes, finely chopped  
1/3 to 1/2 cup finely grated Parmesan (to taste and texture)  
1/3 cup slivered almonds (try toasting them lightly)  
About 1/2 cup olive oil  
Salt

Put the scapes, 1/3 cup of the cheese, almonds and half the olive oil in the bowl of a food processor (or use a blender or a mortar and pestle). Whir to chop and blend all the ingredients and then add the remainder of the oil and, if you want, more cheese. If you like the texture, stop; if you'd like it a little thinner, add some more oil. Season with salt.

If you're not going to use the pesto immediately, press a piece of plastic against the surface to keep it from oxidizing. The pesto can be stored in the refrigerator for a couple of days or packed airtight and frozen for a couple of months.

\*Check out Farmer Dave's [Recipe Blog](#) for more ideas

(photo courtesy of: [Avalon Acres Farm](#))

## CSA FAQs

The following questions and answers are from the FAQs section on [Farmer Dave's website](#).

### **Oops, I forgot my empty crate.**

If you don't have your empty crate at CSA pickup, we strongly encourage you bring a bag to transfer your share into. We have a limited number of crates per person, and if just a few members don't bring their empty crate back, we will start running short on crates and have to use cardboard boxes - and that ends up getting expensive.

### **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 say that they are picking it up for you. If you are unable to get someone else to pick up your share, we cannot keep the shares past the distribution time, and will donate the produce to Neighbors in Need, who distributes them to food pantries in Lawrence.

### **Can I choose the vegetables in my share?**

All of the shares come pre-packed in a container. Each share has the same variety of vegetables, so there is no need to look through the shares. We do offer a Swap Box at the CSA pickup, that we stock with a few vegetables at the beginning of the CSA - Members may swap a produce item in their share for one in the swap box. We do not guarantee that there will be vegetables in the swap box that you want to trade for, but recommend that you pick up your share at the beginning of the CSA for the best swap box selection.

### **Will I know ahead of time what veggies I am getting in my share? I'd like to plan my meals ahead of time.**

Usually the day before or the morning of the CSA, you will receive an e-newsletter letting you know several vegetables you can expect in your share. Because farming can be really unpredictable, we are not able to know too far in advance what we will harvest for you. (i.e. It may have down-poured the night before and it's too muddy to get in to harvest the beans; or a hard frost may have wiped out the lettuce.) For these reasons, we encourage members to not rely too much on knowing ahead of time what will be in the share, and to plan for meals using your share once you get home and unpack your veggies. You usually can't go wrong planning to have a stir fry for dinner on CSA day!

### **I have too much food. Help!**

The last thing we want is for those delicious veggies to end up in your compost pile! To avoid wasting your produce, it is important to plan ahead and know that you will at times get more food than you can eat in a week. Getting an abundance of great produce in the summer gives the great opportunity to be able to eat your share when nothing is growing in the ground in the dead of winter. If time doesn't permit an abundant share can also give you the chance to make some new friends! Here are some ideas when you can't eat all your vegetables:

- Can it
- Freeze it

- Dehydrate it
- Ferment it
- Don't have enough time to preserve your share this week? Knock on your neighbor's door. I bet they would appreciate that farm fresh kale or eggplant!

**Additional Web resources:**

- [Ball Jar Website](#)
- [Pick Your Own Website](#)

**Books:**

- [Ball Blue Book](#)
- [Putting Food By](#)

**Do you have any good recipes?**

I am so glad you asked! Indeed, we have many recipes contributed by our CSA members, adapted from online recipes, and borrowed from some great CSA cookbooks. Check out our recipes blog! We always welcome your contributions. If you have created a scrumptious dish from your CSA share, email us the recipe with a title, your name, the ingredients and preparation instructions and we will put it on our recipe blog.

Here are also some cookbooks we recommend for all CSA member kitchens. Both are from CSA farms.

- [From Asparagus to Zucchini](#)
- [Farmer John's Cookbook: The Real Dirt on Vegetables](#)

**Edible Boston Raffle****Next Raffle**

Our next raffle is July 1st. If you have referred a friend to our CSA, or if a friend referred you, please share their name and your own and we will enter you in a raffle to win a subscription to Edible Boston magazine.

Please let me know if you have any questions. Otherwise, I'll see you at the first CSA distribution on June 30th!

**Sincerely,**

Rowan Van Ness  
Healthy Communities\*VISTA  
Groundwork Lawrence

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