



Groundwork Lawrence's



Community Supported Agriculture

In Your Share

Week 18

October 26, 2009

Week 18

Arugula
Broccoli
Carrots
Kale
Potatoes
Green Tomatoes
Winter Squash
Parsley

Fruit Share:

Apples

Don't know what something is? Check out our

[Vegetable ID Guide \(online\)](#)

[Vegetable ID Guide \(pdf\)](#)

Dear CSA Members,

It is hard to believe that tomorrow will be the final CSA pick up! It has been a wonderful season, one that celebrates the delicious, local, seasonal bounty and one that reminds us what can be accomplished when a community supports their local farmer. **We thank you heartily for your involvement with the CSA this year and hope that we see you again next year!**

Speaking of next year...we need your input! **The survey for the 2009 CSA season is almost ready and a link to the survey will be sent out seperately in a future email.** As Farmer Dave mentions in his field note below, the CSA is a "member-driven" program and your suggestions, thoughts, and comments are coveted as Groundwork Lawrence and Farmer Dave's plan for next year's CSA. **Please take a moment to fill in the survey when you receive the link in your email--your input is greatly appreciated.**

Just a reminder: **Please bring your bags to CSA pick-up tomorrow so that you can leave your crates with us.** Also, please return any crates you may have at home! If you forget your bags, there will be some available for use at pick up. Also, tomorrow is your **last chance to donate non-perishable goods at pick-up for Neighbors in Need!** Please consider bringing some items along with you--there's a box designated for this at pick-up.

Distribution Information

Tuesdays
3-7pm

Groundwork
Lawrence
60 Island St.
Lawrence, MA 01840
June 30 - Oct. 27

We will leave you with a recipe for [Savory Winter Squash Casserole](#), to help you enjoy the winter squash in your share this week. This recipe is located on a very cool website which includes a lot of squash recipes and tips. Remember that winter squash can be stored for several weeks in a cool dry place with good ventilation...yet another way to extend the season!

Thank you for sharing in the harvest,

Groundwork Lawrence

Lawrence Farmer's Market

When: Every
Wednesday, July
8th-Oct. 28th,
8am-2pm

Where: Appleton
Way, Between Essex
and Common Streets

Field Notes from Farmer Dave

With all the summer veggies now gone and the field clean up well underway, the pace on the farm has definitely slowed. We used to hurry and get those crops harvested while at their peak ripeness or hurry and get it picked before a frost. Now, the pace has slowed to- we need to get it done before the ground freezes (sometime in December). On Sunday I enjoyed my first family dinner that was fully fall flavored--- baked butternut, steamed broccoli, roasted potatoes and onions, and followed by baked apples- mmm -- natural fall flavors. Also, while

Why: To pick up the freshest fruits and veggies around and support your local farmer!

QUICK LINKS

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

On Facebook?

Be our friend on [Facebook!](#)
and [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!



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

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cooking potatoes this weekend, I noticed that some of them from the wetter, bottom area of the field have a hollow spot/heart in their center. This is caused by the excess rain we had this summer and will be found more in the larger potatoes. It is not a problem, simply cut out that part of the potato and enjoys the rest.

I am impressed with the bounty there still is after the cold frosty weather we had last week. Now we have some nice weather again to prepare the field for the garlic planting in November-spread the compost, spread the wood ash, till the soil, pull the raised beds, push the garlic cloves into the soft soil just so deep, cover with mulch for the winter ahead and then wait until next year when they will sprout up again. It is amazing how we plant for next year while there is still much yet to harvest this year. I used to think that vegetable farming had a clear start and finish every year, now it seems to be an ongoing continuous cycle with a brief relaxation period in deep winter.

Speaking of winter and my time to plan for next year, please be sure to thoughtfully take our survey about the CSA. The CSA is member-driven and your input will help to determine the look of the share next year. It should not take more than ten minutes to complete. Please find some time this week* to put yourself into a food state of mind and give as much input as you can. We want the CSA to be the best it can be.

Thank you,

Farmer Dave

**Groundwork Lawrence CSA members will be sent their survey seperately in the very-near future, but likely not this week.*

Registration 2010

We plan to open 2010 registration towards the beginning of December. Current CSA members will be given the opportunity to rejoin before registration is opened to the general public. Please keep checking your email for updates.

Give the Gift of Fresh Produce

CSA Shares make great gifts for holidays, birthdays and special celebrations. As the holiday season approaches, consider giving a gift that will last the whole growing season long!

CSA Potluck Recipes

We would like to thank all of you who contributed to our 2nd annual CSA Potluck Dinner! The event was a great success, and we hope that everyone had a fun day down on the farm! If you brought a dish to the potluck, we would love to have your recipe for our recipe blog. Just forward the recipe to farm@farmerdaves.net, and we will take care of the rest!

Call to Artists: Eco-Art for GWL's Glow Gala & Annual Fundraiser on Decemeber 10, 2009



Each year Groundwork Lawrence hosts the Glow Gala & Annual Fundraiser, an evening of lively music and



dancing, fabulous food, exciting raffle prizes and a silent "eco-art" auction contributed by the amazingly creative artists of the Greater Lawrence area and beyond. We are always looking for new artists! Please consider placing a piece of artwork in our silent auction this year--for more details &

the eco-art registration form, visit our [website](#).

What is eco-art?

It incorporates at least one of the "4 R's" (Reduce, Reuse, Recycle, Repair).

It promotes environmental awareness.

It educates others about environmental injustice and/or conveys a vision for addressing it.

It is comprised of environmentally-friendly materials.

Submission deadline is Monday, November 30th, at 5 pm (no exceptions). Artwork will be juried. Auction proceeds are split 50/50 between Groundwork Lawrence and the artist.

For examples of previous eco-art, please click [here](#).

Vegetable Spotlight: Kale!



Kale is a hearty green that surpasses most vegetables when it comes to nutritional value. Kale has the highest protein content of any cultivated vegetable, and it is abundant in vitamins A and C. It also has high levels of calcium and B vitamins. If that weren't enough to convince you to give it a shot, kale also has a great, hearty flavor and can be used in the place of broccoli or other cooking greens.

Here are the farm we grow three different varieties of kale: Toscano (also known as 'dinosaur kale'), Redbor, and Winterbor. These can all be used interchangeably. Some simple ways to try kale include steaming or sauteing it, or adding some sauteed kale to an omelet, quiche, casserole, or mashed potatoes.

Kale is among the first cultivated members of the brassica family and, to this day, is a common vegetable in Ireland, Scotland, and other

European countries. Here is a recipe for a traditional Irish dish:

Classic Colcannon

from From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce

4-6 large potatoes (about 3lbs)
2 tbsp butter
3 cups, packed, chopped kale leaves
1 cup chopped onion
1/2-2/3 cup milk, warmed
1-2 tbsp chopped parsley
salt and pepper

Peel and cut up potatoes. Boil in salted water until tender. Meanwhile, melt butter in skillet over medium flame. Add kale and onion; cook, stirring occasionally, until onions are barely soft. Drain potatoes and mash them with the milk; mix in kale/onion mixture and parsley. Season with salt and pepper to taste. Spread in buttered baking dish; bake at 375 degrees for 20 minutes. This is excellent with corned beef and cabbage!

Canning Resources



You can read some clear and easy steps for water-bath canning in an online article from Bon Appetit. For more in depth information and recipes, try these

great books:

The Big Book of Preserving the Harvest, by Carol W. Costenbader
Preserving Summer's Bounty, by the Rondale Food Center
Ball's Complete Book of Home Preservation, by Judi Kingry and Lauren Devine

Good luck and happy canning!

Support GWL While Shopping at Shaw's

Link your Shaw's Rewards Card to our Shaw's Fundraising ID number - **49001022652** - by visiting the Shaw's Community Rewards [website](#) and clicking "*login or register with your Rewards Card First.*" Shaw's will contribute 1% of eligible Rewards Card purchases made to GWL.

Got Any Tips or Ideas?

If any of you have any tips, recipes, or stories you would like to share or want to be included in the upcoming newsletters, send them to [Janell](#)!

Sincerely,
Groundwork Lawrence

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