



Groundwork Lawrence's



Community Supported Agriculture

In Your Share

Week 11

September 8, 2009

Week 11

Kohlrabi
Beets
Green Beans
Celery
Corn
Eggplant
Onions
Peppers
Tomatoes: Cherry,
Regular, Heirloom
Dill

Fruit Share

Berries
Peaches
Plums

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

Dear CSA Members,

We hope you had a great holiday weekend and are ready for your next CSA serving! As you may know, the CSA and Lawrence Farmers Market are only 2 components of GWL's community food programs. We also manage community gardens here in the city and right now we have space available if you're interested in growing your own veggies. To secure your own community garden plot contact [Janel](#).

To learn more about our community food programs visit [our website](#) and to keep up to date with everything going on visit [our blog](#). Did you know that we've been taking pictures of the shares each week? Check it out on [our blog](#) and [Flickr](#)! We also post the [CSA newsletters](#) in case you want to go back to find a recipe or interesting tidbit. We hope you are keeping up with all the great veggies! Don't forget to consider starting to preserve some of your share to enjoy this winter.

We enjoy meeting a few of you each week and hearing your CSA stories (baked cucumbers!).

Take care,
Groundwork Lawrence

Field Notes

How beautiful is this weather?! Even though the nights are cool and the days keep getting shorter, these recent shorter days have been non-stop sun. This has been wonderful weeding weather-by hand and by tractor. Cultivating by tractor, I like to begin in the morning as soon as the dew has "burned off". On a dry soil, the weeds are uprooted by the tines on the tractor. If these weeds are left in the blaring sun for several hours without any moisture, they will not re-root. If I wait until later in the day the uprooted weeds may not dry down enough before the next mornings dew revives them enough to re-root. With all of the harvesting and packing to do in the morning, it is a challenge to hop on the tractor as early as I should. If I start cultivating too late in the day I will probably have to recultivate in a week to get all the re-rooted weeds. A couple of days after weeding with the tractor we go weed by hand what was too close to the plant for the tractor to get. This week's project has been cultivating and weeding all of the brassicas (broccoli, cabbage, cauliflower, collards, kale, etc.) Many of these will be growing for another two months so it is important to reduce competition from weeds. Soon we will begin harvesting the first planting of broccoli, and all the effort will have been worth it.
- Farmer Dave

Distribution Information

Tuesdays
3-7pm

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

Lawrence Farmer's Market

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

Where: Appleton
Way, Between Essex
and Common Streets

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

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Saturday, Sept. 19th is the Spicket River Cleanup!

On Saturday, September 19 from 9 - 1, we will be having the [8th Annual Spicket River Greenway Cleanup](#)! Please join us in our annual cleanup and celebration of the river. The Spicket runs 2.5 miles through Lawrence before it empties into the Merrimack. Over the past 7 years we have pulled 82 tons of trash and over 1000 tires from its banks. This is our biggest volunteer event and we hope you can join the fun! Contact [Kathryn](#) in our office about signing up an/or getting your business or organization involved!

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.

Save the Date - October 17th

Mark your calendars! Farmer Dave would like to invite you to the farm on October 17th for some wholesome farm fun and a CSA potluck. More details to come.

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](#).

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Vegetable Spotlight: Kohlrabi



Kohlrabi is definitely one of the stranger-looking of the vegetables that you will see in your CSA share (somewhere between a cabbage and a turnip), but don't let that put you off from trying this delicious member of the broccoli family. Though kohlrabi is often considered to be a root vegetable, it actually

grows above ground. The large bulb is a swollen stem, not a root. Kohlrabi has a very mild taste and can be eaten cooked or raw. It goes well in gratin dishes, and you can also try making a non-traditional coleslaw using grated kohlrabi in place of cabbage.

In terms of storgae, kohlrabi globes keep well for up to a month if stored in a plastic bag in the refrigerator. The greens, which are also edible, won't keep quite as long so you might want to store them separately.

When kohlrabi is more than a couple inches in diameter, it also can be stuffed. Try this week's simple recipe from Vegetable Cooking & Vegetable Classics by Roz Denny.

Kohlrabi Stuffed with Peppers

4 small kohlrabi
 ~1 2/3 cups hot vegetable stock
 1 tbsp olive or sunflower oil
 1 onion, chopped
 1 small red pepper, seeded and sliced
 1 small green pepper, seeded and sliced
 salt and freshly ground black pepper
 flat leaf parsley, to garnish (optional)

Preheat the oven to 350 degrees. Trim and top and tail the kohlrabi and arrange in the base of a medium-sized ovenproof dish.

Pour over the stock to come about halfway up the vegetables. Cover and braise in the oven for about 30 minutes until tender. Transfer to a plate and allow to cool, reserving the stock.

Heat the oil in a frying pan and fry the onion for 3-4 minutes over a gentle heat, stirring occasionally. Add the peppers and cook for a further 2-3 minutes, until the onion is lightly browned.

Add the reserved vegetable stock and a little seasoning, then simmer, uncovered, over a moderate heat until the stock has almost evaporated.

Scoop out the flesh from the kohlrabi and roughly chop. Stir the flesh into the onion and pepper mixture, taste, and adjust the seasoning. Arrange the shells in a shallow, ovenproof dish.

Spoon the filling into the kohlrabi shells. Place in the oven for 5-10 minutes to heat through and then serve, garnished with flat leaf parsley, if liked.

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 [Janel!](#)

Sincerely,
 Groundwork Lawrence

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