



Farmer Dave's

Groundwork Lawrence is a local non-profit organization working to improve the environment and quality of life in Lawrence, MA

IN YOUR SHARE THIS WEEK:

CORN

CUCUMBERS

LETTUCE

SQUASH

GREEN BEANS

YELLOW BEANS

Fruit Share start: Aug 12

Flower Share:

Starts Today!

Groundwork Lawrence

Tuesday
3:00-7:00 pm

At Groundwork Lawrence
60 Island Street
Lawrence, MA

July 1—October 28

Farmer Dave's

437 Parker Road
Dracut, MA 01826
(978) 710-6120
www.farmerdaves.net
farm@farmerdaves.net



Groundwork LAWRENCE

Community Supported Agriculture

ISSUE 4

JULY 22, 2008

Quinoa with Corn, Scallions, and Mint Contributed by Kathryn, Takes 30 minutes; serves 8

Ingredients

4 ears corn, shucked
1 tbsp finely grated fresh lemon zest (from 2 lemons)
2 tbsp fresh lemon juice
1/2 stick unsalted butter, melted
1 tbsp mild honey
1/2 tsp salt
1/4 tsp black pepper
2 cups quinoa (about 10 oz)
4 scallions, chopped
1/2 cup chopped fresh mint

Preparation

Put corn in a 5- to 6-quart wide pot, then add water to cover and bring to a boil, covered. Remove from heat and let stand, covered, 5 minutes. Transfer corn with tongs to a cutting board. When cool enough to handle, cut kernels off cobs with a large heavy knife. Meanwhile, whisk together lemon zest and juice, butter, honey, salt, and pepper in a large bowl until combined. Wash quinoa in 3 changes of cold water in a bowl, draining in a large sieve each time. Cook quinoa in a 4- to 5-quart pot of boiling salted water, uncovered, until almost tender, about 10 minutes. Drain in sieve, then set sieve over same pot with 1 inch of simmering water (water should not touch bottom of sieve). Cover quinoa with a folded kitchen towel, then cover sieve with a lid (don't worry if lid doesn't fit tightly) and steam until quinoa is tender, fluffy, and dry, about 5 minutes. Remove from heat and let stand (still covered) 5 minutes. Add quinoa to dressing and toss until dressing is absorbed, then stir in corn, scallions, mint, and salt and pepper to taste.

Lemon Roasted Green Beans with Almonds inspired by www.epicurious.com, 8 servings

Ingredients

Nonstick vegetable oil spray
2 pounds green beans, trimmed
1 onion, peeled, cut into 8 wedges
2 tablespoons extra-virgin olive oil
sea salt
1 tablespoon fresh lemon juice
1 teaspoon (packed) finely grated lemon peel
1/2 cup roasted almonds,

Preparation

Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 450°F. Spray 2 large rimmed baking sheets with nonstick spray. Combine green beans, onion wedges, and marjoram in large bowl. Drizzle with oil, then sprinkle with sea salt and pepper. Toss; divide between prepared sheets.

Roast vegetables 15 minutes. Reverse sheets. Continue to roast until beans are tender and beginning to brown in spots, about 10 minutes longer.

Transfer vegetables to bowl. Add lemon juice, grated lemon peel, and half of chopped almonds. Toss to coat; season with salt and pepper. Sprinkle with remaining almonds.

Field Notes



Dry, dry, dry, dry, - unfortunately the general lack of rain has been detrimental to the successful growth of our corn. Though it has been raining in the past few days, what we got wasn't quite early enough to infuse this succession of corn with sufficient water. Wherever possible we are irrigating as fast as we can - but it is still not fast enough. Especially on the corn we are picking now, there might be some dry tips. Next week we may not have corn to offer. The rain that we did get this week will make for some good corn in following weeks. On the flip-side excess rain can reduce the sweetness of the kernels as the kernels swell with the new moisture. Corn grows to produce its seeds (the kernels we enjoy eating). If the plant senses that there will not be enough water to bring all the kernels to full maturity, it will cut off growth for the top kernels so that the bottom kernels are viable seeds to continue the next generation. The plant basically decides to have fewer seeds that are viable, instead of a lot of seeds of which none may be capable of regenerating. For us it means a shorter ear of corn - just as tasty, but not as much. Nature is an amazing thing. Let's cherish nature so that it may continue to provide.

-Farmer Dave



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Lawrence Farmers Market—Wednesdays 10:30—6:30 PM

Fresh Off the Press!

Groundwork Lawrence was highlighted in the latest edition of *Edible Boston* magazine in an article discussing their progress towards changing the quality of food available in Lawrence. You can pick up a copy of the magazine at today's distribution or check out Edible Boston's website at www.edibleboston.net.

Save the Date!

A night of Public Safety Prevention Activities

- Monday, August 4, 5-9 pm
- Gagnon Field (Tower Hill) Providence St.

The 25th National Night Out

- Tuesday August 5, 5-8pm
- Dr. Nina Scarito Park

Live Lawrence Events

Live Lawrence! Farmers Market Summer Concert Series

All concerts take place at the Lawrence Farmers Market at Appleton Way (200 Common Street) from 1:00-2:00pm on selected Wednesdays:

July 30, 2008: *Goodtime Stringband*, a locally-based bluegrass ensemble

August 6, 2008: *Capoeira*, a Brazilian martial arts and music group

August 20, 2008: *Brian Quirk*, a Lawrence-native bagpiper

August 27, 2008: *Hot Dixie Four*, a fabulous four-member swing band

Live Lawrence! Traveling Cafes

"Traveling Cafes" take place on four separate evenings throughout the summer and fall. They bring local artists, performers, retail, and restaurants to a cultural site in Law-



Some of the offerings at the Farmers Market

About Live Lawrence!

Groundwork Lawrence is pleased to be managing the 2008 season of *Live Lawrence!*, an arts and cultural economic development program that brings together the City's key cultural institutions, artists, local restaurants and local retail businesses in a series of events designed to stimulate the City's economy and highlight the rich and diverse culture and history of Lawrence. The *Live Lawrence!* 2008 season features 6 concerts at the Lawrence Farmers' Market, 4 Traveling Cafés, and the season finale - Canal IllumiNations. Events are free and open to the public. A description and schedule of *Live Lawrence!* events follows below; for more information, please check out www.livelawrence.org frequently for more updates!

rence. All Traveling Cafes take place on Thursday evenings from 5:30-7:30pm in Lawrence. The current schedule is as follows:

July 31, 2008 @ Lawrence Heritage State Park, 5:30-7:30pm
Featuring a performance by *Sweet Willie D and the Continental Walk* (blues band)

August 14, 2008 @ Lawrence History Center, 5:30-7:30pm
Featuring a performance by *Aine Minogue* (Celtic harpist), and food from *North End Deli*

August 28, 2008 @ Essex Art Center Courtyard, 5:30-7:30pm
Featuring a performance by *Roots Nation* (reggae

band), and food by *Mill City Gourmet* and local retailers *Rose and Dove* and *Brissonte*

September 18, 2008 @ Campagnone (North) Common, 5:30-7:30pm
Featuring a performance by *Edwin Pabon & His Orchestra* (salsa), and food from *Café Azteca*

Canal IllumiNations

"Canal IllumiNations" is a family event celebrating the City's diverse cultural offerings and the historic North Canal by providing a Sunday afternoon filled with cultural arts, lantern-making, and music. The lantern lighting and floating ceremony take place at sunset, along with a variety of arts and musical performances. Look for details in upcoming newsletters!