



Farmer Dave's



# Groundwork LAWRENCE

Community Supported Agriculture

ISSUE 6

AUGUST 5, 2008

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

## SOME ITEMS IN YOUR SHARE THIS WEEK:

Corn

Eggplant

Carrots

Lettuce

Peppers

Tomatoes

Fruit Shares Start

Aug 12

Groundwork Lawrence

Tuesday  
3:00-7:00 pm

At Groundwork Lawrence  
60 Island Street  
Lawrence, MA

July 1—October 28

Farmer Dave's

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### Basil Pesto!

adapted from www.epicurious.com

#### Ingredients

2/3 cup extra-virgin olive oil  
3 large garlic cloves  
1/2 cup pine nuts (or walnuts), toasted or raw  
2 oz Parmigiano-Reggiano, coarsely grated (2/3 cup)  
1 teaspoon salt  
1/2 teaspoon black pepper  
3 cups loosely packed fresh basil

#### Preparation

With food processor running, drop in garlic and finely chop. Stop motor and add nuts, cheese, salt, pepper, and basil, then process until finely chopped. With motor running, add oil, blending until incorporated.

**Once you make this pesto recipe, try the following:** seek out the best available sourdough bread or rice cake, spread mayonnaise then pesto generously onto your bread or rice cake, then slice thick slabs of tomato on top. Toast in the toaster oven for 5 minutes or so, and enjoy! This is one of my very favorite summer meals that I think is appropriate for breakfast, lunch or dinner. Though you may choose a more varied diet, I assure you, you will love this combination!

### Yes, Carrot Tops are Edible! Carrot Top Soup

adapted from Deborah Madison's "Local Flavors"

#### Ingredients

1 bunch of carrots, tops included  
2 tblspns unsalted butter  
3 tblspns white rice  
2 large leeks, white part only  
2 thyme or lemon thyme sprigs  
2 tblspns chopped dill or parsley  
6 cups stock (chicken or vegetable)  
Salt and pepper to taste

#### Preparation

Pull or pluck the lacy leaves of the carrots greens off their stems. You should have between 2 and 3 cups, loosely Packed. Wash and then chop them finely. Grate the carrots or finely chop them. Melt the butter in a soup pot. Add the carrot tops and the carrots, rice, leeks, thyme, and dill. Cook for several minutes turning everything a few times, then season with 1½ teaspoons salt and add the stock. Bring to a boil and simmer until the rice is cooked, 16 to 18 minutes. Taste for salt and season with pepper.

### Field Notes

It is 5:30am-the birds chirping back and forth are the predominant sound. Before you know it everyone is on the farm, ready to begin the day. Last evening I made the plan of what we are going to pick based on how the different crops look and how the previous days' weather has affected them.

Clement and Bill pick the lettuce and Swiss chard, then the peppers and eggplant. Nelson and Roland pick the corn in the back field. Sam and Manuel start pulling carrots and radishes. We try to get most things picked before the dew dries off and the day warms up.

The beans and tomatoes can be left for the second round of pickings. By 10:00 the first round is picked and washing and sorting can begin. By noon everything is picked and the fieldworkers take a break for lunch. Meanwhile, the vegetable shares are being packed then put onto the truck and sent off to the CSA.

As the truck makes its way to the CSA, work continues on the farm. The rest of the afternoon is spent seeding, weeding, irrigating and completing other farm chores. By the end of the day, the air seems to get still again. The birds are already sleeping, and I should be too. The work of the day was fruitful. We provided good food for so many. We will do the same tomorrow. The days are now growing shorter and our rest will come after the harvest is complete.

-Farmer Dave

The Flower Share continues through Sept 9



Romaine Lettuce on a sunny day

## REMINDERS

### National Night Out

- Tuesday, Aug. 5, 5-8pm at Scarito Park
- Face painting, garden tours, seed-planting, board games, a movie, and more!

### Live Lawrence! Concert at the Farmers Market

- Wednesday, August 6th
- 1-2pm on Appleton Way, between Essex & Common
- Capoeira (Brazilian martial arts performance, drumming and singing)

### Traveling Café Concert

- Thursday, August 14th
- 5:30-7:30pm at Lawrence History Center
- Performances by Robert Honeysucker (opera baritone) and Aine Minogue (Celtic harpist) and food available from North End Deli.

### Save the Date!

- Aug. 23: Harvest Festival at Scarito Park
- Aug. 28: Live Lawrence Traveling Café Concert
- Sept. 13: Spicket River Cleanup
- Sept. 18: Live Lawrence Traveling Café Concert
- Sept. 28: Trails & Sails Hike at Den Rock Park
- Oct. 12: Live Lawrence Canal IllumiNations
- Oct. 29: Fall Festival at the Market
- Dec. 6: GLOW Gala Eco-Art Preview
- Dec. 11: Annual GLOW Gala

**ALL EVENTS  
ARE FREE!**

# More Recipes

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## Crescent-Topped Ratatouille Casserole

contributed by CSA member Tory, adapted from Pillsbury

### Ingredients

- 1 T olive oil
- 1 small eggplant cut into cubes
- 1 medium summer squash, sliced
- 1 medium onion, sliced
- 1 green bell pepper, cut to 1 in. pieces
- 1 clove garlic, finely chopped
- 1 14.5 oz can diced tomatoes, drained
- 1 8 oz can tomato sauce
- 1/2 teaspoon dried basil leaves
- 1/4 teaspoon italian seasoning
- 1/8 teaspoon black pepper
- 1 15.5 oz can kidney beans, rinsed, drained
- 1 8 oz can Pillsbury crescent dinner rolls
- 2 tbsp grated parmesan cheese
- 1 tbsp chopped parsley (optional)

### Preparation

Heat oil in 10 inch skillet over medium-high heat. Add eggplant, zucchini, onion, bell pepper, and garlic. Cook and stir 4 to 6 minutes or until vegetables are lightly browned. Reduce heat to medium low. Stir in tomatoes, tomato sauce, basil, Italian seasoning and pepper. Cover and simmer about 10 minutes. Stir in beans and cook 5 more minutes.

Meanwhile, remove dough from can in 2 rolled sections, do not unroll dough. Cut each roll into 4 slices, cut each slice into 4 quarters. Place cheese in 1 quart resealable plastic bag, add crescent pieces, seal and shake to coat.

Heat oven to 375 degrees

Spray 11X8 inch baking dish with cooking spray. Spoon eggplant mixture into baking dish. Arrange crescent pieces on top. Bake 17 to 20 minutes or until crescents are golden brown. Sprinkle with parsley.

## Grilled Shrimp with Mango, Lime and Radish Salsa

contributed by CSA member Tory, courtesy of Tyler Florence

### Ingredients

- 12 large shrimp
- 1/4 cup extra-virgin olive oil
- 1 lemon, juiced
- sea salt and freshly ground black pepper

### Salsa:

- 2 limes
- 2 mangoes, diced
- 4 to 5 red radishes, diced
- 1 red onion, diced
- 1 tablespoon chili powder
- 1/2 bunch fresh cilantro leaves, chopped
- 1/4 cup extra-virgin olive oil
- sea salt and freshly ground black pepper

### Preparation

In a large bowl, toss the prawns with the olive oil, lemon juice, salt, and pepper. Let marinate for about a half hour while you heat up the grill. Grill prawns on each side until they turn pink, about 5 minutes depending on size.

Remove the peel and pith from the limes and cut between the membranes to remove the segments. Put these "supremes" into a bowl and squeeze over the juice from the membranes. Add the remaining ingredients and mix; season with salt and pepper. Place warm grilled prawns on a platter and top with salsa.



## Aunt Jane's Zucchini Pie

contributed by CSA member Tory

### Ingredients

- 4 eggs beaten
- 1/2 cup oil
- 1 cup Bisquick
- 1 onion chopped
- 4 cups sliced zucchinis
- 1/4 cup parmesan cheese, grated
- salt
- pepper
- herbs, plenty of your choice, thyme and/or marjoram
- 1/4 cup parmesan cheese, grated for top

### Preparation

Mix eggs  
Add rest of ingredients  
Place in buttered 9" pie plate  
Top with 1/4 c parmesan

Bake 400 degrees for 30 - 35 minutes

Note: try using a variety of CSA summer squashes (zucchini, summer squash, kousa)