



Farmer Dave's



# Groundwork LAWRENCE

Community Supported Agriculture

ISSUE 8

AUGUST 19, 2008

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

## SOME ITEMS IN YOUR SHARE THIS WEEK:

- Beans
- Lettuce
- Celery
- Peppers
- Eggplant
- Tomatoes
- Heirloom Tomatoes
- Jalapenos
- Cucumbers

**Fruit Share:**  
Now—October 28

**Flower Share:**  
Now—Sept 9

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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## Jilo and Farm Fresh Vegetables

adapted from the UMass Extension Nutrition recipe

### Ingredients

- 2 tablespoons canola oil
- 3 gloves garlic, minced
- ½ medium onion, sliced thin
- 2 summer squash
- 2 tomatoes, sliced and quartered
- ½ cup of water
- 4-6 jiló (Brazilian eggplant), sliced and quartered
- pepper to taste

### Preparation

1. Heat oil in wok or large skillet over medium-high heat.
2. Add garlic and onion and sautee for 2-3 minutes.
3. Add jiló and sautee for another 2-3 minutes.
4. Add water, yellow squash, zucchini, tomatoes.
5. Lower heat and simmer for 10 minutes. (jiló should be tender and soft when poked by a fork).
6. Add pepper to taste.
7. Serve with rice, over pasta or by itself.



Jiló: a Brazilian eggplant known for its slightly bitter flavor.

## Chard Spotlight

by Heidi Stucker

It may take a while to become accustomed to chard or you may already love it. Whichever it is, that beautiful bouquet of chard, with brilliantly colored stems is worth experimenting with in your kitchen. It's not all that different from spinach and can be used as a substitute in several recipes that call for spinach. It can also be prepared in salads raw, preserving the vibrant colors. The diversity of nutrients packed into this dark leafy green provide you with an almost one-stop-shop for getting a good daily dose of vitamins and minerals. When it comes to vitamins K, A, C, chard is off the charts. It's also got a lot of iron, potassium, magnesium, manganese, and vitamin E. On top of this chard is a great cancer preventative and fighter. If the health benefits of chard don't persuade you to give it a try, maybe some recipe ideas will. Add it to an omelet; toss it in with some penne pasta with lemon juice, garlic and olive oil; put in in lasagna in place of spinach; add it to a turkey wrap with mustard and Swiss cheese. (Cooking tip: To preserve the nutrients, the best way to eat chard is raw or steamed. The more you cook it down, the more nutrients it loses.) Chard is definitely one of my favorite vegetables for the way it looks and because it can be added to so many dishes and adds a good dose of dark leafy green healthiness.

## Field Notes



What is that bright thing in the sky? Ah, finally, the return of the sun? Could this be the end of living in constant moisture? The intense rain we've been having has been rough on the healthy growth of some of our crops. The beans have started to rot on the plant. A few days of sun will burn off the spores of mold and fungus lurking about. The weeds look healthy and beautiful; because of the mud we have not been able to tractor cultivate in the fields. The ground has dried up enough so that tomorrow we'll try to get the tractor in there and assist the sore hands that have been pulling and hoeing the unwelcome plants for so long. Another three weeks of weeding, and then we will put down the hoes. The season-long battle will be over for the year. Further weeding will be unnecessary as the weeds will be killed by the frost before they really begin to compete with the fall vegetables which will withstand the frost. The days ahead look bright, and the harvest does too. Hope you are enjoying the flavors of the season!

Farmer Dave



## REMINDERS

### Live Lawrence! Traveling Café Concert

- Thursday, August 28th
- 5:30-7:30pm at Essex Art Center Courtyard, 56 Island St
- Performance by *New Roots Nation* (reggae) and food available for purchase from *Mill City Gourmet*

### Live Lawrence! Concerts at the Farmers Market

- 1-2pm on Appleton Way, between Essex & Common
- Aug. 20: Come hear the talented bagpiper Brian Quirk perform festive marches, jigs, and much more!
- Aug. 27: Hot Dixie Four—This band jumps and jives! Stop by to hear this fabulous four-member swing band!

## ALL CONCERTS ARE FREE!

### Save the Date!

- Aug. 23: Harvest Festival at Scarito Park
- Sept. 13: Spicket River Cleanup
- Sept. 18: Live Lawrence! Traveling Café: Edwin Pabon & Orchestra (salsa)
- Sept. 28: Trails & Sails Hike at Den Rock Park with Green Team
- Oct. 12: Live Lawrence Canal IllumiNations
- Oct. 29: Fall Festival at the Farmers Market
- Dec. 11: Groundwork's Annual GLOW Gala and Fundraiser

## Recipes

### Creamy Cucumber Salad

#### Ingredients

4 cucumbers, peeled and finely sliced  
2/3 cup plain yogurt  
3 tsp lemon juice  
3 tbsp fresh dill  
2 cloves garlic, finely minced  
Salt and pepper to taste

#### Preparation

- Lightly salt the cucumbers and set aside for about an hour. This pulls out some of the liquid and softens the cucumbers.
- Mix together yogurt, lemon juice, dill, and garlic.
- Add dressing to cucumbers and adjust salt and pepper to taste.
- Chill for an hour or until serving.

#### Variations

Substitute chives, cilantro, or parsley for the dill to achieve a completely different flavor.



### Sour Eggplant Stew (Ekşili Patlıcan)

Adapted from <http://almostturkish.blogspot.com/>

#### Ingredients

4 medium size eggplants, stem removed, peeled in occasional vertical stripes, and cut into edible chunks  
2 medium onions, thinly sliced in half moons  
4-5 tomatoes, diced  
5-6 cloves of garlic, minced  
1 tsp sugar  
1 1/2 tsp salt  
1 tsp black pepper  
1 tsp crushed red pepper flakes (optional)  
juice of 1 lemon  
a generous 1/4 cup olive oil  
1/2 bunch parsley, chopped

#### Preparation

- Place eggplant chunks in salted cold water for half an hour.
- Drain eggplants and squeeze them to remove excessive water.
- Mix eggplants with other ingredients in a pot (save half of the parsley).
- Cover and cook on low heat for 30-40 minutes, until eggplants are cooked (no water is necessary).
- Sprinkle rest of the parsley and serve hot or cold. Sour eggplant stew is even better the next day.

### Salsa

Adapted from

#### Ingredients

3 large tomatoes, chopped  
1 purple onion, chopped  
2 cloves garlic, minced  
1/4 cup cilantro, loosely packed  
1/2 tsp salt  
1/2 tsp black pepper  
3 jalapeno peppers, seeded if desired and chopped

Combine all ingredients in a large bowl and chill to allow flavors to absorb. If a smoother consistency is desired, process mixture in a food processor or blender.

Please remember to return your crate!

The summer edition of *Edible Boston!* is now available online! See the article about **Groundwork Lawrence and the CSA:**

<http://www.edibleboston.net/content/index.php/articles/summer-2008.htm>

### Harvest Festival at Dr. Nina Scarito Park!

Join us in celebrating the harvest season with a potluck! Bring a dish to share. There will be music and fun activities including face painting, sack races, and a contest at noon—the best tomato dish wins a prize. Bring your favorite recipe!

### Volunteer with us at the Spicket River Cleanup!

*We'll provide trash bags, gloves, and dumpsters*

- Meet other people who care about the river
- Learn about the Spicket River Greenway
- Celebrate your hard work at the end with a free celebratory lunch

*Bring your family, friends, or coworkers!*

For more information, contact:

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**New Hours at  
the Farmers  
Market!  
8:30am -  
3:00pm**