



Farmer Dave's



# Groundwork LAWRENCE

Community Supported Agriculture

ISSUE 7

AUGUST 12, 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  
Corn  
Lettuce  
Peppers  
Eggplant  
Tomatoes  
Radishes  
Jalapeños

Fruit Share:  
Now—October 28

Flower Share:  
Now—Sept 9

Groundwork Lawrence

Tuesdays  
3:00-7:00 pm

60 Island Street, 1st Floor  
Lawrence, MA

July 1—October 28

Farmer Dave's

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www.farmerdaves.net  
farm@farmerdaves.net

### Tomato Corn Salsa

adapted from www.epicurious.com

#### Ingredients

1 ripe avocado, cut into 1/4-inch dice  
2 - 3 Tbsp lime juice  
1 ripe red tomato, seeded and cut into 1/4-inch dice  
1 ear sweet corn, shucked  
1 scallion, finely chopped, or 3 tablespoons diced sweet onion  
1 - 2 jalapeño peppers seeded and minced  
1/4 cup chopped cilantro  
salt and pepper to taste

#### Preparation

1. Toss avocado with 2 Tbsp lime juice. Add tomato.  
2. Cut the kernels off the corn and add the to the mixing bowl.  
3. Just before serving, add the jalapeño(s) and cilantro to the mixing bowl and gently toss to mix. more lime juice as necessary and add salt and pepper to taste

### Summer Porter Chowder

Chef Laura Simoes, The Inn at Maplewood Farm  
Contributed by CSA member Tory

#### Ingredients

2 T olive oil  
1 small onion, chopped  
4 scallions, chopped  
1 zucchini, sliced  
1 summer squash, sliced  
3 ears of corn (remove kernels and reserve)  
6 ounces Catamount Porter  
4 cups whole milk  
1/2 cup heavy cream  
salt and pepper to taste

#### Preparation

Heat olive oil in a deep fry pan over medium high heat. Sauté the onion and scallions until nearly soft. Add the zucchini and summer squash and sauté for about minutes or until al dente. Add the corn kernels and porter. Stirring occasionally, cook over medium heat until the liquid is absorbed/evaporated. Put vegetable/porter mixture in a blender of food processor and puree. Add the milk slowly while blending and then return the chowder to the heavy pot. While reheating over a slow flame, stir in the heavy cream and add the salt and pepper.

### Part- or Full Time Help Needed

Farmer Dave is looking for some help as he moves into the harvest season.

August- October  
Farmer's Market  
CSA

Please email [farm@farmerdaves.net](mailto:farm@farmerdaves.net) if you are interested!

The Fruit Share  
begins this  
week!



A volunteer sunflower by the greenhouse

"A farmer's work is never done", is an old adage I have heard a lot. But on these rainy days, I understand it more and more. You would think that when the rains do not seem to stop, eventually we would run out of work. Yet, it never seems to happen. When it's dry, we are busy weeding and watering. But when it's wet, like it has been, we are still busy every morning picking. Then in the afternoon, we always seem to be busy transplanting broccoli, cabbage, collards, cauliflower, and lettuce. If it is raining just a little bit, we put on raincoats. When it begins to rain too hard we work in the greenhouse seeding more lettuce, scallions, and arugula. These seedings will be ready for picking late in October. The picking is also determined by the weather somewhat. The root crops such as radishes, turnips, beets, and carrots don't mind being picked in the rain. The same goes for the greens such as lettuce and Swiss chard. But, we hold off on some crops such as the tomatoes and beans until the leaves dry off so that we are less likely to transfer plant diseases from one plant to the next. The work and the harvest are so determined by the weather. Last summer, we had a major drought, and we were watering crops every single day until the ponds began to dry up. As long as we had enough water, the yields and flavors were incredible. This year, the rains don't seem to want to stop. The rain makes it perfect for transplanting crops, but the weeds are growing like crazy. Cloudy and cool weather reduces yields, and the excess water and lack of sun reduces the sweetness. No matter what the weather is, the work and harvest goes on.

### Field Notes

## REMINDERS

### Live Lawrence! Traveling Café Concert

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

### 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
- Aug. 28: Live Lawrence! Traveling Café: New Roots Nation (reggae)
- 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

### Baba Ghanouj

adapted from www.epicurious.com

#### Ingredients

- 2 1-pound eggplants, halved lengthwise
- 1/8 cup olive oil
- 1/4 cup tahini (sesame seed paste)
- 3+ tablespoons fresh lemon juice
- 1 garlic clove, chopped

Pita bread wedges or sliced veggies for dipping.

#### Variations

- Add cumin, paprika, and/or red pepper flakes
- Try roasting the garlic
- Barbeque the eggplant first

#### Preparation

Preheat oven to 375°F. Generously oil rimmed baking sheet. Place eggplant halves, cut side down, on sheet. Roast until eggplant is very soft, about 30-45 minutes. After cooling slightly, use a spoon to scoop pulp from eggplant into a strainer set over a bowl. Let stand 30 minutes, allowing excess liquid to drain from eggplant.

Move eggplant pulp to food processor. Add oil, tahini, lemon juice, and garlic; process until almost smooth. Season to taste with salt and pepper. Transfer to small bowl. Cover and chill, but return to room temperature before serving.

Serve with pita wedges or raw veggies.



### Basic Vinaigrette

#### Ingredients

- 1/2 cup vinegar, any kind
- 3 cloves garlic, pressed
- 1 tsp. oregano
- 1/4 tsp. rosemary, crushed
- 1 cup extra virgin olive oil

#### Preparation

Start with the vinegar and herbs/spices in a jar with a tight-sealing lid. Add a tablespoon or two of oil, screw lid back on the jar, and

shake vigorously. Continue adding oil, a couple of tablespoons at a time and shaking vigorously until the oil has been integrated.

Try different combinations of herbs and spices, different vinegars, and adding honey, maple syrup or mustard.

### CSA Culture: The Swap Box

How can you get more of those green beans your kids can't get enough of? Are you struggling with figuring out what to do with another eggplant? Check out the swap box! You can exchange an item you don't want for one you do, one for one.

Please remember to return your crate!

## Spicket River Cleanup

September 13, 2008

### Volunteer with us!

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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### The Spicket River Greenway

The developing Spicket River Greenway is envisioned by our community as a three-mile long "emerald bracelet" of green spaces and walking paths that connect parks and multiple neighborhoods. The Greenway vision serves as a guiding strategy for achieving multiple goals associated with creating a more healthy community including: river restoration, neighborhood revitalization, civic engagement, improved public health, enhanced walkability, better air quality, and increased recreational opportunity.

Since 2002, thousands of local volunteers have removed over 77 tons of trash from the Spicket River! Together, we can do even more.

### The Cleanup in Context of the Wider Greenway Initiative

In addition to engaging the community in the annual Spicket River Cleanups, Groundwork Lawrence serves as the project manager for the design and construction of three new parks along the Spicket River. With an investment of over \$5.5 million and another million in the pipeline, the Spicket River Greenway vision is becoming a reality.

