



Farmer Dave's



# Groundwork LAWRENCE

Community Supported Agriculture

ISSUE 10

SEPTEMBER 2, 2008

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

## THIS WEEK'S SHARE:

**Beets**  
**Corn**  
**Eggplant**  
**Lettuce**  
**Aji Dulce Peppers**  
**Sweet Peppers**  
**Radish**  
**Hungarian Wax Peppers**  
**Tomato**  
**Cilantro**

**Fruit Share:**  
**Now—October 28**  
**Flower Share:**  
**Now - Sept 9**

Tip: trim the bottom of your stems and change water daily to keep your flower share fresh.

**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  
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## Field Notes

These sunny dry days have been long overdue. The month and a half of rain has taken its toll on many crops. The cucurbits (summer squash, zucchini, winter squashes, cucumbers) are getting white leaves. The white is a type of mildew that zaps energy from the plants. I knew this would become a problem with all of the humidity. Between the rains, I would apply an organic spray that is the equivalent to the hydrogen peroxide that you probably have in your medicine cabinet. The perfect amount burns off the mildew, too much burns the leaves, too little will do nothing. It seemed to work for a good while, until the millions of spores reproduced into billions of spores. So, there will be few summer squashes and cucumbers for the rest of the year. There will be winter squash in October, but they may be few in number.

On the other hand the brassicas (broccoli, cabbage, cauliflower, collards, and kale) were very happy with the rainy weather. Now that the rains have stopped, we are back to irrigating them to make sure they continue to grow well. I love all of the brassicas and my favorite is Romanesco broccoli which will be ready for harvest later in October.

Eat Well, -Farmer Dave

## Baba Ganouj, from [www.epicurious.com](http://www.epicurious.com)

### Ingredients

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

**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 45 minutes. Cool slightly. Using spoon, scoop out pulp from eggplant into strainer set over bowl. Let stand 30 minutes, allowing excess liquid to drain from eggplant. Transfer eggplant pulp to processor. Add 1/4 cup oil, tahini, lemon juice, and garlic; process until almost smooth. Season to taste with salt and pepper. Transfer to small bowl. (Can be made 1 day ahead. Cover and chill. Bring to room temperature before serving.) Serve with pita.

## Sofrito from [www.allrecipes.com](http://www.allrecipes.com)

### Ingredients

3 medium tomatoes, chopped  
4 onions, cut into large chunks  
3 medium heads garlic, peeled  
25 cilantro leaves with stems  
25 leaves recajo or cilantro  
2 green bell peppers, seeded and chopped  
1 red bell peppers, seeded and chopped  
10 aji dulce peppers, tops removed  
1 tablespoon salt  
1 tablespoon black pepper

### Preparation

In a food processor, combine green peppers, red peppers aji dulce, tomatoes, onions, and garlic. Add cilantro, recajo, salt, and pepper. Process to the consistency of semi-chunky salsa (not watery). Place in a ziplock freezer bag, and use as needed, or freeze in portions in ice cube trays.

## Tomatoes are in abundance and we want to share them with you!

This week Farmer Dave will be bringing extra tomatoes for you to choose from. It's time to break out your favorite spaghetti sauce and tomato soup recipes, make some room in your freezer, or pull out your canning equipment, and take advantage of the surplus.

Sofrito is a fragrant sauce used as the base for bean, rice and stew dishes. The Puerto Rican recipe uses aji dulce peppers and recajo, an herb I have only seen at the Lawrence Farmers Market. Cilantro can be substituted for recajo.



**Aji Dulce Peppers**