



Farmer Dave's



Groundwork LAWRENCE

Community Supported Agriculture

ISSUE 11

SEPTEMBER 9, 2008

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

THIS WEEK'S SHARE:

Corn
Rosita Eggplant
Lettuce
Aji Dulce Peppers
Cubanelle Pepper
Green Pepper
Hungarian Wax Pepper
Radishes
Cherry Tomato Mix
Slicing Tomato
Basil

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

This will be the last week of flower shares.

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

Field Notes

It feels like the end of last week was some of the hottest days of the summer. And by the end of this week, we will have some of the coolest nights yet this summer. The sun and dry weather of the past two weeks have been very welcome. Hannah's rains this Saturday night were somewhat welcome, as some of the fields were getting dry. But 6 inches is a little much and 6 inches combined with heavy wind made for some corn blown over that is now growing at a 45° angle. This makes for some difficult picking, but we still pick nonetheless. There is definitely a fall feeling on the farm. All the students are now back at college or in high school. A few come to help out on the farm after school, but most are only available on the weekends. The fall crops are now in view. The bluish tint of the Brassicas (broccoli, cabbage, collards, kale, and romanesco) looks beautiful glistening in the morning dew. The pumpkins and the myriad of winter squashes are beginning to mature. The bounty of the summer and fall crops makes this a glorious time of year.

Roasted Mixed Peppers

Ingredients

Green bell peppers
Cubanelle Peppers
Hungarian Wax Peppers
1/2 C extra virgin olive oil
4 garlic cloves, minced
1 Tbsp chopped parsley
salt and pepper, to taste
brown paper bag
1 tsp sea salt or kosher salt

Preparation

Preheat broiler or grill. Cook the whole peppers over high heat until they have blackened spots and blisters and are tender. Place the peppers into a brown paper bag and roll up the top to seal, close to the peppers. Set aside until the peppers cool. When the peppers are cool, remove the skins. Slice the peppers open and scrape out the cores and seeds. Rinse under water quickly and dry well with paper towels. Cut into strips or halves. In a clean jar, combine salt, olive oil, garlic and parsley. Add peppers and store in refrigerator for up to three weeks.

Red, Gold, Black and Green Chili from the Moosewood Cookbook

Ingredients

1 C bulghur
½ C hot water
6 C undrained canned tomatoes (2 28-oz cans) (can also use fresh tomatoes!)
6 Tbsp olive oil or vegetable oil
6 C chopped onions
6 garlic cloves, minced or pressed
2 generous tsp ground cumin
2 generous tsp chili powder
2 Tbsp Tabasco or ½ teaspoon cayenne
4 green bell peppers, chopped
4 C fresh cut corn
3 C cooked black beans (2 14-oz cans)
3 C cooked kidney beans (2 14-oz cans)
salt to taste
grated cheddar or Monterey Jack cheese (optional)
chopped fresh cilantro (optional)

Preparation

Place the bulghur, hot water, and about a 2 cups of the juice from the canned tomatoes in a small saucepan. Cover and bring to a boil on high heat, then lower the heat and simmer gently.

While the bulghur cooks, heat the olive oil in a large saucepan. Sauté the onions, garlic, cumin, chili powder, and Tabasco or cayenne. When the onions are soft, stir in the bell peppers and sauté for 3-4 minutes more. Chop the tomatoes right in the can and add them to the pan. Stir in the corn and beans, and heat thoroughly on low heat. Taste the bulghur. When it is cooked but still chewy, add it to the pan with its liquid. Cover and simmer for a few minutes for the flavors to meld. Add salt to taste.

Serve plain or topped with grated cheese and fresh cilantro, and possibly with warmed tortillas, or tortilla chips and crudités.

Potluck on the Farm Save the Date!

Sunday, September 28
Late afternoon

Hayrides, Corn Maze, Food
and Good Company
More info to come...

We'll be bringing extra imperfect tomatoes this week for you to take home!

REMINDERS

Live Lawrence! Traveling Café Concert

- Thursday, September 18th
- 5:30-7:30pm at Campagnone (North) Common
- Performances by Edwin Pabon & Orchestra (salsa) and food available for purchase from Café Azteca.

ALL CONCERTS ARE FREE!

Save the Date!

- Sept. 13: Spicket River Cleanup
- Sept. 18: Live Lawrence! Traveling Café:
- 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

FEEDBACK!

Thanks to everyone who has provided us with feedback on the CSA program thus far this year. We would love to hear how the CSA is going for you this season as we are continuing to refine the CSA program. What do you think of the quantity of vegetables available? What about the variety? The quality? Also, please feel free to ask any questions you have regarding how to use, store, or save the produce you receive in your share! We want to make this program what you want it to be, and we need your help to do so.

How to Revive Limp Celery and Other Vegetable Storage Tips

Here are some tips to keep your vegetables fresh for as long as possible as well as to revive those that have already taken a turn for the worst.

Celery

When celery gets limp, ice water is enough to revive it. If the entire head of celery needs revival, trim the bottom (root-end) of the celery and stick upright in a glass of ice water until revived. Putting sliced celery in ice water also works to revive it. Kids enjoy seeing celery "come back to life."

Tomatoes

If you plan on using your tomatoes this week, keep them out of the fridge and on the kitchen counter. Putting tomatoes in the fridge can alter their flavor and cause them to become mealy, though it can allow them to stay fresh longer.

Be Wary of Ethylene (or How to Over-ripen Foods)

Many fruits and some vegetables emit a chemical called ethylene that can cause your other produce to ripen. Some of the foods that emit ethylene include: apples, avocados, bananas, pears, peaches, plums, cantaloupes, honeydew melons, mushrooms, and tomatoes. Ethylene can work in your favor if you put one of these ripe fruits or vegetables in a paper bag with an under-ripe fruit. On the other hand, one rotting peach can cause other nearby peaches, tomatoes, etc. to rot along with it, much faster than it otherwise would. Furthermore, vegetables that absorb ethylene (including brassicas, leafy greens, beans, carrots, cucumbers, eggplant, peas, peppers, and potatoes) can take a turn for the worse. String beans and lettuce get brown spots, broccoli buds, cucumbers, and Brussels sprouts may yellow, and carrots become bitter when exposed to ethylene.

Prevention: Keep an eye on your fruits—when one rots, remove it from the rest. Keeping a box of baking soda in the fridge helps absorb the odors and moisture.



For more information about storing vegetables and keeping them fresh, check out these websites:

Storing Vegetables

<http://www.gardenguides.com/how-to/tipstechniques/vegetables/storing.asp>

Refrigeration Tips: Keeping Vegetables Fresh

<http://www.vegetableexpert.co.uk/RefrigerationAndColdStorage.html>

How to Store Vegetables in a Typical Suburban Home

http://www.farmdirectcoop.org/veggie_storage

Please
remember to
return your
crate!



The Spicket River Cleanup is finally here! Come join us and help us make this year the most successful yet. On Saturday, **September 13th**, meet at Everett Mills on the corner of Canal and Union Streets at **9am to register**. The event will wrap up by 1pm, after we share a celebratory lunch. Contact Kathryn Prybylski with any questions at 978-974-0770 or at kprybylski@groundworklawrence.org.

Mayor Michael J. Sullivan and the City of Lawrence invite you to attend the Community Meetings for the New Manchester Street Park

Public meeting Number 1: Revisit initial designs and seek community input
September 10, 2008 6:30 p.m. at Malden Mills – 530 Broadway

Public meeting Number 2: Present modified design based on community input from Meeting Number 1
September 24, 2008 6:30 p.m. at Malden Mills – 530 Broadway

The Manchester Street Park Site (former Covanta site) is a vacant 5+ acre brownfield, the site of now-dismantled municipal incinerator, situated along the banks of Lawrence's 2.5-mile stretch of the Spicket River at Stevens Pond. Community involvement for the design is invited before the project goes into construction this coming spring.

For information, or to RSVP, please contact Ellen Minzner in the Community Development Department, 978-620-3516, eminzner@cityoflawrence.com or Kathryn Prybylski, *Groundwork Lawrence Project Manager*, at 978-974-0770, kprybylski@groundworklawrence.org