



Farmer Dave's

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

THIS WEEK'S SHARE:

- Acorn Squash
- Beets
- Broccoli Raab
- Cauliflower
- Collard Greens
- Leeks
- Lettuce
- Peppers
- Hakurei Turnips

Fruit Share:
Now—October 28

Fall at the Farm

Saturdays, Sundays, 11-5
Now through October 26
Hayrides \$5 * Corn Maze \$5
Hayride/Corn Maze \$8
Pumpkin Picking

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



Groundwork LAWRENCE

Community Supported Agriculture

ISSUE 16

OCTOBER 14, 2008

Vegetable Spotlight

This week you will find *Spigariello Liscia* (a broccoli raab variety) in your shares. This vegetable, popular in Italy, looks like broccoli but has small flower heads and edible stems and leaves, more tender than broccoli. This particular variety is far less leafy than common broccoli raab, and has a very sweet, crunchy stalk. It is delicious sautéed simply with garlic and olive oil and maybe a little sesame oil. When preparing the vegetable cut off the bottom of the stem if it looks woody at all, then use all parts in your dish: leaves, stalk and flower head. If you are looking for more inspiration, try out the recipe below.



Broccoli Raab

Orecchiette with Broccoli Raab from the Recipe Zaar

Ingredients

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| 1 cup chicken or vegetable stock | 1/4 tsp crushed red pepper flakes |
| 1 lb orecchiette (Italian pasta, half sphere-like) | 1/4 tsp salt |
| 1/4 cup olive oil | 1/2 lb sweet Italian sausage, cooked & crumbled |
| 3 garlic cloves, crushed (large) | 2 teaspoons unsalted |
| 1 1/2 lbs broccoli raab | 1/2 cup parmigiano-reggiano cheese, freshly grated |

Preparation

Cook the orecchiette in a large pot of boiling salted water until al dente; drain well. Meanwhile, in a large, deep skillet, heat the oil. Add the garlic and cook over moderately high heat until golden. Slice diagonally the stem and floret of the broccoli raab and coarsely chop and add the broccoli raab greens. Add the broccoli raab, crushed red pepper and salt; cover and steam for 5 minutes, stirring occasionally. Stir in the hot chicken stock, sausage and butter and cook over high heat until the sauce reduces slightly, about 3 minutes. Add the orecchiette to the skillet and toss gently. Sprinkle half the Parmigiano on top and toss again. Serve immediately, sprinkled with the remaining cheese.

Updates from Groundwork Lawrence

Open Space Plan Meeting

The final meeting is at **6:30pm** this **Thursday, October 16** at **Lawrence Heritage State Park**, on the 3rd floor. This is the last public meeting to give Lawrence residents the opportunity to provide input on the City's park and open space investments—please make every effort to attend! If you can't attend, a survey for residents is available at our office and online at our website, www.groundworklawrence.org.

Canal IllumiNations

Thanks to everyone who made it out to Canal IllumiNations this past weekend! It was a fun celebration of the community and its heritage filled with amazing performances and engaging music. Lanterns made by young people in the community beautifully illuminated the canal.



Clem, our field manager extraordinaire, Marco and Mincho going to harvest.

GLOW Gala & Fundraiser Dec. 11

Help us celebrate another year of successful projects, partnerships, and programs! Support Groundwork Lawrence while dancing, bidding on Eco-Art by local artists and environmentalists, and entering to win fantastic raffle prizes. Tickets will be \$45 each and available to purchase online soon.

We are getting short on crates and would greatly appreciate it if you would return any to the CSA that have been accumulating at your homes.