



Farmer Dave's



Groundwork LAWRENCE

Community Supported Agriculture

ISSUE 18

OCTOBER 28, 2008

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

THIS WEEK'S SHARE:

Butternut Squash
Acorn Squash
Pumpkins
Ornamental Gourds
Broccoli
Cabbage
Lettuce
Swiss Chard
Mustard Greens
Scallions

Crates

Please return all crates to the CSA this week.

B.Y.O. Bags

Please bring a few bags with you on Tuesday to transfer your share into.

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

Thanks for joining us for the growing season!

Today is the last CSA pickup.

Field Notes



Thanks to all of you for joining us for our 2008 growing season and our second CSA season in Lawrence! We hope that you enjoyed your experience with our CSA and made delicious meals with your veggies, experimenting with some vegetables you may have never cooked with before. Together we rode the wave of abundance and variety—it was a successful lettuce, eggplant and pepper year— and we had to deal with fewer of some crops because of weather and other challenges that are inherent to farming—it was a challenging year for tomatoes and cucumbers and other crops in the cucurbit family due to the heavy rains in July that brought on blight earlier than usual. By joining our CSA you came to know what the season was like for your region and supported our local farm throughout the growing season. We hope to have you back next year, and look forward to receiving feedback from you through the CSA survey. The feedback we gather through this survey will be very important to us for planning for next year. Thanks again, and have a great winter!

2009 CSA Registration

As a 2008 CSA member you will have the opportunity to sign up for the 2009 growing season before we open registration up to the general public. We will notify you by email in late winter when registration opens.

Thanks to all who made this CSA happen

A special thanks to Deb, Iris, Maria and Elba for being in charge of the CSA pickup. Thanks also to Rowan Van Ness, Rose Gonzalez and the rest of Groundwork Lawrence and thanks to Lawrence Community Works for helping to build and grow the CSA. And thanks to those who planted, weeded and harvested and all the others that helped make the CSA run smoothly. -Heidi Stucker

Our Farm Stand is open daily from 10am—6pm

If you need to stock up on additional veggies, we welcome you to visit our Brox Farm stand. We have pumpkins and fall decorations now and we'll be selling Christmas trees and holiday decorations as well as we get closer to the holiday season. We also have Farmer Dave's t-shirts and sweatshirts for sale! We are open daily from 10am-6pm. For directions visit: <http://www.broxfarm.com/>

Aduki Bean & Squash Stew from Liz at Astoria CSA

Ingredients

1 cup aduki beans
olive oil
1 onion chopped
2 garlic cloves
1/2 t cumin
1/2 t turmeric

1 cup veg stock
2 carrots, peeled & sliced
1/2 butternut squash, cut into small chunks
1/2 bunch of kale, stemmed & torn into pieces
4 T chopped chervil (optional)



Preparation Pre-soak beans overnight. Drain & rinse. Then boil for 15 minutes. Drain & rinse. Saute onion & garlic in the olive oil. Add the spices. Add 1 liter (4 cups) of water, vegetable broth and beans. I also added a small strip of kombu seaweed (adds no flavor but a TON of minerals, and helps break down beans for digestion). Bring to a boil, then simmer for 10 minutes. Add carrot and squash, simmer an additional 10 minutes. Add kale. Simmer another 5 minutes. Remove kombu. Sprinkle with chervil (optional). Salt and pepper to taste.