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**Groundwork
Lawrence's**



Community Supported Agriculture

This Week: In Your Share

Week 8

August 17, 2009

Week 8

*Yellow Beans
Eggplant
Onions
Hot Peppers
Potatoes
Summer Squash
Medley
Cherry Tomatoes
Tomatoes
Herb*

Fruit Share:

*Berries
Shiro Plums*

Don't know what something is?

Check out our [Vegetable ID Guide \(pdf\)](#)!

Distribution Information

**Tuesdays
3-7pm**

**Groundwork
Lawrence**
60 Island St.
Lawrence, MA 01840
June 30 - Oct. 27

**Lawrence Farmer's
Market**

When: Every
Wednesday, July 8th-
Oct. 28th, 8am-3pm

Where: Appleton
Way, Between Essex

Dear CSA Members,

My internship at Groundwork Lawrence is slowly coming to an end! Tomorrow and next Tuesday will be my last days at the CSA distribution and I hope to see you all there! This week there are some great new vegetables that we haven't seen yet, like eggplant. We have a great recipe below that includes eggplant and zucchini, which gives us another way to use up all of the zucchini we have accumulated since the start of this summer's CSA!

I hope you enjoy your share this week!

-Kemi

Field Notes

Did someone just turn the heat on? It feels like summer is here. The crops are finally growing at their normal pace. But, since they are growing faster now and since we have not had a good rain in two weeks, we are now irrigating fields as fast as we can. Normally at this time of year, a lot of the fields would be completely harvested and we would not have to worry about keeping them watered. With this year's rain delay, we are still growing on almost all the fields. Hopefully we get some plentiful rains later this week. Too wet, too dry, it is a challenge to give plants perfect conditions. The tomatoes are finally ripening nicely. Tomatoes do not like the cool rainy weather we have had. The plants and fruit are not looking their best, but at least we have some tasty tomatoes. There will be more tomatoes to come, but the season may be cut short if the plants get infected with late blight fungus. There are many diseases that can affect tomatoes. I apply an organic copper spray when conditions are favorable for the diseases. The copper inhibits growth of the fungus on the plant. The more humid, wet weather we have, the sooner the plants will succumb to the diseases. We do many "cultural" things to encourage our plants to be disease free. We start with certified disease free seed, disinfect the pots and greenhouses that we start the plants in, plant on well drained soil so that there will be no standing water after a rain, plant on sloped land to have more air movement to dry off the plants, stake and trellis the plants for better air circulation, prune the tomato plants to allow the air to go through the plants to dry the leaves, put down mulch before planting to reduce the amount of soil-borne diseases on the plants, water with root zone drip irrigation instead of overhead irrigation so that we are not adding moisture to the leaves, and apply copper sprays when the weather favors disease growth. Moisture on the leaves is the worst

and Common Streets

Why: To pick up the freshest fruits and veggies around and support your local farmer!

Live Lawrence! Events

Wednesday, August
19, 2009
1:00pm-2:00pm

Farmer's Market
Concert Series
Featuring:
Free Face Painting
and
[Jandee Lee Porter](#),
Guitar and Vocals

QUICK LINKS

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Recipe Blog

Let us know if you'd like to share recipes you've made with your CSA veggies. We'll pass them on to Heidi, who will gladly put them on the [Farmer Dave's recipe blog](#).

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thing for tomatoes. We do all we can to help the plants, and hope they will provide bountiful fruits.

Savor the flavor,
-Farmer Dave

Vegetable Spotlight: Eggplants



Eggplant is a vegetable that comes in a number of forms and colors, though the first to come to mind is probably the large, oblong, deep-purple variety. Luckily, the many types of eggplant are all interchangeable in recipes. Here at the farm, we grow a number of different eggplants, so in your share

you might get the standard black eggplant or the thinner Asian eggplant. The color could be a deep purple or a beautiful swirl of lighter purple and white. In any case, eggplant should be stored at a cool room temperature. Before preparing, you can peel the eggplant, but it is not necessary.

This week's recipe uses a few of the items that you will find in your share.

Eggplant and Zucchini Bake

-from Vegetarian Cooking and Vegetable Classics

Ingredients:

1 large eggplant
2 tbsp olive oil
1 large onion, chopped
1-2 garlic cloves, crushed
2lb tomatoes, peeled & chopped
handful of basil leaves, shredded
1 tbsp fresh parsley, chopped
2 zucchini, sliced lengthwise
plain flour, for coating
5-6 tbsp sunflower oil
12oz mozzarella, sliced
1oz Parmesan cheese, grated

1. Slice the eggplant, sprinkle with salt, and set aside for 45-60 minutes.
2. Heat the olive oil in a large frying pan. Fry the onion and garlic for 3-4 minutes, until softened. Stir in the tomatoes, half the basil, the parsley, and seasoning. Bring to a boil. Reduce heat and cook, stirring, for 25-35 minutes until thickened. Mash the tomatoes into a pulp.
3. Heat the sunflower oil in another frying pan and fry the eggplant and zucchini until golden brown. Set aside.
4. Preheat the oven to 350 degrees Fahrenheit. Butter an overproof dish. Put a layer of eggplant and then zucchini in the dish, pour over half the sauce and scatter with half the mozzarella. Sprinkle over most of the remaining basil and a little parsley. Repeat the layers, ending with mozzarella. Sprinkle the Parmesan cheese and remaining herbs

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on top and bake for 30-35 minutes. Serve immediately.

And as always, if you have a favorite recipe of your own, please share it with us on our recipe blog. Enjoy this week's share!

Know Your Farmers: Jen

The question is not exactly what does Jen do at Farmer Dave's, but rather what doesn't she do. Jen's main passion is garden design and working in the greenhouses on our flower nursery. Growing up in Dracut, she and her grandfather would work in his garden together, competing against each other for the best looking tomatoes. This childhood activity developed into a career when she began working for nurseries and greenhouses and then went on to study floraculture. She was hired four years ago to help manage all the seeding and growing done on the farm. However, her job description also includes almost every area of the farm

business: organizing and running some of the farmer's markets, packing the CSA shares, and running the farm stands. Jen says that the thing she loves most about this job is that it is always changing; with each new part of the season comes a new set of tasks and challenges. And she always meets those challenges with plenty of energy and a smile. When I asked about her favorite vegetable, she didn't even blink: "Hands down, broccoli."

Live Lawrence! Free Concert

On Thursday night, 8/20, there is a free concert at the Lawrence Heritage State Park featuring musical marvel "Grupo Fantasia."

The Terra Luna Cafe of Appleton Way will have prepared food available for sale at the park. The concert is outside if weather permits and inside if it rains.

Date: Thursday, August 20
 Group: Grupo Fantasia
 Time: 5-8 PM
 Where: The Lawrence Heritage State Park
 1 Jackson Street
 Lawrence, MA 01841
 Food: Terra Luna Cafe

For more information about Live Lawrence!, visit <http://www.livelawrence.org>

Save the Date!

On Saturday, September 19, we will be having the 8th Annual Spicket River Cleanup! Please join us in our annual cleanup and celebration on the river. The Spicket runs 2.5 miles through Lawrence before it empties into the Merrimack. Over the past 7 years we have pulled over

70 tons of trash from its banks. This is our biggest volunteer event and we hope you can join the fun!
Contact [Kathryn](#) in our office about signing up or getting your group involved!

Got Any Tips or Ideas?

If any of you lovely CSA members have any tips, recipes, or stories you would like to share or want to be included in the upcoming newsletters, send them to GWLintern@groundworklawrence.org!

Crate Return

Please remember to bring back your Farmer Dave's crate when you come to distribution this week! There's a limited number of crates, so it is important for people to return them every week.
Also, upon arrival at the CSA pickup we would really appreciate it if all of the members held on to their crates while in line to be checked off. This eliminates confusion and allows for a more efficient crate exchange!

Sincerely,
Kemi Fadarey
Groundwork Lawrence Intern

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