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Groundwork Lawrence's



Community Supported Agriculture

This Week: In Your Share

Week 5

July 27, 2009

Week 5

Corn
Green Beans
Cucumbers
Green Garlic
Lettuce
Fresh Onions
Peas
Summer Squash
Medley
Basil

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

Live Lawrence! Events

Wednesday July 29,
2009
1:00pm-2:00pm

Farmer's Market
Concert Series
Featuring:
Free Face Painting
and
[Teresa Ines](#), Brazilian
Composition

Dear CSA Members,

So far the CSA distribution has been going great! Now that all of you have been receiving your fresh produce we hope that you are satisfied with all of the wonderful vegetables. Farmer Dave is committed to picking the produce when it is at it's best, so sometimes this causes last minute changes between when we do the newsletter on Monday and pickup. The great thing about working directly with a local farmer is the surprise and unexpected gifts when you open your CSA crate!

For the first time this summer, Yashira and I will both be managing the distribution tomorrow. We look forward to seeing you there!

-Kemi

Field Notes

To bag or not to bag...that is the question. To refrigerate or not to refrigerate. This can get complicated. We try to get all of our crops out of the fields, cleaned and to you as quickly and efficiently as possible. It is always a challenge to maintain the peak quality through the whole process. Sometimes we put items into plastic bags so that they get to you in one piece. But some of the items that we put in plastic bags, like potatoes, should not be stored for long in plastic bags. Other items, like greens need to be put into plastic bags, a crisper, or a plastic container as soon as possible if you intend to store them for a few days. We try to use plastic sparingly but, we also want to ensure quality of the crops. If you are going to eat everything immediately, you don't have to worry about any of this. But, if you plan on eating your share over the course of a week, please be sure it is stored properly.

Neighboring Stearns Farm CSA in Framingham has made a great quick [reference guide for storing produce](#).

As for things in the field, we seem to be in a warm/normal stretch this week. Hopefully the sunny days and dryer fields will cause the natural sugars to concentrate in the fruits and veggies. Cloudy rainy weather always seems to give things a blander/watered down taste. I know I am feeling watered down with this summer's weather. Here is to a sunny, normal rest of the season. This week we have the first of the garlic. For our first year growing a large amount of garlic, I am very pleased with how nicely it is looking. We planted this garlic late last fall on a nice sandy loam soil not far from where a grist mill once stood a hundred years ago (i.e. near a brook). Before the ground froze we mulched it

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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thickly with leaves to insulate it from constant thawing and freezing over the course of the winter. In April, I was surprised to see the garlic poking through the mulch. We later moved some mulch where it was too thick for the plants to get through. Weeding was minimal thanks to all the work mulching in the fall. I was intending to not irrigate the garlic very much so that the flavors would intensify. Given all the rain, I'm glad I planted it on such a sandy soil. In the coming weeks we will harvest all the garlic and carefully set it out on drying racks to be enjoyed later in the season. This week and next week we will enjoy green garlic. Later in the season, we will enjoy dry garlic. The flavors will differ. We will use a certain portion of the harvest as "seed" for this fall's planting. And so the cycle of life continues.

Enjoy,
Farmer Dave

Vegetable Spotlight: Green Garlic

Garlic purchased in the grocery store has generally been cured to ensure that it can store well and long. Green Garlic (a.k.a. fresh garlic) has not gone through this curing process, and differs from cured garlic in that it is slightly milder and should be used within a few weeks. Until you use your garlic, store it in a cool, dry place, but keeping it out of the refrigerator.

Try this seasonal recipe with your green garlic:

Garlic-and-Herb-Stuffed Tomatoes and Zucchini

-From the book, *How to Pick a Peach* by Russ Parsons

A simple way to stuff a zucchini, this method has the distinct advantage of showing off the squash's flavor. Baking the squash with small, round tomatoes stuffed with the same mixture adds enough complexity that you can serve this dish as a light summer dinner.

Ingredients

- 1/3 cup pine nuts, toasted
- 2 Tbsp olive oil
- 1 onion, minced
- 4 garlic cloves, minced
- 1 28-ounce can crushed tomatoes
- 1/2 cup dry white wine
- 3 Tbsp capers, drained
- Salt
- 1/2 pound baguette
- 1/4 cup loosely packed, coarsely chopped fresh basil leaves
- 2 garlic cloves, chopped
- 4 salted anchovy filets, rinsed and chopped
- 3 8-inch zucchini
- 12 small, round tomatoes

Makes 6 Servings

1. Toast the pine nuts in a small skillet over medium heat, stirring, until they are lightly browned and fragrant, about 13 minutes. Set aside.

2. Heat the oven to 400 degrees. Combine the olive oil and the onion in a large skillet over medium heat and cook until the onion softens, about 5 minutes. Add the minced garlic and cook until fragrant, about 3 minutes. Add the crushed tomatoes, wine, capers and 1/2 tsp salt and

simmer until the sauce thickens, about 20 minutes.

3. Meanwhile, trim the crust from the bread and cut the bread into cubes. Place in a blender with the basil and chopped garlic and grind to fine, pale-green bread crumbs. Pour the bread crumbs into a medium bowl and stir in the anchovies and the pine nuts. Set aside.

4. Cut each zucchini in half crosswise and use a melon baller or serrated spoon to carefully remove some of the flesh from the center to make what looks like a canoe. Leave about 1/4 inch of flesh at the sides and ends and a little more at the bottom. Discard the scooped out flesh. Season the inside lightly with salt and steam over rapidly boiling salted water until almost tender, about 15 minutes.

5. Cut a slice from the top of each tomato and use the melon baller or spoon to gently remove most of the pulp. Discard the pulp. Season the inside lightly with salt.

6. Pour the tomato sauce into a lightly oiled 5-quart gratin dish. Spoon the bread crumb mixture into the zucchini and tomatoes, mounding it slightly on top. You will need 1 to 2 Tbsp for each zucchini and 2 to 3 tsp for each tomato. Do not press the crumbs, or they will become pasty when cooked. Arrange the zucchini and tomatoes in the gratin dish.

7. Bake until the vegetables soften and the crumbs are browned, 30-35 minutes. Serve immediately, or set aside and serve at room temperature.

Lawrence Farmers Market

This is just a reminder to join us every Wednesday from 8 a.m-3 p.m. for the Lawrence Farmer's Market! It is located at Appleton Way next to City Hall, which is between Essex and Common Street. Vendors will be selling their usual array of colorful fruits and vegetables, with the addition of farm fresh eggs, homemade breads, local honey, and delicious baked goods on occasional weeks. Also, healthy prepared foods will be available for purchase courtesy of Clock Tower Café. These past few weeks, all 3 farms and the café have had a lot of success, so please come and show your support!

Free Concert Reminder!

This Thursday night, 7/30, there is a free Live Lawrence! concert at the Lawrence Heritage State Park featuring musical marvel the Essex Jazz Ensemble with Michael Finegold, flutist; Tom McKinley, pianist; Barry Smith, bass; and Jim Lattini, drums.

Sweeney's of Essex Street will serve prepared food for attendees at the park. The concert is outside if weather permits and inside if it rains.

Date: Thursday, July 30

Group: Essex Jazz Ensemble

www.essexchambermusicplayers.org

Time: 5-8 PM

Where: The Lawrence Heritage State Park

Food: Sweeney's Sandwiches, Salads, and Spirits

www.sweeneyscatering.com

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

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! For example, a couple of our members have an Iron Chef challenge each week. This truly demonstrates the culinary intelligence of our CSA members! If you have any other fun ideas like this, please feel free to e-mail me!

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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