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**Groundwork
Lawrence's**



Community Supported Agriculture

This Week: In Your Share

Week 2

July 6, 2009

Week 2

Hakurei turnips
Radishes
Lettuce
Peas
Scallions
Zucchini
Cilantro
Arugula
Cucumbers

Don't know what something is? Check out our [Vegetable ID Guide \(pdf\)](#)!

Distribution Information

**Tuesdays
3-7pm**

**Groundwork
Lawrence**

1st Floor
60 Island Street,
Lawrence, MA 01840

June 30th - October
27th

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Dear CSA Members,

As some of you know, I am just finishing up my AmeriCorps*VISTA year with Groundwork Lawrence next week. It's been a great year, and I've enjoyed getting to work with Groundwork's programs and with all of you as well. If you have any questions about the CSA or any of Groundwork Lawrence's other programs, please contact our office at **978...** and someone will happily assist you.

Enjoy the rest of the season!

-Rowan

Field Notes

Last week we were considering offering a spa day to our CSA members with mud bath specials - but this weekend the sun has begun beaming through the clouds drying out the wet fields. Maybe we'll have to switch over to cucumber facials.

So, it's been wet, as you all know and we appreciate your concern about how the weather has been affecting the growth of the veggies. While some vegetables are reaching for the sky in search of sun, others are growing just fine and soaking up the water. Our zucchini likes the water a lot, and are growing well. Some crops are behind schedule due to the lack of sun and warmth. We are all crossing our fingers for some more sunny days ahead to move the growing season along.

The farm is filling up with new and familiar faces as the season kicks into gear and we are happy to have such a great team this year helping to grow the food and get it to all those who enjoy eating it. We plan to introduce you to many of our team members this season in the 'know your farmer section'. All in the name of putting your 'farmers' faces on your food' (the translation of Taikei - a Japanese model of CSA)

We hope you enjoyed the first week's share, and hope you were able to clean out your fridge before today. If you've still got some veggies left over, it's time to get out your juicer before the this week's veggies come in!

-Heidi, CSA Coordinator at Farmer Dave's

Vegetable Spotlight: Hakurei Turnips

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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The Hakurei is different from other turnips. It is a small, sweet tasting white turnip that is great raw and is also used cooked in some recipes we have on the recipe blog. Following is a recipe for a quick and delicious salad:

HAKUREI TURNIP SALAD

Hands on time: 10 minutes
Time to table: 10 minutes
Serves: 1

Ingredients:

Salad greens dressed with homemade or bought ingredients
Hakurei turnip, skins on, ends trimmed, cut into batons or diced
Apple, quartered, cored and diced
Candied nuts



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.

Edible Boston Raffle

Congratulations to Julia Ross! She won the final raffle and will receive a subscription to Edible Boston Magazine.

Know Your Farmers: David Dumaresq

David's passion for farming and local food began at an early age. He grew up working on the Brox Farm in Dracut, learning the intricacies of New England farming from John Brox who had been tilling that land since the 1920's.

After graduating from college, Farmer Dave served in the Peace Corps as a crop extensionist in Ecuador. He taught organic agriculture in the Andes, working with farmers to improve the health of their farms and businesses practices.

Since returning from Ecuador in 1997, he has been leasing the Brox Farm, growing a wider and wider array of fruits, vegetables and flowers. Through addition of the East Street Farm in Tewksbury and his own Dumaresq Farm in Dracut, his operation has grown to include three properties. Working closely with hunger relief organizations, Farmer Dave has been able to implement his commitment to increasing access to fresh, local food for everyone in our community.



If forced to choose, David claims the tomato, in all its various forms, as his favorite vegetable.

Sincerely,

Rowan Van Ness
Healthy Communities*VISTA
Groundwork Lawrence

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