



Groundwork Lawrence's



Community Supported Agriculture

In Your Share

Week 16

October 13, 2009

Week 16

Arugula
Corn
Eggplant
Hot Peppers
Cubanelle Peppers
Radishes
Spinach
Plum Tomatoes
Slicing Tomatoes
Butternut Squash
Dill

Fruit Share:

Apples
Pears

Don't know what something is? Check out our

[Vegetable ID Guide \(pdf\)](#)!

Dear CSA Members,

We hope you enjoyed the crisp long weekend! In light of the fact that we have **only two more weeks of the CSA** after this week and because the colder weather tends to drive us inside to our warm kitchens, we wanted to share some extra recipes with you in this newsletter; we hope they inspire you to truly savor what's in your share. Click on the recipes to view them:

[Pickled Eggplant with Mint and Honey](#)

A GWL office favorite!

[Linguini with Pecan Arugula Pesto](#)

A great way to use up all that arugula. Remember that pesto can be frozen in ice cube trays for use throughout the winter.

[Tomato and Corn Pie](#)

Another GWL office favorite that's worth the work. Corn is making a comeback this week!

Also, just another reminder that **we will be collecting non-perishable goods at pick-up on Tuesdays for Neighbors in Need**, a network of food pantries serving greater Lawrence. Please consider bringing some items along with you--there's a box designated for this at pick-up.

Happy cooking,

Groundwork Lawrence

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-2pm

Where: Appleton

Field Notes from Farmer Dave

It sounds like it is going to be a cool week. I'm sure we will end up having at least a touch of frost in most fields by the end of the week. The question is will it be more severe cold than just a touch? We have been picking the non-cold tolerant crops as fast as we can. All of the winter squash is now picked and being stored in the greenhouse for the time being. We are stripping down some of the tomato plants even though the tomatoes are not fully ripe. It seems that it takes five days in mid October to get the same ripening that would take only a day in the middle of August.

Back in July, I mentioned that we had an unplanned gap in the corn harvest. Because of all the rain that we had in June, I could see that a particular field was going to be stunted from the excess water. If I had left the field to grow we would have had two inch long ears of corn. Instead, I ploughed the field under and replanted the corn. Well, I would like to give the corn just one more week of ripening. But the weather might prevent that. So, we will enjoy some corn this week. The ears

Way, Between Essex
and Common Streets

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

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[More About GWL](#)
[Farmer Dave's](#)

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Be our friend on
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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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might be a little young yet, but they are very tender and sweet. And if there is no heavy frost later this week and we get a little sun and warmth, we might enjoy more corn next week. I love eating raw corn so much; I hate to see the season end.

Enjoy,
Farmer Dave

Farm Festival & CSA Potluck at Farmer Daves: This Saturday, October 17th!



Farmer Dave wishes to
invite you to join him at
the crew at Farmer Dave's
for afternoon of fun farm
activities and a potluck
dinner on Saturday,
October 17th from 11 am
- 6:30 pm!

[11:00 am -5:00 pm: All
Day Farm Activities](#)

Corn Maze

Hay Rides
Pumpkin Picking (50 cents/pound)

3:00 pm: Music, Games and Raffle!

Live Music featuring Billy Brox & Oscar's Fault - Geoff Goodhue & Nick Vandenburg
Raffle for a 2010 Season Regular Vegetable Share!
Donut-Eating Contest
Sack Racing
Face Painting
Corn Tossing
Hay Bale Chuckin' Contest

5:00 pm: Potluck!

We'll be gathering in the barn for the potluck; we invite each of your to bring a dish to share.

Potluck Checklist:

*Please bring a recipe card for your dish to display in front of the dish, being sure to list the ingredients and any allergen information (i.e. contains peanuts, meat, vegetarian, vegan...) We'll add the recipes to our recipe blog!

*Please bring serving utensils for your dish

*Please bring beverages that are alcohol-free only

We look forward to seeing you!

Vegetable Spotlight: Spinach



Despite having a bad rap
for many years, spinach is
tasty and versatile dark



leafy green. Long gone are the days when spinach was served as a pile of over-cooked green mush. Nowadays you can find spinach raw in salad, as a quick addition to a soup, stir-fry, or saute, and baked

into lasagna or quiche. Pureed spinach can make a great soup, or you can try making a spinach pesto by substituting spinach for some of the basil and parsley.

Spinach will store in the crisper drawer of your refrigerator for up to a week, and can be blanched and frozen for longer-term storage.

This week we bring you a recipe for a simple pasta dish using fresh spinach. Enjoy!

Spaghetti with Creamy Spinach and Tarragon

from myrecipes.com

10 oz spinach
2 tbsp butter
3 scallions including green tops, chopped
1 1/2 tsp dried tarragon
3/4 tsp salt
3/4 lb spaghetti
5 oz cream cheese, cut into cubes
2 tbsp chopped fresh parsley
1/4 cup grated Parmesan cheese
1/2 tsp fresh-ground black pepper

Remove any tough stems from the spinach. In a large frying pan, melt the butter over moderately low heat. Add the scallions and tarragon and cook for 2 minutes. Add the spinach and salt and stir until wilted. Simmer until the liquid evaporates from the spinach, about 5 minutes.

In a large pot of boiling, salted water, cook the spaghetti until just done, about 12 minutes. Reserve 1 cup of the pasta water. Drain the spaghetti and toss with 3/4 cup of the reserved pasta water, the spinach mixture, the cream cheese, parsley, Parmesan, and pepper. If the sauce seems too thick, add more of the reserved pasta water.

Know Your Farmers: The Field Crew



All summer, we've been trying to answer the question for you: Who grows my food? And the true answer is that it's a group effort. Everybody who works on the farm contributes in multiple ways to bring the freshest possible produce to your home. However, the Farmer Dave's field crew is the backbone of our farm; without them there would be no vegetables. This year, at the peak of the season, we have a crew of about 13 guys who are here from sun-up to sun-down, seven days a week. May through November, the field crew is seeding, planting, weeding, harvesting, washing and processing the food we grow. Our farm is made up of 80 acres split between the three properties in Dracut and Tewksbury, MA.

The crew coordinates each week with Farmer Dave, Heidi the CSA Coordinator, and Clem the Field Manager to pick the crops that are in season and create a well-rounded CSA share. The hard work of this group of guys is invaluable to the success of our CSA program and we can't thank them enough.

Get Started on Canning!



I know it's hard to believe, but one day your CSA share won't be so bountiful and then the winter months will come. But what a better way to extend the harvest than to

can it! There are tons of great reference guides to canning, both online and at your library. I know it can seem overwhelming, but it's a lot easier than you think. Here are a few beginner pointers to help get the novice canner started.

There are two different methods for canning: one for high acidity foods and the other for low-acid foods. Water-bath canning is used for high-acid foods like most fruits and tomato sauces and salsas. This method involves submerging the canning jars in boiling water to kill off any microorganisms and creates a vacuum to seal the lids. For low-acid foods, you have to use a pressure canner. The method is much the same, however the pressure canner is needed to heat the food to 240 degrees Fahrenheit in order to kill off the bacteria.

The equipment need for canning is simple. All you need is one large pot with a tight-fitting lid (or pressure canner, depending), a rack to keep the jars off the bottom of the pot (or you can use the lids), canning jars, lids, rings, and tongs to lift the hot jars out of the water-bath. The jars can be bought new or used. The only thing that can't be reused are the lids; they only seal once.

You can read some clear and easy steps for water-bath canning in an online article from Bon Appetit. For more in depth information and recipes, try these great books:

The Big Book of Preserving the Harvest, by Carol W. Costenbader
Preserving Summer's Bounty, by the Rondale Food Center
Ball's Complete Book of Home Preservation, by Judi Kingry and Lauren Devine

Good luck and happy canning!

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Got Any Tips or Ideas?

If any of you have any tips, recipes, or stories you would like to share or want to be included in the upcoming newsletters, send them to [Jane!](#)

Sincerely,
Groundwork Lawrence

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