



Groundwork Lawrence's



Community Supported Agriculture

In Your Share

Week 15

October 5, 2009

Week 15

Arugula
Beets
Eggplant
Peppers
Potatoes
Radishes
Spinach
Squash
Tomatoes
(mostly B Grade)
Acorn Squash!

Fruit Share:

Apples
Melon

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-2pm

Where: Appleton Way, Between
Essex and Common Streets

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

Save the Date: Canal Illuminations



When: Sunday, Oct. 11th, 5-8
pm

Where: Lawrence Heritage
State Park, 1 Jackson Street,
Lawrence

What:
A free family-friendly festival of

Dear CSA Members,

We hope you enjoyed the lovely fall weather yesterday and the first weekend of October! It's a full newsletter this week with our normal **Field Notes** and **Vegetable Spotlight** in addition to articles on **home canning**, the **Farm Festival & CSA Potluck at Farmer Dave's**, and reminders about other great events on the horizon. Happy reading!

As we enter the final weeks of the CSA, **we will begin collecting non-perishable goods at pick-up on Tuesdays for Neighbors in Need**, a network of food pantries serving greater Lawrence. As you probably know, Neighbors in Need has been the grateful recipient of the weekly unclaimed shares this season; as the CSA comes to an end it is a great time to help Neighbors in Need stock up on their non-perishable goods for the winter months. Please consider bringing some items along with you-we'll have a box designated for this at pick-up beginning this week. Let's help it be a food-filled winter at the local food pantries!

Enjoy your week,

Groundwork Lawrence

Field Notes from Farmer Dave

Still no hard frost. So we keep on picking. Pick the tomatoes, pick the peppers, dig the potatoes, pick apples, pick raspberries, pick winter squash, pull and bunch radishes, harrow the fields that are all harvested, plant a winter cover crop. The work goes on.

Potatoes are a newer crop for me. Back 60 years ago a lot of potatoes were grown around here. Then with the modern interstate highway system and larger farm equipment it became so much more cost effective to grow them in other areas and ship them in. I must admit, I never realized that there was such a difference in potatoes until I lived in the Andes of Ecuador and began to see and eat all types of potatoes--potatoes that we would not even recognize here. The potato is native to the Americas and so has been grown in the Americas for a lot longer than the Irish have known them. When I returned from Ecuador I was busy growing so many other crops that I did not think of growing potatoes as they could be bought so inexpensively when shipped in. Last year was my first year growing potatoes on a larger scale. I planted a fifth of an acre last year and a whole acre this year. We are still trying to figure out how to dig them most efficiently. The 1920's mechanical digger did not work out so well. Now we are using a one bottom plough to flip the soil and three people follow behind grabbing the potatoes that are now on or near the surface. I'm now looking for a 1950's mechanical potato digger for next year. They sometimes turn up in the basement of an old barn.

Many people have told me how good and different the potatoes taste. Red, white and blue potatoes make a fine mix. I will try to add to that mix next year. After we dig the potatoes we put them into plastic bags on CSA day. I do not like putting them into plastic but want them to get home in one piece. Please remove them from the plastic bags as soon as possible so that they can "breathe". Otherwise, they will begin to rot. I find that they store longer unwashed. Simply wash them just before you are ready to eat them. Keep the potatoes out of the sunlight and in a dry, cool location until you are ready to eat them. There are so many ways to eat potatoes. I am liking my potatoes simply baked in the oven. Eat well.

Farmer Dave

Get Started on Canning!



I know it's hard to believe, but one day your CSA share won't

music, dance, and light centered around Lawrence's historic North Canal, celebrating Hispanic Heritage Month.

Entertainment:

Tropical Beat Steel Band
Grupo Fantasia
Veronica Robles and Her Mariachi Band
Mirabal Family Comparsa & Parade

Lantern making and parade at sunset along the Canal!

For more information visit: <http://www.livelawrence.org/>

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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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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!

Farm Festival and CSA Potluck at Farmer Dave's: 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! Evite invitation to follow soon.**

All-Day activities from 11:00-5:00

Corn maze
Hay rides
Pumpkin picking (50 cents/pound)

Starting at 3:00 we'll also have:

Live Music! Billy Brox & Oscar's Fault - Geoff Goodhue & Nick Vandenburg
CSA Share Raffle: We'll be raffling off a Regular Vegetable Share for the 2010 season!
Donut-Eating Contest
Sack Racing
Face Painting
Corn Tossing
Hay Bale Chuckin' Contest

Potluck at 5:00 pm

At 5:00 we'll gather in the barn for the potluck, that we invite each of you to contribute a dish to.

Here's a check list for the potluck:

*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!

Reminder: Sustainable School Food Advocate Gary

Giberson to Present at Brooks School on October 8th

Josh Anchors, one of our CSA members, wishes to inform all interested that on Thursday, October 8th at 7 pm, Gary Giberson will be giving a one-hour presentation on sustainable dining in the Brooks School Science Center Auditorium. The talk, entitled "Six Steps to Sustainable Dining," is open to the general public. Gary is the executive chef at the Lawrenceville School in New Jersey, the founder of [Sustainable Fare LLC](#), and a leader in advocating for environmentally-responsible food service programs at both public and private schools across the nation. For more information, please contact [Joshua Anchors](#) or call (207) 899-6626. A Q&A session will follow the presentation. The Brooks School is located at 1160 Great Pond Road in North Andover.

Vegetable Spotlight: Acorn Squash



With the onset of colder weather, we are finally getting to see some of the great fall vegetables: broccoli, cabbage, kale, winter squashes, brussel sprouts. This week we will be highlighting one of our favorite winter squashes, acorn squash.

Acorn squash, along with pumpkins and butternut squash, is among the more common of the winter squashes. With a dark green exterior and pale orange flesh, the acorn squash has a rich texture and a moderately sweet taste. Like all winter squashes, acorn

squash can be mashed, pureed into a soup, or baked. Acorn squash is particularly good when sliced lengthwise and baked faceup with melted butter and brown sugar or maple syrup.

Here week's recipe is a hearty side dish that is perfect for this chilly weather we have had recently. Enjoy!

Cranberry Acorn Squash

from *From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce*

1/2 cup raw fresh cranberries
1 small apple, cored, chopped into small pieces
1/4 cup currants
1/2 cup orange juice or apple cider
1 1/2 tbsp honey or maple syrup
1 tbsp melted butter
pinch of salt
2 acorn squash, cut in half, seeds removed

Heat oven to 350 degrees. Combine cranberries, apples, currants, orange juice, honey, butter, and salt in a saucepan. Heat until berries are just tender. Place squash in an ovenproof dish. Fill cavities with fruit. Cover dish and bake until squash is tender, about 35-45 minutes. Makes 4 servings.

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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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