



Groundwork Lawrence's



Community Supported Agriculture

In Your Share

Week 12

September 14, 2009

Week 12

Potatoes
 Green Beans
 Yellow Beans
 Eggplant
 Onions
 Peppers: Cubanelle,
 Green Bell, Hot
 peppers
 Tomatoes: Cherry,
 Regular, Heirloom
 Squash
 Parsley

Fruit Share:

Bartlett Pear
 Macintosh Apples
 Peaches
 Plums
 Raspberries

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!

QUICK LINKS

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

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Dear CSA Members,

It's going to be another full crate this week--and a busy week at Groundwork Lawrence! In addition to our **8th Annual Spicket River Cleanup** this Saturday the 19th (*see below for more details*), we'll be celebrating the official opening of our brand new **Manchester Street Park** and hosting a **press event at the Farmers Market** this Wednesday! At the Farmers Market, the commissioners of the Department of Transitional Assistance (who operate the SNAP/Food Stamp Program) and the Department of Agricultural Resources will both speak, announcing their new partnership and funding to help increase SNAP/Food Stamp recipients access to Farmers Market Produce. We're so honored to host this event, and welcome you to join us this Wednesday at 1pm!

On a related note, we wanted to thank and congratulate you all on what you have done to help relieve hunger in the Greater Lawrence area this season by donating your unwanted/unclaimed shares! **To date this year over 3,000 pounds of farm-fresh produce has been donated to Neighbors in Need**, a local nonprofit serving a network of 8 food pantries in Lawrence and Methuen. Job well done everyone!

Wishing you a fruit and veggie-filled week,

Groundwork Lawrence

Field Notes

Whew! Busy Times. This is peak harvest when summer and fall crops are all being harvested at once. Summer crops will begin to wane and fall crops will increase. Now that it is mostly weeded, the fall cabbage and broccoli crop is looking great for next month. This past weekend's rain was just what we needed as the fields were getting dry. Now cool sunny weather will slow their growth and crops will ripen beautifully. The cool nights will ripen and redden the apples nicely. Some dry weather from here on will keep the potatoes and winter squashes in good condition until full harvest.

The fall raspberries are coming in beautifully. Our berries are not sprayed with anything. As a result, they tend to have a shorter shelf life than berries you would find at the supermarket. A little fungicide spray would go a long way to kill some bacteria that naturally exist on berries. But, we choose not to spray and believe our berries are that much better for you. So, refrigerate them as quickly as possible and eat them within a day of receiving them. Be sure not to rinse them until just before eating as any moisture encourages mold. Leave the pome fruits (apples and pears) for later in the week and eat the stone fruits (peaches, nectarines, plums) after the berries are gone. Rule of thumb: Eat what is in season and eat the most perishable first.

Enjoy.
Farmer Dave

Saturday, Sept. 19th is the Spicket River Cleanup!



[Be our friend on Facebook!](#)
and [Farmer Dave's!](#)

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](#).

Donate to GWL!



Help support all of GWL's programs by donating [online here!](#)

JOIN OUR LIST

[Join Our Mailing List!](#)

This Saturday, September 19 from 9 - 1, we will be having the [8th Annual Spicket River Greenway Cleanup!](#) Please join us in our annual cleanup and celebration of the river. The Spicket runs 2.5 miles through Lawrence before it empties into the Merrimack. Over the past 7 years we have pulled 82 tons of trash and over 1000 tires 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 and/or getting your business or organization involved!

Community Garden Beds Available at Manchester St. Park!

As mentioned in last week's newsletter, Groundwork Lawrence also manages community gardens here in the city and right now we have space available at the new Manchester Street Park (75 Manchester St.) if you're interested in growing your own veggies. The program is free--you just need to have a desire to grow your own food and be a Lawrence resident! To secure your own community garden plot contact [Janel](#).

Support GWL while shopping at Shaw's

Link your Shaw's Rewards Card to our Shaw's Fundraising ID number - **49001022652** - by visiting the Shaw's Community Rewards [website](#) and clicking "login or register with your Rewards Card First." Shaw's will contribute 1% of eligible Rewards Card purchases made to GWL.

Save the Date - CSA Potluck @ Farmer Dave's on Saturday, October 17th!

Mark your calendars! Farmer Dave would like to invite you to the farm on October 17th for some wholesome farm fun and a CSA potluck. More details to come.

Vegetable Spotlight: Radishes



You have found radishes in your CSA share throughout the season, and they will continue to pop up every now and then until the very end. Radishes come in a variety of shapes, colors, and sizes with different levels of pungency, but they are all, for the most part, interchangeable in recipes. Among the radishes grown

here at the farm are your standard red radishes and the longer, white Daikon radishes. While the radish itself is mostly water and offers little in terms of nutritional value (only small amounts of a few minerals), radish greens are high in vitamins A, C, and B like other dark, leafy greens.

Radishes can be eaten raw or cooked and do not require peeling (just a thorough scrubbing). Raw, radishes can be used in salads or slaws to add a little bite. Cooked, radishes add flavor to a soup or stir-fry. Cooking reduces the flavor in the radishes, so steaming a spicy bunch of radishes can tone down the flavor nicely. Radish greens can be used just like other dark, leafy greens in stir-frys and soups.

We'll bring you two recipes this week, one using raw radishes and the other cooking them. Enjoy!

Radish, Mango, and Apple Salad *from Vegetarian Cooking & Vegetable Classics*

10-15 radishes
1 dessert apple; peeled, cored, and thinly sliced
2 celery stalks, thinly sliced
1 small, ripe mango, peeled and cut into small chunks
1/2 cup sour cream
2 tsp creamed horseradish
1 tbsp chopped fresh dill
salt and freshly ground black pepper
sprigs of fresh dill to garnish

To prepare the dressing, blend together the sour cream, horseradish, and dill in a small jug or bowl and season with a little salt and pepper.

Top and tail the radishes and then slice them thinly. Add to a bowl together with the thinly sliced apple and celery.

Cut through the mango lengthwise either side of the stone. Make even

criss-cross cuts through each side section. Take each one and bend it back to separate the cubes. Remove the mango cubes with a small knife and add to the bowl. Pour the dressing over the vegetables and fruit and stir gently so that all the ingredients are coated in the dressing. When ready to serve, garnish with sprigs of dill.

Radish Bulbs and Greens Sauteed with Green Garlic and Chives

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

2 bunches radishes
1 1/2 tbsp butter
1 1/2 tbsp chopped green garlic
1 1/2 tbsp chopped fresh chives
salt and pepper

Clean radishes well under running water to remove all traces of dirt. Cut off the upper leaves and coarsely chop them. Cut off the remaining greens and stalks and discard them. Trim and quarter the bulbs. Heat butter in a large skillet over medium-high flame. Add quartered radishes and cook, stirring often, 2 minutes. Stir in greens, green garlic, and chives and cook until wilted, another 1-2 minutes. Season with salt and pepper to taste. This is a great side dish with poached, steamed, or grilled fish.

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 [Janel!](#)

Sincerely,
Groundwork Lawrence

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