



# Groundwork Lawrence's



## Community Supported Agriculture

In Your Share

Week 13

September 21, 2009

### Week 13

Potatoes  
Beans  
Kohlrabi  
Onions  
Tomatoes: cherry,  
regular, plum  
Peppers: Green Bell,  
Cubanelle, Hot  
Eggplant  
Radishes  
Dill

### Fruit Share:

Bartlett Pears  
Honeycrisp Apples  
Ginger Gold Apples  
Peaches

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,

You've made it to week 13 and this week's shares look as delicious as ever! Apple season is fully underway and for those of you with fruit shares, that means lots apple-eating, and maybe even some apple pie, apple sauce, and apple butter! **What else do you do with your apples?** Please remember how much we love to hear from you with your comments, ideas, tips, and recipes! Send anything you've got to [Jane!](#)

Here at the office we are still recovering from our busy week of great events at the Farmers Market and Manchester Street Park, which was capped off with the Spicket River Cleanup last Saturday. The event was a huge success, with over 350 volunteers turning out for a chilly but sunny morning of trash pick-up, recycling, weedwacking, and bulb-planting, and more. **Read more about the event below!** Some of our CSA members came out for the morning--a huge thank you to you!

Wishing you another fruit and veggie-filled week,

Groundwork Lawrence

### Field Notes

Normally I anticipate the first frost to come between the last week of September and the last week of October. Well, some spots got touches of frost Sunday morning--the earliest frost I can remember (but not the earliest on record I'm sure). I'd estimate only about 10 percent of the crops got touched with frost so it was a super light frost. Since warm air rises, the frost will always settle in the lower areas first. Sometimes I will even remove trees and brush at the bottom of a sloped field so that cold air can more easily flow down a sloping field and away from the crops. This "air drainage" is not only a concern for late season frosts but also early season frosts. What happened Sunday morning is the cold air drained down the field until it hit the warm air of the swamp. The warm swamp air created a "curtain" that caused the cold air to back up into the field. Being right at the 32 degree mark, the cold air 'burned' the tops of beans and winter squash in the low area of the field. No fruit was damaged, but the plants were weakened. I am carefully watching the air flow in this area as I am planning on planting apples next year and possibly peaches the next. Late spring frosts can kill all the buds of fruit trees and wipe out the whole crop before it has even begun. In the colder locations of the field I will plant later varieties that will blossom later in the spring and be less susceptible to frost damage.

I had to order the apple trees more than a year in advance to make sure I could get the varieties that I wanted. A full quarter of the trees will be Honeycrisp. Those of you with a fruit share will have Honeycrisp in your shares this week. The rule of thumb on apples is to keep them well refrigerated until ready to eat. All rules have exceptions and Honeycrisp is the exception to that rule. Honeycrisp will get sweeter after it has been picked if it is not refrigerated. So, refrigerate your Ginger Gold Apples (great for cooking and just eating). But leave out the Honeycrisps. Eat one every two days to see how they are sweetening.

Enjoy.

Farmer Dave

### Spicket River Cleanup a Great Success!



Last Saturday, over 350 youth and adults joined us for the 8th Annual Spicket River Cleanup! The event was a huge success, with over 250 of the 350 volunteers being youth from

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!



Lawrence High School, Community Day Charter School, St. Patrick's 3rd

Grade Bear Den (Cub Scouts), our very own [Green Team](#), and Green Teams from [Groundwork Somerville](#) and [Groundwork Springfield!](#) Click [here](#) for the full summary of the event, and much thanks to our sponsors, lunch chefs, and to all who gave up their morning to make the Spicket River and its Greenway cleaner!

### 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!

Farmer Dave will again be throwing a CSA potluck farm event this year and wants you to come. Clear your schedules; mark your calendars! Details to come...

### Vegetable Spotlight: Potatoes



Oh, those earth apples! On average we eat over 60 pounds of potatoes per year. Whether mashed, baked or roasted, people often consider potatoes as comfort food. It is an important food staple and the number one vegetable crop in the world. Potatoes are available year-round as they are harvested

somewhere every month of the year. The potato belongs to the Solanaceae or nightshade family whose other members include tomatoes, eggplants, peppers, and tomatillos. They are the swollen portion of the underground stem which is called a tuber and is designed to provide food for the green leafy portion of the plant. If allowed to flower and fruit, the potato plant will bear an inedible fruit resembling a tomato.

Potatoes can be stored for quite a long time if you make sure to put them in a dark, cool, dry area. Storing them in a closet or basement may be suitable alternatives if you don't have a root cellar. Potatoes should definitely not be exposed to sunlight as this can cause the development of the toxic alkaloid solanine to form.

While potatoes are often prepared using lots of butter, sour cream, or deep fried in grease for french fries, if these ingredients are left out, potatoes are a healthy vegetable that have a good dose of vitamin C packed into them. Try this healthy recipe that uses potatoes and several of your other CSA veggies:

#### Hariton's "Famous" Vegetarian Casserole *from allrecipes.com (serves 4)*

##### INGREDIENTS

- 1 large eggplant
- 4 large potatoes
- 1 green bell peppers
- 1 large onions
- 1 summer squash
- 2 tomatoes
- 1/2 pound fresh green beans
- 1/2 pound whole fresh mushrooms
- 1 bulbs garlic, cloves separated and peeled
- a few sprigs chopped fresh dill weed
- a bit of chopped fresh oregano
- a bit of chopped fresh basil

1 can tomato sauce  
1/4 cup olive oil  
salt and pepper to taste

#### DIRECTIONS

Prepare the eggplant before assembling ingredients, by cutting them into 2 inch chunks and putting them into an extra large bowl with salted water to cover. This will draw out the bitterness from the eggplant. Let this sit for about 3 hours.

Preheat oven to 375 degrees F (190 degrees C).

Cut the potatoes, green bell peppers, onion, squash and tomatoes into 2-inch chunks. Cut the green beans and mushrooms in half and peel the garlic cloves.

Drain and rinse the eggplant, then combine it with all the other chopped vegetables, the dill, oregano and basil and place all into a 3x13x18 inch roasting pan. Pour the tomato sauce and olive oil over all.

Bake at 375 degrees F (190 degrees C) for 2 1/2 hours, adding a little water about halfway through cooking time to keep moist.

### Know Your Farmers: The Farm Stand Crew



If you have ever been to either of our two farm stands, the Brox Farm Stand in Dracut and the East Street Farm Stand in Tewksbury, then you have probably met some of our hard working farm stand crew. At the peak of the season, we have around 10 people helping throughout the week. Some of these

folks have been working for Farmer Dave's every summer for years and others are with us for just for their school break. Diane, Jen, and Jenny are the old standbys who help keep operations running throughout the season each year. Each day (we're open seven days a week!) the crew is here early to open the stand and stay late to close it down. They run the cash registers, stock the shelves, and husk the corn. And, of course, like most people on the farm, they aren't always stuck in the stand. They work at the farmers markets, help out with the CSA, work in the greenhouses, and help out wherever else they're needed. I wish we had the time to highlight them all, but please feel free to come visit them and ask them personally what their favorite vegetables happens to be. And don't forget to thank them for all their hard work this summer!

Brox Farm Stand  
1276 Broadway Rd (Rt 113), Dracut, MA  
Open every day 9-6

East Street Farm Stand  
360 East St, Tewksbury, MA  
Open 11-6 M-F and 9-4 Sat & Sun

### 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](mailto:Janel)!

Sincerely,  
Groundwork Lawrence

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