



# Groundwork Lawrence's



## Community Supported Agriculture

In Your Share

Week 14

September 28, 2009

### Week 14

Eggplant  
Potatoes  
Radishes  
Squash Medley  
Cherry tomatoes  
Regular Tomatoes  
Dill

Dear CSA Members,

With fall comes lots of fun events, and there are some great ones on the horizon in Lawrence and the surrounding areas! Be sure to save the date for Canal Illuminations on Sunday, October 11th in Lawrence and a presentation for by Sustainable School Food Advocate and Sustainable Fare LLC Founder, Gary Giberson, at the Brooks School on Thursday, October 8th, organized by one of our own CSA members and open to the public (**more information on both these events below**).

### Fruit Share:

Pears  
Cortland Apples  
Macintosh Apples  
Peaches  
Raspberries

Looking for something fun and different to do with friends and family on these fall weekends?

**Check out Farmer Dave's Corn Maze!!  
Saturdays & Sundays, 11 a.m.-5 p.m.  
Sept. 26 through Nov. 1, 2009**

Also open Columbus Day, Monday, October 12

**Don't know what something is?  
Check out our**

In addition to the corn maze, there will be hayrides, pick your own pumpkins, pick your own raspberries, and dig your own potatoes!

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

Also, be sure to keep Saturday, October 17th marked on your calendars- Farmer Dave will again be throwing a CSA potluck at the farm this year and wants you to come! Details to be announced very soon...

Enjoy your week,

### Distribution Information

Groundwork Lawrence

Tuesdays  
3-7pm

### Field Notes from Farmer Dave

**Groundwork Lawrence**

60 Island St.  
Lawrence, MA 01840  
June 30 - Oct. 27

Picking, Picking, Picking. In July we begin at 5:30 AM, in August at 6:00 AM, in September at 6:30 AM, and now for October at 7:00 AM, in November at 8:00 AM (to wait for the day to warm a bit). I am proud of this year's crew and all the hard work they have done. They have worked long hours this season. They worked with rain coats on for most of June and July. They have worked hard all season ensuring we have enough of a harvest for all and abundance has been born of their dedication. Thanks to everyone that makes it all happen.

### 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!

While we really don't like to see a frost and the end of the harvest of many crops, we do look forward to the slower pace that a frost will bring. Yet, for the sake of some mid- October corn and other crops that we could continue to harvest, I hope we do not get a killing frost anytime soon. Every year I always seem to end up having a love/hate relationship towards frost. End the work so that we may rest, yet allow the harvest to continue so that all may eat well.

Farmer Dave

### QUICK LINKS

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[Farmer Dave's](#)

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### 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.

**Save the Date: Canal Illuminations on Sunday, Oct. 11th**

## 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

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Canal IllumiNations is a family-friendly festival centered around Lawrence's historic North Canal. Celebrating Hispanic Heritage Month, the event will feature music, dance and other entertainment that reflects the diverse Latino community in Lawrence. Entertainment is free and includes the following:

[Tropical Beat Steel Band](#)  
[Grupo Fantasia](#)  
[Veronica Robles and Her Mariachi Band](#)  
Mirabal Family Comparsa & Parade

Join us for the music & dancing and at sunset, when hundreds of lanterns handmade by children across the city will be lit and hung along the canal, creating a dazzling display of light and color. Lantern-making and food for purchase also available at the event, which is brought to you by Live Lawrence! and its partnership.

**When:** Sunday, October 11th, 5-8 pm

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

We hope you can join us!

## 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.

## Vegetable Spotlight: Medley of Veggies



Here's a seasonal recipe that uses several of you CSA vegetables. I whipped it up in my kitchen a few weeks ago and really loved it. What's nice about it, as with many casseroles, is that you can modify the vegetables you use as you see fit. Some veggies you may consider using include: sauteed onions and garlic, cherry tomatoes, fresh corn in the polenta, swiss chard, leeks or peppers.

Makes about 6 servings

Ingredients:

Polenta  
2 cups water  
1/2 teaspoon salt  
1/4 cup yellow cornmeal  
1/4 cup freshly grated Romano cheese  
1 tablespoon butter  
1/4 cup chopped fresh basil

For the Casserole topping  
1 black eggplant (2 if using asian eggplant), cut into 1/2-inch-thick rounds  
2-4 kousa, zucchini or summer squashes, cut into 1/2-inch-thick rounds.  
Olive oil  
4 tomatoes, each cut into 1/2-inch-thick rounds  
Balsamic vinegar

Dried oregano  
1 1/2 cups grated mozzarella cheese  
12 fresh chopped basil leaves

#### Preparation

For polenta:

Bring 2 cups water and salt to boil in heavy small saucepan. Gradually whisk in cornmeal. Reduce heat to medium-low; simmer until polenta is very thick, whisking constantly, about 6 minutes. Remove from heat. Add cheese and butter; whisk until melted. Mix in basil. Season generously with pepper. Spread in 9x12x2-inch pyrex baking pan.

Preheat broiler. Place eggplant and squash on baking sheet. Brush with oil on both sides; sprinkle with salt and pepper. Broil until brown, about 4 minutes per side. Arrange 12 tomato slices on large plate (discard end slices). Drizzle each slice with a few drops of vinegar. Sprinkle eggplant, squash and tomatoes with oregano.

Preheat oven to 375°F. Oil baking sheet. Layer the eggplant on top of the polenta. Sprinkle 1/4 of the mozzarella on the eggplant. Layer squash. Sprinkle 1/4 of the squash. Layer the tomato slices. Mix the mozzarella and chopped basil and layer on top of tomatoes. Bake until heated through and cheese melts, about 15 minutes. Cut out squares of it, (like lasagna) and serve.

### 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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