



Farmer Dave's

Groundwork Lawrence is a non-profit organization working to improve the environment and quality of life in Lawrence, MA

SOME OF THE ITEMS IN YOUR SHARE THIS WEEK:

BEETS

LETTUCE

SQUASH

BABY SWEET CORN

CORN

BASIL

Fruit starts: Aug. 12

Flower start: July 22

Groundwork Lawrence

Tuesdays
3:00-7:00 pm

60 Island Street
Lawrence, MA, 1st Floor
July 1—October 28

Farmer Dave's
437 Parker Road
Dracut, MA 01826
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Groundwork LAWRENCE

Community Supported Agriculture

2008 — ISSUE 2

JULY 8, 2008

Recipes

Aunt Jane's Zucchini Pie

Ingredients:

4 eggs beaten
1/2 cup oil
1 cup Bisquick
1 onion chopped
4 cups sliced zucchinis
1/4 cup parmesan cheese, grated
salt
pepper
herbs, plenty of your choice, thyme and or marjoram
1/4 cup parmesan cheese, grated for top

Preparation:

Mix eggs
Add rest of ingredients
Place in buttered 9" pie plate
Top with 1/4 c parmesan

Bake 400 degrees for 30 - 35 minutes.

Contributed by Tory, a CSA member

Field Notes

It is a beautiful time of year. The days are long, the sun is bright, and the crops are growing like crazy. The harvest has begun, and yet planting continues. There are baby plants in the field and mature plants ready to be harvested. In fact, I will continue to plant some things like lettuce and radishes right into September. Since they do well in cool weather they will be perfect for late fall harvest. The rain has been very nice. Last year at this time we were running the irrigation pump almost every day and the water level in the pond continued to drop. This year we



The White Barn

Baby Sweet Corn

What are those little ears of corn in your share?....Baby corn! This tender corn is a versatile food that you can husk and eat raw with a dip, or sauté or steam to add into a stir-fry.

are in a rainy pattern that the weeds are loving. Well, either we are busy watering or weeding. Changing New England weather makes it difficult to plan work on the farm. A well laid plan for the week can be completely changed due to the weather. I suppose it keeps me on my toes. But the constant challenge keeps things from getting boring. Tomorrow we will be transplanting the first of the September Brassica crop (broccoli, cauliflower, cabbage, kale, collards, etc.) and seeding the second crop that will be transplanted into the field at the end of the month.

CSA Share Salad

Simple, but good!

Ingredients:

1 head lettuce (ripped not cut)
1 bunch beets, shredded
sweet baby corn, husked
handful of walnuts
handful of cranberries
1 bunch basil, finely chopped
a bit of goat cheese

Mustard Vinaigrette Dressing

1/2 cup good mustard
1/4 cup balsamic vinegar
3/4 cup olive oil
salt, pepper to taste

Preparation:

Wash and prepare your vegetables and mix them altogether, sprinkling the walnuts, cranberries and goat cheese on top. Add dressing.

The first sweet corn tastes great. The later corn will taste even better, but after not eating corn for months, the first bite is wonderful. The early varieties are smaller but grow better in cool spring soils. The later varieties are all around better but they cannot be ready until mid August. I hope everyone enjoyed the adventure of last week's CSA. I enjoyed meeting many of you and thank you for joining the CSA. Your feedback is always appreciated as I only want it to improve.

-Farmer Dave

Please return your empty crates at CSA distribution. Thanks!



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Lawrence Farmers Market—Wednesdays 10:30—6:30 PM

The Lawrence Farmers Market opened for the 2008 season on Wednesday, July 2 and will be held every Wednesday through October 29. The market will feature extended hours this season, from 10:30 AM to 6:30 PM, in order to provide expanded access to the market for working people in Lawrence and commuters returning to Lawrence in the evenings. The market is located on Appleton Way between Essex and Common Streets, near City Hall at 200 Common Street.

The Lawrence Farmers Market features fresh, locally-grown produce from Boston Hill Farm in North Andover, Farmer Dave's Brox Farm in



Lawrence Farmers Market

Dracut, Carrasquillo Farm in Lowell, and Riverdale Farm in Groton.

By making a wide variety of produce available in a central location and at affordable prices, the market aims to provide residents of Lawrence and the surrounding community with the convenience, selection and value to help them make healthy

food choices.

"The Farmers Market makes nutritious, high-quality food accessible to members of our community," said Rose Gonzalez, program director for the Lawrence Farmers' Market. "Shoppers at the Farmers' Market can enjoy the convenience of having fresh-picked fruits and vegetables available right in the heart of downtown, with the confidence of knowing where their food is coming from."

The market accepts EBT cards (food stamps), as well as credit cards. WIC recipients may use their farmers market-specific coupons toward their purchases at the Lawrence Farmers Market.

Live Lawrence Summer Concert Series Returns to the Market

Live Lawrence!, a citywide partnership intended to celebrate local arts and culture, and stimulate economic development in Lawrence through a summer-long series of free cultural events, kicks off its 3rd season on Wednesday, July 9, with the first of 6 lunch hour concerts at the Lawrence Farmers' Market. Los Sugar Kings will entertain market-goers with their exciting electric mambo sound from 1:00 – 2:00 PM at the Market location on Appleton

Way, between Essex and Common Streets.

Massachusetts State Senator Sue Tucker will be present to officially open the Market season and introduce Los Sugar Kings. The day's festivities will also include cooking demonstrations by chef Chris Young of Lawrence's Mill City Gourmet, featuring the Market's fresh, locally grown produce. For the children, there will be face painting by local artists.

The Live Lawrence! Farmers' Market Concert Series will feature free one-hour concerts from 1:00 – 2:00 PM throughout the Market season.

The summer schedule is as follows:

July 9: Los Sugar Kings
July 16: Acting Out
July 30: Goodtime Stringband
August 6: Capoeira
August 20: Brian Quirk
August 27: Dixie Hot Four