



## Farmer Dave's



# Groundwork LAWRENCE

## Community Supported Agriculture

2008

ISSUE 3

JULY 15, 2008

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

### IN YOUR SHARE THIS WEEK:

CORN

CUCUMERS

LETTUCE

SQUASH

GREEN BEANS

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Fruit Share start: Aug 12

Flower start Jul 22

### Groundwork Lawrence

Tuesdays  
3:00-7:00 pm

At Groundwork Lawrence  
60 Island Street  
Lawrence, MA  
July 1—October 28

**Farmer Dave's**  
437 Parker Road  
Dracut, MA 01826  
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## Recipes: Cooked and Raw

### Honey Barbeque Squash

#### Ingredients:

1/2-1 cup honey barbeque sauce  
All your kousa, zucchini and summer squash  
Extra virgin olive oil

#### Preparation:

Oil the grill surface. Preheat grill to medium.  
Cut veggies into spears.  
Place them in a casserole dish large enough to hold them and roll them around a bit.

Pour enough barbeque sauce onto the spears to coat. Toss to coat evenly.  
When the grill is hot place the vegetable spears lengthwise across the grates so they will not slip through. Grill, brushing on extra barbeque sauce.

Cook until heated completely through and done to your liking.

### Agurkesalat

#### Ingredients:

1-2 large cucumbers  
1-2 ears of corn  
3/4 cup vinegar  
1 1/2 cups sugar  
salt and pepper

#### Preparation:

1) Slice the cucumbers and radishes very thinly. Cut the kernels off the corn. Mix the other ingredients (decrease sugar if desired) and pour over the cucumbers.

2) May be eaten at once but flavor will improve with standing for several hours at room temperature.

3) Store in the fridge after brining.

Please return your empty crates at CSA distribution. Thanks!

## Caring for your Share

The veggies you receive in your share are the freshest you can get, picked within hours of being placed in your crate. To preserve the freshness of your vegetables the longest we recommend the following:

When you store your vegetables in the fridge, do not leave them exposed. Place them in your refrigerator either in the crisper or in a plastic bag. Keeping the vegetables from being exposed to air will keep them from drying out and degrading.

Also, wash your vegetables only when you are about to use them rather than washing them before you put them in the fridge. Any excess water left on your vegetables can make them degrade more quickly.

## Field Notes



Years ago, the saying was, "Corn knee-high by the Fourth of July". When I was young, that held true. Yet, people would always ask (and still do). The corn is so good, I wish we could have it all year long. Well, I have been trying many methods to at least extend the corn season beyond the traditional 8 week August/September season. First, I select some varieties that tolerate the cool April soil—this gets us to begin harvesting the last week of July. A second field of this early corn, I cover with old, clear plastic from the greenhouse. This acts like a

greenhouse over the soil and speeds the growth—ready for the middle of July. In the last few years, I have worked on perfecting transplanted corn—ready for the Fourth of July. The corn is seeded into trays in the greenhouse around April 5th. Around April 20th they are transplanted one-by-one into the field and covered with a white fabric to protect it from frosty nights. This year a late April freeze singed the corn leaves and slowed the growth a little. Every additional effort helps to extend the corn harvest season from 8 weeks to 12 weeks.