To start, a [few](http://web2.0entrepreneur.com/7/why-you-should-use-a-web-application-framework.html) [articles](http://www.joshsharp.com.au/blog/view/why_you_should_be_using_a_framework) explaining why we should use frameworks and a pretty comprehensive framework [benchmark](http://www.techempower.com/blog/2013/03/28/framework-benchmarks/).