

This chart provides an approximation of when you may find many MN crops. Weather, insects and other pests may affect the yield, timing and availability.

	Early Season	Mid Season	Late Season
Beans		.	.
Broccoli	.	.	.
Brussels Sprouts			.
Cauliflower		.	.
Cabbage		.	.
Cantaloupe		.	
Carrots		.	.
Herbs	.	.	.
Cucumbers		.	.
Eggplant		.	.
Ground Cherries		.	.
Swiss Chard & Kale	.		.
Kohlrabi	.	.	.
Spinach & Lettuce	.		
Leeks			.
Onions		.	.
Peas	.	.	
Peppers		.	*
Potatoes		.	.
Radishes	.		
Scallions	.	.	
Summer squash		.	.
Sweet Corn		.	.
Pumpkins			.
Tomatoes		.	.
Watermelon		.	.
Winter Squash			.
Zucchini		.	.

Comments from our members...

"I really look forward to my bag of veggies each week, and I absolutely know I am healthier because of them. Thanks for everything."

"Thanks for all the work you do. It's been a long time since I've tasted food this good!"

"I love the newsletters. Having never lived on a farm, it's great to get a glimpse into that life. I find all of the tips useful, either confirming I'm doing something correctly or teaching me something new."

"I loved the recipes to try with items that a person might not normally buy. I also enjoy the inside scoop on what was happening on the farm - us city folks aren't necessarily in the know when it comes to what battles you face in the field."

"I am happy with the entire program... We are grateful for all the hard work your family does to bring great food to our table."

"I loved the variety of foods. I used everything, even the things new to me."

"I couldn't have been more pleased."

"We loved being a member."

WELCOME TO



*FRESH
FROM OUR FARM
TO YOUR TABLE*

*COMMUNITY
SUPPORTED
AGRICULTURE*

WHAT'S A CSA?

CSA is an acronym for **Community Supported Agriculture**. CSA members pay a set price prior to the growing season. In return, members receive a weekly share of the farm produce.

This type of "subscription" farming was born in Japan about 45 years ago when consumers became increasingly concerned about the amount of imported food and the shrinking number of local farmers. This trend moved to the New England states in the middle 1980s and has since become increasingly popular among families wanting farm-fresh locally grown produce. Today there are more than 5000 CSAs in America.



Owned by Denny Guldán, the Guldán farm is just a few miles east of New Ulm. For over 25 years, we have provided the community with fresh fruits and vegetables grown in the beautiful Minnesota River Valley. Our small farm was homesteaded by Denny's great great grandfather in 1858 and has evolved with a changing world to continue to provide a sustainable lifestyle of farming for our family.

WHAT'S IT ALL ABOUT?



A CSA is a partnership between a local farm and the community. In exchange for your commitment to us, we provide you with great value, great taste and a special relationship with our farm. CSAs are a great opportunity to know exactly where your food is coming from. In addition to your weekly share of produce, your membership will include a newsletter containing information about the farm, facts about the vegetables in the share and recipes and other "how-to's" that will be helpful in preparing them.

Each week you will pick up your share of produce on a designated day. Our season will begin in early June with (hopefully) salad greens, radishes and other spring crops and continue for 12 weeks. Our shares are designed to not overwhelm you, but to supply you with a good selection of what is in season each week. A full share is generally suitable for a family of four. Keep in mind that every family varies a lot in their eating and cooking habits. What's more than enough for one family is sometimes not enough for another.

WHAT'S IN A SHARE?

It's about the *produce*. of course!

Following is a listing of what you typically may receive in your weekly full share.

Typical June Share	Typical Aug. Share
1/3 lb leaf lettuce	Dozen ears corn
1/3 lb spinach	2 lbs green beans
1 head romaine	3 tomatoes
2 bunches radishes	Eggplant and basil
1 lb snap peas	1 green pepper
2 kohlrabi	1 cantaloupe
1 lb shelling peas	1 lb potatoes
2 bunches scallions	3 cucumbers
1 head broccoli	3 summer squash
	1 sweet onion
	1 cabbage

But, it's so much more!

- Knowing where your food grows
- Eating healthier meals
- Enjoying seasonal flavors
- Being a creative, adventurous cook
- Supporting local agriculture and the local economy

You are invited to contact us throughout the season with special requests, questions and comments at (507) 276-7092 or email us at guldancsa@gmail.com
www.guldánfamilyfarm.com