

Guldán Family Farm



NOTES FROM THE FARM

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This week's share... Our best guess

*Here's the lowdown on this
veggie delivery!*

*On the returning side for
everyone this week...*

Green beans

Walla walla onions

Potatoes

Sweet corn (Again, I hope)

Zucchini/Summer squash

Cucumbers

*Full share members will also
find more broccoli this week.*

NEW!

*Green bell peppers and
Orange Melons. Some folks
call these muskmelons, others
call them cantaloupe. We call
them delicious. They are of the
"Halona" variety.*

Enjoy!

JAM CSA Members

*This week's selection is Triple
Berry. Made with fresh straw-
berries, raspberries, and blue
berries (yes, I had them
brought directly from
Michigan at peak season), it's
a tough one to beat!*

WEEK 9: ROCK AND ROLL ALL NIGHT!

After a week of toasty, we had a wonderful week of reprieve and productivity! Now it would seem that the temp is supposed to skyrocket again as this week progresses. If we get the shot of rain that's in the forecast for the wee hours of the morning going into Monday, that shouldn't be cause for much distress, after all, most plants thrive on warm weather. Most, however, doesn't mean all. I had hopes of being able to include peas one last time this season, but that week of nineties really did a number on them. There are still a couple plantings of snap peas in the field, but their production has been drastically halted since their scorch.

As it turned out, last week's corn surprise wasn't the Native Gem that I had written about. Instead, I found yet another surprise when I realized that our "Ambrosia" was mature enough to harvest. Ambrosia is our #2 top variety, only being surpassed by our #1, "Providence." My excitement didn't last as long as I had hoped, however. When I checked on the following planting, I was greeted by 20 rows of corn stalks with ears few and far between. Deer. This planting was supposed to yield this week's corn, but the deer left us a total of 8 crates. I'm crossing my fingers that either the next Ambrosia or Providence will be just ready enough to pick come tomorrow morning... In the meantime, Sam, Blaine, and myself spent the better part of 4 hours Saturday afternoon adding another 1/2 mile's worth of electric wire transforming the raccoon barrier into a raccoon/deer barrier. Now we'll just cross our fingers hoping that it'll do the job.

If you're a bit curious about the title of the Newsletter, it has everything to do with my plans of "fun" for Monday night. Fun... I think I remember what that means. Since adding the North Mankato Farmers' Market to the Monday routine, fun has been the last thing on my mind on Mondays. Instead, I've tried to get enough sleep on the leading Sunday before tackling a nearly 14 hour work day by the time I get back home. But this Monday will be different. Brooke and I nabbed tickets to see the band KISS in Mankato when they went on sale this past spring. We'll be heading straight there from the market! **-The Guldans**



Blaine with one of his Swallowtail Butterflies that he raised from a caterpillar.

IDEAS FOR THE COOK

We pick our melons when they are vine ripened, yielding an incredible flavor, juicy texture, and a very short shelf life. It will keep for a few days in the fridge, but it will continue to ripen very quickly if left out. Don't be surprised to find an unpleasant, and slightly unrecognizable mess surrounded by fruit flies if it is left on the counter for a week. This week's sweet corn is more than likely the Ambrosia variety (it was last week as well). So what's in a corn? Many people are under the impression that there are two kinds of sweet corn—Yellow, and Yellow and White. Truth is, there are hundreds and hundreds of varieties of sweet corn out there, ranging in different sweetness levels, maturity times, ear sizes, textures, and pest resistance. Color is simply a superfluous and aesthetic quality only, it does not affect the taste. Ambrosia is a "sugar-enhanced" variety (meaning that it is between 30%-35% sugar content, which is just right for a nice pop when you bite, and a not overly sweet flavor). Providence is a "synergistic" level of sweetness, just above the sugar-enhanced, but below the over-powering sugar of a "supersweet." Since I'm not entirely certain which variety will mature in time, here's my attempt to describe the difference... Ambrosia's ears tend to start wide at the bottom, and slowly taper to a point. Providence's ears are longer and more narrow, almost cylinder shaped. Either way, both are yummy!

Melon Bowl Desert

I have yet to do this this season, but I will soon. This is delicious. Plain and simple.

With (or without) a friend, take half of your melon and scrape out the seeds. Replace with a couple scoops of ice cream and top with fresh blueberries!

RECIPES OF THE WEEK

Bean Potato Salad with Lemon-Soy Vinaigrette

From myrecipes.com

12 oz green beans
3/8 teaspoon table salt, divided
1/2 pound potatoes
1/2 large bell pepper, cut into thin strips
1/6 cup thinly sliced onion
Lemon-Soy Vinaigrette
1.5 tablespoons chopped fresh mint
2 tablespoons toasted sliced almonds
1/2 tablespoon toasted sesame seeds

Cook green beans and 1/4 teaspoon salt in boiling water to cover in a large saucepan until tender-crisp, 3 to 4 minutes; drain. Plunge into ice water to stop cooking process; drain and pat dry with paper towels. Bring potatoes and cold water to cover to a boil in large saucepan over medium-high; reduce heat to medium-low, and simmer until just tender, about 20 minutes total. Drain and let cool 30 minutes. Slice potatoes into 1/4- to 1/2-inch rounds. Gently toss together green beans, potatoes, bell pepper, red onions, and remaining 1/8 teaspoon salt in a large bowl. Add Lemon-Soy Vinaigrette, and gently toss to combine. Transfer mixture to a serving platter, and top with mint, almonds, and sesame seeds. Serve room temperature or chilled.

Caramelized Spicy Green Beans

From Myrecipes.com

1 pound beans
2 tablespoons light brown sugar
1 tablespoon soy sauce
1/2 teaspoon dried crushed red pepper
1 medium-size red bell pepper, sliced
1/2 medium-size sweet onion, sliced
1 teaspoon peanut oil
3/4 teaspoon seasoned salt

Cook beans in boiling salted water to cover 1 minute; drain. Plunge green beans into ice water to stop the cooking process; drain well, pressing between paper towels. Stir together brown sugar, soy sauce, and dried crushed red pepper. Sauté bell pepper, onion, and green beans in hot peanut oil in a large skillet over high heat 3 to 5 minutes or until beans look blistered. Sprinkle with seasoned salt. Remove from heat; add soy sauce mixture to green bean mixture, and stir to coat.