



## NOTES FROM THE FARM

GULDAN FAMILY FARM CSA  
46198 561ST AVENUE  
NEW ULM, MN 56073  
507-359-2543  
GULDANFAMILYFARM.COM

Aug 8th, 2016  
Volume 8, Issue 10

### *This week's share... Our best guess*

*This week may be a bit tougher for us to fill the predictions...as predicted. We've reached the plantings where (at the time of planting) we were getting doused with a foot of rain in a week and couldn't get into the fields to plant anything.*

*Hoping for Yellow beans, but if there aren't quite enough, your beans will appear in the familiar green variety*

*Candy onions - now that these have dried off, the candy onions are well suited for keeping in a dark dry place - just like your potatoes!*

*Napa Cabbage*

*Zucchini/Summer squash*

*Cucumbers*

*Broccoli*

*Bell Peppers and perhaps a hot banana pepper or two*

*Melons are still here :)*

*Full share members will also have a Daikon radish. These have a very mild flavor similar to the red radishes in the spring season. The difference? They are huge and enjoy warm weather!*

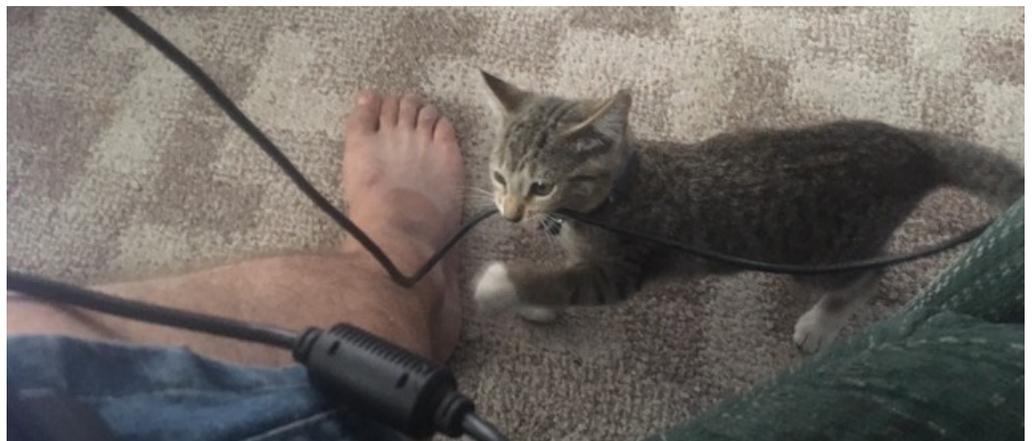
### WEEK 10: WAR DECLARED. RETALIATIONS IN EFFECT.

Happy reading everyone! I can't get over how wonderful the weather was this past week, especially the weekend. Just as we were looking to need water again, we were the thankful recipients of about 1/2 to 3/4 of an inch of rain (as guessed by the eyeballing of the water in a few 5 gallon pails that were left out in the field the night before) Thursday late morning into early afternoon. I had just finished picking our sweet corn with Blaine as the rain really began to come down, and it ended just as we needed to leave for our farmers' markets. It doesn't get better than that!

Speaking of sweet corn, you'll notice it not being in your shares this week (see title at top of page). Part of the drier weather means that our electric fences don't quite put out the "juice" that they ought to when a (insert explicit wording here) raccoon decides that it wants some. There are few things as frustrating as raccoons, and it's one of our struggles that many people are very out of touch with, though be it through no fault of their own. When people see that we are lacking our corn at a market, and ask, we'll explain... coons. I probably shouldn't take it personally, but few things irk me as much as someone saying, "I know how you feel, they ate a few ears in my garden too." It makes me wish I had an ear of corn to throw at them. Deer are a slight pain - they'll steal a few ears here and there, but will at least eat everything they start. Raccoons, on the other hand, will go down an entire row, taking one or two bites out of each ear as they go. The result? About \$300-500 worth of damage each night, night after night. So when I'm asked to try and share with nature... I think I'll decline. So, new ideas are in effect, and we are hoping for the best. Live traps have been set, and we're attempting a new style of electrifying our fence by adding a grounded wire in between two "hot" wires. With any luck, this will give a larger zap and send the raccoons back to hunting crayfish in the river.

In the meantime, here's a picture of our new kitten, Mittens, bugging me and chasing the laptop cord while I'm trying to write this newsletter.

### -The Guldans



## *IDEAS FOR THE COOK*

While we still wait for the field of tomatoes to yield any quantity's worth of round red objects, don't forget to enjoy a tasty bacon, lettuce, and cucumber sandwich! One could even try this with the thin leaves of the napa cabbage instead... come to think of it, that sounds like a very delicious idea! Note to self, make that tomorrow for supper after market. Anyhow, if you are feeling a bit overwhelmed with zucchini or cucumbers, this week's recipes are focusing on those veggies which are now in peak season. Have you made the refrigerator pickle recipe that I included a few weeks back? It's a winner if you are having a tough time using your cukes - believe me, you'll want more once you start making these! Did you know that it also works to use zucchini? I highly recommend making a Miso soup with your napa cabbage too. Brooke made this with a bunch of other veggies (onions, carrots, beans, celery) and the Asian flavored puree, Miso. Delicious!

## **Confetti Cucumber Salad**

*From Simply Recipes*

1 large cucumber or 2 small cucumbers (about 1/2 pound to 3/4 pound total), seeded and finely diced (peel first if the cucumber is thick-skinned, leave peel on if thin-skinned)  
1/4 cup finely diced red onion  
1/4 cup finely diced any color bell pepper  
2 Tbsp chopped fresh mint  
1 Tbsp rice wine vinegar  
1 Tbsp olive oil  
1/4 teaspoon salt  
1 teaspoon minced hot pepper

## **RECIPES OF THE WEEK**

### **Zucchini Bars**

*From All Recipes*

1 cup vegetable oil  
1 1/2 cups sugar  
4 eggs  
2 cups all-purpose flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
1/4 teaspoon salt  
2 teaspoons ground cinnamon  
1/4 teaspoon ground cloves  
3 cups zucchini, coarsely shredded

#### **Cream Cheese Frosting**

1 (3 ounce) packages cream cheese, softened  
2 tablespoons butter, softened  
1 teaspoon vanilla extract  
2 cups powdered sugar, sifted

Combine oil, sugar, and eggs in a large mixing bowl; beat at medium speed until well blended. In another bowl, combine the flour and next 5 ingredients; stir well. Add the flour mixture to the creamed mixture, beating until well blended. Stir in zucchini.

Pour the batter into an ungreased 15 x 10 x 1 inch jellyroll pan. Bake at 350 degrees for 25 minutes or until a wooden pick inserted in the center comes out clean. Let cool in the pan on a wire rack. Once cool, spread cream cheese frosting evenly over the top; cut into bars

Frosting - Combine the cream cheese, butter, and vanilla in a small mixing bowl; beat at medium speed until light and fluffy. Add the powdered sugar, beating until the frosting is smooth. Spread on the cooled zucchini bars.

### **Zucchini Pancakes**

*From Food Network*

2 medium zucchini (about 3/4 pound)  
2 tablespoons grated red onion  
2 extra-large eggs, lightly beaten  
6 to 8 tablespoons all-purpose flour  
1 teaspoon baking powder  
1 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
Unsalted butter and vegetable oil

Preheat the oven to 300 degrees F. Grate the zucchini into a bowl using the large grating side of a box grater. Immediately stir in the onion and eggs. Stir in 6 tablespoons of the flour, the baking powder, salt, and pepper. (If the batter gets too thin from the liquid in the zucchini, add the remaining 2 tablespoons of flour.) Heat a large (10 to 12-inch) sauté pan over medium heat and melt 1/2 tablespoon butter and 1/2 tablespoon oil together in the pan. When the butter is hot but not smoking, lower the heat to medium-low and drop heaping soup spoons of batter into the pan. Cook the pancakes about 2 minutes on each side, until browned. Place the pancakes on a sheet pan and keep warm in the oven. Wipe out the pan with a dry paper towel, add more butter and oil to the pan, and continue to fry the pancakes until all the batter is used. The pancakes can stay warm in the oven for up to 30 minutes. Serve hot.