

Guldán Family Farm



## NOTES FROM THE FARM

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

*Nothing totally new this week, but unless something changes, there should be corn :) There are still a few more items that we're hoping to include later this season that are not yet ready. Within the next few weeks, be on the lookout for leeks, squash, carrots, rutabagas, and maybe another surprise or two!*

*This week's veggies should include kohlrabi, beans, tomatoes, and eggplant just like last week.*

*Returning to your shares from earlier weeks is sweet corn (this is the Providence variety), broccoli, and green bell peppers.*

*New for our half share members, but returning to full members are grape tomatoes. These little bites are exceptionally good. They are Blaine's favorite! If we are a little short on them, you may also find a few hot banana peppers.*

*Full share members will likely find an onion or two. Enjoy!*

### WEEK 12: THE CALM BEFORE THE STORM...OR AFTER?

Greetings everyone! I know that the weather is a boring topic for most, but it has surely been on the forefront of our minds here this past week, and still going forward. As I sit here contemplating what to write, I'm just amazed how gorgeous it is outside today! I'm really wishing that I had gotten out of bed before noon to enjoy more of the day, but when Sunday is my only day to sleep in, and Brooke and I were DJing a wedding until 1am, it would seem that a week's worth of lack of sleep finally caught up with me!

Monday was our final outing of the transplanter and a few flats of kohlrabi, broccoli, and cabbage found their home in our field. Dad was able to find a small area that was just dry enough to be worked up after the recent rains and it was just enough space. With that, we are officially done planting for the year, and the planter has been parked into the shed for storage. Tuesday and Wednesday brought some heat, but then the rains arrived. Thursday was supposed to be a dry day with a chance of showers. Somehow that turned into thunderstorms with 60 mph winds and hail. I was at the New Ulm farmers' market at the time, and needless to say, things got interesting. We were lucky. We only had some wind, and some rain—no hail. The bulk of the system went just south of us, and we are very grateful that it did. We've got some flat sweet corn now... you may have seen the video on facebook, but at least we have corn again! As much as I enjoy complaining about being rained out two days in a row at two markets (Saturday was rain for both New Ulm and Mankato), and having to crawl in the mud when picking the veggies, there is one very noticeable advantage to a wet August... The electric fence works REALLY well against wet raccoons! The planting that I'm planning on picking this week doesn't show much for signs of damage, but I don't want to get too far ahead of myself. In the meantime, I'll keep my fingers crossed that the critters are kept out. So for now, we've had enough moisture to get us through the rest of fall, at least until we need to plow the fields under. Getting through natural concrete isn't the easiest of tasks.

This is the last week that we'll have the help of most of our field crew, so this will likely be the last time that we'll be able to include beans in the shares. Our wonderful workers will be in the classroom learning about the world, and I'll be attending my fall teacher workshops and preparing to meet my new students this year. It's not that I don't want to pick 80 lbs of beans on Monday, Wednesday, and Friday by myself after working at school... Oh, wait... yeah it is.

**-The Guldans**

## ***IDEAS FOR THE COOK***

As per the usual, be sure to keep all your veggies in the fridge. The only exception would be your tomatoes - they should be simply set on a counter and taken out of the bag.

Speaking of tomatoes, do you still have some kale left from last week? My new favorite sandwich is the BKT. Yup, I used kale instead of lettuce. I'll always eat seasonally where I can, not to mention the extra nutrition (as if I needed another excuse to eat bacon).

Just a friendly reminder to not over cook your sweet corn. Just a few minutes after being tossed into a pot of boiling water is all that it takes. Providence is our best of the best. No additives needed!

## **Easy Eggplant Parmesan**

*From Food.com*

- 1 large eggplant, peeled and cut into 1/3 inch slices
- 2 eggs, beaten
- 1 1/2 cups seasoned dry bread crumbs
- 1/4 cup olive oil
- 3 cups spaghetti sauce
- 1/2 lb shredded mozzarella cheese
- 1/3 cup grated parmesan cheese

Arrange a layer of eggplant slices in a colander. Sprinkle generously with salt. Continue layering and salting all eggplant slices. Let stand 30 minutes. Rinse and pat dry. Dip each eggplant slice in beaten egg, and dredge with breadcrumbs.

Heat oil in a heavy skillet. Over medium high heat fry eggplant in hot oil about 2 minutes per side until golden. Drain on absorbent paper.

Preheat oven to temperature 350°F Arrange half the eggplant slices in the bottom of baking dish sprayed lightly with nonstick spray. Spread half the sauce over top. Sprinkle with half the mozzarella and half the Parmesan. Repeat layers.

Bake 20-25 minutes or until mixture is bubbly.

## **RECIPES OF THE WEEK**

### **Kohlrabi Fritters**

*From Early Morning Farm*

- 1 medium to large size kohlrabi
- 1 red or yellow onion
- 1/2 cup all purpose flour (or gluten free all purpose or whole wheat)
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt
- 2 eggs, lightly beaten
- olive oil for frying

Using a food processor with a grating disk, grate the kohlrabi and onion. You'll need 3 cups, so if your kohlrabi is on the small side add more onion or another vegetable. If your kohlrabi is on the larger side, reduce the amount of onion. Wrap the kohlrabi in a clean dish towel and squeeze as much water out as you can. Transfer the kohlrabi to a mixing bowl, and combine with remaining ingredients.

Heat a thin layer of oil over medium high heat in a cast iron skillet. Pan-fry kohlrabi in 1/4 cup scoops, about 2 minutes per side until golden. Drain on paper towels. Serve with desired sauce or Lemon Dill Yogurt Sauce.

#### **Lemon Dill Yogurt Sauce**

- 1/2 cup greek yogurt
- 1 small garlic clove, minced or grated
- 1 tablespoon lemon juice
- 1/4 cup chopped fresh dill
- salt and pepper to taste

Combine yogurt, garlic, lemon juice, and dill in a small bowl. Mix to combine, then season with salt and pepper to taste.

### **Tim's Grilled Chicken Sandwiches**

To me, there are few things better than these on a summer evening!

Start by grilling some pieces of chicken breast in the thickness of your choice. Lightly toast some bread for the sandwich with an ever so lightly amount of miracle whip. Add the chicken (I season with Lawry's salt and garlic powder). Top with slices of tomato, pepper, onion, and whatever other veggies you may have around!