

Guldán Family Farm



NOTES FROM THE FARM

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

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This week's share... Our best guess

Is the weather finally cooperating? We'll see if we can fill this week's order with the following!

Head Lettuce: Red fire or Green Star lettuce will be in the shares, full members may also find a red butterhead.

Green beans and peas will likely be found for everyone. We are currently picking two different varieties of beans... If they are a light colored green, they are called "Provider." If there are a rich dark green, this variety is known as "Jade."

What kind of peas? That remains to be seen... round and thick pods? Eat the whole thing! Pointy and thinner pods? Shell away!

Returning from last week and likely the last time it will be included is Swiss chard

Red radishes and kohlrabi are back!

What's new?

Parsley and Cucumbers!

Enjoy!

WEEK 6: FIGHTING THE FORECAST. PAST/PRESENT/FUTURE

Howdy folks! Just as quickly as we were about to have to start watering, the rains came...and kept coming! This past Monday (yes, the 4th) was an exceptional picking day for our crew, a 15 year old gal who began working for us late last July picked over fifty pounds of peas and bean in three hours! Hopefully you were able to enjoy your peas as quickly as possible. While peas do "keep" for up to a week without much issue, their flavor is without any doubt best when eaten within 48 hours of picking, especially the shelling peas. Once the picking was complete, Dad and his brother worked on repairing our road that accesses our water source if we need to irrigate. The seven inches of rain that we had a few weeks back had created foot-deep washouts in the path, making hauling water tanks impossible if we would be in the need. It's not that we don't enjoy having to rebuild/replace farm equipment, it's just that it's insanely expensive and creates large amounts of unacceptable downtime. Just as it was looking like we'd need to use the newly repaired road, the rain came! It's much more useful when we have a slow rain, it allows the moisture to soak into the soil vs ending up in the ditches and sloughs. The week progressed on without much incident. Many crops are beginning to look as they should, yet still others we can tell will just never recover from the copious amounts of rain. What probably caused the most issue thus far wasn't necessarily the standing water or washouts. Yes, we probably lost at least 10-20% of our crops as a direct result of the rainfall, but the secondary effects nearby are showing to be much more headache inducing. In the slightly hilled areas where the running waters didn't damage the plants or remove much soil, the rain did manage to remove the fertilizer that our plants need to grow and produce. There are yards and yards of squash and zucchini plants where they are only a mere six inches in height. By comparison, their buddies down the row are almost two feet tall and several feet wide. Time will tell what the final results of the year will be, but to be very honest, I can't recall a year where so many of our crops look so behind or unhappy. Thankfully, there are many crops that are finding their way to looking like they should! This past week we discovered that our first planting of cucumbers was starting to produce, and produce they did!

The weekend forecast called for more rainfall and our greenhouse had flats of veggies that needed to find their way into the field. Right after markets on Saturday morning, Dad was able to find a spot just dry enough to work up and plant. So we did! It ended up to be the right decision—an inch and a half of rainfall later, those new plants were looking quite happy this afternoon. Let's hope that they stay this way!

With mother nature being our biggest hindrance this year, we've been extra proactive this year with our critter pests. We've already put up a couple miles worth of wire in electric fences around our sweet corn and melon field areas. Our thought process goes a little like this. If we can keep them out before they get a taste of the REAL good stuff, maybe they'll be less likely to take a zap intentionally. We'll hope!

-The Guldans

IDEAS FOR THE COOK

What's been your favorite salad addition this season? We sincerely hope that you've been enjoying the various salad ingredients that we've been able to grow this season. This year's spring gave us a very healthy (all things considered) lettuce crop and early summer looks to keep doing the same. Our goal has been not to overwhelm you with lettuce, especially since many of our other crops have struggled, but remember... you're eating seasonally :) The greens will likely disappear in the next couple weeks, never to return again until the following spring. Enjoy them while you can!

So, cukes! We are very happy to finally be able to include cucumbers this week. Most people enjoy them raw in a variety of ways... with a dip, in a salad, on the sandwich, the list goes on! My own personal concoction was birthed out of a craving for a BLT sandwich, my absolute favorite summer treat. Being too impatient a few years back, I made a BL"C" with cucumbers instead. The result? It was fantastic. Give it a try! You won't be disappointed.

Parsley looks a bit similar to celery leaves. Try it diced up and added to a salad, or on top of your raw/steamed veggies. It's sure to add a burst of flavor.

Creamy Parsley Veggie Dip

From Taste of Home

1 cup fat-free mayonnaise
1 cup (8 ounces) reduced-fat sour cream
1/3 cup minced fresh parsley
2 tablespoons finely chopped onion
1 tablespoon Dijon mustard
1 garlic clove, minced
1/2 teaspoon salt
1/4 teaspoon pepper

Combine ingredients, refrigerate for two hours, serve with veggies of choice.

RECIPES OF THE WEEK

Roasted Green Beans, Mushrooms, and Onions with Parmesan Breadcrumbs

From Delish.com

3/4 lb. green beans, trimmed
1/2 medium red onion, sliced into rings
4 oz. cremini mushrooms, sliced
4 tbsp. extra-virgin olive oil, divided
kosher salt
Black pepper
1/2 c. fresh breadcrumbs or panko
1/4 tsp. dried oregano
1/4 c. grated Parmesan (1/4 oz.)
1/2 lemon.

Preheat oven to 425 degrees F. On a rimmed baking sheet, arrange green beans, onions, and mushrooms. Toss with 3 tablespoons olive oil and season with salt and pepper. Roast until tender and deeply browned, 30 to 35 minutes. Meanwhile, in a medium skillet over medium heat, heat remaining tablespoon oil. Add breadcrumbs and oregano and cook, stirring constantly, until golden brown, 3 minutes. Remove from heat, stir in Parmesan, and zest of lemon. Squeeze lemon juice over roasted vegetables and top with Parmesan breadcrumbs.

Fresh Beet Salad with Cilantro and Scallions

From Group recipes

12 ounces casarecce (or penne) pasta
1/2 pound green beans, cut in half lengthwise
1 tablespoon fresh thyme
5 teaspoons lemon zest, divided
1/4 cup finely chopped roasted salted pistachios, plus more for topping
2 tablespoons Champagne vinegar
1 tablespoon minced shallots or other onion
1 garlic clove, minced
1 teaspoon table salt
1/2 teaspoon freshly ground black pepper
5 tablespoons olive oil
1 1/2 cups loosely packed arugula
Grated Parmesan cheese, for topping

Cook pasta according to package directions, adding green beans to boiling water during last 2 minutes of cooking time; drain. Rinse pasta and green beans with cold water; drain well. Place pasta mixture, thyme, and 3 tsp. lemon zest in a large bowl; toss gently to combine. Whisk together 1/4 cup pistachios, next 5 ingredients, and remaining 2 tsp. lemon zest in a small bowl. Add oil in a slow, steady stream, whisking constantly until blended. Drizzle over pasta mixture. Add arugula, and toss gently to coat. Top the pasta with chopped pistachios and Parmesan.