

Guldan Family Farm



## NOTES FROM THE FARM

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

*Nearly half way through  
the season, here's what we  
hope to deliver this week!*

*Head Lettuce: We've be-  
gun harvesting our final  
planting of head lettuce  
varieties. Which kinds will  
be in the shares will be  
based on what seems to be  
in best shape.*

*Green beans should be  
included again this week.*

*Green onions return, as  
well as cucumbers and  
hopefully some zucchini.*

*New for this week are Red  
potatoes, Napa Cabbage,  
and Basil.*

### Jam CSA Members

*This week's selection is  
definitely one of the more  
unique varieties of Jam  
that my mom enjoyed  
making.*

*Cantaloupe-Peach is this  
week's inclusion. Due to  
the naturally soft textures  
of both fruits, it is a much  
smoother consistency, and  
can be used as a syrup as  
well for pancakes! **Enjoy!***

## WEEK 7: ADVENTURES, INJURIES, AND A BIRTHDAY PARTY

After a rather long week, I'm writing this week's newsletter at 7:30 Sunday evening, and I can barely keep my eyes open... looks like this week will only be a one pager.

I have to say that we had a lovely week - some cool, some heat, and as of last night, another shot of rain (albeit all in too little of time, resulting in some Sunday morning road repairs again). On Monday this week, we decided to give a new Farmers' Market a try. We had been contacted earlier this spring to see if we had any interest in vending at a newly formed market in North Mankato. Seeing as we already had two CSA drop-points on Monday afternoons, we really didn't think we'd be able to manage three places at once. Well, we decided to give it a try. Dani ran the shares to Redwood, Sam took New Ulm's and I ran a solo ship to North Mankato in hopes of good sales. On a first impression, I was happy with the market. Now it's just a matter of veggies and manpower to see if we continue going... going to Mankato's market immediately on Tuesday reminded me of the days where we ran 9 markets a week... a little too busy for my tastes.

Wednesday may have very well brought my downfall for this season, and I can't even blame a work related injury. That evening, while attending Blaine and Brooke's base/softball games at Courtland's ballpark, I was on a quest for a Taco in a Bag for supper. I successfully navigated the first 15 or so steps on the way down from the stands, but somehow ended up on the concrete while traversing that final fateful step. A torn tendon in my right foot later, I'm popping Tylenol and Ibuprofen like skittles and am sporting a nice limp. This could make picking sweet corn in the near future quite problematic, as well as mastering a jumping front-kick that I'll need to perform as part of my kata in karate class in two weeks. Either way the situation can be described in two words: Not Good.

On a positive note, Sunday was spent celebrating Dad's 55 birthday with friends and family. Though his birthday was Saturday, he was able to enjoy a whole day on his schedule, and can't wait for Perkins to re-open and finally take advantage of their Senior Discount. -The Guldans

### Ideas and Recipe

Napa Cabbage is that big leafy bok-choy looking thing in your bag. Also known as Chinese Cabbage, it has a cabbage taste but the crisp textures of celery, lettuce and cabbage all in one delicious veggie! It's fantastic in an Asian Crunch Salad that Mom used to make with onions and Ramen noodles. Enjoy your new potatoes steamed with some onion, butter, and a little basil or leftover parsley from last week.

#### Asian Honey Vinaigrette Dressing for Asian Crunch Salad

2/3 cup vegetable oil (or any cooking oil)  
1/3 cup honey  
1/3 cup rice wine vinegar  
2 teaspoons soy sauce  
1/4 teaspoon sesame oil  
pinch of salt and black pepper