

Guldán Family Farm



NOTES FROM THE FARM

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

A couple newcomers, a few classics, all tasty veggies!

Cukes (cucumbers) and Zukes (zucchini) are "exploding in this heat. You will likely have a few of both! If you happen to have a yellow summer squash, it can be treated just like zucchini, only it's yellow.

Candy Onions—These mild onions are great raw or cooked, they are our main variety, and are excellent keepers once they have dried off later in the season.

Broccoli and beans- Still producing like crazy in this heat!

Sweet corn (I HOPE!) and expensive tomatoes. Also new will be kale for everyone.

*Full share members will find a red cabbage, and perhaps some early peppers... maybe sweet banana peppers or jalapenos. **Enjoy!***

WEEK 8: HALF WAY THROUGH

I took a quick peek at what I had written on this week of summer last year... oddly enough, here's how I started July 26th 2015's Newsletter. "We're having a heat wave!!!! A tropical heatwaaaaave!!!!" How's that for weather patterns! For those of you who have been living under a rock, or just recently returned from a trip to the arctic, this past week was a little on the... how do I put this delicately....warm side. When the weather forecast predicts heat indexes in 110+ degrees, it's pretty clear as to why we start so early in our morning routines. Thankfully, we were able to get the majority of our picking down in the early hours, allowing us to finish our work in the shelter of the barn or canopy where the temperature was a much cooler and refreshing only 93 degrees. As crazy as I may sound writing this, it really wasn't that bad. Don't get me wrong, working in the insane heat with full sun and no shade isn't exactly my cup of tea. Truth be told, as long as I start the day out in the morning, and allow the day to heat up on it's own speed, I tend to find most weather tolerable. What's the trick? STAY OUTSIDE! The only thing worse than 95 degrees, is going into the air conditioning for an hour for lunch, and going back out into it. Friday, the toastiest day of them all, really showed me the power of humidity this week. We had finished all of our picking and prepping of produce by 11:30 that morning, but I was feeling ambitious with hopes of finding some sweet corn for our Saturday morning markets. Hoping to keep my brain from frying, I elected to head home for a nap, and return to the farm around 7:00 that evening. When I arrived, my dad accused me of being nuts (he's not wrong). To me, the temp was much cooler, the sun was going down, and there was even a slight breeze. Besides, I had a full gallon a water along! Two hours later, I salvaged what little corn I could (this field had really felt the full effects of our earlier monsoon season), and had consumed most of my trusty jug while listening to the fine tunes of Ryan Bingham on my phone. I have NEVER felt so physically gross in my life as I did as I left the field. My shirt glistened as if I had pulled it out of a pail of water, and I could barely see out of my sunglasses (which I wear to keep the leaves from cutting my eyes) from my perfuse perspiration, all while being covered in corn pollen and tassel debris. Simply put, Friday ended up being a 3-shower day!

As we make the turn half way through our CSA season, we bid farewell to salads, and hello to the "meat and potatoes" of the veggies. So get the grill going, make some zucchini boats, enjoy some of the worlds best refrigerator pickles, heighten your nutrition with kale chips, and of course keep yourself hydrated. Summer is definitely here! **-The Guldans**

IDEAS FOR THE COOK

Expensive tomatoes? Why are they expensive? Why thanks for asking! Tomatoes that were planted straight into the field have only just begun to produce. By begun, I mean that I picked a total of 1.5 pounds on Friday. The tomatoes that you'll have were still grown in the field, but under the shelter of a high tunnel. This protective cover allows us to have tomatoes 2 or more weeks in advance while producing the most gorgeous 'maters you've ever laid eyes on. But those high tunnels cost a few grand each to put up...that's why they're expensive.

As I mentioned on the front page, I'm hoping to find some of our early variety sweet corn this week. This first field came up very uneven, was frozen, frozen again, drowned, and toasted. This variety is called Native Gem. It's a good early variety of sweet corn, but the best will be coming later! If you want to get the most flavor out of your corn, do not, I repeat, DO NOT overcook your corn. Bring some water to a boil, add the ears, set the timer to five minutes, remove, and enjoy. Yes, it's that simple. Some people will insist on adding butter or salt to sweet corn. In my opinion, a corn worth growing doesn't need either. I haven't added a thing to an ear of our corn (any variety) since 1997. Heck, I even eat it raw for a snack while I'm picking it!

Kale is one of the most nutrient dense veggies around - look for the big leaves on the top of your tote. Kale can be sautéed, or simply cooked with other dishes in the few final minutes of most recipes to add an extra boost to your health. Not sure what to do? Try the kale chips. I haven't heard a single person tell me that they didn't devour them right away. Otherwise, chop up some leaves, sauté with some onions, and add to a burger. There. You have an excuse to make a burger this week!

RECIPES OF THE WEEK

Zucchini Boats

Brooke makes these. Simply delicious!

2 medium zucchini (about 8 inches)
3/4 pound ground beef
1 small onion, chopped
1/2 cup chopped fresh mushrooms
1/2 cup chopped sweet red pepper
1/2 cup chopped green pepper
1 cup (4 ounces) shredded cheddar cheese, divided
2 tablespoons ketchup
Salt and pepper to taste

Trim the ends off zucchini. Cut zucchini in half lengthwise; scoop out pulp, leaving 1/2-in. shells. Finely chop pulp. In a skillet, cook beef, zucchini pulp, onion, mushrooms and peppers over medium heat until meat is no longer pink; drain. Remove from the heat. Add 1/2 cup cheese, ketchup, salt and pepper; mix well. Spoon into the zucchini shells. Place in a greased 13x9-in. baking dish. Sprinkle with remaining cheese. Bake, uncovered, at 350° for 25-30 minutes or until zucchini is tender

Refrigerator Pickles

This recipe has found its way into our newsletter each year. Why stop now? They're Dad's mother's recipe and we can't eat enough of them! Start by combining....

2 cups sugar
1 cup vinegar
1 tsp salt
1 tsp celery seed

Bring the mix to a boil. While waiting (it takes a little while), thinly slice a few cucumbers and about 1/2 an onion. I use the slicing blade of a food processor for both, works pretty slick. Put them into a container that can handle the heat - I've successfully used ice cream pails, large cottage cheese containers, and of course glass mason jars. Once the brine has boiled, pour over the cukes and onions. Keep in your fridge and enjoy them the next day. I've had these keep several months with no issues. Granted, I usually have them all eaten within a couple weeks...

Kale Chips

From All Recipes

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes. Remove from the oven, and serve hot.