

Guldán Family Farm



## NOTES FROM THE FARM

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

July 4th, 2016  
Volume 8, Issue 5

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

*Since the monsoon has ended and the drought began, it's a little more difficult to predict once again this week. Here's what I'm hoping to include this time around...*

*Head Lettuce: Red fire will make its return for the half shares. Full shares will have some head lettuce as well, but I'm not sure which kind.*

*Leaf lettuce may or may not be included this week.*

*Green beans for all, and hoping to include shelling peas and cilantro once again.*

*New This week: Swiss chard is the long stemmed, big leaved item in your bag.*

*Walla Walla onions—sweet and delicious raw.*

*Full shares will likely find some more turnips this week, as well as early beets.*

### ***Jam CSA Members***

*This week includes a New Ulm favorite - Ground Cherry Jam! Many locals recall the "good old days" of sitting in the ground cherry patch and eating till their hearts were content. Relive those days with this tasty treat! **Enjoy!***

## WEEK 5: WHAT'S THIS THING YOU CALL A HOLIDAY?

Happy Independence Day! For those that enjoy their own display of fireworks, I'll offer my favorite 4th of July quote, courtesy The Simpsons. "Celebrate the independence of your nation by blowing up a small part of it!" On a more glass-house point of topic... While vending at farmers' markets at the end of June into the first couple days of July, year after year, good intentioned folks often ask us the question, "What you are doing for the 4th?" Unless it falls on a Sunday, our answer is always the same: "Working." Maybe it's the cynical and sarcastic jerk deep, (ok, maybe not so deep) down inside me that wants to ask them if they think that some 100,000+ plants magically stop growing and needing to be harvested because of specific days of the year, or inquire if they think that we just sit at the farm site twiddling our thumbs all day, while the produce in a 20 by 20 foot backyard garden happily sings along with John Denver and jumps into our pails as we harmonize in time (end rant). In understanding, I have to be conscientious to remind myself that very few people actually know or see what we really do. Heck, even many of our own family members are oblivious. As part of our CSA, our goal is not just to provide the best quality of produce that we (barring mother nature's occasional cooperation) can, but also to provide an educational piece so that others may understand how, when, and why certain crops are grown in our area to enjoy. So with that in mind, I thought it would be fitting to give everyone here a glimpse of what our day to day schedules typically include in our family operation, as we grow your goodies!

**Mondays, Wednesdays, and Fridays:** Dad, Dani and I try to begin our day around 6:30 or so to get ready for our field crew - a hardy handful of teenagers who help us with picking peas, beans, berries, and tomatoes (and whatever else I think of at the time) who will be with us from 7-10:00 in the morning. We'll usually finish up the majority of the day's picking before 11:00. At that point its back to the barn area where we wash, sort, and prep the produce for markets and shares. Once it's ready, the produce is moved to our walk-in cooler Our goal is usually to be done with this portion of our day by One O'clock or so in the afternoon. We'll usually take a 15 or 30 minute lunch, and then transition to planting or weed control in the field, as well as whatever we forgot to pick earlier. Later in the season, I'll be picking sweet corn at this time. After a couple hours, it's time to put together the shares on Monday/Wednesday. Once finished, I'll typically change into something a little more civilized and head to New Ulm to greet our share members till 5:30, while Dad remains working the fields. Dani or Sam will run a group of shares to Redwood Falls. On occasion, there is still some planting to do when I return, but we try to be done with everything by mid evening. Friday afternoons are usually used to finish prepping for our Saturday morning farmers' markets.

**Tuesday and Thursdays:** The morning hours are often spent planting, weeding, or putting up pea/pest fences as needed. After lunch, we'll pack the shares for the day and load up for our respective Mankato/New Ulm farmers' market and head out to set up shop! By the time the market is over and we've unloaded our vehicles, it's usually about 7:00, and we're ready to call it a day.

**Saturdays:** Pending on the time of the season, Dad and I will begin loading for market at about 5:00am. He'll head to Mankato by 6:00 to be set up by 8:00, and I to New Ulm. Both markets end at noon, so we regroup at the farm. Dad, Dani, and Sam will usually try to enjoy the rest of the weekend, while Brooke and I often set out to DJ a wedding reception. Some people may call this a little insane...Lord knows we do! When it's all said and done, it's quite the process, but it's what's needed to make our operation viable.

**-The Guldans**

## *IDEAS FOR THE COOK*

Just what the heck is Swiss chard? Well, it's a very versatile veggie! Swiss chard comes in a variety of colored stalked and actually be treated as two distinct foods (the leaves, and the stalk). Some people prefer dishes that uses one or the other, while some enjoy them together. The stalk has a texture somewhat similar to celery. It can be sautéed, roasted, and even grilled. The greens can be simply added to salads, cooked down, or baked. The manager of the New Ulm farmers' market tried Swiss chard for the first time in his life a couple weeks ago by adding it to a crock pot. His reaction? He loved it! To quote his enthusiasm, "Where has this been all my life?"

## CALLING ALL BAGS!

Do you happen to have a collection of red, green, and/or tan colored bags in your possession?

Our stockpile of share bags is running dangerously low!

Please remember to bring them back :)



## RECIPES OF THE WEEK

### Easy Swiss Chard

*From simply recipes*

1 large bunch of fresh Swiss chard  
2 Tbsp olive oil  
1 clove garlic, sliced  
Pinch of dried crushed red pepper  
1/4 teaspoon of whole coriander seeds (optional)  
Rinse out the Swiss chard leaves thoroughly. Either tear or cut away the thick stalks from the leaves.

Cut the stalk pieces into 1-inch pieces. Chop the leaves into inch-wide strips. Keep the stalks and leaves separate. Heat the olive oil in a sauté pan on medium high heat. Add garlic slices, crushed red pepper, and coriander seeds (if using), and cook for about 30 seconds, or until the garlic is fragrant. Add the chopped Swiss chard stalks. Lower the heat to low, cover and cook for 3 to 4 minutes. If the chard still needs a bit more cooking (remove a piece and taste it), cover and cook a few more minutes. Serve immediately.

### Fresh Beet Salad with Cilantro and Scallions

*From Group recipes*

3-4 raw beets medium sized to be peeled and sliced.  
Large pot of water  
1/2 teaspoon salt  
1 teaspoon sugar  
juice of 1/2 lemon  
1 garlic cloves  
1-2 scallions (or substitute a couple tablespoons of chopped walla walla)  
1/8 cup chopped fresh cilantro (preferred) or parsley  
1/8 cup apple cider vinegar

Place sliced beets in pot, add enough water to cover. Add sugar and salt and allow to come to a boil. Reduce heat and allow to cook on a medium simmer until they are just fork tender - maybe 10 minutes depending upon how much you are cooking at once. Strain reserving juice. Place now cooked beets into bowl and allow to cool completely in the refrigerator. Once chilled, take out and add vinegar, chopped garlic, chopped scallions and chopped parsley, stir till combined. Add additional salt if necessary and serve. Keeps quite well in the fridge for up to one week in a sealed container.