

Guldan Family Farm



NOTES FROM THE FARM

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This week's share... Our best guess

Head lettuce - All members will find a head of "Red Fire" lettuce this week. It has large frilly leaves. Full members will also find a red "Butter head," which has an exceptionally tender leaf. If they continue to grow, they'll be included for all members next week!

Oregano - a tasty perennial herb for our full members.

Kohlrabi - the green "alien" looking thing in your bag. Just peel the thin outside layer and enjoy with a dip of choice.

Spinach - Nutrient dense salad greens! You may notice a few blemishes and holes in some of the leaves... this is from the hail we had earlier in the season.

Dill weed - Dill...before it becomes "Dill." A great addition to salads, grilling, and pretty much anything else!

Surprise? There MAY be peas this week. It'll depend entirely on this planting's yield, which is looking sketchy at best. If there are peas, we'll let you know what kind they are and how to eat them!

*Everyone should recognize asparagus, leaf lettuce radishes, rhubarb, and green onions from last week. **Enjoy!***

WEEK 2: A BIT ABOUT US

Welcome to week two! Once again, we have an incredible number of over new members this year - Thank you for joining us! I'll start out this week's newsletter with a bit of a background on your farming family. Denny Guldan began farming on the homestead in 1979 with his father, Dennis (senior). He bought the farm, married Janice in 1983, and lived his dream of farming corn, soybeans, and oats on his own land. Two years later, I (Tim) entered the picture, followed shortly by Emily in '87. In 1988, Janice thought it would be fun to try something new - "let's grow strawberries!" Long story short, that disaster of a "successful failure" inspired Denny and Janice to begin phasing out of traditional agriculture and into the uncharted territory of fruits and vegetables. As you've probably figured out, the idea stuck! In 2000, Samantha entered the picture, and the family was complete. Over the next decade, we tested the waters of various farmers' markets and other ideas of veggie distribution. 2009 was our debut CSA season, another of Janice's visions for the farm that quickly gained popularity. Plans were made for the future, and things were looking swell. 2012, however, brought a shift in our momentum. On July 5th, Janice was diagnosed with cancer, and was lost in September a few months later. Dad and I decided that we would keep on moving, we wouldn't know if we didn't try. When the outlook was the most grim, Denny met a wonderful lady named Dani. She wasn't all too familiar with a farming lifestyle, but was happy to become a part of the family and was our "intern" crew member that year. Dad and Dani were married this past New Year's Eve while my wife Brooke and I will have been civilly married for two years this coming September, but are finally having our real ceremony at the Cathedral this November... after farming and deer hunting seasons of course.

As if the farm itself didn't keep us in an active lifestyle, quite a few of us have embarked on additional adventures. Dani operates her photography business, Dani Bohm Studios, while being a Jewelry Lady for Premier Jewelry. Brooke (who is an LPN nurse going to school for her RN, a presenter for Yonique make-up, AND a Premier Jewelry Lady...and I thought I had irons in the fire) and I operate our DJ operation, TBG Entertainment. Most people would say that my "real job" is that I'm a science teacher at Dakota Meadows in North Mankato, but what can I say, I'm a farmer at heart and am always looking forward to getting my hands dirty with actual dirt. There's nothing like real sunshine!

So what have we been up to this past week? Planting when we can, seeding in the green house when we can't. Dad, Dani, and Sam took off Friday afternoon for the first family camping trip in over a decade, leaving me to hold down the fort in a "trial by fire" sort of way. It would seem that I survived, but then again, they aren't back till late Monday. There's been no shortage of moisture so far this season, and thankfully we missed the most damaging of the storms this past Friday. Where there hasn't been erosion damage from the 4.5" of rain and hail in one night that we had a couple weeks ago, the fields are looking beautiful. Now it's just a matter of getting the weeds under control! If you'd like to see some of the views of the farm throughout the season, check out our Facebook page. Have a great week! -The Guldans

IDEAS FOR THE COOK

The easiest way to wash head lettuce is to submerge the entire head into a sink of cold water. Remove each leaf separately and rinse under running water. If there happens to be any "hitchhikers" that came along for the ride, you'll find them this way also. You'll notice that our sandy soil will seem to hang out mostly in the bottom leaves and close to the core of the head. Gently dry the leaves by placing between layers of a towel or use a salad spinner. After the leaves are as dry as possible, store in an air tight container in the fridge and take out as needed. You may want to clip off the greens on the radishes to save room in your fridge. Finely chop some onions and mix into ground beef for a great patty on the grill this week or add to your salad with the radishes. Don't forget that the green portion of the onion is edible and has the distinct taste of onions.

Need a simple but tasty way to make the asparagus this week? Simply preheat your oven to 425, place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer. Bake for 12-15 minutes, and sprinkle with a bit of lemon juice.

Not sure what to do with your rhubarb? Simply chop it up and freeze it! It will keep wonderfully and can be made into a treat on your schedule.



I found this surprise in the radishes last week!

RECIPES OF THE WEEK

Steamed Asparagus and Salmon

From Team Beachbody and adapted by Brooke Guldán

2 green onions
2 Tbsp water
4-6 oz Salmon (thawed) Not a fish fan? Substitute thawed chicken.
Juice from 1/2 lemon
Salt and pepper to taste
Asparagus

Preheat oven to 450 degrees. Place fish on a large piece of aluminum foil. Top the fish with remaining ingredients. Wrap tightly into a pouch and place on baking sheet. Bake for 15-20 minutes to steam the contents. Enjoy!

Spring Pasta Salad

My personal recipe, based off of Hy-Vee's. I realize that a few of these items aren't quite yet in season, but there's nothing like fresh dill weed to really make a spring salad delicious! Substitute veggies at your leisure to fit your tastes. If nothing else, save this one for later and freeze the dill!

1 box of Ring noodles
2 c. peeled and chopped cucumber
1 1/2 c. sliced radishes
1 c. diced snap/snow peas
1/4 c. diced onion
1 c. peeled, sliced carrots
3/4 c. miracle whip (I prefer the olive oil variety)
1/3 c. sugar
1 to 2 tsp finely chopped dill weed
1 tbsp white or champagne vinegar

Cook pasta according to package directions. Rinse and drain in cold water. In a large bowl combine cucumber, radishes, green bell pepper, onion, carrots and cooked pasta. In a medium bowl stir together mayonnaise, sugar, dill and vinegar. Stir into pasta mixture, tossing gently to coat. Cover and refrigerate several hours before serving.

Rhubarb Jam

4.5 cups prepared fruit (about 2-1/2 lb. fully ripe rhubarb)
1 cup water
1 box pectin (this is Sure-Jell's recipe)
1/2 tsp butter/margarine
6.5 c sugar

Chop unpeeled rhubarb finely. Place rhubarb and water in 4-qt. saucepan. Bring to boil on high heat. Reduce heat to medium; simmer 2 min. or until rhubarb is tender. Measure exactly 4-1/2 cups prepared rhubarb into 6- or 8-qt. saucepot. Stir pectin into prepared rhubarb in saucepot. Add butter to reduce foaming. Bring to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. Return to full rolling boil, stirring constantly. Boil exactly 1 min., stirring constantly. Remove from heat. Skim off any foam with metal spoon. Process with safe canning methods for 10 minutes.