

Galdan Family Farm



NOTES FROM THE FARM

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

Sept. 5th, 2016
Volume 8, Issue 14

This week's share... Our best guess

Some new, some returning, here's the lowdown on this week's veggies!

On the returning end... Broccoli, cantaloupe, red/yellow watermelons, tomatoes, potatoes (we were finally able to dig some!), red and green bell peppers, and cucumbers. Full share members will also likely receive grape tomatoes.

New goodies that all members will find this week include, shallots and jalapeños. Full members will find Thyme.

Shallots are a member of the onion family, and also known as dividing onions. You'll likely notice that they appear to have "cloves" like garlic, however their taste is 90% onion with a hint of garlic. They are simply delicious roasted or sautéed. Not feeling too ambitious? Simply treat them like an onion in cooking!

Make some fresh salsa with your jalapenos, or use your favorite recipe to make a small batch of poppers.

Thyme is excellent with roasted veggies.

Enjoy!

WEEK 14: LEARNING TO FLY, BUT I AIN'T GOT WINGS

Hi everyone! Welcome to week 14! I have to start by reflecting on how absolutely delightful this past weekend has been. It's been cool, a hint of clouds, and dare I say that it gives me a taste of fall. Ah, fall. For Dad and myself, fall is the best time of year. It's a relief from heat, not too humid, and usually on the dry side. As an avid outdoorsman, it's also a chance for me to stock my freezer with some veggie-fed venison. Who needs grass-fed beef when I have that as an option? Then again, I did just order a quarter of grass-fed beef from a fellow rancher/teacher.

The week of workshops came to a close and thankfully gave me a 4-day weekend to focus my energy towards the farm. I attended our final farmers' market in New Ulm (thank you to all of those who frequented our stand), and had plans of erecting my new raccoon barrier. For better or worse, the wire was left at the post office instead of at the farm, so that'll have to wait till Tuesday or later. I honestly have no idea when I'll have the time to do that now... Brooke and I didn't have a wedding to DJ this weekend, but the next eight we do! I'm looking at the "to-do" list for this fall, and it's looking a bit daunting... For some reason or other, being the glutton for punishment that I am, I decided to go for my masters degree, so I'll be attempting to fit that in as our CSA season ends later this month. Until then, Dad, Dani, Sam, and I will continue our "shift-farming" to get the workload completed.

Before I wrap up my story time here, I want to express our sincere thanks to you - our CSA members. Our livelihood depends on this farm. We hope that you know that you've been a part of a family farm that is over 150 years in the making. We still have two more weeks remaining in the CSA season this year. From there we'll allow things to slowly slow down, and focus on the final few weeks of the Mankato farmers' market.

Finally, if you've set foot outside this week... this newsletter explains itself. I have NEVER seen/endured mosquitoes like this in my life.

The Guldans



Guldan House Stuffed Bell Peppers

Mom made these every fall. Truth be told, we make these dozens at a time and freeze them!

If you still have some peppers left over, here's a great way to use them up. Only have the bells from this week? Simply reduce the recipe accordingly.

- 4 large green peppers
- 1/2 cup diced onions
- 1/2 cup diced celery
- 2 teaspoons olive oil
- 1/2 pound pork sausage
- 1/2 pound ground beef
- 1 1/2 cups cooked brown rice (Less if you prefer more meat.)
- 1/2 cup tomato sauce
- 1 beaten egg
- 1/4 cup Parmesan cheese
- 1 cup shredded cheddar or Colby cheese
- 1/2 teaspoon garlic powder
- Dried basil and thyme if you wish
- Salt and pepper

Cut off tops of peppers, remove the seeds and membranes. Blanch in hot water for 5 minutes. Sauté the onions and celery in oil until soft. Brown the sausage and beef in a separate skillet. Drain off excess fat. Add the meat mixture, tomato sauce, rice, egg, Parmesan cheese and half of the cheddar to the vegetable mixture. Stuff the peppers. Set them upright in a covered casserole and bake at 350 degrees for 45 minutes to 1 hour. Add the other 1/2 cup cheese to the top of each pepper in the last 10 minutes of baking so it doesn't burn. You can use more or less cheese as you wish.

RECIPES OF THE WEEK

Oven Roasted Potatoes, Peppers, and Onions

From McCormick

- 2 1/2 pounds potatoes, cut into 1-inch chunks
- 1 medium onion, cut into 1/2-inch chunks
- 1 medium red bell pepper, cut into 1/2-inch chunks
- 1/4 cup olive oil
- 2 teaspoons Lawry's Salt
- 1 teaspoon pepper

Preheat oven to 450°F. Toss potatoes, onion and bell pepper with oil in large bowl. Sprinkle with seasoned salt and seasoned pepper; toss to coat well. Spread potato mixture in single layer on foil-lined 15x10x1-inch baking pan. Roast 40 minutes or until potatoes are tender and golden brown, stirring halfway through cooking.

Skewered Melon

Sounds very tasty!

- 1 cantaloupe - peeled, seeded, and cubed
- 1/4 cup butter
- 1/2 cup honey
- 1/3 cup chopped fresh mint leaves
- skewers

Preheat grill for medium heat.

Thread the cantaloupe chunks onto 4 skewers. In a small saucepan, heat butter with honey until melted. Stir in mint. Brush cantaloupe with honey mixture. Lightly oil grate. Grill skewers 4 to 6 minutes, turning to brown all sides. Serve with remaining sauce.

