

Guldán Family Farm



## NOTES FROM THE FARM

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

*Week 11 brings a bit of spice, extra flavor, and a chance to try a few new ideas!*

*Ambrosia sweet corn returns again this week.*

*Walla Walla onions - These will not keep quite as well as the Candies are known for doing, so try to use them in the next couple weeks. So good in fresh salsa and other raw concoctions!*

*Cucumbers for everyone!*

*Potatoes - either Red or Yukon Gold varieties.*

*Green Bell Peppers, and orange melons are back this week to enjoy.*

*New to half shares is cilantro - we finally had a planting that turned out!*

*New for everyone are jalapeño peppers - make a dish with a kick, or bake up your favorite version of jalapeño poppers.*

*HOPEFULLY... tomatoes. This year has been much of a struggle on these red orbs. They are simply not maturing on the plants, but we'll try to make them happen!*

*Full share members will also find a few zucchini.*

*Jam subscribers will find the culinary classic, Strawberry Rhubarb this week.*

*Enjoy!*

### WEEK 11: ONE MORE TO GO

And just like that, August is half over... Holy cow! Since there is one final week to go, a couple house keeping items are first on the list today. Please, please, please, please remember to bring back your tote bags next week - it'll be the last chance to do so :) Your goodies will be delivered in heavy duty plastic bags next week (which there's no need to return), so there'll be no required road trips to bring back a bit of fabric to the farm.

Well the rain arrived! As planned, we started irrigating the peppers on Monday to ensure that they would stay in a good mood. Then, just like washing a car, a lovely 2 inches of precipitation arrived on Wednesday just as we finished up picking the majority of the veggies for the day. This allowed me to get out into the field this past weekend and finally take care of some tractor-powered field work. Many an acre of weeds needed to disappear before 5 billion seeds could be made and planted for next year. Along with taking out the weeds, the weather was ideal for putting in our last planting of cabbage, broccoli, cauliflower, and kohlrabi. Yes, we were still planting as of August 13th! These cole crops will hopefully turn out for the last couple weeks of the MN farmers' market season in mid to late October. Now that the planting is over, our transplanter will find it's off season home in the shed till next April.

As with all years, the weather is so unpredictable in Minnesota. This past (and looking to be current) week was quite unseasonably cool. Then again, this whole summer has seemed that way. We had a couple scorches early on, but that was about it. Not that anyone is complaining... I love working in the 70's and mid 80's. But with all things, there are always trade offs. This season has not been one for the tomatoes. Usually by now, they've found their way into the shares a *few* times, but this season just wasn't meant to be. The plants look beautiful! The fruits are plentiful, but the color is very much green. Tomatoes need a great deal of traditional summer weather to bring them to a timely maturity. As of now, our 1,200+ plants are more or less taking their time. We're only finding about 20 or so tomatoes each picking day from the field, instead of the typical 15-20 five-gallon pail fulls that we should be harvesting. Then again, the egg plant are doing the same this year, two plantings worth are yielding about 8 fruits instead of 80. But that's farming, mother nature is pretty hard to argue with, and it seems that my plant negotiator skills are a bit lacking. I've even said please!

As I bring this week's newsletter to a close, I would like to take the space here to sincerely thank you for your support in choosing us to be your family farmers for the summer. I'll say it again next week, but I've always been a believer in giving credit where credit is due. Your patronage allows my family to keep our 150+ year family farm in operation, though be it a bit untraditional. With a little luck, wonderful folks like yourselves, and a heck of a lot of hard work, just maybe I'll be able to see it hit 200 in my future :)

Have a great week!

-The Guldans

## *IDEAS FOR THE COOK*

Items to take out for before chilling the veggies include, potatoes, onions, and the hopefully present tomatoes.

I realize that it may be a little late. Like many people out there, I've put it off. Now that you're a little more experienced in veggies, I feel that you can handle it. I think it's about time that we have "The talk."

You know the talk that I'm referring to...  
The sweet corn and melon reality talk.

There are so many misconceptions out there when it comes to these two delicious goodies. I'll start with sweet corn. Many people are under the impression that there are two kinds of sweet corn- Yellow, and Yellow and White. Truth is, there are hundreds and hundreds of varieties of sweet corn out there, ranging in different sweetness levels, maturity times, ear sizes, textures, and pest resistance. Color is simply a superfluous and aesthetic quality only, it does not affect the taste. Ambrosia is a "sugar enhanced" variety (meaning that it is between 30%-35% sugar content, which is just right for a nice pop when you bite, and a not overly sweet flavor). Providence (our best variety which should be ready next week) is a "synergistic" level of sweetness, just above the sugar-enhanced, but below the over-powering sugar of a "supersweet." What about "Candy Corn" that so many people ask about? Candy corn was a yellow variety that wasn't very sweet, and no one has really grown for a few decades.

Now... Muskmelon vs Cantaloupe. This is where the misconceptions get a little ridiculous. Is it the color? Nope. Do muskmelon have a musky smell? Absolutely not. What about the smooth or ribbed texture? Nuh uh. Is it the flavor, size, or shape? No. Technically speaking, all are a type of muskmelon. In North America, however the term cantaloupe is often used. This debate has gotten so heated that even our seed companies won't use one term or the other. They simply state "Orange Melons."

## RECIPES OF THE WEEK

### Fresh Guacamole

*I made this last week, so good with tortilla chips!*

2 ripe avocados  
1/2 teaspoon salt  
1 Tbsp of fresh lime juice or lemon juice  
1/4 cup of minced onion  
1-2 jalapeños - stems, seeds, and membranes removed, minced  
2 tablespoons cilantro (leaves and tender stems), finely chopped  
A dash of freshly grated black pepper  
1/2 ripe tomato, seeds and pulp removed, chopped.

I simply used a hand held powered mixer to blend it all together!

### Spanish Tortilla with Bell Pepper

*From Martha Stewart*

1 tablespoon olive oil, plus more for serving  
1 pound potatoes, peeled and sliced inch thick  
1 bell pepper (ribs and seeds removed), thinly sliced  
1 medium onion, halved and thinly sliced  
Coarse salt and ground pepper  
8 large eggs  
1/4 cup chopped fresh parsley, plus more for garnish  
1/2 teaspoon hot sauce

Preheat oven to 375 degrees. In a medium ovenproof nonstick skillet, heat oil over medium. Add potatoes, bell pepper, and onion; season with salt and pepper (skillet will be very full). Cover, and cook, stirring occasionally, until potatoes are crisp-tender, 14 to 16 minutes. Uncover, and cook off excess liquid, 1 to 2 minutes.

In a bowl, whisk together eggs, parsley, hot sauce, 1/2 teaspoon salt, and teaspoon pepper. Pour egg mixture over vegetables in skillet, and stir to distribute evenly. With the back of a spatula, press down on vegetables so they lay flat and are submerged. Bake until tortilla is set, 12 to 16 minutes. To unmold, run a rubber spatula around edge of skillet to release tortilla; invert onto a serving plate. Drizzle tortilla with oil; garnish with parsley.

### Cilantro Butter

*From Food Network*

1 stick unsalted butter, slightly softened  
6 cloves garlic, coarsely chopped  
1/4 cup fresh cilantro leaves  
1 to 2 teaspoons fresh lime juice  
Kosher salt and freshly ground pepper

Combine the butter, garlic, cilantro and 1 teaspoon lime juice in a food processor or with a mixer until smooth. Season with salt and pepper, and add more lime juice if needed.