

Guldan Family Farm



NOTES FROM THE FARM

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This week's share... Our best guess

And for our final week of the season, many new goodies!

But first, everyone should recognize a few ears of sweet corn, beets, green bell peppers, and candy onions. We finally have a healthy picking of green beans again!

New for half share members is egg plant - see tasty recipe on the reverse for how to utilize this purplish black colored veggie.

Shallots are a specialty type of dividing onion. These will have a bit of a red/purple hue to their color.

Carrots - Fresh and deliciously pulled from the mud!

Popcorn - Pops off the cob. Yes you read that right. It pops OFF the cob!

There's a small chance of tomatoes for this week, but with the cool weather, I'm not all too optimistic. If we're able to get a few, they may be a tad on the orange side. If this is the case, let them sit on your counter for a day or two and they'll ripen beautifully.

Weekly Jam subscribers will find Pumpkin Pecan Butter. Tastes like pumpkin pie in a jar!

Thank you again for choosing us to be your family's farmers.

Enjoy!

WEEK 12: TRANSITIONS AND TRANSITIONS

Just where exactly has the summer gone (time-wise, and weather)??? This past week we had around 5 inches of rain, with what looks to be more Monday. This could make for some fun in the mud...again. As we are all well aware, summers in Minnesota are anything but typical - this year being no exception.

Looking over the past twelve weeks of our summer CSA, there were so many goodies that found their way into your totes. Even this last week has a few new surprises and additions! We had bountiful pickings of red radishes, head and leaf lettuce, spinach, asparagus, rhubarb, sweet corn, onions, peppers, cabbage, broccoli, kohlrabi, Napa cabbage, orange melons, herbs, Swiss chard, kale, cucumbers, potatoes, beets, turnips, and (you guessed it) zucchini and summer squash.

The overall cool season messed with many of our varieties of produce, be it the cool spring, or the unseasonably cool August. As such, there were some complications. Remember that warm week and a half in February? That's why there were no raspberries or strawberries this year :(The plants had started coming out of dormancy only to be reacquainted with below zero temps a week later. The peas and beans struggled a bit this season as well, but thankfully we were able to get them into the shares a few times over the summer. This year is looking to have some of the largest tomatoes we've ever grown...but alas, they are STILL green! Late summer crops that depend on warm weather to reach maturity, such as spaghetti squash, watermelons, red bell peppers, and rutabagas didn't have a chance to find their way to your table due to the season's weather.

The finale of the 2017 CSA season is only the first of many transitions that occur in our near future. With the closing of this week comes the beginning of another year of teaching, while the farm will continue to be in operation through October at the Mankato Farmers' Market. I've been very fortunate to be able to take paternity leave this fall to spend some time with Olivia in October and November, while also being able to help Dad out a little more with the fall farm tasks that have previously been tough to get in. Maybe I'll finally finish that barn I painted 75% of in 2005...

In closing, we would like to sincerely thank you for your support this season as members of our summer CSA. We did our best to try and not overwhelm you with any particular veggies, but at the same time shed some light into the misconceptions of what all grows during certain times of the year here in the northland. What's ever so mind boggling to me is that next year will be the 30th year that the Guldan Family Farm will have been in the fruit/veggie business. It will also be the 10th official season of our CSA! A very special thank you to those who have been patrons of our stand all this time, and to those who have been with our CSA since year one! 2018 CSA information will be available after the new year. We hope you've enjoyed the experience, and we hope to be able to continue to serve you local produce again next year. THANK YOU!

Wishing you all the best,

-The Guldans

IDEAS FOR THE COOK

Have you ever had roasted shallots? Oh my gosh... so good. I'm a little impatient, so I just sauté them myself. I've been known to add some seasoned salt and eat a bowlful...

So how do you use that popcorn? You'll notice that it's already in a paper bag. All you need to do is fold the top over, add a piece of tape and microwave! Be sure to take it out as the popping slows down. Most new microwaves only need 1.5 to 2 minutes, but some less powerful ones may need up to 4. Add any butter, salt, or other flavorings once it's already popped. Disclaimer: This corn was grown last season - we had to dry it to the proper moisture content over the winter so that you could enjoy it! Even more fun - skip the bag and just watch the commotion. You may want to scrub your microwave first though...

Though there's no zucchini this week, you may still have a stash of it tucked away in the depths of your fridge. Check out this delicious (I know it sounds absolutely insane, but you won't regret it) recipe to the right.

RECIPES OF THE WEEK

Zucchini Mock Apple Pie

From CSA member Cathy

Ingredients

6-8 cups zucchini (peel, cut lengthwise, remove seeds, slice 1/4-inch thick)
3/4 cup granulated sugar
1/2 cup brown sugar
2 teaspoons cinnamon
1/4 teaspoon fresh grated nutmeg
1/4 teaspoon fresh ground cardamom
1 1/2 teaspoons cream of tartar
2 tablespoons cornstarch or 2 tablespoons flour
1/2 teaspoon salt
1 teaspoon vinegar (I have used white and apple cider both are good)
1 tablespoon butter
2 ready pie crusts, Pillsbury
1/2 teaspoon sugar, for topping the crust

Directions

Preheat oven to 425 degrees.
Cook zucchini slices in boiling water until barely tender, about 2 minutes. Remove from stove and drain very well and cool. Remove as much moisture as you can with paper towels. In a bowl, toss zucchini with sugars, cinnamon, nutmeg, cardamom, cream of tartar, cornstarch or flour, and salt until well coated. Place lightly floured pastry in a 9-inch pan. Fill with zucchini mixture. Dot with butter, drizzle with vinegar. Top with crust. Brush top crust lightly with water and sprinkle crust with sugar. Bake for 15 minutes at 425. Reduce heat to 350 and bake about 45 minutes. Serve hot with a scoop of vanilla ice cream, or serve chilled.

Roasted Beets and Shallots

From Diabetic Living

Ingredients

6 ounces trimmed red and/or yellow small beets, quartered
2 small shallots, chopped
2 teaspoons olive oil
1/8 teaspoon salt
Dash ground black pepper
2 teaspoons lemon juice
1 teaspoon snipped fresh sage or tarragon
Preheat oven to 425 degrees F. Arrange beets and shallots in a single layer in a 2-quart square baking dish.

Directions

Drizzle with oil; toss to coat. Sprinkle with salt and pepper. Cover with foil and roast for 20 minutes. Uncover and roast for 10 to 15 minutes more or until beets are tender. Cool completely. Peel the beets. Drizzle beets and shallots with lemon juice, sprinkle with sage.

Roasted Eggplant with Bell Peppers, Tomatoes, and Herbs

From CSA member Judi

This can likely be reduced if needed, with slightly less cooking time.

Ingredients

1 1/2 lb. eggplants, halved, quartered, or cut into large cubes (8 cups)
1 large onion, quartered and thinly sliced (2 cups)
2 yellow, orange, or red bell peppers, cut into 1/2-inch-wide strips (3 cups)
2 Anaheim chiles, cut into 1/4-inch-wide strips (1 1/2 cups)
2 Tbs. olive oil
6 cloves garlic, minced (2 Tbs.)
4 plum tomatoes, diced
2 Tbs. chopped Italian parsley
2 tsp. chopped fresh thyme
2 tsp. chopped fresh tarragon

Preheat oven to 400°F. Toss together eggplants, onion, bell peppers, chiles, and oil in roasting pan. Season with salt and pepper, if desired, and roast 35 minutes. Stir in garlic, and roast 5 minutes more. Stir in tomatoes, and roast 15 to 20 minutes more, stirring every 10 minutes, or until eggplants are very tender. Stir in parsley, thyme, and tarragon.