

Guldán Family Farm



NOTES FROM THE FARM

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This week's share... Our best guess

Most of this week's list of veggies should be familiar - nothing totally new came into season but other crops have been thriving just fine!

Here's the list for the week...

Melons! Orange and delicious.

Candy onions - You'll notice that they have dried of at this point of the season. They will keep much better now in an open air, cool place. Just like the potatoes.

Zucchini/Summer Squash. Yes, it's still here, and growing very well! Running out of ideas how to use it? You can also use last week's refrigerator pickle recipe on them, or try the FANTASTIC recipe for casserole on the back page.

Cauliflower, or broccoli, or cabbage... not sure which, but you'll have one of those.

Green bell peppers!

Beets make a return without their tops this week, while potatoes and kohlrabi will be recognized as well.

If you are a weekly jam subscriber, this week's selection is none other than Tomato Jam. It's delectable on buttered toast, on top of scrambled eggs, or part of breakfast sandwiches!

Enjoy!

WEEK 10: A DAY IN THE LIFE

Greetings! We've finally reached the point where our luck with the weather is starting to wear off. The last couple systems of storms all missed us, leaving our fields high and dry. It's nothing that will be devastating by any means, but a few of the crops, namely in one section of a field with more drainage, are starting to look a little frustrated. To help them out, I'll be irrigating them Monday, starting in the early hours to try and get it set up before the crew of help comes to pick some of the veggies.

Speaking of crew and veggies... quite a few folks have asked us just how we get all this done. So on that note, here's the basic weekly schedule!

MONDAYS - Up and early to send out the newsletter/put finishing touches on it. Our field crew arrives at 7:00 and works on picking peas/beans/tomatoes/pickles (pending on the time of season) until 10:00. We (the Guldans) continue picking other produce till about 11:00, when we work on washing/sorting/cooling the veggies. Afterwards, this is time us usually used for planting, field work, or picking other late season crops like sweet corn or melons. I run shares to BIC in Sleepy Eye at 3, and return to continue prepping for the week's markets afterwards. Monday will likely be spent watering.

TUESDAYS - I start the day around 7 again picking sweet corn for the markets that afternoon. Afterwards, more produce (like onions, melons, and potatoes) are cleaned up, sorted, and prepped for market. Occasionally we have a bit of time for field work or planting before we leave for the Mankato farmers' market at 2:00. This goes until 6:00, take down, drive home, unload, and call it a day around 7:30... or go out to the field and plant some more.

WEDNESDAYS - Look much like Mondays, however the shares are in New Ulm and are later in the day.

THURSDAYS - Look much like Tuesdays, but with two markets - both New Ulm and Mankato farmers' markets. So we start a little earlier to get all the goodies prepped and loaded.

FRIDAYS - Follow the Monday/Wednesday pattern but with no CSA drop. Instead, the work that would typically be done on Tue/Thurs, gets done in the afternoon to prep for two Saturday morning markets.

SATURDAYS - At the farm by 5:00 to load the vans for the markets. Both are done by noon, home and unloaded by 1:30ish. Then the "explosions crops" such as melons and zucchini need to be picked.

So that's the basic outline of our weeks. Yes, it can get a little hectic, but it comes with the territory. Besides...I'm the nut job who wants to do this :)

Have a great week!

-The Guldans

IDEAS FOR THE COOK

As noted on the front, your dried onions should now be kept alongside your potatoes in a cool, dry, and dark location. How did you enjoy your potatoes last week? Our favorite way to make fresh spuds is to steam them in the microwave with some sliced onion, and then season with Lawry's salt, a little pepper, and some sliced chives. Mmmmm, tasty! Hopefully you've been finding a favorite cooking method of choice for your "zukes" and summer squash. We absolutely love to make this casserole below.

Summer Squash Casserole

From All Recipes. Zucchini works just a well!

4 cups sliced yellow squash
1/2 cup chopped onion
35 buttery round crackers, crushed
1 cup shredded Cheddar cheese
2 eggs, beaten
3/4 cup milk
1/4 cup butter, melted
1 teaspoon salt
ground black pepper to taste
2 tablespoons butter

Directions

Preheat oven to 400 degrees F.
Place squash and onion in a large skillet over medium heat. Pour in a small amount of water. Cover, and cook until squash is tender, about 5 minutes. Drain well, and place in a large bowl.

In a medium bowl, mix together cracker crumbs and cheese. Stir half of the cracker mixture into the cooked squash and onions. In a small bowl, mix together eggs and milk, then add to squash mixture. Stir in 1/4 cup melted butter, and season with salt and pepper. Spread into a 9x13 inch baking dish. Sprinkle with remaining cracker mixture, and dot with 2 tablespoons butter.

Bake in preheated oven for 25 minutes, or until lightly browned.

RECIPES OF THE WEEK

Roasted Beets and Potatoes

From Martha Stewart

2 pounds beets, scrubbed
2 pounds medium potatoes, peeled and halved crosswise
Coarse salt and freshly ground black pepper
1 clove garlic, unpeeled
Small bunches fresh thyme
1.5 tablespoons balsamic vinegar
1.5 tablespoons olive oil

Place beets in a large pot filled with salted water. Bring to a boil, and immediately reduce to a simmer, cook about 50 minutes.

Meanwhile, fill another large pot with water and bring to a boil. Add salt, return to a boil and add potatoes. Cook for 10 minutes and drain immediately.

Preheat oven to 400 degrees. Drain beets and peel immediately. Cut each beet in half and add to a large bowl along with potatoes, garlic, thyme, vinegar and olive oil; toss to combine.

Place beets and potatoes in a large roasting pan; transfer to oven and cook until golden and tender, about 45 minutes. Serve immediately.

Cheesy Kohlrabi

So as I was cleaning out our fridge a couple weeks ago, I decided to try something new. This is now a family favorite. Feel free to add cauliflower or broccoli to this as well!

Peel kohlrabi and cut into bite size pieces, while bringing about a 1/2 inch of water to a boil in a small pot of your choice.

Once boiling, add kohlrabi, and lower the temp to a strong simmer. When the kohlrabi is piercible with a fork (about 7 minutes), remove from stove and drain. Leaving the kohlrabi in the pot, lightly sprinkle with seasoned salt and pepper. Add one layer of slices of American cheese to the top and recover. Allow the cheese to melt for a few minutes, lightly stir, and serve.