

Guldán Family Farm



NOTES FROM THE FARM

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This week's share... Our best guess

This week focuses quite a bit on root veggies. They'll make for easy pulling in the mud Monday morning if we don't sink first, provided that they're still there...

New for this week for everyone are beets and cabbage. Full share members will also find some sweet Walla Walla onions this time around.

This early cabbage variety is called Fast Vantage. The beets are a pretty new innovation in veggie farming. This new variety is aptly named Solo. While most beet "seeds" contain around 5-8 seeds inside, the Solo beet only has one, and therefore does not require the grower to thin them out!

Everyone should recognize Snap peas, kohlrabi, turnips, green onions, radishes, and perhaps a cucumber or two. I was planning on including another red butterhead lettuce this week, but I don't know how well it'll handle the what has already been a solid 1.5 hours of nonstop down pouring (with more still in the radar) rain. If it doesn't survive, we'll likely include kale for everyone instead.

The Jam selection for weekly members is Ground cherry.

Enjoy!

WEEK 6: THUNDERSTRUCK AND A FARM TOUR

Talk about thunderstorms! Clearly, we needed some more moisture, but I'm a little leery of what I'll encounter in the morning. It was only a couple years ago where we had over two inches of rain dumped on us in 20 minutes. The results were less than ideal. Being in the valley, most of our fields are far from flat. This doesn't cause much of problems until excessive amounts of rainfall arrive excessively fast. We've had trenches a foot deep carved in the field that run for hundreds of feet. Needless to say that any plants in the way disappear, and any smaller plants below get buried by the newly transplanted topsoil. Anyhow, I'm hoping for the best!

This past week was a bit of a trial by fire. Dad and Dani had planned a bit of a vacation for Wednesday-Saturday. This left me, hoping to take over the business at some point, a chance to see if I could survive (or dare I say, PROVE) running the show. Since I'm still here, and I didn't burn down the farm site, I'd say we're looking good!

Yes indeed folks, it's time for a farm tour! Seeing as we're officially half way through the CSA experience this week, and that we've managed to keep most of the weeds in check, we'll be hosting farm tours this coming Sunday, July 16th from 1-3pm. Stop on by to see how your veggies are grown, listen to Blaine explain the field equipment, meet baby Olivia, and see what over 10,000 onions look like in the ground as you pass them on the driveway. Check out the map for directions.

Have a great week!

-The Guldans



IDEAS FOR THE COOK

Beets have a lovely earthy flavor and such a deep purple color. They are terrific roasted in the oven with a little olive oil and seasoning of choice!

Did you know that the tops are quite common for food as well? Some vendors at farmers' markets even sell just the tops in the early season for salad mixes. Give them a try with the recipe on the right. Since most folks throw them away, what do you have to lose?

Cabbage is one of those versatile veggies that is scrumptious both cooked and raw. Added with a roast to a crock pot is one of my favorite ways to enjoy cabbage, or if all else fails - nearly everyone loves a good coleslaw!

The Walla Wall onions in the full shares this week are considered a sweet onion. I love to eat them raw and in thick slices on most sandwiches. They are not recommended for cookies, as they'll tend to lose most of their onion flavor.



Remember the eggs in the rhubarb? They hatched!

RECIPES OF THE WEEK

Simple and Delicious Beet Greens

From All Recipes

1 bunch beet greens, stems removed
1/2 tablespoon extra-virgin olive oil, or to taste
1 clove garlic, minced
1/8 teaspoon crushed red pepper flakes (optional)
salt to taste
freshly ground black pepper to taste
1 lemon, quartered

Bring a large pot of lightly salted water to a boil. Add the beet greens, and cook uncovered until tender, about 2 minutes. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the greens are cold, drain well, and coarsely chop.

Heat the olive oil in a large skillet over medium heat. Stir in the garlic and red pepper flakes; cook and stir until fragrant, about 1 minute. Stir in the greens until oil and garlic is evenly distributed. Season with salt and pepper. Cook just until greens are hot; serve with lemon wedges.

Creamed Cabbage

From All Recipes

4 slices bacon
1/4 cup butter
1 tablespoon all-purpose flour
1 teaspoon salt
1 head cabbage shredded
1/2 cup sour cream

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Remove the bacon slices to cool.

Whisk the butter, flour, and salt into the drippings in the same pan. Stir in the cabbage, and cook, stirring occasionally, over medium heat until cabbage is tender, about 15 minutes. Crumble the bacon; stir the bacon pieces and sour cream into the cabbage mixture.

Roasted Snap Peas

Set oven rack about 6 inches from the heat source and preheat the oven's broiler. Line a baking sheet with aluminum foil.

Toss sugar snap peas and olive oil together in a bowl; spread in an even layer on prepared baking sheet.

Bake in the preheated oven until tender but still crisp and beginning to brown, about 2 minutes. Sprinkle with diced green onions tops and salt.