

Guldán Family Farm



## NOTES FROM THE FARM

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

*Here's the scoop on this week's veggie supply! As mentioned in the main column, the recent heat has pushed a fair selection of more summer veggies into production. There'll be even more new goodies next week as well!*

*Starting off with new (drum roll please) Sweet corn! This early variety is a new one call Fastlane. I had the first few ears for supper last night - very good for an early corn variety. Our best tasting corn is still yet to come!*

*Also new is some fresh parsley, kale (to our half-share members), and depending on what day your share is zucchini/summer squash and green beans may be new to you too.*

*On the returning side of the spectrum, everyone will likely find recognize cucumbers, broccoli and (normal sized) beets.*

*Full share members will also find some peas (either shelling or snap) and a head of lettuce.*

*The Jam selection this week for our Jam/Jelly subscribers is Apple Butter. This popular selection is a delicious spread for toast, bagels, and muffins. Or if you're like me, a jar disappears quickly with a tube of Ritz crackers... **Enjoy!***

### WEEK 7: THAT WAS A LITTLE TOASTY

Welcome to week seven of the CSA experience! Let me start off by saying how incredibly grateful we were last week in regards to the storms that passed through. We received just shy of two inches of rain, and essentially no crop damage - just a bunch of mud! The only casualty was a tree in front of the house. The wind must have been just perfectly changing since it broke a main beam facing North, and the other facing South. This resulted in a ten foot tall stump with a few sapling-sized branches at the top. It's quite the sight, but we're optimistic that it'll regrow of the next few years.

Even with the rainfall, we were still able to get into the field to plant by Wednesday last week. We transplanted in another planting of kohlrabi, cabbage, broccoli, and cauliflower, and Dad put in a few more rows of green beans for a late fall picking. The plants were looking good, but still needed a fresh drink to counter Saturday's heat wave. To do this, we have a 500 gallon tank that sits on a retrofitted trailer which can be driven down the rows and dumps water directly on the plants. It does the job, and is significantly quicker than using our water-reel irrigation system, which I am very happy to say that we have not had to use in the last three years. Believe it or not, we are still seeding some crops in the green house this time of year. Through the month of July, and even sometimes into the first week of August, we continue to seed veggies to get those last fall plantings. Without our continuous planting cycle, many of the veggies that you see would be a one-and-done experience. With the delayed plantings, kohlrabi, peas, beans, and many others can be enjoyed throughout most of the summer much longer than any single planting of them would have produced.

In the meantime, the current heat wave pushed many of the crops into production/explosion mode. Some of you received some beets last week that were, hoe to I say this... ridiculously gigantic! I had hoped to include them in the shares the previous week, but they weren't big enough. Enter the warmth and what do you get? Softball sized beets in a week's time! Now that we've pulled all the giants, we'll hopefully be able to give you some "normal" sized beets this week.

So far out pest fences are doing their jobs! All the lettuce, beets, spinach and Swiss chard (which happen to be deer favorites) were surrounded by electric fences and held their ground. The cantaloupes are developing beautifully and I can't say that I've seen any damage since the fence was put in either! But best of all, the raccoon fence is working as well. The only corn damage I've found was caused by a hungry squirrel - I'll put up with that. Last Friday, I finished enclosing the second section of the 5 acre corn fence to protect the next additional five plantings, and the watermelon deer fence will need to go up early this week as well. With any luck, this successful streak will continue :)

Thank you to all who attended our farm tour! We sincerely appreciated you taking the time to come out and see our operation for yourselves and see a little more into what all happens here.

Have a great week!

-The Guldans

## *IDEAS FOR THE COOK*

Rule number one of fresh sweet corn - Don't over cook it! The easiest way to prepare the corn is to bring a pot of water to a boil, put the husked corn in the water, and set the timer for 6-7 minutes. Later varieties of our corn take even less time! Boiling it longer results in that starchy flavorless texture that so many poor souls considers to be normal... and they fix the problem by adding tons of butter. I'll be honest - I haven't put a drop of butter onto ANY of our corn in years. Some may disagree with me and still add it to the early varieties, but I promise you, our main (yet to come) varieties don't need any :)

## **Roasted Corn with Parsley Butter**

*From Real Simple*

If you must have butter.... This is delicious!

4 ears of corn, shucked  
5 tablespoons unsalted butter, softened (I use less)  
1 tablespoon chopped fresh parsley  
1/4 teaspoon kosher salt

Place corn on a baking sheet. Roast at 400° F for 1 hour, turning after 30 minutes. Meanwhile, with a spoon, combine butter, parsley, and salt. Serve the roasted corn with the parsley butter.

## **Kale Chips**

*From Allrecipes*

If you have not tried these... it's a must. Be careful not to burn them, there's a fine line between done and over-done. Kale chips are one of Brooke's favorite summer snacks!

Preheat an oven to 350 degrees F (175 degrees C).

Remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt. Bake until the edges brown but are not burnt, 10 to 15 minutes.

## **RECIPES OF THE WEEK**

### **Parsley Beet Salad**

*From Epicurious*

1/4 cup fresh orange juice  
1 tablespoon fresh lemon juice  
1/4 cup extra-virgin olive oil plus more for drizzling  
2 1/4 pounds assorted beets with greens  
1/4 small red onion  
1 1/4 cups parsley

Whisk together juices, oil, and 1/2 teaspoon each of salt and pepper in a large bowl.

Trim beets, leaving 1 inch of stems attached, then peel.

Using stems as a handle, slice beets paper-thin (less than 1/8 inch thick) with slicer (wear protective gloves to avoid staining hands), then cut slices into very thin matchsticks.

Thinly slice onion with slicer.

Toss beets, onion, and parsley with dressing and season with salt. Let stand, tossing occasionally, 30 minutes to soften beets and allow flavors to develop.

Toss again and season with salt and pepper before serving drizzled with additional oil.

### **Parsley Kale Salad**

*From The Veggie Girl*

1 bunch of kale  
1 bunch of parsley  
1/4 cup sesame seeds  
1/4 cup apple cider vinegar  
1/4 cup olive oil  
3 cloves garlic, minced  
2 tbsp your favorite vinaigrette  
dash of cayenne pepper  
salt to taste

Begin by separating the kale leaves from the stems. (We will only be using the leaves for this recipe, but save the stems to add to your juice!)

Break the leaves apart into bite-sized pieces and place in a large mixing bowl. Chop the parsley and add to the kale leaves.

Add the rest of the ingredients and mix well and enjoy.



A perfect snack of Kale Chips