

Guldan Family Farm



NOTES FROM THE FARM

GULDAN FAMILY FARM CSA
46198 561ST AVENUE
NEW ULM, MN 56073
507-276-7092
GULDANFAMILYFARM.COM

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This week's share... Our best guess

Welcome to the 8th week of green (and other colors)!

New onto the lineup this week for everyone are basil and Candy Onions.

Basil is one of my favorite herbs, and can compliment so many dishes alongside a candy onion. The candies are a mild onion and are great for cooking!

Kinda new... the sweet corn this week is the variety "Ambrosia." We've been growing this particular corn for years and has quite the following at farmers' markets - many folks ask for it by name.

Returning for everyone this week are cucumbers, zucchini/summer squash, cabbage, and green beans. This darker green variety of bean is called Jade, and is quite delectable.

Fully shares will also likely come across some cauliflower this week.

If you are a weekly Jam subscriber, you'll find yourself with a jar of Strawberry Kiwi Jam this week.

Enjoy!

WEEK 8: SHORT AND SWEET

I'll start this week out on a very positive note. The weather has really come around since this last spring/early summer and the produce is looking good! The later plantings of veggies continue to grow and mature and fields continue to be green.

Much of this past week was devoted to cultivating the crops and trying our best to keep the weeds at bay, while extending/putting up more electric fences to keep the deer out too. This year has seemed to be one of the worst for deer that we've dealt with, but thankfully they seem to respect the electric fences. Fingers crossed, the corn fence will continue to keep the raccoons out too!

As the remaining weeks progress and the summer set sets a little earlier, there are still more new veggies that will be coming into season - within the next few weeks we're hoping to be able to put in peppers, egg plant, and melons once they are mature enough. Our potatoes are struggling a bit right now, but hopefully we can get some to you soon!

Have a great week!

-The Guldans

WANTED!!!!



Have you seen this bag?

It and its green/black/blue associates are known to hide in the back seat of cars, under sinks, in garages, and in the possession of friends. They have the phrase "Guldan Family CSA" tattooed on the bottom. Please help!

IDEAS FOR THE COOK

Please remember to keep all of your goodies in the fridge for best storage. There are a few veggies and fruits that don't require refrigeration, but we'll let you know when those are included. In the meantime, fry up some sautéed candy onion, grill up some fresh sweet corn, and enjoy the summer goodness while it lasts!

Basil Butter with Lime

From Food.com

This could be so good on so many things...

1/4 cup basil leaves, lightly packed
2 garlic cloves
1/2 cup unsalted butter, softened
1 tablespoon fresh lime juice
1 teaspoon kosher salt
1 pinch sugar

Pulse basil and garlic in a food processor until chopped.

Add butter, lime juice, salt and sugar; process until smooth.

Transfer to a container and refrigerate.

Basil Garlic Beans

From McCormick

1 pound fresh green beans, trimmed
2 tablespoons butter
3 fresh basil - finely chopped
1/2 teaspoon Garlic
1/4 teaspoon Pepper
1/4 teaspoon salt

Cook the beans to your desired level, melt butter and add the remaining ingredients.



RECIPES OF THE WEEK

Summer Pasta with Zucchini

From New York Times

Extra-virgin olive oil
1 small onion, finely diced
2 pounds zucchini, sliced into 1/4-inch-thick pieces (for larger zucchini, cut in half lengthwise before slicing)
Salt and pepper
2 garlic cloves, minced, or 2 tablespoons chopped green garlic
1 ounce basil, about 2 cups loose leaves
1 pound ziti or other dry pasta
8 ounces ricotta, about 1 cup
Pinch of crushed red pepper
Zest of 1 lemon
2 ounces grated Parmesan, pecorino or a mixture, about 1 cup, plus more for serving.

Put a pot of water on to boil. In a large skillet over medium-high heat, cook the onions in 3 tablespoons olive oil until softened, 5 to 8 minutes. Reduce heat as necessary to keep onions from browning. Add zucchini, season generously with salt and pepper, and continue cooking, stirring occasionally until rather soft, about 10 minutes. Turn off heat. Meanwhile, use a mortar and pestle to pound garlic, basil and a little salt into a rough paste (or use a mini food processor). Stir in 3 tablespoons olive oil.

Salt the pasta water well and put in the pasta, stirring. Boil per package instructions but make sure to keep pasta quite al dente. Drain pasta, reserving 1 cup of cooking water.

Add cooked pasta to zucchini in skillet and turn heat to medium-high.

Add 1/2 cup cooking water, then the ricotta, crushed red pepper and lemon zest, stirring to distribute. Check seasoning and adjust. Cook for 1 minute more. Mixture should look creamy. Add a little more pasta water if necessary. Add the basil paste and half the grated cheese and quickly stir to incorporate. Spoon pasta into warm soup plates and sprinkle with additional cheese. Serve immediately.

Zucchini Saute

From Food Network

1 tablespoon olive oil
1/2 teaspoon minced garlic
3 large zucchini squash, thinly sliced
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 cup grated Parmesan cheese

Heat the olive oil in a medium skillet over medium heat. When hot, add the garlic and saute for 2 minutes, or until fragrant; don't let it brown. Add the squash, salt and pepper and cook until the squash is tender but still slightly crisp, about 5 minutes. Transfer the squash to a serving dish and sprinkle with the Parmesan cheese.