

Guldán Family Farm



NOTES FROM THE FARM

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This week's share... Our best guess

We're at the point of the season where there are so many items in high supply, that I struggle to come up with a list of what to include! For those who has seen our spread at the Farmers' markets, you know that there simply aren't bags big enough to put some of everything in... Here's the plan for this week.

New for everyone is potatoes (finally)! These red spuds are of the Norland variety. Also new is Cantelope/Muskmelon! Please see ideas for the cook for the best way to keep both of these goodies.

Returning for all is a supply of cucumbers, summer squash/zucchini, Candy onions, Napa cabbage, kale, and Ambrosia sweet corn.

Full share members will also find some beans (possibly yellow), an early eggplant, and green bell pepper. Pending on how the plants grow in this coming week, they'll likely be included for everyone soon!

On the docket for this week's jam/jelly subscribers is one of my absolute favorites.

Raspberry Jalapeño jam is a combination of raspberries, with just a little hint of heat and flavor from fully ripened red jalapenos. A fantastic snack on crackers with cream cheese, yet still great for a PJB sandwich! **Enjoy!**

WEEK 9: GOOD WEATHER, GOING VIRAL, AND GUN N' ROSES

Hi everyone, welcome to week 9! This past week's weather has been so nice, it's hard to complain (though it's sunny, in the mid 80's, and I'm in the house right now). We were able to put in our latest round of planting without having to fight mother nature. The shot of rain that arrived Wednesday was just enough to cheer up some plants, but still allow us to get into the fields by late afternoon. Though we've had a few toasters this summer, we haven't had too many days that really turn up into triple digits with high humidity. For that I'm quite grateful. Like clockwork, those days tend to turn up on the busiest days of picking sweet corn. Nothing says "fun" like dripping sweat and corn pollen...

This past week also brought me a bit into uncharted internet territory. It comes as no surprise to many folks that I try to post a few videos to our farm facebook page to let people see a glimpse of what we do. Sometimes I get a little bored and decide to do something stupid instead... like compare each of our hot peppers on camera. Well, this past Thursday morning, while I was picking sweet corn for the farmers' markets, I had an idea. I had recently seen quite a few videos online of people opening boxes for their businesses. These videos usually involve someone (you guessed it) opening a cardboard box with enthusiastic commentary that you would never imagine. Being the person I am, I thought it would be a little funny to mock one of those videos and do a package opening video of an ear of sweet corn. So, with Blaine holding my phone to record the video, I wasted 60 seconds of my life excitingly describing what corn looks like, had a quick chuckle, and went back to work picking the corn. Little did I know that within 24 hours, my Facebook video would have had over 2,700 views! Needless to say, quite a few folks stopped by the markets for corn that day, and my dad, who had no idea what I had done, was quite confused by all the comments about my corn video while in Mankato that afternoon. While I can't expect my next farm video to be nearly as popular, it just goes to show that a little laugh can go a long way :)

On a final note, I'm in quite a good mood today. After staying up way past my bedtime freezing corn last night, Brooke and I are off to see the much hyped (kina) reunion tour of the rock band Guns N' Roses. Monday will likely be a little rough, but hey, the fields won't pick themselves! Have a great week!

-The Guldans

Need Pickles? Right now they're in peak season, and we're taking orders for canning!



IDEAS FOR THE COOK

Alright, first order of business. The potatoes should be removed from their plastic bag and kept in an open (or simply not air tight) container and placed out of sunlight. Under the kitchen sink work just fine. Potatoes tend to rot/mold if they are deprived of the air for too long. Quite the opposite, your melon will continue to ripen and turn into a pile of mush in the next couple days if it IS left out in the open. Orange melons continue to ripen once picked. Yours was ripened on the plant and is already ready to eat! If you won't be enjoying it soon, place it in your refrigerator and you'll add a few extra days to it's life.

Have any parsley or basil left from the last couple weeks? Lightly boil your potatoes along with some onion until they reach your preferred texture. Add a bit of seasoned salt, butter, and either of those herbs for a great side dish!

Grandma's Refrigerator Pickles

Dad's mom's recipe and it's always a favorite.

If you are at all backed up on your cucumber supply, or dare I say, even sick of cucumbers, THIS recipe will bring new life to your thoughts on cukes!

Start by combining....

2 cups sugar
1 cup vinegar
1 tsp salt
1tsp celery seed

Bring the mix to a boil. While waiting, it takes a little while, thinly slice a few cucumbers (about 6 or so) and about 1/2 an onion. I use the slicing blade of a food processor for both, works pretty slick. Put them into a container that can handle the heat. Once the brine has boiled, pour over the cukes and onions. Keep in your fridge and enjoy them the next day. I've had these keep several months with no issues. Granted, I usually have them all eaten within a couple weeks...

RECIPES OF THE WEEK

Grilled Eggplant

From Food.com

1 large eggplant
1/3 cup butter melted
1/2 teaspoon garlic salt
1/2 teaspoon italian seasoning
1/2 teaspoon salt
1/4 teaspoon pepper

Peel the eggplant, and then cut into 3/4-inch slices. Combine butter, garlic salt, and Italian seasonings; stir well. Brush eggplant slices with butter mixture, and sprinkle with salt and pepper.

Place eggplant on grill; grill over medium heat 10 minutes or until tender, turning and basting occasionally.

Caramelized Peppers and Onions

From All Recipes

1 red bell pepper, cut into strips
1 onion, cut into strips
1/2 tablespoon olive oil
1/2 teaspoon butter
1/8 cup red wine (optional)
1 pinch salt
1 pinch ground black pepper
1 pinch dried basil

In a hot saucepan over a medium heat, combine red peppers, onion, oil and butter; sauté for 2 minutes. Reduce heat to medium-low and continue cooking, stirring occasionally, until the onions and peppers soften. If desired, stir red wine into the vegetables and cook until the wine evaporates; approximately 30 minutes. Season with salt, pepper, and basil.

Best Melon Ever

From Guldán Family

Step one - Cut melon in half

Step two - Scrape out seeds

Step three - Shameless eat the entire melon. Have a bib ready...