

Guldan Family Farm



NOTES FROM THE FARM

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This week's share... Our best guess

Head lettuce - Half share members will find a head of "Red Fire" lettuce this week. It has large frilly leaves. Full members will also find a green frilled "Green Star," head of lettuce. If they continue to grow, they'll be included for all members next week!

Spinach - Nutrient dense salad greens!

Surprise? There MAY be peas this week. It'll depend entirely on this planting's yield, which is looking sketchy at best. They did NOT like the heat this past weekend and about half the field turned the "brown shade of death." If there are peas, we'll let you know what kind they are and how to eat them!

Everyone should recognize asparagus, leaf lettuce, radishes, rhubarb, and green onions from last week.

Full Share members will also find a few early turnips. Not sure how use them? They are delicious roasted!

*Those who elected for Jams each week, your selection this time around is Cranberry Walnut Jam. It's a bright red hue with just enough crunch from tasty walnuts! **Enjoy!***

WEEK 2: A BIT ABOUT US

Welcome to week two! Once again, we have an incredible number of over new members this year - Thank you for joining us! I'll start out this week's newsletter with a bit of a background on your farming family. Denny Guldan began farming on the homestead in 1979 with his father, Dennis (senior). He bought the farm, married Janice in 1983, and lived his dream of farming corn, soybeans, and oats on his own land. Two years later, I (Tim) entered the picture, followed shortly by Emily in '87. In 1988, Janice thought it would be fun to try something new - "let's grow strawberries!" Long story short, that disaster of a "successful failure" inspired Denny and Janice to begin phasing out of traditional agriculture and into the uncharted territory of fruits and vegetables. As you've probably figured out, the idea stuck! In 2000, Samantha entered the picture, and the family was complete. Over the next decade, we tested the waters of various farmers' markets and other ideas of veggie distribution. 2009 was our debut CSA season, another of Janice's visions for the farm that quickly gained popularity. Plans were made for the future, and things were looking swell. 2012, however, brought a shift in our momentum. On July 5th, Janice was diagnosed with cancer, and was lost in September a few months later. Dad and I decided that we would keep on moving, we wouldn't know if we didn't try. When the outlook was the most grim, Denny met a wonderful lady named Dani. She wasn't all too familiar with a farming lifestyle, but was happy to become a part of the family and was our "intern" crew member that year. Dad and Dani were married on New Year's Eve in 2015 while my wife Brooke and I were married in September of 2014. Brooke and I welcomed our daughter, Olivia, into the picture just a couple short weeks ago on May 26th! Now that our son Blaine has a new addition, he couldn't be more excited :)

As if the farm itself didn't keep us in an active lifestyle, quite a few of us have embarked on additional adventures. Dani operates her photography business, Dani Bohm Studios, while being a Jewelry Lady for Premier Jewelry. Brooke (who is an LPN nurse going to school for her RN, a presenter for Yonique make-up,) and I operate our DJ operation, TBG Entertainment. Most people would say that my "real job" is that I'm a science teacher at Dakota Meadows in North Mankato, but what can I say, I'm a farmer at heart and am always looking forward to getting my hands dirty with actual dirt. There's nothing like real sunshine!

So what have we been up to this past week? Well, we would have liked to have been planting - the green houses were pretty jam packed, but with the weekend forecast of intense heat and wind, it didn't make much sense to go through all the work just to have the plants dead the next day... Now that we've got our shot of rain, I imagine that we'll be putting them into the ground real soon! Crazy enough, the New Ulm Farmers' market starts up this week near Cashwise, so I'll be there this Thursday afternoon while Dad will continue the Mankato market during the summer months. If you'd like to see some of the views of the farm throughout the season, check out our Facebook page. Have a great week! **-The Guldans**

IDEAS FOR THE COOK

The easiest way to wash head lettuce is to submerge the entire head into a sink of cold water. Remove each leaf separately and rinse under running water. If there happens to be any "hitchhikers" that came along for the ride, you'll find them this way also. You'll notice that our sandy soil will seem to hang out mostly in the bottom leaves and close to the core of the head. Gently dry the leaves by placing between layers of a towel or use a salad spinner. After the leaves are as dry as possible, store in an air tight container in the fridge and take out as needed. You may want to clip off the greens on the radishes to save room in your fridge. Finely chop some onions and mix into ground beef for a great patty on the grill this week or add to your salad with the radishes. Don't forget that the green portion of the onion is edible and has the distinct taste of onions.

Need a simple but tasty way to make the asparagus this week? Simply preheat your oven to 425, place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer. Bake for 12-15 minutes, and sprinkle with a bit of lemon juice.

Not sure what to do with your rhubarb? Simply chop it up and freeze it! It will keep wonderfully and can be made into a treat on your schedule.



Say hi to Olivia Janice Guldán!

RECIPES OF THE WEEK

Steamed Asparagus and Salmon

From Team Beachbody and adapted by Brooke Guldán

2 green onions
2 Tbsp water
4-6 oz Salmon (thawed) Not a fish fan? Substitute thawed chicken.
Juice from 1/2 lemon
Salt and pepper to taste
Asparagus

Preheat oven to 450 degrees. Place fish on a large piece of aluminum foil. Top the fish with remaining ingredients. Wrap tightly into a pouch and place on baking sheet. Bake for 15-20 minutes to steam the contents. Enjoy!

That One Thing I've Been Making All Last Week

My personal recipe, and no, I don't have a name for it. It sounds odd, but wow does my family love it! The amounts and ingredients are totally up to your preference, but here's how I've been going about making enough for two family meals. If it looks horrendous once you're done, you did it correctly!

2 pints of canned chicken (cooked chicken in any way should be fine, I'm just trying to clear out my pantry before my broilers are big enough for butchering in a couple weeks.)

1 bag of spinach
1 bunch of green onions - chopped
1/4 lb asparagus - chopped
1 head of lettuce - separated
Olive Oil
Garlic Powder, Salt/Pepper

In a large pan, heat up a few table spoons of olive oil. Once hot, add chicken and green onions. After a few minutes of sautéing, add remaining ingredients and turn them in the pan until the greens have wilted down. Season to taste. Be careful when adding to the hot oil, and water remaining from rinsing you spinach or lettuce will cause a mess of splashed hot oil. I topped it with some sweet chili sauce - very yummy!

Rhubarb Cake

Another of Mom's favorite recipes - it is made no less than 6 times at the farm during rhubarb season

1 Box super moist yellow cake mix
4 cups chopped rhubarb
1 cup sugar
1/2 pint whipping cream

Follow the directions for the cake, and pour into a 9x13 inch pan. Add the rhubarb evenly over the cake batter. Sprinkle the sugar over the rhubarb. Yes, it'll look like a bit much, but you're doing it right! Pour the cream over the sugar. Bake at 350 degree for 45 minutes. Since the rhubarb has sunk to the bottom, the desert is done and can be enjoyed as soon as the yellow cake is done. Served with cool whip or ice cream and you're set for deliciousness!