

Guldán Family Farm



## NOTES FROM THE FARM

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

*We hope you've enjoyed the last couple week's worth of asparagus, it is unfortunately a short season! Here's the list for this week's goodies :)*

*On the returning end...*

*Head lettuce - Combinations of either Red Fire, green Starfighter, or red butter head Skyphos varieties. Butterheads are, in my opinion, one of the prettiest head lettuces out there - curvy loose leaves that create a delicate "ball" in the center.*

*Rhubarb's last hurrah is this week, and everyone should also recognize leaf lettuce, green onions, and red radishes. We're hoping for a few peas again, more than likely the shelling type.*

*New this week - Kohlrabi!*

*Full share members were find some spinach again this week. We had hoped to find enough for everyone, but much of it bolted in the previous week's heat.*

*The Jam selection this time around is Triple berry. A delicious mix of strawberry, raspberry and blueberry flavors.  
**Enjoy!***

### WEEK 3: PLAYING A BIT OF CATCH UP!

"Wow!" That's how I describe the last week. I'll start with the warning that I'm first writing this newsletter at 5:00am Monday morning, and I do need to be on the farm within an hour, so I make no guarantees about how life-moving or mindset-transforming my ramblings will be today...

This past week started quite a few new things for us on the farm. We found our first peas, though be it a bit of a struggle, so we started working with a few members of our crew to pick them on Monday. Hopefully you enjoyed your first taste of them, ideally we would have liked to have included more of them, but the pickin's were pretty slim - the deer threw quite the party in the field a while back, and were really couldn't tell how much damage was done until now - we'll be picking along the row searching for the green podded goodies, and all of a sudden there's nothing but blossoms on the next 30 feet of plants. The last several years have steadily increase the deer pressure on our farm. It seems that the DNR is under the impression that their population is low... we disagree. Then again, when there's a quarry on one side, and a demolition pit on the other of our farmstead, any deer in the area naturally end up by us. We do what we can to minimize the damage; electric fences, deer pepper spray, invitations to join our hunting party in November, etc, but they seem pretty against negations.

With the relief from the heat and just enough time to get into the fields before another rain, We spent Thursday transplanting in many many (something to the tune of 6,000 pickle, cucumber, cabbage, melon, cauliflower, kohlrabi, and head lettuce plants into the field before and after our farmers' markets. Now that we were temporarily up to speed on the necessary farm activities, it was time to get back to controlling the green pests - weeds! Dad spend more of the day our cultivating wherever the tractor could still fit between the rows, and there are perpetually hoe's strapped to the front end of each of the four wheelers.

Saturday morning provided beautiful weather for the Mankato Farmers' market's Grand opening celebration, and Olivia's baptism was Sunday. Throw in a wedding reception Saturday night and you'll understand why I'm first writing this now. Then again, I'm the one who made the "great" choice of taking an online course for my Masters degree as well. I think I may have bit off a bit more than I can chew... then again, the class is done in a month... (deep breath) I can do this!

Have a great week! -The Guldans



We're still looking for a few more members for our picking crew! If you know anyone would might enjoy picking veggies Mon, Wed, and Friday mornings from 7 -10AM, please let us know and we'll send an application. Must by going into 8th grade or older.

## *IDEAS FOR THE COOK*

Just what the heck is kohlrabi? It's that green alien spaceship type thing at the bottom of your share bag! There is a very thin green outside layer to peel, and the rest is a crisp sweet-cabbage type flavor that can be enjoyed raw with any salad, salad dressing, thrown on a sandwich, or lightly salted. Ambitious cooks will steam the kohlrabi and make a white sauce for it....mmmmm

As I've stated for years, my favorite way to enjoy it is to have a little bit of blue cheese dressing for dipping.

As mentioned on the other side, this will be the last week for rhubarb, use it for your favorite dessert, or try the delicious recipe to the right! Peas - the plan is to have some shelling peas in the shares this week. These are best simply raw (as are so many veggies). Just pop them open, and toss them back to enjoy!



Patently waiting for the sweet corn to grow...

## RECIPES OF THE WEEK

### Rhubarb Crisp

This recipe was given to me about 5 years ago. It's also in my top three desserts of choice :)

Rhubarb Layer:

4 cups of rhubarb cut into 1/2" pieces  
1 cup sugar  
1/3 cup flour  
1/2 tsp cinnamon

Topping:

1/2 cup butter, melted  
1/2 cup old fashioned oats  
1 cup flour  
1 cup brown sugar  
1/2 tsp salt  
1/2 tsp cinnamon

Heat oven to 375 degrees.

Mix rhubarb, sugar, 1/3 cup flour and 1/2 tsp cinnamon in an 8" x 8" glass baking dish.

Mix butter, oats, 1 cup flour, sugar, salt and 1/2 tsp cinnamon in a medium bowl.

Sprinkle topping over rhubarb mixture.

Bake for 30 minutes - 35 minutes, or until topping starts to brown.

### Creamed Kohlrabi

From Taste of Home. This will need to be reduce to the amount of kohlrabi that is available, but I recommend keeping this recipe ready for when we have a Kohlrabi Explosion!

4 cups cubed peeled kohlrabies (about 6 medium)  
2 tablespoons butter  
2 tablespoons all-purpose flour  
2 cups whole milk  
1/2 teaspoon salt  
1/4 teaspoon pepper  
Dash paprika  
1 egg yolk, lightly beaten  
Minced chives and additional paprika

Place kohlrabies in a large saucepan; add 1 in. of water. Bring to a boil. Reduce heat; cover and simmer for 6-8 minutes or until crisp-tender.

Meanwhile, in a small saucepan, melt butter. Stir in flour until smooth; gradually add milk. Bring to a boil. Stir in the salt, pepper and paprika. Gradually stir a small amount of hot mixture into egg yolk; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir for 2 minutes.

Drain kohlrabies and place in a serving bowl; add sauce and stir to coat. Sprinkle with chives and additional paprika.