

Guldán Family Farm



NOTES FROM THE FARM

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This week's share... Our best guess

As mentioned before, it's still salad season in Minnesota! Here's the plan for the goodies this week.

New for this week is Swiss chard. You'll notice that this has quite large leaves with sturdy colorful stems. This can actually be treated as two different vegetables!

Back in the line up...

First up, Rhubarb. I guess you could yell at me for lying, but I honestly thought I was telling the truth when I said it was done... There was still so much in the field, and since there are no peas to speak of this week... Dessert for everyone!

All members will hopefully find the return of spinach, leaf and head lettuces, kohlrabi or turnips (depending on what they had last week), and green onions.

Full share members will also find some radishes and fresh cilantro.

The Jam selection for weekly members is Cherry Rhubarb Jam.

Enjoy!

WEEK 4: A LITTLE BIT OF IT ALL!

Can you tell that it's salad season in Minnesota??? Oh my gosh, the lettuce plantings have been doing so well, the next green top onions look phenomenal, we actually still have spinach that's producing, and new variety of radishes has really com through for us and grown beautiful red orbs where our old "go-to" variety has let us down this year. That being said, the lovely cool weather of this past week, was perfect to keep the salads rolling, but didn't do much to push along anything else.

As much as I enjoyed this week's 70's reprieve, and I sure did, we really need some warmth to push the traditional summer veggies into production mode. Please know that we're doing our best to give you a variety of what's in season without overwhelming you, but Mother Nature always stacks the deck as well as carries an ace up her sleeve. The next plantings of peas are looking quite nice, though they are probably a week or two away yet, and the first green beans started to set their lovely purple blossoms.

Taking advantage of the cool weather, and since there wasn't much else to pick, we spent quite a bit of last week out controlling the weeds again. There was a section of a field where Dad had planted about 12 rows leaf lettuce, beets, turnips, spinach, dill, carrots, and other items which are planted with a single row push mower. About the time that those seeds started to germinate, we hit that heat wave and only the weeds wanted the grow! With the same cause, only the carrots, dill and beets (and then only sparingly) decided that they wanted to grow. At least now their weedy neighbors are gone...

Looking ahead, we'll likely be putting up a few electric fences again this week - the first sweet corn in on the verge of tasseling (essentially a "There's Food HERE!" sign for the deer), and the first melons will be starting to set the baby green fruits. The deer can find these so ridiculously fast each year. The crops are rotated every season, but they find their favorite foods no matter where they are hidden in our 25 acres of veggies.

Before I bring this week's newsletter to a close, I just wanted to say thank you for remembering your share bags! As far as I can tell, this is the best tote-return season we've had :) I know it may sound silly, but having all the bags brought back each week is just one less thing to worry about, and saves us a few minutes of digging for more. Those few minutes can often translate into precious time of self-sanity preservation, and a quick call home for me to check in on the baby.

Have a great week! -The Guldans

REMINDER

The second half of the CSA season payment is due July 1st for share members who paid for the first half at sign-up time instead of the whole season. Our thanks to those who have paid already!

IDEAS FOR THE COOK

So...Swiss chard. As mentioned on the front side, Swiss chard can be treated as two separate vegetables - the leaves, and the stems. Many recipes often incorporate ways to use them both. I start by sautéing the stems (chopped up like slices of celery), and adding the leaves to cook them down once the stems are close to tender. Add a little soy sauce, ginger and garlic...tasty!



Freshly weeded!

RECIPES OF THE WEEK

Rhubarb Jam

4.5 cups prepared fruit (about 2-1/2 lb. fully ripe rhubarb)

1 cup water

1 box pectin (this is Sure-Jell's recipe)

1/2 tsp butter/margarine

6.5 c sugar

Chop unpeeled rhubarb finely. Place rhubarb and water in 4-qt. saucepan. Bring to boil on high heat. Reduce heat to medium; simmer 2 min. or until rhubarb is tender. Measure exactly 4-1/2 cups prepared rhubarb into 6- or 8-qt. saucepot. Stir pectin into prepared rhubarb in saucepot. Add butter to reduce foaming. Bring to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. Return to full rolling boil, stirring constantly. Boil exactly 1 min., stirring constantly. Remove from heat. Skim off any foam with metal spoon. Process with safe canning methods for 10 minutes.

Garlicky Swiss Chard

From NYT Recipes

Swiss chard - stems cooked first

1 tablespoon olive oil

2 garlic cloves, minced

Large pinch crushed red pepper flakes

Salt

Step 1 Stack chard leaves on top of one another (you can make several piles) and slice them into 1/4-inch strips.

Step 2 Heat oil in a very large skillet (or use a soup pot). Add garlic and red pepper flakes and sauté for 30 seconds, until garlic is fragrant. Stir in the chard, coating it in oil. Cover pan and let cook for about 2 minutes, until chard is wilted. Uncover, stir and cook for 2 minutes longer. Season with salt.

A surprise
in the
Rhubarb!

