

# Guldan Family Farm



## GULDAN GREETINGS

Guldan Family Farm CSA  
[www.GuldanFamilyFarm.com](http://www.GuldanFamilyFarm.com)

Volume 2, Issue 3  
June 7, 2010

*This week's  
share ...our best  
estimate...*

*Shelling peas— No need to cook these. You'll want to shuck these before eating the little green gems. Sugar snap peas will be coming later.*

*Lettuces— Are you enjoying all these fresh salads? They won't be here forever, so enjoy while you can. All shares include leaf lettuce and New Red Fire, a beautiful red leafed head lettuce.*

*Full shares also have spinach.*

*Red radishes and scallions continue to make a grand entrance in your share.*

*A taste of the herb, cilantro for everyone and planning that there will be a taste of strawberries for everyone.*

*Rhubarb and additional greens, radishes, onions and peas for full shares this week.*

### On the Farm

It's been an exhausting week for us, Tim and Denny have been watering, watering and watering since mid May. We've been continuing to seed and set out transplants for successive crops of nearly everything for the entire season. For example, generally we plant peas, beans, and corn about every 7 to 10 days. In this way, we can have a steady crop of your favorites for an extended period. Already we have planted at least five different seeding dates of peas and sweet corn. However, when the ground is bone dry, keeping the seeding schedule on target is a little more problematic. There needs to be some moisture in the soil to allow the seeds to germinate. Sometimes, Denny will "bury" larger seeds like corn, peas and beans into the moisture. Other times, if the moisture is more than 2 or 3 inches under the ground surface, this isn't an option. In order to overcome that glitch, he has been keeping on schedule by seeding and then immediately going over those rows with a water tank that "dumps" water out of two PVC pipes onto two rows at a time. It's a tedious job, but has to be done if the moisture isn't available at the seeding depth. We've been using the same routine for transplants and small seeded crops that we hand seed. The irrigator has been in use daily for watering the strawberries and peas which are nearing harvest and at that critical stage for needing water. We've encountered quite a few germination and insect issues this spring, more than in recent years. But hey, each season is a new one with an entirely different set of challenges! As I'm writing this on Saturday, we're seeing a bit of rain fall (YAY!!!). Hopefully, the rain will continue to fall into the evening. I've posted pictures on our Facebook page of our lettuce plantings and the fencing which I hope will keep the deer from feeding—so far, so good. We've also placed specially designed solar-charged LED lights in the fields. The bulbs "blink" red during the night, similar to that of the eyes of deer's predators. Every few days we moved the lights so that the deer don't become accustomed to seeing the "eyes" in the same spot. That too, seems to be helping in keeping the deer away from this field.....for now anyway.

*Your farmers, Denny, Janice, Tim, Emily & Samantha*

### *Ideas for the Cook*

I've included a couple recipes this week using radishes cilantro and salad greens. Cilantro is a difficult crop to grow in this area. It does not like hot weather. Prime time for this herb is in June which unfortunately is way before the tomatoes and peppers are even thinking about producing any fruit. Besides in tomato recipes, it is often used with barley in salads. The recipe I've included for a chicken salad uses a cilantro based dressing. Each year, we try to have it available during tomato season, but most often it bolts to seed before there are a good number of harvestable leaves. As the radishes, asparagus and rhubarb come to an end, we're starting to add summer produce such as peas and berries. The greens are still abundant for those nummy salads. We've *rinsed* the greens, but you should always wash all produce before eating. The easiest way to wash the head lettuce is to submerge the entire head in cold water, clean leaf by leaf and dry on towels. Store in an air tight container. The strawberry season is just beginning and I'm anticipating that there will be a strawberries and ice cream treat at your house this week. Freshly picked peas must be one of the finest treats in the world. Don't store them too long in your refrigerator. The sweetness quickly converts into starch. They're best eaten the same day you receive them. Have a great week!

— Janice

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## Recipes of the Week

### Cilantro Chicken Salad

2/3 cup olive or vegetable oil  
1/4 cup lime juice  
minced fresh cilantro  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
1/4 teaspoon crushed red pepper flakes  
1 tablespoon chopped scallions  
4 cups torn leaf lettuce  
2 cups cubed, cooked chicken

In a jar with a tight-fitting lid, combine the oil, lime juice, cilantro, cumin, salt and red pepper flakes; shake well. In a bowl, combine the onions, lettuce, chicken. Drizzle with dressing; toss to coat. Makes 4 servings; however, the dressing recipe makes more dressing than you'll probably need for this recipe. Save the extras for another green salad.

### Steamed Radishes

*This recipe is from Allrecipes.com, a great source for recipes. The submitter had this to say about her recipe, "Even if you're not a fan of radishes, TRY THIS! When steamed, the radishes are tender and sweet..... delicious!"*

10 radishes  
1 tablespoon water  
2 teaspoons butter

Trim the ends off of the radishes and peel a band of radish-skin from around the middle of the radish. Steam the radishes in a covered microwave safe container for 8 minutes, or until fork tender. Drain and toss with butter, serve immediately. Makes 2 servings

### Fresh Peas

Bag of shelling peas  
Empty bowl  
Easy chair

Sit in chair. Hold pea pod in hand and squeeze until the shell pops. Insert thumbs between the shell halves and pull apart carefully without losing the peas. Toss peas in mouth. Chew, taste, swallow and smile. Share with a loved one if you wish.

# Guldan Family Farm



## GULDAN GREETINGS

Guldan Family Farm CSA  
[www.GuldanFamilyFarm.com](http://www.GuldanFamilyFarm.com)

Volume 2, Issue 4  
June 14, 2010

*This week's  
share ...our best  
estimate...*

*Sugar snap peas— This is the first planting of six already in the ground—so we're hoping for many additional opportunities to include peas in your share.*

*Lettuces— Today we include crisp and sweet romaine lettuce and baby leaf lettuce as well as spinach for everyone. The spinach has decided to finally become a little more productive.*

*Full shares also have a head of the Asian vegetable, bok choi*

*As we head into our 2nd week of berry harvest, we'll be including berries again this week.*

*New this week is kohlrabi, the sputnik shaped veggie from the cabbage family.*

*And green onions, because we can't imagine spring salads without them.*

### On the Farm

Wow- What a difference between this week and last. Whereas many people are searching for blueprints to build an ark, the amount of rainfall here this past week in Courtland township has just about been perfect. Denny commented earlier that it seemed like we have a tent over this area. We were missing the earlier batches of rain and throughout this past week, the rains we received were gentle and soaking, just about perfect; not torrential like some areas received. So , for a while anyway, the irrigating equipment will be put away and in it's place, the cultivator and hand hoes will be used to keep newly germinating weeds in check.

Pest control scouting this week included a new challenge erupting in the cantaloupe field. The field which is next to a small wooded island of rocks and trees, which we refer to at our farm as the rock hill, seems to be receiving visitors who don't leave footprints, but simply chew the plants off at the stem and throw the leaves to the side. We know its happening during the early morning daylight hours which rules out cutworms. At this point, we're thinking the culprit could be chipmunks or squirrels who are chewing the plant off at the stem to suck up the sweet juice coming out of the stem. Denny baited the area with sunflower seeds and popcorn and then set up a live trap. With a bit of luck, we'll be able to put an end to that critter's munching.

If you have e-mail, you received an invitation this past week to stop at the farm on Saturday afternoon, June 19 between 3 and 5. We'll be giving walking tours of some of the plots to give you a glimpse of our operation. Bring the kids, wear old shoes and just enjoy a leisurely time on the farm. RSVP's appreciated. In case of rain, we'll try another day.

**Directions to the farm:** From New Ulm, take Hwy 14 East towards Courtland, turn right (south) at mile marker 108 (561st Avenue) which is straight south of MVL High School. From Mankato, take Hwy 14 West through Courtland and turn left at 561st Avenue at the MVL intersection. This is our driveway, go past the blue house, continue on road about 1/2 mile. Turn right at the big yellow sign.

*Your farmers, Denny, Janice, Jim, Emily & Samantha*

### *Ideas for the Cook*

As I glance at the newsletter from last June, I can see that we have sugar snap peas at least a week earlier than last year. It's amazing how the warm weather that we had in May really pushes the growing ahead of schedule. How wonderful for the cook to be able to use an early summer crop of peas with the spring crops of lettuce and spinach. Snap peas are meant to eat in their entirety. No need to shell them, just eat the pod with the peas. I would eat the sugar snaps raw, but if you'd rather prepare them cooked, simply remove the stems and steam briefly until tender crisp. Add a bit of butter and salt if you wish. Full shares received a large head of bok choy this week. I'd chop the white stems that look similar to celery into bite sized pieces and stir fry them with the sugar snaps and scallions. Add a bit of ginger, garlic powder and seasoned salt. The romaine lettuce is a favorite of many. It's crisp texture and sweet taste makes it a salad favorite. If you prefer crisp lettuce, that'd be the one! Tuck baby lettuce leaves into your wrap or pita sandwich for some extra greens in your diet. Are you familiar with kohlrabi? Most Germans seem to know this vegetable. Just slice off the thin peel to get to the white crisp flesh that has a cabbage family taste with just a little kick. I usually slice it into rounds or strips and eat raw. Ranch dip is also very good with it. Strawberries—Need I say more? Just eat and enjoy their natural sweetness, add to a salad of greens or better yet, make a pie. Our favorite pie recipe was on last year's newsletter. You can find it at [GuldanFamilyFarm.com](http://GuldanFamilyFarm.com).

Have a great week!

— Janice

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## Recipes of the Week

### Spinach Salad

*The dressing recipe for this salad was given to me by friends this past week. It's great on this spinach salad and I think it would also be excellent on a fruit salad.*

1 bag of spinach  
Scallions  
Handful of sugar snap peas  
8 strawberries  
3 tablespoons walnut pieces

Tear up spinach into bite sized pieces and place desired amount into individual salad bowls. Toss each spinach serving with chopped scallions and bite sized pieces of sugar snap peas. Garnish with walnut pieces and top with salad dressing recipe which is listed below. This will make about 4 servings. The dressing recipe will make extra. Save for another salad.

### Poppy Seed Dressing

8 ounces plain yogurt  
1 tablespoon lemon juice  
1 1/2 tablespoons honey  
2 teaspoons poppy seeds

Blend all ingredients and let sit for at least an hour to allow flavors to meld.

### Creamed Kohlrabi

1 diced kohlrabi (1/2 inch cubes)  
1 Tbsp. butter  
1 Tbsp. flour  
Dash of salt & pepper  
Nutmeg  
1/2 c. milk

Cook the kohlrabi in boiling salted water until tender and then drain the water from it. Melt the butter on low heat in a saucepan, add the flour, salt, and pepper and stir as it makes a very thick crumbly paste. Slowly add the milk stirring constantly so there are no lumps. Cook until the sauce has become creamy and thickened. Add the cooked kohlrabi to the white sauce. Sprinkle with nutmeg. Serve hot. Reheat if necessary.

# Guldan Family Farm



## GULDAN GREETINGS

Guldan Family Farm CSA  
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Volume 2, Issue 5

June 21, 2010

*This week's  
share ...our best  
estimate...*

*Shelling peas— The plan is to include lots of peas in your share today. We are anticipating a large picking of peas on this planting of sweet peas. Snow peas also make an appearance in your share this week.*

*Lettuces— Today we include baby leaf lettuce and head lettuce for everyone. Roman, several Bibb types and Green Ice, a frilly leafed green crisphead appear to be the varieties that will be of harvesting size this week. The spinach is still thriving so once again we've included this dark leafed favorite.*

*Green top onions again included for your salads and burgers,*

*Enjoy the final strawberries for this season. Their short season in Minnesota was extended thanks to some timely rains.*

### On the Farm

As always, it was an eventful week on the farm. June is a busy month for us because we generally are still seeding and planting as well as monitoring pests, weeds and any other issues needing to be attended to. And besides that, we're getting into the mode of more harvesting of produce each week which is the whole purpose of this endeavor! This past weekend marked 2 weeks of our strawberry season with this current week probably being the last week of their harvesting season. After the final picking, the berry plants will be renovated, a process that includes mowing the plants off and tilling under part of each row so that new runners will grow and produce "daughter" plants. This yearly renovation will provide us with strawberries next season and help to control weeds. We've been continuing to plant cabbage, kohlrabi, broccoli, cauliflower and lettuce for the late season harvesting; and we mustn't forget that fun task of weeding. In between last week's rains, Denny was able to get all the fields cultivated and I'm happy to say that we completed hand weeding and hoeing in nearly every area that needed it. We think we put an end to the munching in our cantaloupe planting by eventually erecting a chicken wire fence along one wooded end of that field. Considering the fact that nearly each of Denny's tractors has required some unexpected repairs this spring, we should be in the clear now. Well, Denny says "hopefully, but don't count on it."

We've experienced a few rainy mornings for the harvesting crew this past week. A little more mud on the produce also meant a little more rinsing for us and probably a little more rinsing for you. Luckily, our Courtland township soil is quite sandy and washes off easily.

Thanks to everyone who came for a visit to the farm on Saturday. We loved showing you what we do out here on our little piece of heaven. Walking around and touring the fields with you reminded us of how important it is to have farm-city relationships. We thoroughly enjoyed sharing the process of how some of your food gets to your table. For those that had to miss, we'll definitely plan on a similar event next year.

*Your farmers, Denny, Janice, Jim, Emily & Samantha*

### *Ideas for the Cook*

I hope you haven't felt bombarded with all the salad greens in these early weeks. Last year, I was having the same feeling about lettuce and spinach having a prominent spot in your early season shares. But happily, members kept telling me that they loved the salad greens. Hopefully, you're feeling likewise this season. Don't worry, it won't be long and we'll be seeing more variation. My crystal ball indicates that it won't be long before we see broccoli, new potatoes and raspberries. Some of the early tomato plants are setting fruit and I'm seeing blossoms on the bean plants. In the meanwhile, keep enjoying those fresh gourmet salads. I would enjoy a fresh spinach salad with sliced onions and a few of the podded peas. Rinse the spinach and lettuce well to remove the last of any soil still clinging to the leaves. Add a few leaves to a chicken salad or ham sandwich for lunch. I really wouldn't bother preparing those shelling peas in any way other than shucking them open and eating them. But if you insist, pod them and steam them for just a couple minutes. Add a little salt and pepper and a dab of butter. New this week are snow peas. We pick them just as the peas are beginning to develop. At this point, their sweetness is at peak. They would be excellent cut up and added to a green salad, or quickly stir fried with onion and seasoned with a sprinkle of ginger. We like to steam them for a few minutes and add a dab of butter and sprinkle of salt. Don't overcook, just steam them until they are tender crisp. Enjoy your last taste of our strawberries for this year.

Have a great week!

— Janice

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## Recipes of the Week

### **Pecan Spinach Salad**

*This wonderful salad can be made in less than 10 minutes. You'll impress everyone in the house with this recipe taken from Quick Cooking magazine..*

1 bag of spinach  
1/2 cup chopped pecans, toasted  
1/3 cup real fried and drained bacon bits  
1/4 cup crumbled blue cheese

#### **Dressing**

1/3 cup olive oil  
2 tablespoons cider vinegar  
2 teaspoons brown sugar  
1/2 teaspoon dried thyme  
1/8 tsp garlic powder  
1/4 teaspoon salt (or less)

In a large salad bowl, combine the spinach, pecans, bacon and blue cheese. In a jar with a tight-fitting lid, combine the dressing ingredients; shake well. Drizzle over salad. Toss to coat. Yield 4 servings.

### **Wilted Spinach**

1 teaspoon olive oil  
1 1/2 tablespoons coarsely chopped pine nuts  
Bag of spinach  
1 to 2 tablespoons freshly grated Parmesan cheese

Heat oil in a large skillet over medium heat. Add pine nuts and stir until golden brown. (Stir constantly, they burn very easily—use cast iron pan for best results.) Add spinach to the pan in batches if necessary and toss until just wilted (about two minutes.) Season with salt and pepper and sprinkle with Parmesan cheese. Serve immediately. Serves 2.

### **We're Looking for Ice Cream Pails**

If you have empty ice cream pails gathering dust at your house, we're looking for extras and would gladly recycle them for you. They work well as picking containers for strawberries and raspberries.

# Guldan Family Farm



## GULDAN GREETINGS

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Volume 2, Issue 6

June 28, 2010

*This week's share ...our best estimate for Thursday shares...*

*Broccoli for everyone. Some will receive a bag of side shoots or mini heads. After we cut off the main head, the plants form small heads or "side shoots."*

*Peas will be in all shares again this week. Today they are snap peas. No need to shell them. Just eat the entire pea. This planting seems to have withstood the storm okay. They're easy to eat, just difficult to pick through the twisted vines!*

*Swiss Chard and Spinach—surprisingly, one area of delicate greens made it through the weather fairly well. The other area? Well, it's still covered with water.*

*Head lettuce— you tear it up anyway, so a small tear in the leaf shouldn't make any difference, right? Full shares will also receive kohlrabi, snap peas, snow peas and leaf lettuce.*

### On the Farm

By now, most of you have the branches and leaves picked off your yards, your insurance agent has been contacted, glass windows have been temporarily replaced, and your electrical power has finally been restored. You'd have to be living in utter isolation in a hole in the ground to not have been aware of any of the storm situations that covered southern Minnesota last weekend. As many of you, we spent Friday and Saturday evening in our safe spot, the basement. Ugly, ugly clouds developed and moved over our farm. A funnel shaped cloud hung from the western sky, but no rotation was seen in it. Sam and I being the nervous ones, were in the basement before the rest of the family. Denny and Tim, knowing better, didn't even tell the two of us what they were seeing outside. Fortunately, the effects of the storm were not nearly as bad on our farm as they were just a couple miles down the road near Courtland, Nicollet, and North Mankato. I felt sorry for myself until I saw what happened to the crops on neighboring farms. While these farms probably had longer periods of hail and stronger wind gusts than we experienced, we also realized large (golf ball sized hail) and very windy conditions; but for us the hail lasted only for a minute or two. Tim and I ventured out to take a peek Friday evening before dark, but Denny waited it out knowing that postponing the inspection one more day would improve the looks of those crops. At this point, we feel quite optimistic that with some time, the crops that received damage will bounce back into shape. Some of the crops miraculously seem to look nearly untouched by the hail. We feel that perhaps the wind and torrential rains from both nights did more damage to the plants than the actual hail. There are some pretty huge gullies that were formed in our hilly fields with some small lakes covering the low spots. So please be patient with us while we "regroup" out here on the farm. We anticipate that there may be some "lighter" shares until we come out of this period of damaged crops. You can probably expect to see some produce with a few torn leaves or nicks from hail. There may be some variation between the shares in our attempts to have a fair amount of produce for everyone.

*Your farmers, Denny, Janice, Tim, Emily & Samantha*

## *Ideas for the Cook*

New this week in everyone's share is chard. Most of us are probably pretty unfamiliar with it as Minnesotans aren't big on cooking greens. Baby chard leaves are often times used in salad mixes. These, being larger, are best used steamed or quickly sautéed. Wash the leaves and stems by swishing them in a water bath. The soil and particles will quickly float away. The stems can be sliced diagonally into one inch chunks and the leaves into one-inch wide ribbons. You can use the chopped stems as celery in cooked recipes; but not as a raw vegetable, as they will turn brown. Sauté the stem pieces in olive oil about 5 minutes, add the greens and sauté briefly till totally wilted. Season with garlic powder, salt and pepper. CSA member, Lola, suggests microwaving the wet leaves until they are done and then adding a sprinkle of Balsamic vinegar and salt and pepper. Thank you Lola! Stir fry the broccoli or try the recipe in the next column for a broccoli salad with bacon and peanuts. Home grown broccoli tastes different than broccoli from California. Can you taste the difference? To me it's a little sweeter and I always use the stems. In fact, I think that's my favorite part. Simply peel the outer layer off the stem with a knife or vegetable peeler and slice up the inner area into bite sized pieces and prepare with the florets. The spinach leaves included this week are larger in size and would be a good size for sautéing and adding to an omelet or frittata. We haven't looked at the potato plants yet. Maybe by next week, we'll be able to include baby potatoes in the shares. At least I think they were safe from the storm being underground!!

— Janice

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## Recipes of the Week

### Broccoli Salad

*This my version of a recipe I found on Allrecipes.com. The peanuts are especially good with the broccoli and bacon. Reduce the sugar a little if you think it might be too sweet for you since the raisins add a lot of sweetness to the salad.*

About 3 cups chopped broccoli florets and stems (more if you wish)

1/2 pound sliced bacon

1/2 cup chopped onion

1 cup raisins

1 cup lightly salted dry roasted peanuts

3 tablespoons cider vinegar

1/4 cup white sugar

1/2 cup mayonnaise

Chop bacon into 1/2 inch pieces and place in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside to cool. In a large bowl toss the broccoli, bacon, onions, raisins and peanuts together.

In a small bowl whisk the vinegar, sugar and mayonnaise together. Pour the dressing over the broccoli mixture and refrigerate. Let marinate overnight. It's supposed to be better the next day, but we don't wait. We eat it right away!

**Beginning next week we have a new pickup point for Thursday members who have been picking up at Cathedral Church Parking Lot in New Ulm.**

New Ulm Farmers' Market starts July 8. We plan to be selling there for the rest of the growing season on Thursdays. You may pick up your share between 3:30 and 5:30 at our stall at the New Ulm Farmers' Market in the Runnings Parking Lot. **This ONLY applies to those currently picking up at the Cathedral Parking Lot!**

### We're Looking for Ice Cream Pails

If you have empty ice cream pails gathering dust at your house, we're looking for extras and would gladly recycle them for you. They work well as picking containers for strawberries and raspberries.