

Guldan Family Farm



GULDAN GREETINGS

Guldan Family Farm CSA
www.GuldanFamilyFarm.com

Volume 2, Issue 1
May 24, 2010

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

Asparagus – When harvesting, we snap the stem off right above the ground at the tender spot. There's no need for you to trim off woody stems. We've left that in the field! So please don't automatically cut off the bottom portions.

Rhubarb – Only to be enjoyed until early summer.

Red radishes – These brightly colored red globes are at their tastiest before the arrival of hot weather.

Lettuce mix for a top of the line homemade gourmet garden salad.

Scallions, sometimes referred to as "green top" onions round off your share this week.

Perhapsome garlic chives ...if we have enough.

Week 1: Welcome!

Welcome new members and welcome back 2009 members! We are thrilled that most of you returned as 2010 members and invited others to make our CSA membership again full this season. We begin our season this week with a sampling of spring produce. We wanted to be able to have at least 4 varieties of produce in your share before starting the season. This will be one of our smaller shares since there is not a lot of produce available this early in the season. Following are a few pointers to help make our partnership run more smoothly.

You'll notice that your share is packed into a reusable tote bag. Please remember to

bring the bag along with you each week at your pickup point. Next week your share will be pre-packed into a 2nd tote. In this way, we will rotate the 2 bags each week throughout the season. Full share members will eventually have 2 totes for a total of 4.

If it is your pickup day and you've suddenly realized that you totally forgot to pick it up, please call us that evening to make arrangements for pickup that evening or the next morning. After 24 hours, your share will have been nibbled on by our morning crew or donated to the food shelf.

If you know that you will be unable to pick up your share, there are several ways we can work with that.

1. Arrange for friends to pick up your share for you to enjoy or save upon your return.
2. Let us know in advance, and we can prepare a double share for you on the following week or another week that you choose.
3. If you are available a different day that week, you may pick it up at the farm, but we need to know in advance before your scheduled pickup day.
4. We can donate it to the food shelf.

Our Best Guess???

"Our best guess" –what the heck does that mean? Since I'm usually planning this newsletter the Saturday before your pickup date and anticipating what will be harvested a few days before it is actually being picked for you, occasionally I may have guessed wrong. We have CSA pickups on Monday, Tuesday and Thursday. I can only try my best to guess what items will be available for the week. Occasionally the shares at different pick up points will vary. We may have to make last minutes substitutions or choose that one drop off point gets a specific item one week, and another drop off point receives it the following week.

Ideas for the Cook

This will be a weekly regular column offering tips from us or perhaps a guest on using the contents from your CSA share.

First of all, this week everything should be stored in your refrigerator as soon as you get home. If it's not already in a plastic bag, it would be best to do so. We rinse everything after picking to remove most of the dirt, but just as any produce grown or purchased, please wash again to remove any remaining dirt.

As a reminder on storing asparagus, some say to stand your asparagus upright in water in the refrigerator. I have not tried that. I simply keep it in a bag in the crisper drawer. This week I would make a fresh salad with the lettuce. I would chop a couple of the asparagus spears into bite sized pieces and add to my salad with sliced radishes and scallions. I'd make the lemon chive vinaigrette with the garlic chives and serve on my delicious fresh salad. Of course, I'd save back a couple lettuce leaves and radishes to add to a quick sandwich with deli meat or summer sausage. I also would steam the asparagus briefly and serve some of the remaining vinaigrette on that. Since I ate healthy most of the week, I'd treat myself to rhubarb dessert for the weekend. Recipes for the vinaigrette and rhubarb dessert are included in the next column.

For additional recipes, check last year's newsletters on our website. www.guldanfamilyfarm.com

Have a great week!

— Janice

Janice & Denny Guldan

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On The Farm

This portion of our newsletter will update you each week with happenings at the farm. We'll probably talk a lot about the weather. You'll probably think we're obsessed with the weather. And you know what? We probably are. We're farmers. Our livelihood depends on it.

The goal of a CSA is to help you eat seasonally. Our hope is that this newsletter will make that easier for you.

Your farmers, Denny, Janice, Tim, Emily and Samantha

Recipes of the Week

Rhubarb Dessert

This dessert is incredibly delicious, but incredibly rich. Thus my recipe is only for a small pan.

1 yellow cake mix
3 to 4 cups chopped fresh rhubarb
1/2 cup sugar—less if you wish
1 cup cream

Prepare the cake batter as the mix directs. Pour half of the batter into an 8 X 8 cake pan. Place the chopped rhubarb on top of the batter. Sprinkle the sugar on top of the rhubarb. Pour the cup of cream over the sugar. Bake for 1 hour at 350 degrees. As it bakes, the cream makes a wonderful custard with the rhubarb.

Serve warm or cold. We prefer cold. Cut into slices and turn upside onto serving dish. Make cupcakes or a small cake with the remaining cake batter.

Lemon Chive Vinaigrette

1 teaspoon lemon zest
1/4 cup fresh lemon juice
Chopped garlic chives
Sprinkle of garlic powder
1 teaspoon sugar
Salt and pepper to taste
3/4 cup of olive oil or vegetable oil

Put the lemon zest, lemon juice, chives, garlic powder, sugar and a pinch of salt in a food processor, blender or small bowl. Process or whisk until mixed. With the machine running, slowly pour in the oil. Taste and adjust the seasoning with salt and pepper. Serve over fresh salad or steamed vegetables.

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May 31, 2010

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

Asparagus – Once again we are happy to include asparagus in your share this week.

Rhubarb – This is your second chance to try a new or old and tested rhubarb dessert.

Red radishes and scallions will add crunch to your spring salads.

All shares include a variety of greens: baby lettuce leaves as well as a compact head of oak leaf lettuce

Full shares include an extra head of New Red Fire, a beautiful red head lettuce and additional amounts of radishes, onions and asparagus.

Hopefully there should be a taste of fresh dill weed for everyone.

On the Farm

Welcome to the second week of our CSA season. You'll notice that this week the harvest is nearly identical to last week. Spring is salad growing time in Minnesota and no doubt we'll be loading you up on salad ingredients these first few weeks. Lettuces and other greens thrive in the cool moist conditions that are normally characteristic of May and June. This year is definitely an exception to that rule. It seems that we've already experienced more days with 90 degree readings than we did for the entire summer last year. Maybe not—maybe it's just what I choose to remember from last season. While the warm temperatures are not prime growing weather for large luscious heads of bouncy greens, they've been faring quite well with supplemental shots of water via the "water tank." The spinach has been growing rather slowly so those greens also have been watered regularly to get the leaves up to a picking size. One of my favorite crops to admire in the field is the head lettuce area. Whereas most of our crops are planted in long single rows and generally are the same color tone, the lettuce area shines with a bit more beauty. The varieties of colors, textures and shapes are like a carpet of flowers waving in the spring breeze—each head an individual bouquet. We have planted the lettuce heads in a 3 foot wide row rather than a single row in order to more easily cover them with wire fencing to deter the deer grazing. After we set out and watered the transplants in April, Tim and I placed hoops of woven fence wire over the long rows. The bunnies haven't caused a lot of damage, but in the past the deer wait patiently for the romaine heads to become large with a full head of leaves and then—WHAM, the night before we intend to harvest, they would decide to take a bite out of the center of each head. They know which part of the head is the most flavorful! This fencing process has generally worked pretty well for us and is just one of the small tricks we've picked up over the years to keep more of the crop for us and less for the deer. More on pest control on the farm next week!

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

Ideas for the Cook

Again, as last week, everything in your share should be stored in your refrigerator. If it's not already in a plastic bag, please store it in some of type of air tight container to keep the produce from becoming limp and dried out.

Personally, I would steam the asparagus and add just a little butter, a splash of balsamic vinegar and a pinch of salt to the steamed asparagus. It's just so easy. If you have a few more minutes, try the roasting recipe in the next column. Roasting adds a sweetness to vegetables that just isn't duplicated any other way. Usually reserved for fall vegetables, roasting works just as well for those delicate spring and summer veggies and takes under 10 minutes. Also included is a recipe for roasting scallions. With the assortment of lettuce included, you'll want to keep some salad dressing on hand or make a fresh batch. Generally, a ratio of 2/3's oil and 1/3 acid is a good base to begin with. For the acid portion, you may use vinegar, orange juice, or apple cider, whatever you prefer. Just add the liquid ingredients in a screw top jar and shake well. Add some chopped scallions and some of the chopped dill weed and a little salt and pepper if you wish. Don't forget to add sliced radishes, very thinly shaved asparagus slices, and bits of scallion to those salad greens. For additional recipes, check last year's newsletters on our website. www.guldanfamilyfarm.com

Have a great week!

— Janice

Janice & Denny Guldan

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Recipes of the Week

Roasted Asparagus Dijon Style

Asparagus spears

1/4 teaspoon grated lemon peel

1 tablespoon lemon juice

1 tablespoon chicken broth

3/4 teaspoon Dijon mustard

1/2 teaspoon olive oil

Place asparagus in a single layer on baking sheet. Spray with vegetable oil spray. Roast in 450 degree oven for 10 minutes or until tender crisp and lightly browned. Meanwhile, combine peel, juice, broth, mustard, olive oil and peppers to taste in screw-top jar. Cover and shake until blended. Place asparagus on plate and drizzle vinaigrette over asparagus. Toss gently to coat. *Serve warm, cold or at room temperature.*

Rhubarb Pudding

This easy dessert can be modified to the needs of your sweet tooth.

2 cups chopped rhubarb

1/2 cup water

3 tablespoons instant tapioca

1 tablespoon lemon juice

2/3 cup sugar—or less if you wish. I prefer it on the tart side.

Simmer the chopped rhubarb with 1/2 cup water in a covered saucepan until soft. Add enough water to the cooked rhubarb to have a total of 2 cups juice and pulp. Take off heat and add 3 tablespoons instant tapioca to the rhubarb. Let sit for 5 minutes. Add 1 tablespoon lemon juice and sugar. Bring to a full boil. Allow to cool. Serve with yogurt, ice cream, whipping cream, or granola.

Grilled Scallions with Sesame Oil

Scallions

Sesame oil

Salt & freshly ground pepper

Preheat the broiler or lightly oiled grill to medium-high heat. Trim the scallions leaving about 5 inches of greens on each. Slice larger sized scallions in half lengthwise. Arrange the scallions on a shallow baking sheet or a piece of aluminum foil. Use a pastry brush to coat the scallions with a thin layer of sesame oil. Season with salt and pepper. Broil or grill until golden brown on all sides, 3 to 5 minutes. The heat of the broiler or grill caramelizes the natural sugars in the scallions for a scrumptious vegetable side dish.