

Guldan Family Farm



## NOTES FROM THE FARM

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

This week's share is being planned to include sweet corn for everyone. Last week, we had corn ready for everyone but the Monday pickups, (darn) so if all goes well in the field, everyone will be licking their chops munching on sweet corn this week. The cucumbers are doing very well right now, so we're also planning on a good supply of cucumbers for you this week. We're coming to the end of this particular planting of green beans with probably a bit of a planting break before the next crop is ready, but we'll plan to have a few beans for everyone early this week. That could change by mid-week. Zucchini and/or summer squash will be included for everyone as well as a "Candy" onion to make everything taste so much better. Cabbage for everyone and probably one of our first eggplant for the full share members.

### ON THE FARM

We've worked incredibly hard on the farm this week; but indeed, it's been a good week. Things are finally growing on the Guldan farm. So what's been going on? The cucumbers are doing well. The zucchini and summer squash plants that have been forever stunted since June are starting to produce and the sweet corn is looking so much better. The pepper plants are starting to set fruit and the field tomato plants are beginning to look like there's hope. They have set some fruit and are currently in full blossom. The heat is pushing these heat loving plants which helps them to keep ahead of the deer. Denny and Tim put up a cheap simple double twine string fence around our cantaloupe planting to see if it would deter their running path from that area. It appears to have helped, but has sent them into the next planting which Denny immediately applied with deer repellent. Trivia: Did you know that deer can jump over a fence shorter than 8 feet? The watermelons and winter squash are setting fruit and the onions are starting to fall over meaning that we'll soon be harvesting most of our onions. So what's with tomatoes this year? Well, I looked through some of my records from recent years. Last year, we were picking a few of our early small variety called "4th of July" around the 4th of August. Typically, we don't see too much for ripe tomatoes until the 2nd or 3rd week of August. Remember, this is Minnesota and it's not typical this year. We have some plants growing in our high tunnels in our field which have given us a few tomatoes, but not mass quantities. So what's a high tunnel? A high tunnel is similar to a hoophouse that is a semi-permanent structure in our field. We have two 20 X 24 high tunnels that each create a micro-climate that is more suited in cool weather for growing heat loving plants. The second structure houses the English cucumbers or burpless type cucumbers that you've been receiving in your shares. The high tunnels are a good option to use to produce an earlier crop, but rather labor intensive for us since they have to be manually watered. Without a water source in the nearby vicinity of them, we have to haul water to the tunnels in tanks and run it through soaker hoses. I would love to use more high tunnel production, but I don't do the watering, so I'm outvoted and I can certainly see Denny's point. Have a great week!

The Guldan's - Denny, Janice, Tim, Sam and Emily

**E- Version - Scroll down for page 2!**

## IDEAS FOR THE COOK

I had a huge pile of recipes I wanted to include today, but space limits my selections. I've not included any of the common zucchini bar or cake recipes since undoubtedly as a cook, your recipe drawer already has at least a half dozen of those already. But if you're looking for something different than these, do some quick recipe search using [Allrecipes.com](http://Allrecipes.com) or [myrecipes.com](http://myrecipes.com). Both have a huge selection of recipes using zucchini and summer squash. By the way, zucchini is a type of summer squash and interchanged with either in most recipes. Use one or the other or mix and match them for more color and variation in your recipe. I spotted an interesting casserole recipe that included rice as well as the ever popular zucchini lasagna. We love to grill them and if my deck wasn't such a hot spot, we'd be grilling them every night. I just slice them in half and baste with Italian dressing or any of your favorite vinaigrettes. Flip them once and brush with dressing again. They take only a few minutes to become tender, tasty and juicy on the grill. Cabbage is also wonderful on the grill, cut out the core and slice into 6 to 8 wedges, place on foil, season with seasoned salt, garlic powder and seal up in the foil and grill. In 30 to 40 minutes, your cabbage in foil should be tender and ready to eat. Be cautious when checking, the foil will be quite hot and the cabbage steamy when you open the packet. I think I'd add sliced onions to that foil packet too.

### DILLY ZUCCHINI CASSEROLE

1 cup biscuit baking mix  
1/2 cup grated Parmesan cheese  
1 tablespoon dried dill weed  
1 tsp salt  
1/8 tsp pepper  
4 eggs beaten  
1/2 cup vegetable oil  
3 cups chopped zucchini or summer squash  
1 large onion, chopped

In a bowl, combine biscuit mix, cheese, dill, salt and pepper. Add eggs and oil; mix well. Stir in zucchini and onion until well blended. Pour into a greased 1 1/2 quart baking dish. Bake, uncovered, at 375 degrees for 25-30 minutes or until golden brown. Makes 5 servings. *From Quick Cooking.*

## RECIPES OF THE WEEK

**REFRIGERATOR CUCUMBERS** - *More cucumbers than you can use right now? Here's a simple recipe to preserve them for a month or more in your fridge. This is our favorite recipe to use from Denny's mom.*

6-8 cucumbers depending on size  
1 cup sliced sweet onion

Trim the stem and blossom ends from the cucumbers and slice into 6 cups of thin rounds. Place the cucumber and onion slices into a large sealable container.

Brine:

1 tsp celery seed  
1 cup vinegar  
2 cups sugar  
1 tsp salt

Combine and pour over the cukes and onions. Store in fridge. They'll be ready to eat in a couple days.

**SAUTEED ZUCCHINI AND FETTUCCINE** - *From Family Circle magazine - 4 servings.*

1 package (9 ounces) refrigerated fresh egg fettuccine  
4 tablespoons extra-virgin olive oil  
1 tablespoon minced fresh garlic or jarred garlic  
1 pound zucchini or summer squash (trimmed and shredded)  
1/2 cup pine nuts, toasted  
3/4 tsp salt  
1/4 tsp black pepper  
1 tablespoon lemon juice  
2 ounces shaved Parmesan cheese

Cook fettuccine following package directions. Drain and place in large serving bowl. Heat a large nonstick skillet over high heat until very hot. Add 2 tablespoons of the olive oil, garlic and zucchini. Sauté for 1 minute. Add the zucchini to pasta in bowl along with the pine nuts, salt, pepper, lemon juice and remaining 2 tablespoons of olive oil. Toss to combine. Sprinkle with shaved Parmesan cheese and serve immediately.

**CABBAGE WEDGES WITH MEAT SAUCE** - *serves 4-6*

1 large head cabbage cored and cut into 6 wedges  
1/4 tsp salt  
1/2 pound lean ground pork  
1/2 cup minced onion  
1 clove garlic or jarred minced garlic  
1 cup tomato sauce  
1 cup tomato paste  
1/2 tsp salt  
1 cup water  
1/2 tsp dried oregano

Place cabbage and salt in a skillet, pour boiling water over, cover and cook 10 minutes until tender crisp. Drain and keep warm. Sauté pork, onions and garlic until pork is brown. Add remaining ingredients and simmer 15 to 20 minutes, stirring occasionally. Pour sauce over cabbage wedges. *From TOO MANY TOMATOES,*