

Guldan Family Farm



NOTES FROM THE FARM

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

We've got your Labor Day picnic food for you this week. Everyone will be receiving a watermelon of some type. Either red or yellow, seeded or seedless. Beans, green bell pepper, cantaloupe, zucchini, a "candy" onion which is a mild onion and jalapenos and tomatoes. Our tomatoes are still really struggling. Many of them are "a little rough around the edges." Like people beauty is only skin deep!

**Because of the
Holiday,
LABOR DAY
September 5
ALL MONDAY CSA
PICKUPS WILL BE
TUESDAY
SAME TIME AND
PLACE.**

ON THE FARM

We started picking watermelons this week. Red ones, yellow ones, ones with seeds, ones without. And they're all HEAVY! Denny is usually the watermelon harvester with his faithful band of helpers (yours truly, Sam and Tim) being the watermelon carriers. He strategically goes through the field, checking for the three signs of a ripe melon: the dried curly vine, the change of color on the bottom of the melon and the correct sound when given that all familiar knock on the rind. He does the choosing and picking and we carry them to the trailer. It looks like there are lots of melons out there, so there's lots of choosing, picking and carrying to be done. Most importantly, we're **very** pleased with them. They've all been incredibly sweet. Cheers to Samantha who's help we'll be missing as of this week since school begins for her. She's developed some extra muscles this summer helping in the field and has had lots of opportunity to improve on her math and social skills at the markets.

Have a great week!

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



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IDEAS FOR THE COOK

Watermelons do not have to be kept cold in storage until they are cut. So save the refrigerator space for your cantaloupe this week. We'll be including various watermelon types this week. Some members will be receiving yellow melons which may be something new for you. Their bright yellow color reminds me of pineapple, but their taste most definitely says watermelon. The flavor is similar to the red, but in my opinion has a lighter and sweeter taste. I highly suggest a rich chocolaty dessert using zucchini this week. You never know—suddenly the zucchini season could be done! By request, we've included a couple jalapeño peppers for those of you wanting to make a little fresh salsa with your tomatoes. I just throw an onion, a few tomatoes, a jalapeño pepper, part of a cucumber if I have it and a little lime juice and salt into my food processor for a big bowl of fresh salsa with chips. The onion variety this week is "Candy" which is a mild storage onion. Keep in a dry dark spot for best keeping ability. I can't get enough of steamed green beans with a little salt and pepper. Sometimes the easiest recipes are simply the best.

RECIPES OF THE WEEK

ZUCCHINI CHOCOLATE CAKE *This recipe is from my sister in law, Bonnie, who always makes a great pan of bars or dessert for family get togethers. This is a fantastic chocolate cake. Bonnie suggests that you wait (if you can) to eat it until the following day because it seems to be even moister the next day.*

1/2 cup butter or margarine
1 3/4 cups sugar
1 tsp vanilla
2 eggs, beaten
2 1/2 cups flour
1 tsp soda
1/2 tsp baking powder
1 tsp cinnamon
1/2 cup vegetable oil
1/2 cup sour milk
4 tablespoons cocoa
2 cups zucchini, peeled and grated
1 cup or more chocolate chips
Chopped nuts if desired

Cream butter and sugar, add vanilla and eggs. In a separate bowl, sift the flour, soda, baking powder and cinnamon. Combine flour and creamed mixture. Beat well, add vegetable oil, sour milk, cocoa and zucchini. Beat well and pour mixture into greased and floured 9 X 13 pan. Sprinkle chips and nuts over top and bake in a 350 degree oven for 45 minutes.

GOLDEN SUMMER SQUASH & CORN SOUP *CSA member, Bernice sent me this recipe last week. This is what she had to say about it - "I run out of ways to use summer squash and zucchini. This attached recipe for soup is amazingly good. It is fast and easy to make. It has a velvety texture and you would never guess it was made of summer squash (I fooled my husband - he even asked for seconds). I used a mixture of both zucchini and summer squash. Delicious!" Unfortunately, we don't think we'll have corn available this week, so save the recipe for when there's corn available again.*

1 tablespoon extra-virgin olive oil
1 medium shallot, chopped
2 medium summer squash, (about 1 pound), diced
3 teaspoons chopped fresh herbs, such as thyme or oregano, divided
1 14-ounce can reduced-sodium chicken broth, or vegetable broth
1/4 teaspoon salt
1 cup fresh corn kernels, (from 1 large ear)
1 teaspoon lemon juice
1/4 cup crumbled feta cheese

Heat oil in a large saucepan over medium heat. Add shallot and cook, stirring, 1 minute. Add squash and 1 teaspoon herbs and cook, stirring occasionally, until the squash starts to soften, 3 to 5 minutes. Add broth and salt; bring to a boil. Reduce heat to a simmer and cook until the squash is soft and mostly translucent, about 5 minutes more. Transfer to a blender and puree until smooth. (Use caution when pureeing hot liquids.) Return the soup to the pan and stir in corn. Bring to a simmer over medium heat and cook, stirring occasionally, until the corn is tender, 3 to 5 minutes more. Remove from the heat; stir in lemon juice. Serve garnished with the remaining 2 teaspoons herbs and feta.