

Guldan Family Farm



NOTES FROM THE FARM

GULDAN FAMILY FARM CSA
46198 561ST AVENUE
NEW ULM, MN 56073
507-359-2543
GULDANFAMILYFARM.COM

August 8, 2011
Volume 3, Issue 9

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

This week's share is again being planned to include sweet corn for everyone. I guess nothing quite says summer like sweet corn and melons; and we're happy to say that melons make their grand entrance this week. Are they muskmelons or cantaloupe? Is there a difference? It's a very common question we get asked often. We call them cantaloupe, but some people think there is a taste and aroma difference between cantaloupe and muskmelon. More often than not, even the seed companies refer to them all as cantaloupe or melons and don't differentiate between the two. So call them what ever you want! Yukon Gold potatoes, Sweet Walla Walla onions, green bell and sweet banana peppers, fresh parsley and probably a taste of cucumbers again are planned everyone.

ON THE FARM

On Friday morning, Sam and Denny picked the first of this year's melons. It's simply amazing how fast they ripen some days. About six hours later, we went out again and found another 20. A cantaloupe is ripe for the picking when the rind turns to a light tan color and the stem releases when it is gently tugged from the melon. Once picked, they continue to ripen, so it's important that we get them at just the right stage. Over the weekend, we picked every day as we probably will for the entire melon season. I enjoy picking melons. It's often a team effort, one person picking, one or two catching and another driving the trailer. Believe me, no one wants to be the person *dropping* the melons.

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



The Ghosts of Zucchini's past... Years ago it was fairly common to read quirky editorials on the bountiful zucchini plant, it's endless supply of overgrown "baseball bat" sized clubs strategically given away to unsuspecting neighbors during the late hours of the night. There were some pretty crazy recipes created to let no zucchini squash go to waste such as zucchini pancakes, fake apple (zucchini) pie and (yuck) zucchini milk. ????? Not so anymore, at least for many. Zucchini and summer squash varieties have taken the same course seen by other plants in the last 20 years. A disease is discovered putting plant scientists to work breeding a variety showing resistance or tolerance. An assortment of squash diseases with very long names seems to affect many growers unless they are growing a resistant variety. *Zucchini yellows mosaic virus, watermelon mosaic virus, papaya ringspot virus* and others seem to affect the zucchini plants overnight and cause misshapen leaves and fruit and eventually shutdown of the plant. Where do these new viruses come from? Who knows. Generally they are spread by aphids and there is no fix once the plants are diseased. A little research tells us that we've been hit by one or more of these viruses this year. Like others, we will be looking for resistant varieties for next year since I want to go back to the days of sneaking extra zucchini on people's front porch steps during the late hours of the night!

E- Version - Scroll down for page 2!

IDEAS FOR the COOK

The onion variety in today's share is a very sweet onion called a Walla Walla onion. They are a short term keeping onion, not a variety to be saving for winter use. Most sweet onions are for short term keeping. It's matured and dried off, so it doesn't need to be kept cold. They are wonderful caramelized by sautéing them with just a bit of butter until they are soft and golden brown. Even Samantha likes these sweet onions fried. The rich creamy texture of the Yukon Gold potatoes make them one of the best mashing potatoes. If you have a little extra time this week and want to make a gourmet dish with a gourmet potato, I've added 2 great recipes from a local chef to choose from. The yellow banana is a sweet frying pepper to add to those onions or include raw with the bell pepper and cukes in a pasta salad or green salad. It's always fun to make a delicious pasta salad using whatever is in season and add your favorite dressing. As for the melon, just chill and eat!

*Today's recipes are from local chef and food blogger, [Jill Anderson](#) of Sleepy Eye. Both of these recipes feature Yukon Gold potatoes from her first cookbook, **Jill's Most Requested Recipes**. Potatoes Fondantes is more suited for small sized spuds while the galette works better with medium sized potatoes.*

YUKON GOLD POTATO GALETTE—*One of Jill's most requested side dishes from her customers, it can easily be increased or decreased to fit your serving needs.*

1/4 cup finely chopped shallots (I think it's okay to sub onions)
3 tablespoons extra-virgin olive oil, plus 1/2 teaspoon for the pan
1 pound medium or large sized Yukon Gold potatoes, unpeeled and gently scrubbed
1 heaping teaspoon fresh thyme. (Use 1/4 teaspoon, if using dried)
Kosher salt
1/2 cup finely grated Parmigiano-Reggiano
1 cup finely grated Gruyere cheese

Flavor the oil: Combine the shallots and 3 tbsps of the oil in a small saucepan and bring to a simmer over medium heat. Reduce to a low simmer, cook the shallots until nicely softened but not browned—about 2 minutes. Remove from heat and let cool completely.
Prep pan and oven: Heat the oven to 400 F. Rub the bottom and inside edge of a 7 1/2 inch tart pan with a removable bottom with the remaining 1/2 tsp olive oil. Put the tart pan on a rimmed baking sheet lined with foil. **Prepare the potatoes:** Slice the potatoes as thinly as possible (about 1/16") discarding the ends. Put the potato slices in a mixing bowl, add the shallots and olive along with the thyme and toss well to thoroughly coat the potatoes. **Make the galette:** Cover the bottom of the tart pan with a layer of potato slices, overlapping them slightly. Start along the outside edge of the tart pan and, making slightly overlapping rings, move inward until the bottom is covered with one layer of potatoes. Sprinkle the potatoes with salt and then sprinkle about 1/4 of the Parmigiano and 1/4 of the Gruyere over all. Arrange another layer of potatoes, season with salt, sprinkle with cheese, and repeat 2 more times, until you have four layers of potatoes. Top the last layer with more salt and any remaining cheese. **Bake the galette and finish dish:** Bake the galette until the top is a reddish golden brown and the potatoes are tender in all places, 45 to 50 minutes. The bottom will be crisp and the sides brown. Let cool for 10 to 15 minutes in the pan. It will then be cool enough to handle. Run a paring knife around the edge to loosen it and carefully remove the tart ring by gently pressing the tart bottom up. Slide a very thin spatula under and all round the bottom layer to free the galette from the tart bottom. Use the spatula to gently slide the galette onto a cutting board. Cut into wedges to serve.

RECIPES OF THE WEEK

POTATOES FONDANTES - *Jill suggests Yukon Gold potatoes for this recipe. This method of cooking makes them creamy on the inside and crispy brown on the outside. Fondantes is a French method of boiling potatoes in broth until tender, cracking them open and then evaporating the liquid until the potatoes have browned. Normally, the potatoes are peeled, but her version is much less time-consuming.*

1 pound baby Yukon Gold potatoes
1 sprig of fresh rosemary
1 cup chicken broth
1 tablespoon extra-virgin olive oil
1/2 tablespoon butter
Salt and pepper
Finely chopped chives or diced onion

Boil the potatoes: Put potatoes, rosemary, chicken broth, olive oil, butter and some salt in a non-stick pan over medium-high heat. Bring mixture to boil; reduce heat to medium and cover pan with the lid slightly ajar. Simmer potatoes until they are tender, about 20 minutes. Remove lid and check to make sure that the broth is still halfway up the sides of the potatoes. If not, add more broth. With the bottom of a measuring cup, crack open each potato by pressing gently on the top.

Crisp the potatoes: Raise heat to medium-high and continue to cook without a cover until the broth has evaporated and the bottom of the potatoes is brown and crispy, about 10 minutes. Flip the potatoes and brown on the other side.

Finish the dish: Remove potatoes from the heat and allow to rest for 5 minutes. Top with more salt, freshly ground black pepper, and a sprinkling of chives or green onion. (I think parsley would be a fine substitute for the chives)