

Guldan Family Farm



NOTES FROM THE FARM

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

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

Yippee!! Finally we are seeing some new vegetables ready for picking. We started harvesting a few green beans late last week, so we are hopeful that there will be beans for everyone this week. With about seven different scheduled green bean plantings in the ground, we hope to have beans for your share quite often this season. Also new this week in all shares is a petite head of early broccoli and kale which are both members of the cabbage or cole crop family. Kohlrabi, also from that family of crops will probably be making a return to your share this week as will radishes. This week we're planning on the ruffled Red Fire lettuce to be included with all shares - we may be nearing the end of the prime time for growing lettuce so enjoy while you can. We've also included some flatleaf parsley which will add wonderful flavor to any of your fresh cooked vegetables. Not sure on the pea situation yet, but we'll surprise you with something fresh and delicious.

ON THE FARM

We're still planting, planting, planting on the farm. Denny seeded sweet corn, beans and the last planting of snap peas this week. Cabbage, broccoli, cucumbers, cantaloupe, cauliflower and kohlrabi are still being seeded in our greenhouse to be transplanted into the ground when they are large enough in the next few weeks. Life gets a little calmer when we can put away the transplanter, the corn planter and the little handseeder and solely take care of what's in the ground and not what still needs to be in the ground. We keep planting to have continuous supplies of everyone's favorites for the much of the season. For example, crops like peas and corn are only harvestable for about a week. Each planting of broccoli, kohlrabi and lettuce has a harvesting window of about a week to 10 days. We generally pick from a planting of cucumbers or zucchini for about four weeks and then the plants tire out and cease to produce in any adequate quantity. If our timing is right, our next planting of that particular crop is right on schedule to be harvested. We try to plant varieties that have a more concentrated set so that we have a sizable amount of harvestable produce available when it is ready. The first sweet corn tassled this week which means in about three weeks, there could be sweet corn available. (Of course, this is barring all 4-legged critter issues.) In 25 years of growing vegetables, this is the latest date we've ever seen as the arrival of sweet corn. I would guess that the corn you're currently seeing on some of the street corners in town is being trucked up from Georgia or Florida. Denny will be planting our last planting of sweet corn this coming week which also is the latest he has ever planted corn into the summer months. This last sweet corn is an 82-day maturity which would make it mature for picking at the end of September. As much as we have disliked working in the 90 degree days, it has been needed, we and the plants welcome this boost to the growing power of the plants.

As a reminder to those members who still owe a portion of their membership fee, we'll have balance due amounts with us at your CSA pickup - just ask if you're not sure of your balance. We sincerely hope you've been enjoying the first 4 weeks of your CSA shares. We appreciate your support of our small farm and the leap of trust you place in us. Nothing pleases us more that to know that you've been enjoying your weekly selection of produce from our farm to your table.

Have a great week!

Denny, Janice, Tim, Samantha and Emily

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IDEAS FOR THE COOK

Finally some “cooking vegetables” for me to write about. It’s about time! Broccoli is one of those plants that occasionally has some hitchhikers along for the ride. However, we’ve not seen any white butterflies fluttering around those plants to lay eggs, so I’m happy to say that I don’t think there are any free riders. Unlike most broccoli purchased in the grocery store, there is nothing sprayed on our broccoli. You’ll just want to rinse off any dirt that settled in between the florets. Don’t throw away the stems, just peel it and prepare the inner stem with the florets and small stalks. Don’t overcook when steaming it. It only needs a few minutes to become tender crisp in your steamer or stir fried in a sauté pan. Kale will probably be something unfamiliar for many of you. This is hands down the vegetable that many people comment as something new that they became an avid fan of. To prepare for eating, you’ll want to cut or rib the leaves of the heavy stem. Just fold the leaf in half lengthwise and slice the stem out with a paring knife. Discard the stems. For easy cutting of the destemmed leaves, just stack them, roll them, and cut crosswise into thin ribbons. Braising or sautéing kale both work well. Kale is considered a power food with excellent amounts of vitamin A, C, and K as well as a decent amount of fiber. As most greens, kale shrinks quite a bit during cooking, so don’t be surprised to see your piles of greens shrink even before you start eating them. Cooked kale is also quite tasty with eggs. I suggest adding the cooked greens to an omelet, scrambled eggs or a fried egg sandwich. Kale grows all season long, the best flavors available early in the season or mid fall when the cool weather sweetens their flavor. As for the green beans, I’d steam them and season with a bit of butter, salt and pepper. We’ll include green bean recipes next time.

RECIPE OF THE WEEK

Buttery Broccoli with Parsley

1 small head broccoli, florets halved, stalks trimmed, peeled, and sliced
1 tablespoon butter
2 tablespoons fresh torn parsley leaves
1/2 teaspoon white-wine vinegar

Coarse salt and ground pepper. Place a steamer basket in a saucepan filled with 1 inch water. Bring to a boil. Add broccoli, cover and steam until tender, about 6 to 8 minutes. Remove basket, pour off water and return broccoli to pan. Toss with butter, parsley leaves, and vinegar. Season with salt and pepper. Serves 2. Double recipe for more eaters.

Raw Kale Salad with Gouda, Pear, and Walnuts

1/2 cup walnuts coarsely chopped
1 tablespoon sherry vinegar
1 tablespoon extra-virgin olive oil
Coarse salt and ground pepper
1 bunch kale, tough stems removed and leaves torn into bite-size pieces
2 1/2 ounces gouda cut into 1/2-by-1/4-inch pieces
2 teaspoons finely diced onions
1 Anjou pear, halved, cored, and very thinly sliced crosswise

Preheat oven to 350 degrees. Place walnuts on a rimmed baking sheet and bake until golden brown, tossing once during baking, 8 to 10 minutes. In a medium bowl, whisk together vinegar and oil; season with salt and pepper. Add in kale, cheese, onions, walnuts, and pear. Toss to combine. Serves 4.

SAUTEED KALE

1 1/2 tablespoons olive oil
1 bunch kale, washed (but not dried), stems removed, and cut into 1/2-inch strips
coarse salt

Heat olive oil in a large skillet over high heat. Add kale and salt and toss until well combined. Cover, reduce heat, and cook until tender, 5 to 7 minutes. If necessary, add more liquid while cooking to prevent burning before it’s tender.