

Guldan Family Farm



NOTES FROM THE FARM

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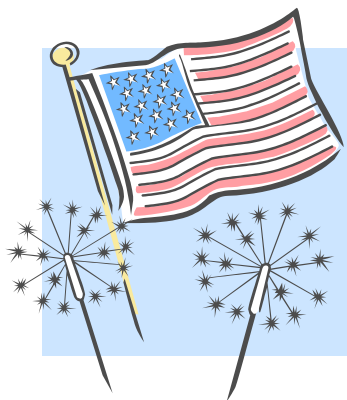
This week's share... Our best guess

This week's share is sure to be heavy on the salad fixin's. Generally cool temperatures with an ample supply of moisture are the optimum conditions for growing the best greens. Hmmmm - that's sounds like nearly everyday since June 8th. As of this writing, we're planning on including a selection of head lettuce. Leaf lettuce will also be included again this week. Full share members will also be receiving spinach. We are planning that there will be strawberries for everyone this week which will be the end of our strawberry season. Minnesota's berry season is always too short; but this year, it's even more abbreviated. We're thinking that the cold temps during the blossoming time is what caused the low berry set. Who knows, at any rate, if there's berries this week, you'll have some. It looks like our second planting of peas will be ready. You can expect to find either sugar snap peas or shelling peas this week. Kohlrabi, green onions and dill weed are planned to also be included.

ON THE FARM

Sometimes it's those little gestures from people that make one's day. Thanks so much for the kind words of encouragement you've emailed to us this week or mentioned to us as we chatted when you picked up your produce. It's so much appreciated. It's quite obvious to us that you all know this certainly has been a spring like no other. I don't think there's a farmer around who doesn't sit and look at his or her fields and wonder what in the world is going on this year. Good thing that we're bred to be eternal optimists. I **KNOW** that the weather will change and we'll get on track soon. As we spoke yesterday, Tim compared it to the fact that anyone working in a weather related business is sitting at a poker table with Mother Nature; and this year, Mother Nature continues to pull an ace out of her sleeve. So we're fighting back with continuous plantings both in the greenhouse and in the field whenever we have a section of ground that is dry enough to give us a short window of opportunity. Friday night we planted our 2nd successive planting of watermelons (which should be providing you with watermelons in September) and kohlrabi and finished just as another batch of rain moved in. The forecast for next week looks promising. Denny has warned us that as soon as it's dry enough, there will be a week's worth of hand hoeing, weed pulling and cultivating to take care of those darn weeds that have continued to germinate during this wet spell. Cheers go out to my young crew of workers this past week who helped pick berries and peas in less than desirable conditions. They were trouper!

Have a great week! Denny, Janice, Tim, Sam & Emily



4TH OF JULY CSA PICKUPS

Because of the holiday, all Monday CSA pickups on the farm and in the afternoon will be scheduled for Tuesday, July 5, same time and same place as usual. See you then!

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IDEAS FOR THE COOK

Again, store all your produce in the refrigerator this week. We've been using our salad spinner for the lettuce and it's been somewhat of a plaything in the house watching it spin those lettuce leaves dry after washing them. With the greens being in season, it seems like a perfect time to share some recipes for salad dressings. Alas, I have to send you to the grocery store to get the fresh cilantro. Cilantro is probably one of the most difficult crops to grow. It bolts to seed when it's too cold, too hot or just plain feels like it. You can incorporate the dill weed into the dill salad dressing or add some extra pizzazz to a pasta salad. Dill weed comes from the same plant that eventually produces the dill seed heads that are used when pickling. Don't we just love multi-purpose plants? Tim made spring salad this week and added this fine leafed herb and it was yummy. He used both the tiny leaves and the thin stems. You really don't need to use much as it can overpower a salad quickly. I suggest you add a bit and taste before adding any more. You can always add extra, but it's next to impossible to salvage if you've added more than your taste buds appreciate. Denny requested creamed kohlrabi to be on our menu soon. Our favorite way to prepare that is to peel the kohlrabi and dice into small cubes. I cook it in boiling salted water as I would potatoes and drain the water when they're tender. Make a thin white sauce with butter, flour and milk and pour it over the cooked kohlrabi. Mix well. Season with a bit black pepper and a few sprigs of the dill weed. As for the peas, I can't imagine any way to enjoy them more than to just sit and eat them. If you have the sugar snaps, you'll want to eat the pods too. No need to shell them. The pods are actually sweeter than the peas and their thick pods make them rather difficult to pod anyway. If you insist on cooking them, they can be steamed whole or stir fried. Just cut off the stem and the thin string that is attached to it along the seam of the pod. The shelling peas have a much thinner and fibrous pod. You don't want to eat those pods, just eat the luscious little green orbs inside!

RECIPE OF THE WEEK

Poppy Seed Dressing - *I included this recipe in a newsletter last season, but it is well worth repeating.*

8 ounces plain yogurt
1 tablespoon lemon juice
1 1/2 tablespoons honey
2 teaspoons poppy seeds

Blend all ingredients and let sit for at least an hour to allow flavors to meld. Serve over fresh greens.

Cilantro Vinaigrette - *Our family puts this dressing in the OMG—this is fantastic category. So good in fact, that it makes salad eaters out of people who won't normally eat a salad unless bribed. It was another item on our groom's supper menu. Thanks Marc for sharing.*

1 tablespoon fresh cilantro—finely chopped
2 tablespoons chopped onion
2 tablespoons Dijon mustard
1/4 cup champagne vinegar
3/4 cup vegetable oil
1/2 cup sugar

Process first 3 ingredients in food processor. Add the remaining ingredients and blend well. Serve over a mixed greens salad. Top with freshly grated parmesan.

Easy Dill Dressing

3 tablespoons mayonnaise
1/4 cup olive oil
2 tablespoons lemon juice
Chopped dill weed - use as much or as little as you like
Salt to taste.

Mix all ingredients. Makes 1/2 cup.

Honey Lemon Vinaigrette

2 tablespoons fresh lemon juice
1/2 teaspoon honey
4 tablespoons olive oil
Whisk together lemon juice and honey and then whisk in the olive oil until combined. Serve over mixed lettuce salad. Serve with grilled pork chops.