

Guldan Family Farm



NOTES FROM THE FARM

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This week's share... Our best guess

This week we are including potatoes again. We finally found time to dig white potatoes and it appears that we'll be able to include them this week and next week for everyone. Eating potatoes in the fall reminds me of potato leek soup, so we're also including the leeks. Leeks in turn remind me of an herbed rice dish with sautéed leeks and peppers so we've included the peppers again too. Our tomatoes are still doing well; in fact, we get to relish their taste a bit longer. This particular planting of tomatoes has amazed us: I think they've been the nicest tomatoes we've harvested all season. We also have acorn squash, ground cherries and carrots for everyone this week. For those new to this fruit, it looks similar to a tomatillo, but is eaten yellow rather than green and is sweet. Inside the little lantern shaped husks are yellow berries which are tasty eaten raw or baked with apples into a sauce or pie. I've included a recipe for muffins on the reversed side. Full shares will also receive shallots and the last of our broccoli.

ON THE FARM

Finally, it feels like we're shifting downward a bit on the farm. After digging the last of the potatoes this past week, our turn-of-the-century potato digger has been parked in the shed until it's needed again next July. Denny hooked up the stalk chopper and started chopping down the sweet corn stalks and other areas that we've finished harvesting. He'd like to start disking and chisel plowing these fields, but doubts that neither piece of machinery will go into the hard dry ground until we have some rain. We took some time over the weekend to take a starlit ride through the fields and woods on the four-wheeler and made a quick detour when we saw the black and white tail of a skunk right in front of us. **YUCK!**

We're still harvesting squash, tomatoes, peppers, carrots and more. This week sounds like a warm one, so we'll probably get a head start on washing and storing all our picking container from the year.

Next week will be your final share for the season. In order to not worry about returning the totes, we'll be using plastic bags. You may want to bring along your own totes for easier carrying—especially full share members. I think the bags will be heavy and the squash stems like to tear holes in the plastic.

Enjoy this gorgeous week!

The Guldan Family, Denny, Janice, Tim, Emily & Samantha

Yes, we did it.

We got our stuffed peppers prepared for our winter easy meals last weekend. See other side for a scaled down version of our recipe. Now, if we can just get at the ratatouille and a few more jars of salsa....



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RECIPES OF THE WEEK

GROUND CHERRY MUFFINS— *This is a repeat from last year, but worth repeating for new CSA members.* I found this while searching for ground cherry recipes on line. Seems like another CSA was suggesting it as a use for the sweet and tangy fruit. It's not an overly sweet batter, rather similar to scones. You may want to add more sweetener if you prefer a sweeter muffin. I topped my muffin with apple butter which was sweet enough for me.

1 cup husked ground cherries
1 c. all purpose flour
1 c. whole wheat flour
½ t. salt
3 t. baking powder
¼ c. real maple syrup
3 T. canola oil
2 eggs
1 c. milk

Preheat the oven to 400 degrees and line a muffin tin with 12 baking cups. Combine the dry ingredients in a large bowl. Beat together the maple syrup, canola oil, eggs, and milk in a smaller bowl. Make a well in the center of the dry ingredients and pour the wet ingredients into it. Combine swiftly, stirring and folding rather than beating, just until the dry ingredients are moistened. Stir in the ground cherries. Divide the batter between the 12 baking cups. Sprinkle the tops of the muffins liberally with sugar and bake 20 minutes, or *until* the tops are golden brown and a toothpick comes out clean. Let rest for 5 minutes, then remove from muffin tin. Let sit for a day for the flavors to blend. Serve with butter and jam.

CARROT CUPCAKES *Since fall is peak time for harvesting carrots in Minnesota, this recipe was promoted this week by the Minneapolis Farmers' Market.*

1 cup sugar
⅔ cup vegetable oil
2 eggs
1 teaspoon vanilla extract
1 cup all purpose flour
2 teaspoons ground cinnamon
½ teaspoon baking soda
½ teaspoon baking powder
½ teaspoon salt
1½ cups finely chopped carrots
½ cup chopped walnuts
¼ cup coconut
¼ cup drained crushed pineapple

Frosting:

½ (8-ounce) package light cream cheese, room temperature
3 tablespoons butter, room temperature
1½ cups sifted confectioners' sugar
½ teaspoon vanilla extract

Preheat oven to 350°F. Line 12 cups of muffin pan(s) with paper liners. Beat together sugar, oil, and eggs in the bowl of an electric mixer. Add vanilla and mix in; set aside. In a separate bowl, sift together flour, cinnamon, baking soda, baking powder, and salt. Add to sugar mixture and mix well. Gently stir in carrots, walnuts, coconut, and pineapple. Scoop the batter into muffin cups until each is almost full. Bake 35 to 45 minutes or until a toothpick comes out clean. Let cool on a wire rack. To make frosting, cream together cream cheese and butter in a large mixing bowl. Slowly add sugar until creamy. Stir in vanilla. Using a spatula, spread frosting over cupcakes.

GULDAN HOUSE STUFFED PEPPERS - *Repeated requests for our frozen stuffed pepper recipe this past week has prompted my sharing of our recipe. Keep in mind that I'm a "dumper" and lots of my dishes never taste exactly the same twice. The original recipe made about 40 stuffed peppers so this version is scaled back a bit.*

This recipe will make 4-8 stuffed peppers depending on how large the peppers are. Cut off stem and clean out the "innings." Place peppers in boiling water for 5 minutes. Drain and let cool. Brown ½ lb ground pork and ½ lb ground beef with ½ cup chopped onions and 1 clove minced garlic. Mix in 2 cups prepared brown rice and ¾ cup of spaghetti or tomato sauce. Season with Lowry's seasoned salt, freshly ground black pepper and some dried parsley and thyme. When the meat mixture is cool, add 1 large beaten egg, ⅓ cup parmesan cheese and ½ cup shredded sharp cheddar. Combine well. Fill peppers. Leave a little room on the top for adding more sauce or cheese if you wish when you make them. Freeze them standing up. When froze solid, place in zip lock bags. When you're ready to make them for a meal, place in them in a glass casserole in microwave. For 2 peppers, I nuke them for 5 - 7 minutes without a cover on. Freezing the peppers seems to release more moisture so I've found that keeping the cover off helps evaporate some of the excess. After 5 minutes of cooking, add sauce and cheese if you wish and cook until hot all the way through which will probably be several minutes.