

Guldan Family Farm



NOTES FROM THE FARM

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This week's share... Our best guess

Sometimes it really just doesn't pay to think out into the not so distant future... Just as I say, "that's it for the sweet corn," this particular planting makes its own decision and decides that even though the growing weather has been rotten, it's giving us another week of sweet corn. So call me a liar if you wish; but you're going to be enjoy our sweet corn one more week. Red and green bell peppers are included again this week as well as tomatoes. These frost sensitive plants won't be harvestable forever, so we need to enjoy them while we can. New to the shares this week will be broccoli and the first of the squash, spaghetti squash. Flat leaf parsley makes a return this week to add some extra flavor to your meals. With a bumper crop of melons for us to share, you'll be receiving a melon again this week.

ON THE FARM

It was a crazy week for us. I kept detailed lists of every task needing our attention and I believe we succeeded in conquering all the "to do's." The slight chance of scattered frost turned into a wide spread freeze advisory which added another entire column to the to do list. We finished picking the last of the watermelons on Monday night only to switch gears into picking squash the very next day. Some types of squash are not quite as hardy to a frost as others so we started picking the varieties that tend to show frost damage. On Wednesday, besides the regular harvesting, we stocked up on peppers and beans, picked every ripe tomato we could find, the last of the cucumbers and summer squashes and basically forgetting about anything else that would remain unharmed from a below 32-degree temperature. As the wind died down that evening, we collected tarps, plastic sheeting, blankets, sheets and rugs and covered about 100 beautiful tomato plants that were just beginning to give us ripe tomatoes. Throw in the 3 CSA pickups for those 3 days and the Tuesday market and we got a little uptight at times, but we all pitched in knowing that early Thursday morning as the temperatures dipped to that freezing point, the deadline would have arrived and we would be happy that we harvested and protected what we could.

So how cold did it get? We had about 29 degrees which was cold enough to kiss the tops of the peppers, tomatoes, cukes and zukes with its icy fingers. The tomatoes under cover seem unharmed for the most part as well as the sweet corn which tolerates temperatures down to 28 degrees for a limited time.. So have no fear—there should be plenty of produce yet for the last 3 weeks of the CSA season!

Have a great week! The Guldan Family, Denny, Janice, Tim, Samantha & Emily

OOOOPS....

You might say it's the change of seasons or school starting up again, but during the last 2 weeks we've had a rash of forgotten CSA pickups. We're not picking on anyone, but just a gentle reminder to everyone of our policy. If you forget, you need to **CALL** us that evening when you remember. Generally a call in the morning will even work. By the following afternoon, it will probably be gone. We give it away unless we have heard from you. We do not have room to store it for days nor do we have email access for the majority of the day when we are outside working or at markets. So please call so we can make arrangements. No answer on the phone, that's pretty normal! Just leave a voicemail—we don't want you to miss out on your share.

IDEAS FOR THE COOK

Until a couple years ago, I rarely used fresh parsley. In fact, I probably never did. Being acquainted with the tastelessness of the dried variety, I wasn't too excited to add fresh "tastelessness" to my meal. I was wrong. First of all, the curly leafed parsley often used as a garnish on your dinner plate at a restaurant is not comparable to the more boring looking flat leaf parsley with so much flavor. As an added bonus, parsley seems to keep well for a long time if you store it in a plastic container or bag in your refrigerator. I love to add it to soups. (I made chicken spaetzle soup over the weekend and added it to the pot in the last 15 minutes.) You can add it to your potato recipe. I've chopped it finely and blended it into butter that we smothered sweet corn with and even gone so far as to make pesto from it. Last week, I baked a spaghetti squash the easy way by pricking it several times with a fork and micro-waving it for about 10 minutes until it was tender. When it was done baking, I cut it in half lengthwise and let it cool for a few minutes. I scooped out the seeds first and then pulled the squash "meat" out with a fork. The next step was to separate the strands somewhat so it looked like actual spaghetti. Finally, I added chopped parsley, a bit of butter and some feta cheese and tossed it gently to mix the flavors. My taste buds are not fond of putting a marinara sauce on top of the "fake" pasta, I'd rather eat it with cheese and fresh herbs or maybe just a tad of butter. Enjoy!!



RECIPES OF THE WEEK

SPAGETTI SQUASH WITH FETA

- 1 spaghetti squash, cut lengthwise
- 2 tablespoons vegetable oil
- 1 1/2 cups chopped tomatoes
- 1 onion chopped
- 1 clove garlic, minced
- 3 tablespoons sliced black olives
- 1 1/2 teaspoons basil
- 3/4 cup feta cheese

Preheat oven to 350 degrees. Lightly grease a baking sheet or line with foil. Place squash face down on baking sheet, and bake about 1 hour depending on the size. It's done when a sharp knife can be inserted with little resistance. Remove squash from the oven and let cool enough that it can be handled. Meanwhile, heat the oil in a skillet over medium heat. Sauté onion in oil until tender. Add the garlic and sauté for about 3 minutes. Stir in tomatoes and heat until warm. Using fork, scoop out the stringy squash meat and place in a medium bowl. Toss with sautéed vegetables, basil, olives and feta. Serve warm.

SPAGHETTI SQUASH WITH VEGGIES AND MOZZARELLA

- 1 cooked spaghetti squash, separated into strands
- 1 large onion, diced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 tablespoons olive oil
- 3 cups crushed tomatoes
- 3-5 cloves garlic, minced
- 1 tsp basil
- 1/2 tsp oregano
- 1/2 tsp crushed red pepper flakes (optional)
- 1 cup grated mozzarella cheese
- 1/2 cup grated Parmesan cheese

Preheat oven to 375 degrees. Mix the cheese together and set aside. Heat olive oil in a skillet and add the onion, pepper and garlic. Sauté over medium heat for about 5 minutes. Add crushed tomatoes, basil and red pepper flakes. (if using). Simmer uncovered for about 15 minutes. Mix squash strands well with the cooked vegetables and put half in the bottom of a 13 X 9 baking dish. Top with half the cheese mixture, followed by the other half of the squash mixture, then the rest of the cheese. Bake for 30 minutes or until cheese is bubbly and slightly browned. Let cool 10–15 minutes before serving.