

Guldan Family Farm



NOTES FROM THE FARM

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This week's share... Our best guess

This week we finally are including carrots. We've been wanting to include them for literally a month. But the ground has been so dry and hard, we knew that they'd be rather difficult to dig. With only a few weeks of our CSA season left, it turned into now or never. Tim and Samantha did most of the digging, so we have them to thank! Also new this week will be butter-nut squash—the tan ones that sometimes may remind you of a peanut shape. Red and green peppers, onions, tomatoes, beets and a melon are all planned to be included. Perhaps some fresh rosemary. The tomatoes and peppers were fairly unaffected from last week's frost; the melons have all been harvested; and the beets being underground, remain untouched by cold night temps.

ON THE FARM

After a week of paying utmost attention to the vegetables that would be yielding to freezing temperatures, we spent more time this week starting to dig root crops and picking squash. Yes, more lifting. I wasn't lying a few weeks ago when I commented that I was developing some awesome watermelon biceps. Denny keeps questioning why he doesn't look like Arnold Schwarzenegger or The Incredible Hulk. Just wish we could keep these muscles so well-toned all year long!

Usually by this time of the year, things are slowing down a little. Apparently, like everything else this year, we're running a couple weeks behind schedule, so "slowing down" hasn't quite happened yet. But, it has to, we have canning to do!!!!

The agenda this week will hopefully include some of those preserving activities at the Guldan household. Last week we made some salsa and if all goes well, some more tomatoes will find their way into mason jars during this week. One of our fall priorities is to make stuffed peppers for the freezer. Being "pepper snobs," we stuff only red peppers. I purchased ground beef and pork from two of our favorite meat vendors at the Saturday farmers' market and have intentions of making a huge batch of stuffed peppers that will be super easy meals to nab from the freezer and pop into the microwave oven this winter. Here's to a productive week for everyone!

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

Thanks....

Many, many tote bags were returned in the last couple days. So many, in fact, that we laughed. No wonder we couldn't find enough bags!! Thanks for your cooperation.



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IDEAS FOR THE COOK

One of the best qualities of many fall types of produce is the fact that they are not nearly as perishable as so many of the spring and summer types of produce. Root crops such as beets and carrots will stay fresh for weeks in your crisper. Of course, we hope they'll be part of your dinner plans this week or next, but know that they are sure to be just as tasty as they came to you today if you keep them in an airtight container or bag in your crisper. Likewise is the butternut squash. Butternuts generally keep well for at least a month provided they are kept in a cool spot and do not have any deep injuries to the outer peel. And you guessed it, the same story goes for the watermelons. There's no need to refrigerate a watermelon until it's cut open. Glad you've been enjoying them. We've heard from lots of you how much you've been enjoying both the yellow and the red melons. And we have to agree. The watermelons have been absolutely superior this year. Undoubtedly, they have liked the dry weather. Did you know that most produce will have a sweeter or more intense flavor when the conditions are on the dry side? If you are not acquainted with the butternut squash, today's the day. Because of it's long shape, this squash is best baked in the oven rather than the microwave. You'll want to cut in half lengthwise and remove the seeds before baking. Lay cut side down on baking sheet and roast at 350 degrees for about an hour until tender. Some people like to add a little butter and brown sugar to their squash, but we usually don't. We just eat it plain!!



RECIPES OF THE WEEK

QUINOA WITH BUTTERNUT SQUASH AND SAUSAGE *Since Emily's been home, we've not only acquired one more cook, but another person's recipe collection. Emily found this recipe on the [Prevention](#) website and tweaked it a bit. Instead of Italian sausage, we used our home smoked venison ring sausage. After removing the casing, she sliced the sausage and pan fried it.*

- 1 cup quinoa, rinsed and drained
- 1 tablespoon extra-virgin olive oil
- 4 ounces sweet Italian sausage, casings removed
- 1 1/2 cups cubed (1/2 inch) peeled butternut squash (8 ounces)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 large shallot, minced or a couple tablespoons diced onion
- 1 teaspoon dried parsley or 3 tablespoons fresh

In a medium pot of boiling salted water (at least 6 cups), cook the quinoa until tender and a white spiral germ appears around the grains, about 13 minutes. Drain well.

Meanwhile, in a large skillet, heat the oil over medium-high heat. Add the sausage and cook, breaking it into small pieces with a wooden spoon, until no longer pink, about 6 minutes. With a slotted spoon, transfer the sausage to a plate.

Add the squash to the pan, season with the salt and pepper, cover pan and cook, stirring occasionally, until softened, about 10 minutes.

Add the shallot and reserved sausage, and cook, stirring, until the shallot turns golden and the squash is soft and browned on one or two sides, about 5 minutes.

Gently stir the quinoa and parsley into the squash mixture, and cook until heated through. Serve hot or at room temperature.

ROASTED BEET WEDGES

- 1 pound fresh beets, peeled
- 4 teaspoons olive oil
- 1/2 teaspoon kosher salt
- Fresh or dried rosemary if desired

Cut each beet into six wedges; more if the beets are large, less, if small. Place in a large resealable plastic bag. Add olive oil and salt; seal and shake to coat.

Place a piece of heavy-duty foil (about 12 in. long) in a 15-in. x 10-in. x 1-in. baking pan. Arrange beets on foil and top with rosemary. Fold foil around beet mixture and seal tightly. Bake at 400 degrees F for 1-1/4 to 1-1/2 hours or until beets are tender. Check on them often. Discard rosemary sprigs before serving.