



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

5075 100th Ave. NW Milan, MN 56262

easybean@fedtel.net

WHAT'S IN THE BOX?

Conehead Cabbage: *I have forgotten what the real name of these cabbages is since we have been calling them coneheads for so long! These can be used like any other green cabbage and will store, in your refrigerator, for a LONG time.*

Napa Cabbage: *There is just one more round of Napa after this. It will be a red type and it will probably be in either the last, or second to last, share of the season. Napa is a type of Chinese Cabbage and can be used either raw or lightly cooked.*

Panisse Head Lettuce: *Cooler temperatures means that lettuce is back! The Panisse are frilly with very delicate leaves. We should have lettuce nearly every week for the rest of the growing season.*

Ace Green Peppers: *These peppers are just starting to mature and they are delicious. The walls are thick and juicy (from last week's rain) and the flavor is perfect. Expect more and more of these in the next few weeks.*

Straightneck or Zucchini Squash: *People often tell me that they are unsure what to do with Summer Squash... but love zucchini. They are, for all intents and purposes, the same. These are the first few fruits... but there will be increasing*





amounts of several varieties over the course of the summer. A few years back my mother gave me a spiralizer and I have gotten addicted to squash “noodles” with a variety of sauces.

Islander Purple Peppers : *Similar to a green bell... but purple!*

Itachi White (or regular green) Cucumbers: *These white cucumbers have confused a few of you... especially when they are right next to the yellow squash! These are just like the green cucumbers but have a really nice thin skin.*

Nadia Italian Eggplant (Full): *Baba Ghanoush time!*

Ailsa Craig Sweet Onions: *These onions are among the very sweetest onions I have ever grown. While these can be cooked, I like them raw on sandwiches or in salads. Unlike many of our other onions, these will not keep for a long time... so use them this week.*



Taxi/Orange Slicer, Cherokee Purple/Roma Tomatoes/Brandywine Tomatoes: *While it is too late for this to be a record breaking tomato year, I think that we should have larger and larger quantities over the next 4-5 weeks.*

Ichiban Japanese Eggplant: *I love making Szechuan Eggplant with Garlic Sauce!*

Blue Lake Green Beans: *Week two of Green Beans... and there are more of them! Green Beans are a crop that I LOVE to eat... but the amount of time spent picking them drives me a little crazy! Last week we picked around 200#s... but it took around*



15 person/hours to do it! We should have around two more weeks of green beans.

Red Bell and/or Carmen Sweet Peppers: *The Bells are Bell Shaped and the Carmen Peppers are pointy. Both are VERY sweet!*

Basil: This comes from the second planting of Genovese Basil and the leaves are VERY flavorful!



From the Fields

Folks,

Week 11!

Today was one of those days that, so far, we just had to endure; It rained all day yesterday and then rained HEAVILY while we were harvesting crops so everything was a cold muddy mess! While this year does not seem quite as rainy as last year, it definitely ranks in the top 2 or 3 that I have farmed through. At this point I am hoping that the weather pattern shifts soon and things dry out a bit. I may regret saying this but... I think just one more rain-fall over the next 6 weeks would be sufficient to get us through the season.

This last week has continued the unseasonably cool weather pattern that has run through most of August and, while the weather is certainly pleasant to work in, we really need some warm sunny days to help ripen a LOT of our warm weather crops in the fields. Aside from, perhaps, 2004, when we had almost no summer weather until September, I cannot think of a summer where it has taken sooooo long for the tomatoes and red peppers to ripen! The plants are absolutely COVERED in fruit... but things are trickling in like they typically do in late July... and it is nearly September! With the cool temps predicted for the next 10 days I am keeping my fingers crossed that we will not have a frost until some time in October; That would at least give us another month to get you filled to the gills with tomatoes!

The last few weeks I have written about how the fall is shaping up and, with every passing day, I feel more assured that the fall crops will do very well. The Butternut Squash are larger than I have ever seen them, on average, and the potato crop is now winding down. This Friday we will begin digging the thousands of row feet of potatoes and the first bunch should hit your boxes next week. He leeks look spectacular and the late summer broccoli, cauliflower, Napa, Celeriac, Greens and Brussels Sprouts continue to perform very well. These might be the nicest leeks I have ever grown.

Next week we will be making Monday's deliveries on Tuesday, for labor day. I will send out an e-mail to remind you all. Thursday's deliveries will happen at the normal times.

My best guess for next week's boxes: Broccoli, Pac Choi, Lettuces, Onions, Potatoes, Cucumbers, Green Beans, Squash, Tomatoes, Peppers, Eggplant and, hopefully, MUSKMELON (for everyone)!

Mike



