



# The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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## WHAT'S IN THE BOX?

**Tomatoes:** *By gosh we are getting antsy about this darned tomato crop! The plants each have DOZENS of fruits... but the cool weather has slowed down their ripening! The first few slicers are now starting to ripen so there is just a taste this week. With a little luck we will have nice big bags next week. This is a mix of Brandywines, Marmande, Empire, Granadero and a few other slicing types.*



## **Blue Lake Green Beans:** *Green*

*Beans are a crop that I have a sort of love/hate relationship with. On the one hand, I love them, and more importantly, our members ADORE them. On the other hand, without a very expensive and specialized piece of machinery for harvest, they are INSANLEY labor intensive to pick and keep picked. In warm weather they have to be picked every 48 hrs. and it takes three people around 2 hrs. to pick them each time they are picked if we plant enough to make people happy. In the 40 hr. work week that we have our crew, this is just far too much time over any extended period...so we never quite have enough to keep people satisfied! Enjoy them while they are here!*

**Amazing Cauliflower:** *I cannot express how rare it is to have cauliflower that is this big and this good in the middle of August! These guys have really LOVED the cooler and wetter weather. I just checked the average price of Organic Cauliflower right now and it is \$2.29/lb. Many of these heads are over 3#s! That's around \$7.00 worth of Cauliflower alone!*

**Arcadia Broccoli:** *No one ever complains when we put broccoli in their boxes! This round of broccoli is perfect. The heads are large and tight and the taste is sublime. The broccoli should keep coming for several more weeks. We will then have a break and it will resume in mid-September. If you do not plan on using it right*



away, loosely wrap it in a plastic bag and place it in the crisper drawer of your refrigerator.

**Kohlrabi:** *This round of rabi were left over from another succession and we figured that we would give you a little taste for a salad or stir-fry.*

**Lacinado Kale:** *This is also know as Dinosaur Kale due to its resemblance to Dino Skin. Dinosaur Kale is sturdy and holds up well to cooking.*

**Basil:** *This Basil has had too much water and does not look AMAZING... but it tastes good. The next round of basil should look better.*

**Nadia Eggplant :** *I have been eating eggplant at nearly every meal. Get a good baguette and make yourself a fried eggplant parmesan sandwich with a little of your basil.*

**Zukes, Straightneck of Patty pan Summer**

**Squash:** *This year we have four types of squash: Raven Zucchini, SlikPik Crookneck, Zephyr Straight Neck Squash, and Sunburst Patty pans. The patty pans are the flying saucers. Once we get into the season we pick these 3 days a week to keep them picked at the right size. Squash and Zukes are really interchangeable as far as cooking goes. I highly recommend summer squash fajitas!*

**Cucumber :** *Every year I make myself a little sick on cucumbers during this part of the year. I eat them compulsively... often consuming 8-9 a day.*

**Green Bell Peppers:** *The first few bells are ripening and there will be more and more of them each week. These guys are good and crunchy.*







**Biscayne Cubanelle Peppers:** *These are the longer light green/yellow peppers. They are NOT spicy and can be used as you would a green pepper. I like them stuffed and grilled! More next week!*

**Ailsa Craig Sweet Onions:** *The onion crop did VERY well this year and many of these onions are JUMBO and VERY sweet. This variety is best used raw, in my opinion! We will now have onions every week until the end of our harvest season!*



## **From the Fields**

Folks,

This box puts us past the half-way mark of our delivery season... though it does not feel like it since we have not yet started the big tomato harvest! Like most of the state, the farm has had more than enough rain over the last week. In the first dozen years that I farmed it seemed like we NEVER had much rain from late July to late August but, these last few years, we seem to have entered a pattern where it is hard to find a day dry enough to plant fall crops now! With all of the rain we are working diligently to monitor for fungal problems and we are trying to keep ahead of it with some Organic Fungal deterrents like Hydrogen Peroxide. So far, aside from a little activity on some of the cauliflower heads, and a tiny bit of Powdery Mildew that we have treated in the cucumbers, things continue to look good. With as much unharvested fruit (tomatoes, peppers, cucumber, winter Squash, pumpkins, etc....) that is out there, we are keeping our fingers crossed for a little dry weather and sunshine in the near future.

While we are still a few weeks away from the time of year when the pace of our work starts to gradually lessen, just knowing that it is not far off has me feeling a little excited. Having worked 6-7 days/week for the last 5 months I am ready for the slow wind-down that the month of September brings!

More soon,  
Farmer Mike