



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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WHAT'S IN THE BOX?

Pac Choi: *There was supposed to be a full week between these two successions of Choi... but this one came in on the heels of the last. I really like Chicken and Pac Choi Stir-fry.*

Athena Muskmelons (Full): *The last two summers have been a big bummer for muskmelon; Heavy rains just as they were maturing*

caused wilt to spread like wildfire through the crop. Last summer we did not get a single muskmelon! This round is really the best I have grown. Most of these were picked perfectly ripe but a few were just a day or two under. The melons should have a light yellowish/orange hue beneath the netting and the stem end should be a little fragrant.

Romaine Lettuce: *Cooler temperatures means that lettuce is back! These Romaine have a great crunch!*

Ace Green Peppers: *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.

Biscayne Cubanelle Peppers : *Light Green and slender. Much like a green bell*

Red Night Red Bell Peppers: *The red bells are finally starting to mature. There should be more of these until frost.*

Carmen Sweet Pepper: *These are the horn shaped sweet peppers that look hot but are not. This is my very favorite pepper.*

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: *Eggplant Parmesan Sandwiches every week!*



Ailsa Craig Sweet Onions or Red 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: *The tomatoes are coming in STRONG! So many varieties! So much color! Don't refrigerate them! Unbag them ASAP!*



Blue Lake Green Beans: Week four of Green Beans... The cooler weather has really slowed down the production of these beans.

Parsley: This Parsley is sooooo good. The stems are almost sweet and leaves are delicious!

Broccoli: *This round of broccoli is ally nice. The heads are fairly large tight and the stem is crunchy and edible all the way down. More next week.*



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From the Fields

Folks,

Week 13!

Boy! I am SOAKED to the Bone right now! The last few days have been soggy and quite a bit cooler than “normal”. In most of the years that I have farmed there are a few cool days in the beginning of September but, on average, September has more in common with August than I does with October! The cooler temperatures, and cloudy days have slowed the growth of many of our crops... though it is clear that the greens, cauliflower, broccoli and leeks are loving it. The rain has now helped provide the conditions that Septoria Leaf Spot, our worst tomato disease, loves and it is racing through the crop. The good news is that it is late enough that it really should have almost no effect on the harvest; I think that you can expect similar quantities of tomatoes for the next 3-4 weeks. In fact, the stress on the plants seems to be helping them ripen fruit a little faster.

This last Friday we began to dig the first of our potatoes. We did a small amount to make sure that the equipment was working but now I am wishing that we had done more since the ground looks as though it will be saturated, and therefore too wet to dig mechanically, well into next week. The goal is to

have potatoes in every box between now and mid-October... but tis could be challenging if it stays wet; If we cant dig potatoes for next week, we will be certain to give you extra the following week.

There are now just four more deliveries for the 2019 growing season and most of our crops are at least most of the way through their growth. The Winter Squash are now beginning to die back and it is easier to see the crop beneath the leaves now; It is an outstanding crop. There will be a fair amount of it in the last three boxes of the season. The leeks are also nearly done growing and look amazing. The Brussels Sprouts need around 2 more weeks of growth... but they should be ready for the final two boxes.

My best guess for next week: Tomatoes, Peppers, Eggplant, Broccoli, Cauliflower, Onions, Lettuce, Cucumber and Potatoes.

More Soon,
Mike



