



# 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?

**Carmen or Intruder Red Peppers:** *The time it takes for peppers to ripen red always seems longer than expected. The first few are coming in now and the peppers are VERY sweet. The Carmens are long and tapered and the Intruder are regular Red Bell types. Grilled or Roasted Red Peppers are among my very favorite summer foods.*

**Romanesco, Broccoli and/or Cauliflower:** *We had a round of each of these beginning to mature. Everyone should get either a cauliflower or Romanesco and the Full Shares will get an additional head.*

**Blue Lake String Beans:** *This should be the final picking of this round of green beans and, next week, we will begin picking the next round. This is, I think, the 5th week of picking this round! The beans have not liked the excessive moisture and we did see a LOT of fungal disease showing on this round when we were picking. Starting a fresh round will be nice; The beans should be a little smaller and a little crisper.*

**Scallion:** *Scallions are one of the foods that embody the flavor of spring-time for me. They are oniony, yes, but they also taste very "green" to me, as well. There are few things that are not made better with ample amounts of fresh chopped scallion*





**Jimmy Nardello Frying Pepper:** *These are the red peppers that are wrinkled and long. While they look like a hot pepper that are not (though we did find two that WERE... so you should test them first). These peppers are AMAZING grilled over medium heat until soft and a tiny bit charred.*

**Cucumber:** *At last the cucumber are starting to really come in. With a little luck we will have more and more over the course of the next few weeks.*

**Slik Pik Summer Squash and or Sunburst Pattypan:** *The summer squash has been coming in strong and we have been really enjoying it grilled. The small ones can be grilled whole over medium coals and the bigger ones can be cut into wedges, coated in olive oil and a little salt, and grilled until tender. This is soooooo goo*



**Tomatoes:** *We are now, I think, either at, or close to at, peak tomato. Half Shares got around 4#s of tomatoes and Full Shares got over 8#s... and an heirloom! With the price of organic tomatoes this means that nearly half of the value of your box is JUST in Tomatoes this week! We should have heavy yields for the next several weeks.*

**Wonder Bell Green Pepper:** *We have been making lots of Fajitas with our green bell peppers. Last Thursday one of our crew members made us delicious stuffed green peppers for lunch. More next week!*





**Japanese Eggplant:** *The Japanese Eggplant crop seems a little stunted this year... though there are lots of blossoms on them so perhaps they will strengthen in a week or two..*

**Panisse or Buttercrunch Lettuces:** *This round of lettuces is nice and crisp though it got a little tattered in the storms a week ago.*

## From the Fields

Folks,

Last year, which was an especially late year, we had to wait until September before we had a serious tomato harvest. This year could not be more different! Last week we harvested around 800#s of tomatoes. Today



we harvested just under 500#s and I estimate that we will pull in another 1200#s tomorrow afternoon. It feels sooooo good to be swimming in a crop that I know that nearly everyone is pleased to get and our family has been eating LARGE tomato salads at every meal for the last few weeks. I am glad that the tomatoes got off to an early start because the fruit set came at a good time and, while the over-abundance of rain has helped boost the occurrence of Septoria Leaf Spot (a plant disease) in our tomato crop, it generally has a minimal effect on the fruit that is already on the plant. I am hoping that the weather continues to be dry and that the humidity lowers and the daytime temps drop... this will help slow the spread of the disease which will, eventually, kill all of the plants. If things go our way we could continue to have tomatoes into late September. If the problem spreads we will have heavy yields into early September and then the crop will slow down. Either way, expect big bags of the fruits for at least the next two or three deliveries. Please remember NOT to refrigerate your tomatoes and use the softest fruits



first. We try and pick fruits at various stages of ripeness so that they should last you most of the week. This year my two favorite varieties are the Genuine (the lobed red guys), the Berkley Tie –Dye (purple and striped), and the Striped German (Orange and Pink Mottled). These three varieties are heirlooms so they probably will have the shortest shelf-life.

In addition to the tomatoes you will find the first sweet red peppers this week. There are a few types coming (as well as some great orange and yellow peppers) and they should come in larger and larger numbers. The skinny wrinkled peppers are called Jimmy Nardello Peppers and they are supposed to be sweet... though we did find a few plants that were making hot peppers (you should test them before using them). We have removed the offending plants... but it is possible that there is still one or two out there among the hundreds of plants that we have growing.

The next week will find things beginning to change, here at the farm, our mid-summer crew is headed back to college/school and things will be a little quieter and our harvest days will probably take a little longer. The crew has been really great this summer and we will really miss Harrison, Jakob and Jason, all of whom have been really fun to work with. It is a little sad that they will be gone just as we bring in the watermelons and muskmelons!

With Gratitude,  
Mike and Malena

