



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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WHAT'S IN THE BOX?

Amazing Cauliflower: *I look forward to fall cauliflower all year.*

While the spring stuff does OK, the late summer/fall crop tends to be perfect. These heads are tight and white and have everything that I look for in cauliflower!

Lunchbox/Mini Bell Peppers

(Full): *At last these little guys are coming in. These are the*

bags of small multi-colored peppers. All of them are sweet.

Collard Greens: *Normally I would be writing about how the cooler days bring the return of the cooking greens... but this is the warmest day we have had for weeks. The collards are very sweet and cabbage-flavored. I like to make collard, black eyed peas and rice when the days turn cool.*

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.

Kennebec Potatoes : *Hopefully the ground will be dry enough to dig these for Thursday's delivery!*

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 On-

ions 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!*

Basil: Basil will be one of the first things to go when the weather gets cool... so enjoy





it while you can!

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

From the Fields

Folks,

Week 14!

At last we have a Monday harvest without rain actively falling! While the fields are still VERY muddy due to the overwhelming amount of rain that fell towards end of last week, at least the top of my body managed to stay dry during harvest. What a relief!



The big news around here, of course, was the massive amount of rain that fell over the last week. We were fortunate that we got only around 4" total; I drove through places on my way home from the city on Thursday, and again when I drove down to Luverne on Saturday, that looked like they got twice what fell here. While the river has come up a LOT, and while it did cause a few small problems, overall I would say that we weathered it quite well. The one real negative impact (so far) seems to have been felt by this round of broccoli. When I went to harvest it, yesterday, I found that a significant number of heads had some black rot, a disease brought on when the heads sit, wet, for too long. My best estimate is that around 25% of the round had it, and the heads had to be tossed, but the rest looked good... and, if it dries out a bit, it should not affect the next rounds of broccoli. The rain helped a few other diseases move through a few crops (like the tomatoes)... but they were mostly done growing anyway and it should not cause much reduction in the harvest.

This week probably is peak tomato... though we could get one more big

week of harvest, and then things will begin to diminish a bit until the frost. With the hot weather I would expect that sweet peppers should continue to come to maturity for at least another 2 weeks. With only three more deliveries after this one... I would guess that there will be peppers in your boxes until the end. Cucumbers and Summer Squash are winding up. We *might* get another round of melons in... only time will tell.

My best guess for next week:

Red Lettuces, Cauliflower, Broccoli, Red Cabbages (Full), Potatoes, Butternut Squash, Leeks, Red Onions, Tomatoes, Peppers, Eggplant.

More Soon,
Mike



