



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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Red Cabbage: *There are so MANY delicious fall dishes that can be made with red cabbage. I love a dish that is shredded red cabbage, apples, roasted nuts, thyme and a little maple syrup.*

Leeks: *These are the long green and white guys. Leeks are related to onions but have a delicious flavor all their own. The long white shank is the edible part of the leek. If you lightly wrap these and refrigerate them they will last for weeks. More next week.*



Delicata Winter Squash: *Delicata is among my favorite varieties of Winter Squash since both the flesh and the skin are edible. I like to cut the lengthwise, scoop out the seeds (which can be toasted), place them upside down in a pan with a little water, and bake them at 350 degrees until they are soft. A little butter pat and a spoon is all you need!*

Nadia Eggplant: *The simplest delicious thing you can do with eggplant is to slice it thinly, coat the slices with olive oil and a little salt, and fry them gently in a pan until they just start to brown.*

Brussels Sprouts: *Wash these, steam them lightly, coat them in butter or olive oil and a pinch of salt, and roast them in an oven until they just start to brown. Yum!*

Kennebec Potatoes: *This variety did better than the reds and these guys cook up nice and creamy. More next week (if it dries out enough to dig them!)*

Green, Orange and/or Red Bell Peppers: *The peppers keep coming.*

Mars Red Onions or Copra Gold Onions: *The gold Onions will keep for months*



in a cool dark place.

Tomatoes: Heavy tomato yields in late September are a real rarity! The amount of fruit that is still green and on the vine is insane. Assuming the weather holds we will have tomatoes until the last delivery.

Collard Greens: The collards are back. Fried potatoes with onions and collards are absolutely delicious.



From the Fields

Folks,

Week 15! Thank Goodness that the hot weather and mosquitoes have passed! While we certainly moaned and groaned about both the level of heat and humidity AND the voraciousness of the bugs, in the end the heat was probably a good thing as it has kept the tomatoes, et al, ripening. After the extended dry period we had in early September it is also nice to get a good soaking... though 4.5" is really a little much.

Now that week 15 is here I feel like a sailor coming into port after a long journey. With only two more weeks of deliveries left, after this one, I feel like land is in sight and, with the crops looking as good as they do, I feel very relaxed... aside from the 20 minutes when I could hear hail stones hitting our roof the other night!

This week's boxes look somewhat different than the last several with a few new "fall" crops rounding things out. This point of transition is one of my favorite parts of the season. I tend to measure things in terms of the work to food ratio. In the spring there is a LOT of work and not much to eat yet. Early Summer has even more work



and a few great crops come into maturity, Late Summer has a little less work and LOTS of food and this part of the season has MUCH less work (and worry) and yet the number of harvestable crops continues to rise.

This year, in particular, the transition seems very abrupt. At this point we are mostly busy bringing in the crops, like potatoes, squash, pumpkins and Brussels sprouts that are done growing and we are making some progress getting things put away and prepped for next summer. I am

pleased to report that the Winter Squash crop is AMAZING and there will be LOTS in the final two boxes. Since it looks like I will be unable to fit all of the boxes AND the pumpkins in the last delivery, we may bring around half of you (in the city) your pumpkin this week. WE still have large quantities of sweet dumpling squash, butter-nut, and buttercups as well. If we decide to do this we will probably bring them to Willmar,



Minnetonka, Robbinsdale, Sabes JCC, Edina and Linde Hills this week and to the rest of you in two weeks.

Finally, I need to inform you of a few other delivery changes for the remainder of this year. Both next week, and the following week, our normally scheduled Thursday deliveries will be made on Wednesday due to Sukkot and Shemini Atzeret.

I hope you are having fun in your kitchens,
Farmer Mike