



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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WHAT'S IN THE BOX?

Tetsukabuto Squash: *Yet another variety of squash! These are the dark colored squash. This is a Japanese variety that is a cross between butternut and buttercup. The flesh has a beautiful golden saffron color and the flesh is a little nutty. These squash are reportedly best after they have cured for 5-6 weeks. Right now they are in their third week of curing. They will keep for months*



Metro Butternut and or Delicata Squash:

More Squash. I made squash enchiladas last week and the family cheered!

Arugula: *Arugula, after a frost is so delicious!*

Arcadia Broccoli: *This is what broccoli is supposed to look like! These heads are beautiful! For the first time ever we had a real difficulty with our broccoli this year. This came from a different field and, though we grew it in the same way, the crop did MUCH better!*

Celeriac (Full): *Celeriac is also called Celery Root and it is the bulbous root with the green, celery-like, top. The root is the best part of celeriac... but the top can also be used to flavor soups, etc... The top can be cut off the root, it can be peeled, and then cooked with. I especially like it boiled and mashed into my mashed potatoes!*

Red Mustards: *The mustards are the reddish bagged green. They can be eaten either fresh or cooked and have a great mustard flavor.*

Red Beets: *I had hoped that these guys would size up a little bit more before their*



harvest... but the cool days really slowed them down. Young beets are so tender and delicious!

Red Norland Potatoes or Kennebec Potatoes: *This first round of potatoes are really great! I made some herbed fries with them, last week, and the texture was fantastic. There will be potatoes, of one kind or another, every week until the end.*

Cilantro and/or Parsley:

Brussels Sprouts: *I love slicing these in half, drizzling them with olive oil, and roasting them in a pan, with a little salt, at 350 degrees, until they are soft!*

Green Bell and Poblano Peppers: *The Poblano Peppers are a little hot and are the dark colored pointed peppers.*



From the Fields

Folks,

Week 17!

Before I write anything else, I need to apologize for there NOT being parsnips in this box. When we tried to dig them, this morning, they were so big, and the ground was so dry around them, that we just could not get them out of the field! WE are going to soak them down, heavily, tonight and attempt to dig them, again, tomorrow. Assuming that we get them out of the ground we will run a load into Montevideo, Morris and Marshall sometime in the next week! They are so beautiful and delicious... and I really want you to get them. Hopefully they will be in Thursday's boxes!

This is the last box of the season and it is a beautiful box; I wish all of this summer's boxes were this good. I am sorry that this turned out to be such a mediocre year; AS I have written before, I had a lot of hopes invested in this year, since everyone was already stressed about so many things... but, for a variety of reasons, it was just not to be. WE had problems in our

biggest field, where so many of our crops were planted, and yields were, probably, less than 25% of what was expected from that field. We are still unsure of what the causes were, though, increasingly, we are concerned that the field was hit with drift from one of our neighbor's conventionally farmed fields. This will need to be solved, before next season, and it might force us to make some serious changes in the way that we are farming in our 25th (!) year farming here. Malena and I are coming up with all sorts of ideas about how we might like to move forward and, in particular, get back to our core mission of getting more people engaged with events on the farm. We both feel that, as our farm has gotten bigger, we have lost a lot of what we really loved about being a Community Supported Farm and we are thinking of backing things up, significantly, so that we can return to the core values that inspired us to farm in the first place. Before we make any big decisions we know that we will need to take a little rest, and heal up a bit, from this fairly challenging season. Hopefully, after a few weeks of quiet rest and a little travel, we will have all sorts of new plans for how we want to enter next year, which will mark a quarter century of Easy bean Farm!

I want to thank all of you for supporting our little farm through this season, despite the problems, and, in particular, all of you wrote us notes of encouragement and who let us know the many ways that you were enjoying the vegetables that came from our fields. It meant a LOT to us and it helped get me out of bed on a few hot, buggy, August mornings!

More soon,

Mike & Malena



