



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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WHAT'S IN THE BOX?

Red Kuri Winter Squash: *With last week's frost, the Winter Squash crop is done growing and ready for your consumption! We have many varieties of Squash and you will have them in your boxes for the final 4 weeks of this growing season. They will store, if kept in a cool and dry place, for months... so don't feel any rush to eat them all. I like to halve them, remove the seeds, and roast them, at 350 degrees, in a pan, face down, in a little water. I cook*



*them until a fork easily pierces the skin. The squash can then be used in numerous ways! Full-flavored and **sweet**, red kuri squash is often cooked with butter and herbs. It is an ingredient in a variety of soups, stews and casseroles. It can be made into cakes, quick breads, muffins, cookies, jams and pies with its nutty-tasting flesh.*

It can be baked, boiled, microwaved, steamed, sautéed or fried.

Metro Butternut and or Winter Sweet Kabocha: *More Squash! The butternuts are the oblong guys and the Kabocha are blueish green. Winter Sweet delivers a winning combination of sweetness, flaky texture, and depth of flavor. They are best a week or more after harvest... so the longer you wait to cook them, the better they are!*

Young Leeks: *The first round of leeks are thinner than the later rounds that we will be giving you. Leeks are in the onion family and the white shank is the edible part of the leek. We had a classic potato and leek soup last week and all who ate it were*

pleased!

Astro Arugula: Late summer arugula is so much better than spring planted arugula.

The leaves are tender and a little nutty.

These were bagged a little wet... so you will want to wash them again.



Mixed Tomato Bags:

The frost killed the tomato plants, last Thursday morning, but we are still picking some of the fruits that were undamaged. We

might still have tomatoes next week... but we might not!

Green Bell Peppers: *Every time I go to the pepper field I feel a little sad; For years we have ALWAYS had a great pepper crop... but it just did nt come together this year! Here's hoping that, next year, we are back on track.*

Red Norland 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.*

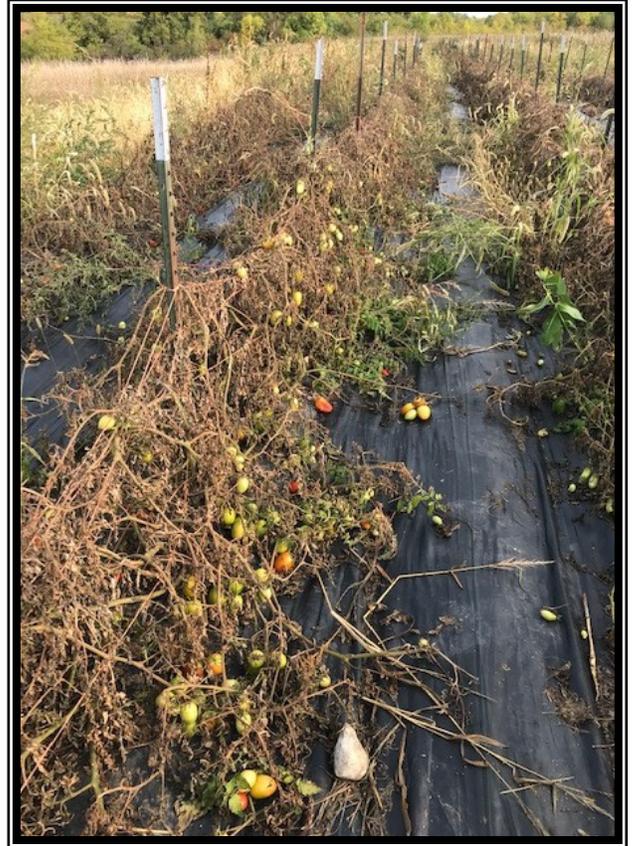
From the Fields

Folks,

Week 14. In most years, the first few weeks of September have more in common with August than with October.... Not so this year. Last week's temperatures were cool, even by the standards of early October and, as predicted, our farm with hit with a solid frost early in the morning last Thursday. When I woke up, at 2:30 AM, to make the metro deliveries, there was already frost on the windshields of the cars parked in our driveway. Malena sent me photos of the basil plants, at 7:30 AM, and they were fully encased in an icy rime. The frost was hard enough that it knocked back al-



most all of the cold-sensitive plants but, inexplicably, the pepper plants survived the night with just a little damage to the growth points! Typically they die at even the mention of frost, and the winter squash leaves, just 10 feet away, all perished! This frost is not the earliest frost we have ever had, but it was around 2 weeks earlier than average. Back in 2004, during the summer that never came, we had a frost on August 21st... though it was light enough that, aside from melons and cucumbers, nearly everything lived. The only crop that I have major sadness for was the second round of cucumbers that were just starting to put out fruit last week! Had they just one more week we would have had some really beautiful cukes for you right now! The tomato crop (at right) was completely knocked out. Now it will be time to begin cleaning things up!



Now that the frost has hit we will be moving further into the “fall” crops for the remaining 3 deliveries of the season. All of these crops are looking very good so, with a little luck, the last batch of boxes should be very full.

More soon,

Mike



