



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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WHAT'S IN THE BOX?

Arcadia Broccoli:

This is the third planting of broccoli. We plant broccoli every two weeks, eight times. This gives us a chance, if the weather cooperates, to have broccoli for most of the growing season.... But the quality can vary depending on the weather. This round, despite the fact that it began to mature in very high temperatures, is very delicious.

Napa Cabbages: *These are the heads with pale*

green and white leaves. Napa is a type of Asian Cabbage that can be eaten either raw or lightly cooked. The texture is more delicate than that of regular cabbage and the taste is a little lighter as well. I love to add it at the very last moment, shredded, to stir fries. There are scads of delicious Napa recipes online.

Red Beets: *This is a mixture of the second and third rounds of beets. There should have been enough for two weeks of harvest here... but a mama deer and her two fawns made it into the field and ate a good portion of these two beds over the least few weeks. I'm not sure why... but deer really love beets! Malena has been making delicious slaws with a mixture of cabbages, shredded beets, cucumber and onions.*

Romanesco Cauliflower (Full): *This is one of those crops that I had never eaten before I grew it... and it is among my favorite vegetables now. These are the fractal cone-filled heads and they are a close relative of cauliflower. You can break up the heads into florets and use them in all sorts of dishes. I like to sauté them with garlic*





and olive oil over high heat.

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.*

Collard Greens: *The collard is a close relative of the cabbage and the leaves have a nice sweet flavor. This is a great time of year to do some grilling and serve whatever you make with a side of collards sautéed in olive oil with garlic, salt, pepper and a splash of apple cider vinegar.*

Cippolini Onions

(Full): *These are the first of our bulbing onions.*

Cippolini are small and flat and are delicious grilled, slowly, over low heat. Coat them in a little olive oil first so they do not dry out and let them heat up slowly and cook until they are soft. They can also be used as you would any other onion.

Winner Kohlrabi: *These Kohlrabi got huge and are not fibrous! Kohlrabi is the alien vegetable and I think it is one of the most underappreciated vegetables in the U.S. The bulbs and the leaves are edible and, if you peel the bulbs, the flesh is crunchy and has a great, slightly sweet, flavor. Our family loves making quick pickled with matchsticks of kohlrabi.*





Itachi White (or regular green) Cucumbers: *Last week I predicted a LOT more cucumbers this week... and by Wednesday's harvest there will be! Monday folks will get large quantities next week. The white cucumbers taste like "regular" cucumbers but have a real nice thin skin.*

"Orient Express" Eggplant: *This is a classic Japanese type eggplant (long and thin". These are the first few fruits to reach maturity... but within the next two weeks there should be LOTS more, both Japanese and Italian Globe types, in your boxes. Do NOT refrigerate these.*



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From the Fields

Folks,

Part of farming vegetables is getting used to the idea that, no matter what the weather, and no matter how bad the bugs get, you WILL be outside experiencing it until cold weather makes outdoor work impossible! Last week I managed to find some real pleasure in working through the heat and humidity; I slowed myself down a bit and tried to think about how much our tomatoes, peppers, eggplant, melons, cukes and squash were enjoying the weather! I also tried to think back to those –30 days in mid-January and to how much I would have loved a few hours in the sweaty, 92 degree, air! While it felt good to get another real blast of summer, I cant say that I was not also relieved when the rain came, Saturday morning, and the temps cooled a bit! I walked through the warm-weather fields this morning and, sure enough, many of those crops look as though they nearly doubled in size since last Wednesday.

Things continue to progress fairly smoothly here at the farm. We seem to be in a little bit of a drier weather pattern, which the crops and workers have benefitted from, and there has been ample time to stay reasonably caught up

on our work. At this point in the season we are doing more and more harvesting on “off days”; Crops like cucumber and Zucchini need to be picked every other day and so Malena and I have been waking up Saturday morning to get the picking done. In a week or so we will add Green Beans and Tomatoes to that list. While early in the season we might spend just 25% of our time on harvest we are now spending around 50% of our total work hours gathering things in. The bulk of our cultivation/weeding work is now done, though it will continue to be a part of every week until mid-September, and we are starting to get busy again setting out the transplants for a variety of shorter-season fall crops. In the last two years we had a very hard time with this since it seemed to rain, constantly, through July and August... but this year has been cooperative (so far) and this gives us a better chance of having more diversity in our September and October boxes.



My best guess for next weeks box: Red Cabbage, Cauliflower, Lettuce, Onions, Cucumber, Summer Squash, Basil, Broccoli, Bell Peppers and Eggplant. The first Green Beans *might* also be ready.

Farmer Mike

