



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

5075 100th Ave. NW Milan, MN 56262

easybean@fedtel.net

WHAT'S IN THE BOX?

Veronica Romanesco Cauliflower: Last year people asked for more Romanesco so we put in a few extra successions. The Romanesco is the green head of spirals. Romanesco is a close relative of cauliflower and can be used similarly.

Amazing Cauliflower: Cauliflower is a somewhat difficult crop to grow, here in Minnesota, in mid-summer. These heads are beautiful and quite large. If you quickly parboil the head you can slice it in half, coat it in olive oil and whatever spices you like, and grill it over low heat. It is delicious served this way.



Arcadia Broccoli: No one ever complains when we put broccoli in their boxes! This round of broccoli is perfect. The heads are large and tight and the taste is sublime. The broccoli should keep coming for several more weeks. We will then have a break and it will resume in mid-September. If you do not plan on using it right away, loosely wrap it in a plastic bag and place it in the crisper drawer of your refrigerator.

Pac Choi: This round of choy had some small beetles chew tiny holes in some of the leaves... but it is crisp and delicious. Both the leaf and the stem of Pac Choi is edible and it makes great stir-fries with broccoli and scallions.

Starbor Kale: This kale still has a little dirt on it from the last storms; The curly Kale really holds onto dirt despite our having washed it.

Dill: Many of you have been making delicious refrigerator pickles with your summer squash... so we thought we would give you some dill flowers to add a little spice!

Evergreen Scallion: Is there anything more to be said about scallions? No.



Nadia Eggplant (Full Shares) *If you are not crazy for eggplant, try making eggplant fries! Cut them into long fries and then dust them with flour (and a little salt, cumin and garlic powder). Dip them in an egg wash and coat with panko. Fry them in hot oil until crispy and dip them in a mayonnaise, lime, cilantro, sriracha sauce.*

Zukes, Straightneck of Patty pan Summer

Squash: *This year we have four types of squash: Raven Zucchini, SlikPik Crookneck, Zephyr Straight Neck Squash, and Sunburst Patty pans. The patty pans are the flying saucers. Once we get into the season we pick these 3 days a week to keep them picked at the right size. Squash and Zukes are really interchangeable as far as cooking goes. I highly recommend summer squash fajitas!*



Cucumber : *There will be more and more cucumbers over the next several weeks. My best guess is that there will double this next week and it will double, yet again, the following week.*

Green Bell Peppers: *The first few bells are ripening and there will be more and more of them each week. These guys are good and crunchy.*

Biscayne Cubanelle Peppers: *These are the longer light green/yellow peppers. They are NOT spicy and can be used as you would a green pepper. I like them stuffed and grilled! More next week!*

Ailsa Craig Sweet Onions: *The onion crop did VERY well this year and many of these onions are JUMBO and VERY sweet. This variety is best used raw, in my opin-*



ion! We will now have onions every week until the end of our harvest season!

From the Fields

Folks,

We were glad to get a nice deep soaking, last Wednesday night, after a long dry spell. One and a half inches of rain fell, quite quickly, in the wee hours of Thursday morning, while I was making deliveries, and it was such a downpour that I had trouble getting the truck out of the driveway! Often this is a very dry time of year, which is nice for lowering the disease pressure on our tomato crop, and we are busy moving irrigation around to get the successions of fall crops to root. On Tuesday of last week I seeded a LOT of spinach, arugula, beets, radishes and salad for September and the rain hit it at just the right time. The slightly cooler temps also helped and all of the new crops now have their little cotyledons poking up out of the soil.



We are now about halfway through our delivery season and, as we enter mid-August, I begin to have a fairly good sense of how the later boxes will shape up. At this point in the summer I either start to feel some small bit of relief or dread. It is the time of year when it become pretty clear how well the potato, onion, leek and winter squash crops will (barring some weather disaster, like a early frost) end up doing. The onions, leeks, winter squash and pumpkins all look to be bumper crops (I swear... I am not counting those chickens!) and the potato crop looks reasonably good. The yield on the red varieties looks a little low to me, based on the few hills I dug, but the other varieties look quite good. The Brussels Sprouts still have a little time before I can really say too much about them... but the plants are VERY healthy, Very Tall, and are covered with little sprouts. We put in more Brussels Sprouts this year in response to your requests. All in all I would say that there is a good chance that we will end on a very strong note come October.

In most seasons we are now harvesting copious amounts of tomatoes now... but the fruits are still just beginning to get a blush on them. I know all of you are eager to taste some fresh tomatoes and so are we. The crop looks very good... but we put them in a little late due to all of the rain at the end of May. When they come they will come in