



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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Broccoli (Full): *WE had hoped to have broccoli for everyone this week but the heads were hit with hail last week and many of them were unharvestable. Next week we should have cauliflower for everyone.*

Arugula: *The arugula is in bouquets this week.*

Carnival Sweet Dumpling Squash: *These are acorn shaped but are sooooo much better than acorn squash. Cut them in half, lengthwise, scoop out the seeds and bake them, face down, with a little water in their pan, at 350 degrees until fork tender.*

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!*

Red Norkotah: *This round of red potato did a little better than the last. WE have been using them to make shepherds pie.*

Green, Orange and/or Red Bell Peppers: *The peppers keep coming. With a little luck we will have yet more next week!*

Mars Red Onions or Copra Gold Onions: *The gold Onions will keep for months in a cool dark place.*

Tomatoes: *While these tomatoes are not quite as ripe as the last batch it is a rarity to have tomatoes still ripening on the plants in October. Looking ahead it seems like we will remain frost-free through the 11th... so there should be some next week as well.*



Red Russian Kale:

We are back to eating Kale, onions and eggs every day for breakfast.

Basil: This will be the last of the basil for this year so try and enjoy it!

From the Fields

Folks,

Week 16! I have been feeling a little bit anxious about this week for the last few weeks and, as it

turn out, it was for good reason. Due to the holiday of Sukkot we again have to do two back to back harvest/packing days with no days in between to do some of the picking and washing. Normally we would work on Sunday to get a little ahead but last week, not only did I have two crew members who were gone Friday-Sunday, but we also had an open-house in Malena's painting studio AND it rained another 3"! Just to fray my nerves a little further, TWO employees did NOT SHOW UP FOR WORK today! Fortunately the day was saved by Andy and Brendan Stermer, two friends of ours, who showed up to help get the boxes picked and packed. AS I am typing it is again starting to rain... which will make getting started on tomorrow's harvest quite difficult. WE will get through it... but it looks like it will be a muddy slog getting through the day tomorrow. We had hoped to pick a few ore things but there is just not enough time or people! Fortunately the boxes are still looking pretty good!

Next week will be the last delivery of the 2017 season and, with ample time to get ready for it, and, hopefully, drier weather, the final boxes look like they will be very nice. We have lettuces, Mesclun mix, carrots, potatoes, leeks, butternut and buttercup squash, cauliflower, tomatoes, peppers, onions, radishes and Swiss Chard. We will al-





so be bringing pumpkins to the rest of our sites that did not get them either last week or this week. All of the local sites will get them next week. Willmar, Adath, Robbinsdale and Sabes JCC received them last week. Edina, Linden Hills, North Minneapolis, Shoreview, Arden Hills, Mac/Groveland will get them this week and Mendota Heights, MPR and Seward should get them next week.

Now that October is here we are hustling to get all of the things done that must be accomplished before the snow falls

to prepare the fields for next spring. The irrigation must all be put away, the tractors must be winterized, the tools must be cleaned, and there are fields that still need to be tilled. We have been a little short staffed for a few weeks so we are just a touch behind schedule and I am keeping my fingers crossed for a long and warmer-than-average autumn. Somehow we are also going to need to find more time to take our daughter, Hazel,



around to several more colleges before the roads get too bad and her applications are due. Just as it still comes as a shock to me that the end of the growing season is already upon us, so too does it surprise me to find myself with a child getting ready for college. I feel like we were letting her gum her first cherry tomatoes just yesterday! Such is the way of things!

More next week,

Farmer Mike