



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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WHAT'S IN THE BOX?

Romanesco Cauliflower:

These are one of my very favorite vegetables to grow. I love their fractal geometry and I love the taste of them. They are the spiral-filled green heads and they are a close relative to cauliflower. They are delicious broken up into florets and then sauteed in hot olive oil with garlic.

Red Cabbages: *These are, again, a smaller type that has a great crisp leaf and makes delicious slaw.*



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.*

Zefa Fino Fennel: *Do not be scared of this delicious vegetable (unless you really hate licorice). These are the crisp white bulbs with the frilly fronds. Both bulb and frond are edible. The stalks are edible about half way up the frond. Fennel, sliced thinly, is a great addition to soups and sauces. The bulbs can be coated in olive oil and grilled, slowly, over low heat and then sliced. I love a simple salad of peeled orange wedges broken up with thinly sliced fennel bulb which is then refrigerated overnight.*

Collard Greens: *The are back! We have been enjoying collards cooked with some garlic, black pepper, onion and black eyed peas. Yummo!*

Basil: *WE should be giving out larger and larger bunches. Nothing says summer like fresh basil!*



Evergreen Scallion: *Is there anything more to be said about scallions? No. Next week we will start to harvest the first of the “true” onions and then should have onions every week for the remainder of the season.*

Nadia Eggplant: *I have been eating eggplant at every meal for the last several days. Eggplant is a versatile vegetable which can be cooked so MANY ways. The simplest thing to do is cut it into 1 “ thick wedges. Lightly salt them and let them sit for 10 minutes. Coat them in a mixture of olive oil, garlic powder and cumin. And grill them over gently heat flipping them regularly until they are soft. Put this between two pieces of good bread with some basil and a little fresh mozzarella and swoon!*



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 have been slicing them into strips, coating them in olive oil, salt and spices and grilling them over low/medium heat until soft. Yesterday night I sliced them thinly and used them like pasta.*

Cippolini Onions: *These are the bunches of small flat onions and they are the first of our bulbing onions. They are delicious grilled whole (with a little olive oil over low heat) or halved and put into your kabob.*



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!*

From the Fields

Folks,

The end of July always sneaks up on me! The farm is now humming at full speed; Our crew knows what to do, the crops are all maturing at a high rate of speed, and the weeks are whipping around from delivery



day to delivery day! The first few tomatoes are starting to trickle in and I am trying to remember to soak it all in! These are the days that I dream about through all of February, March and April! We are so busy that it is hard, sometime, to just take the time to enjoy all of the smells and tastes of summer in a deep and meaningful way. I am glad that I am surrounded by people who love food as much as they do and take such good care of the crops we provide. It is fun to get word from so many of you about the delicious things you are making and, even better are the great meals that we share with friends who convert the raw ingredients we provide into such delectable foods! This weekend I had the chance to celebrate my father (ztl), Martin Jacobs', birthday by taking a little time with a vegetable that he adored and, as a kid, I thought I detested... the eggplant. He seemed to take such pleasure in eating it and, I have no idea why, but I was really scared of it as a child and would not eat it. Perhaps it was the color. Perhaps it was the name. In any case, I am glad to report that I grew out of my distaste of it and now it ranks at the top of my list. I also get the added pleasure of thinking about my father every time I eat one of the dishes that I know he would have loved. Over the weekend I had decided to make my own fresh Pita in our wood fired pizza oven and knew, instantly, that I needed to roast some eggplant in his memory. I placed them into the hot oven with a few whole heads of garlic and smoked them with Lilac wood. An hour in the skins were lightly charred and the smell was amazing as I scooped out the molten insides and mashed them with the roasted garlic, some olive oil, lemon juice, tahini, salt and some chopped sweet onion. After scooping some onto a hot pita I could almost see the way he would close his eyes and grin while eating something he truly loved!

Things continue to go fairly smoothly here. The first crop to have gone badly was the round of lettuces that were set for this week. The very hot weather wrecked them before we could get them into the cooler. The next round of lettuces look good for next week. The hot weather crops are taking their time to reach full maturity, especially the tomatoes which went in the ground a little late due to all of the rain at the end of May. That being said, the plants look good and the fruit set looks high. SO far I have not seen any disease showing on the plants and they have great color on the leaves. When the tomatoes arrive they should arrive in large quantities. Typically this is at the end of July... but it looks more like the beginning of August at this point. Peppers were on the cusp of readiness today... but we already had so many other things to put in the boxes and we decided to let them size up for one more week. Barring some disaster we will definitely have Bell Peppers and Cubanelle Peppers next week. We will also have HUGE Walla Walla type onions, as well as beets... which I have been promising for a few weeks now. The next round of cauliflower might be ready and the next round of broccoli WILL be ready. The first few green beans might make a showing.

I hope you are all enjoying the summer crops. More Soon,
Farmer Mike