



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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WHAT'S IN THE BOX?

Arugula: *This is the bagged green. Arugula has a nice peppery flavor and can be used either raw or lightly cooked. The arugula has NOT been washed yet... so give it a good rinsing before using it.*

Japanese Eggplant (Full): *These are the long light purple fruits. Japanese eggplant can be used as you would any other eggplant but they have far fewer seeds and, cut into rounds, they are delicious in stir-fries.*



Conehead Cabbage: *This succession of cabbages was hit hard by the heavy rains of a month back and we lost a LOT of the heads that were larger.*

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.*

Rover Radishes: *These little red radishes are really crisp and delicious. If you are not a fan of radishes “zip” if you coat them in olive oil and roast them in a pan until they are slightly browned a soft, they are delightful.*

Cucumber : *The cucumbers could really benefit from some sun and heat!*

Green, Orange and/or Red Bell Peppers: *The Orange and Red Bells are sweeter than the greens and the colored peppers should come in in larger numbers in the next 2 weeks.*

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!*

Carmen Sweet Pepper: *These are the long and pointy red peppers. They are VERY sweet and are great split in half, coated in olive oil, and grilled. The plants are LOADED with fruit so expect many more next week.*

Mars Red Onions: *The onion crop did VERY well this year and many of these onions are JUMBO and VERY sweet*

Tomatoes: While we are still working our way through the tomatoes that were damaged in the big storms, the fruits are looking better and better and there are some LARGE bags of mixed types this week as well as some beautiful heirloom varieties (if they would fit in your box). There will probably be even larger bags of tomatoes next week!

Basil: *This is what makes your box smell sooooo good!*

Red Ace Beets: *This round of beets is VERY good and both the roots and the leaves are delicious. If it cools down I recommend roasting them with your radishes.*

Broccoli Florets (Full): *I think that the next round of full sized heads of broccoli should arrive next week. These side shoots are great in stir-fries.*





From the Fields

Folks,

I remember very clearly the day that was September 11th 2001. Back then we did our local delivery on Tuesdays so, much like this year, I was out picking peppers and tomatoes through the early morning hours. At some point I jumped into the truck to haul stuff out of the fields and it is then that I heard the news. My heart sank. My father, zt"l, worked in the Trade Center at the time and I drove, somewhat recklessly, up to the house in order to try reaching him. Unfortunately all of the lines in NYC were full and it would not be until late that evening that I would hear that he was O.K.



Like today, the day was sunny and tranquil and I remember feeling, deeply, the incongruity of the hours that I spent peacefully picking the vegetables, with songbirds chirping, while so many people I knew were facing a very different reality. In the end my father was fine, though a little shaken from the events of the day. It was a great relief to finally get a call from my mom and find out that he had made it out.

The box is a nice one this week with a good mixture of warm weather crops and cool weather crops. I am feeling a little nervous about next week's box since it would have contained several things that washed away in the deluge just after emerging... but at least we should continue to have large quantities of tomatoes, peppers, and eggplant and I *think* that the next rounds of both broccoli and Napa Cabbage, as well as some carrots, should make a showing. The week after that will bring our first Winter Squash as well as leeks, Brussels Sprouts, and Potatoes.

With Gratitude,
Mike