



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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WHAT'S IN THE BOX?

Red Cabbage: *The cabbages are back! This round of red cabbage is sweet and crisp and is good raw or cooked. I made fresh falafel last week and made an Israeli salad with shredded red cabbage, onion, cucumber and tomato to top it off with. It was fantastic!*

Amazing Cauliflower (or Romanesco): *This is the*

*third round of cauliflower and it is pretty darned tasty, if a little yellow. We are a *little* short on Cauliflower this week so a few of you will get either Romanesco Cauliflower or Broccoli on Thursday*

Watermelon (Full): *The first of the melon crop is now starting to mature. The field that this is in is across the river and today, when I went to harvest them, it appeared that a person had stolen a solid 30 row feet of melons! It was definitely NOT raccoons, since they leave the rinds in the field and make a mess of things! I will need to set out some field cameras!*

Ace Green Peppers: *These peppers are just starting to mature and they are delicious. The walls are thick and juicy (from last week's rain) and the flavor is perfect. Expect more and more of these in the next few weeks.*

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.

Biscayne Cubanelle Peppers : *These are the longer light green peppers. They are delicious stuffed with rice, herbs and a little cheese.*

Itachi White (or regular green) Cucumbers: *These white cucumbers have confused a few of you... especially when they are right next to the yellow squash! These are just like the green cucumbers but have a really nice thin skin.*

Nadia Italian Eggplant: *These are starting to come on strong! Yesterday we made several grilled eggplant pizzas. WE sliced them into 1/2 thick rounds, coated them in olive oil and a lit-*



ttle salt, and grilled them over low heat until they were soft with a little char mark. We then layered them, with a little tomato sauce, on a pizza, added some sautéed onion and a little mozzarella and chowed down!

Ailsa Craig Sweet Onions: *These onions are among the very sweetest onions I have ever grown. While these can be cooked, I like them raw on sandwiches or in salads. Unlike many of our other onions, these will not keep for a long time... so use them this week.*

Taxi/Orange Slicer, Cherokee Purple/Roma Tomatoes: *These tomatoes are*



really starting to vex me! While the plants are absolutely LOADED with green fruit they just are not getting the temps they need to really ripen! The plants are healthy so...one of the weeks, we are going to have LOTS of tomatoes

Cippolini Onions: *More delicious Onion flavor.*

Romaine Lettuces (Full): *This is the next round of lettuce. There will be nice lettuce heads for everyone next week.*



From the Fields

Folks,

For the most part, this year has been a really great year... even though it is taking forever for tomatoes to ripen! Today we had three small pieces of bad fortune all at once. When we went to harvest peppers we discovered that we must have had a small amount of sizable hail in Saturday night's storms. When I went to harvest beets we discovered that deer had hit them fairly hard. When I went to harvest Watermelon I discovered that someone has stolen a fairly good number of melons from our first round of watermelons. Of the three I find the melon theft the most dispiriting. At first I thought that it might have been raccoons... but there were no broken open melons and the vines were not torn up in the way that raccoons typically leave things. Additionally, only the first thirty feet or so of the bed most easily reached from the field road was harvested. I had checked the fruit on Friday, so I know that they were there then. The good news is that the hail damage was pretty minor, a few hundred peppers fruits with holes in them and most of the fruit unblemished. The deer damage on the beets is something that we have almost come to expect; We will be putting up 8 foot fence around our fields next spring. As the deer pressure has

grown over each of the last three years we have had to net the beets and lettuces to keep the deer away and this round HAD been left un-netted... so it is really my own fault.

Things continue to look quite good, crop wise, and a few new things, like green beans and melons, are starting to make a showing. There should be more of them in over the course of the next four weeks. The weather has been wet, again, and it has been a little difficult to find time to plant a few final rounds of crops in the fields but I am hopeful that, either tomorrow or on Friday, I will have some ground that is dry enough to plant. The potato crop is now ready to begin harvesting and the Winter Squash, barring a major hail-storm, look like it is going to be phenomenal.

This is now our tenth week of deliveries and there are just seven more weeks left of our regular growing season! We are now past the peak of our work load and it feels good to spend nearly all of our time engaged in harvest and clean up.

Mike



