



The Beanstalk

Easy Bean Farm's Weekly Newsletter

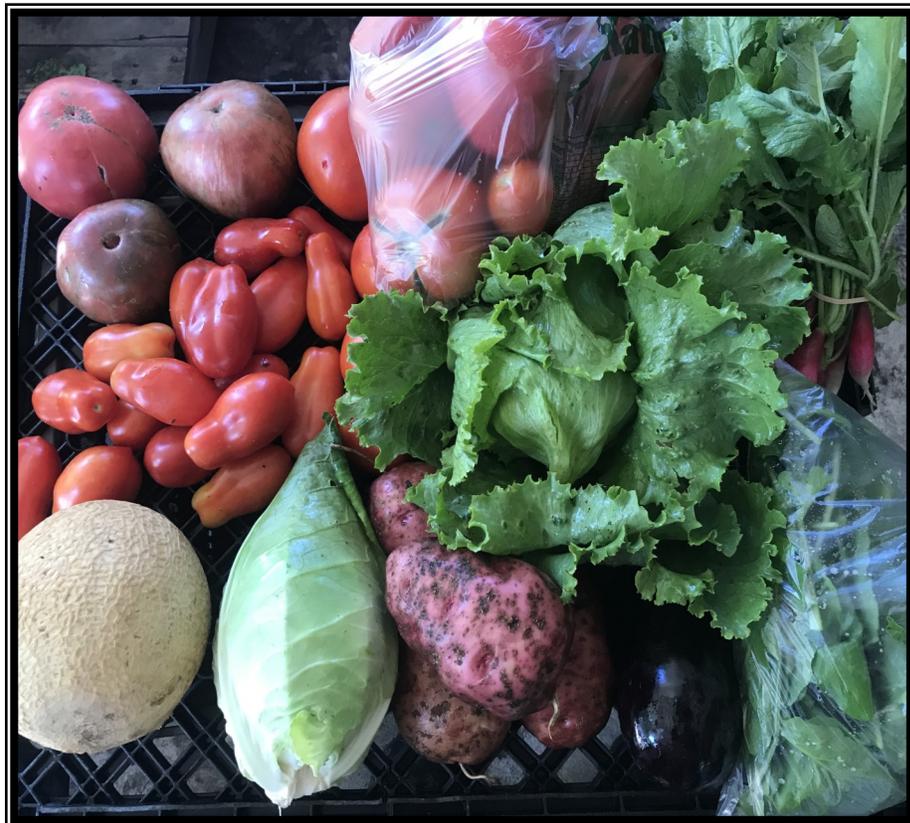
Easy Bean Farm

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WHAT'S IN THE BOX?

Lots of Tomatoes!: *The tomato deluge continues! In most years the tomato deluge coincides with the pepper deluge... but not this year! WE probably will have one more MASSIVE week of tomatoes and then, as we move through September, the quantities will begin to diminish... so enjoy them now! A simple thing to do, if you want to save some for the cold days ahead, is to wash them and then just freeze them in freezer bags. When you thaw them, you can slip the skins off and then they are great in soups and chile. You*



can also roast them first, if it is cool enough to run the oven.

Muskmelon (Full): *This might be the last of the muskmelon; There are still more in the field,, but it is uncertain whether or not they will ripen properly. Enjoy.*

Nevada Summer Crisp Lettuce and/or Crispino Iceberg: *The lettuces are back and should be in your boxes for the next month. A perfect lettuce to go with your tomatoes in a sandwich!*

Astro Arugula: *Late summer arugula is so much better than spring planted arugula. The leaves are tender and a little nutty. These were bagged a little wet... so you will want to wash them again.*

Conehead Green Cabbage (or Cauliflower/Napa for a few of you): *Most of you will get the green cabbage... but there were a few really beautiful heads of cauliflower left in the field... so I decided to substitute it in for a few of you!*

French Breakfast Radishes: *The radishes are back!*

Red Norland Potatoes: *This first round of potatoes are really great! I made some herbed fries with them, last week, and the texture was fantastic. There will be potatoes, of one kind or another, every week until the end.*



From the Fields

Folks,

Week 12.

Hello September! This weather definitely has my mood improving! I want to start by apologizing for a mistake in last week's newsletter; I forgot to indicate that only the Full Shares were getting the cucumbers. I was not on the packing line, last week, and it slipped my mind.

This week are are beginning the transition into some of our "fall" crops while still harvesting a few of the main summer crops. Overall, I'd say that the fall stuff looks good, like the early summer stuff. Most of it comes out of fields that, for whatever reason, are NOT giving us any trouble this year. Im still not sure why the 9 acre field on the west side of the river, where we planted so many of our crops this season, had such poor performance. At the end of the season we will be doing some deeper soil testing and I am also thinking of having some tissue analysis done, from some of our plants, to see if, somehow, that field caught drift from a neighbor's field. It is a good distance away from anything that gets sprayed... but I have read reports that some of the newer herbicides occasionally volatilize and spread quite far. Since many of the plants were stunted and had necrotic leaf margins... it is a possibility. I hope not... we would need to retire the field for at least 3



years if this were the cause.

Today I harvested the first two of our winter squash (in a photo on the preceding page) and the crop looks amazing!

For those of you at the Montevideo/Morris drops, here is a message from Maggie, our Filed Manager:

Hello Easy Bean members! Your field manager Maggie here. You may remember me from last year. Around this time I sent out a note in the newsletter to let you know about my Winter Share, and I'm here again to let you know, we're doing it another year!



This year will be even better than last year thanks to the experience I gained and my trusty business partner Maeve Maron! Some of you certainly know her from Morris, but in case you don't know Maeve, she too has been working at Easy Bean for a few years. In the winter she co-runs Pomme de Terre in Morris so Maeve is as in love with local, sustainable foods as I am.

The Winter Share will consist of 8 deliveries spread out over 16 weeks. It starts in late November and goes until Early March. Each box will be a great supplement to your winter diet.

The boxes will consist of 6-8 frozen veggies a week. Anything from Green beans, to green leaves, peppers, eggplant, corn, caramelized onions, broccoli, tomatoes and more. Each box will have a pint or quart of pickled veggies. We've got quite a few delicious mixes of veggies in these jars, along with the classic dill pickles. Tomato sauce of some kind will be in each box. We're making spaghetti sauce, chili sauce, salsa, and some stewed tomatoes. And finally each box will contain an extra item or two that doesn't quite fit into any one category. It might be a pesto, chimichurri, eggplant paste, a dried fruit or herb, maybe some tea. The possibilities are endless



and we love to get creative on this part!

Each share will cost 300\$, and the deliveries will be made to Morris and Montevideo. If you would like to sign up, email me (Maggie) at mag.rsmith@gmail.com. I look forward to bringing you boxes filled with delicious, locally and sustainably grown veggies while the snow is falling!

Thank you!

Maggie

