



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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WHAT'S IN THE BOX?

Red Russian Kale:

These are the bouquets of frilly leaves with a reddish hue. Red Russian Kale is fairly similar to the green kale we had last week... but with a little different color and texture. It is best stored, loosely wrapped in a bag, in the crisper drawer. I will post some delicious kale recipes on our Facebook Page



Nevada Buttercrunch

Lettuce: *Our second round of lettuces are Buttercrunch types. The leaves are very delicate with a nice crunchy rib. Bag them and keep them cold.*

Romaine Head Lettuce (Full): *This might just be some of the best romaine lettuce we have grown... which is surprising with the very hot weather we had last week. The flavor on these romaine heads is FANTASTIC. If you are not planning on using them right away, bag them loosely and keep them in your crisper drawer. A few years ago some members of ours introduced us to grilled romaine... very good!*

Arcadia Broccoli: *This first round of broccoli, while on the smaller side, are really delicious> Remember that you can eat the entire stem, because this stuff is FRESH. Bag it and cool it!*

Bloomsdale Spinach: *The Spinach is the crop that I was most worried about during this very dry, and hot, past couple of weeks. Spinach really prefers cool and wet conditions... so we have been babying it. I've tried to keep it very well irrigated in*

order to cool the soil a bit and, while it isn't perfect, it's pretty darned good. More spinach to come (if we can keep it happy through the next few days!)

Collard greens: I think that collards are my favorite cooking green. They have a sweetness to them that the other leaves don't have. I Love sautéing collards with onion, garlic, a little salt and pepper and a few tablespoons of cider vinegar. Serve it with chicken or rice and feel GOOD!

Evergreen Scallions: Scallion is also called green onion and it can be used as you would, onion, in most dishes.

French Breakfast Radishes:

These radishes are ZIPPY! If radishes are not normally your favorite thing, I recommend cooking with them. If you either roast them whole, with a little olive oil, or slice them up and cook with them, they lose their heat. I am a huge fan of a sandwich made from a crusty baguette, thickly spread butter, sliced radishes and a little black pepper.

Raven Zucchini or SlickPik Yellow Squash: These are basically interchangeable... and we are on the cusp of having LOTS of them. Im not one to sell products that I didn't make... but I have to say that I LOVE making zoodles with my spiralizer. Once I figured that out, and bought some good parmesan and olive oil, I never felt like I had too much squash!

Parsley: Small bunches this week. More to come!





From the Fields

More Soon,
Farmer Mike





