



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

5075 100th Ave. NW Milan, MN 56262

easybean@fedtel.net

WHAT'S IN THE BOX?

Pannisse Head Lettuce: *I am in the part of the year when I crave lettuce all of the time. Last Thursday, for lunch, I made Vietnamese style lettuce wraps filled with ground meat, scallions, cilantro, and lightly pickled, chopped peas, kohlrabi, napa and basil.*

Caraflex Cabbages: *These green cabbages are picture perfect and look as though they came right out of a Beatrix Potter book.*

The heads follow an older form of cabbage that made conical heads. The leaves are sweet and crispy and will make an excellent slaw for your next summer picnic.

Arcadia Broccoli: *No one ever complains when we put broccoli in their boxes! This round of broccoli got a little "lumpy" due to the extreme heat during which it set its "head".... But it is delicious! Because this broccoli is so fresh you can use the whole thing INCLUDING the stem... something you can rarely get away with if you use store bought broccoli. 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.*

Amazing Cauliflower: *This variety is aptly named! The heads are nice and tight and, though they are slightly yellowed from the heat, (one of the problems with growing summer cauliflower here in Minnesota) the taste is exceptional. Cauliflower is great raw in salads, fantastic roasted with olive oil and garlic, and delicious parboiled, seasoned and grilled.*

Bright Lights Swiss Chard: *The Chard is back! Chard is a close relative of both spinach and beets and both the leaf and the stems are edible. Chard can be shredded and eaten raw in salads or it can be gently wilted and used as you would any other cooking green.*



Cilantro: *WE have been using a lot of cilantro around here. Summer is a great time for grilling and fajitas and we put a thick cover of chopped cilantro, scallions and lime juice on them.*

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.*

Winner Kohlrabi:
These are the vegetables from outerspace. Here is what you should do: Peel them, slice them into matchsticks, sprinkle a little salt and vinegar over them and let them sit, covered, in your refrigerator for a least a few hours. Another delicious thing is tempura-battered Kohlrabi rounds.



Zukes, Straightneck of Pattypan Summer Squash: *This year we have four types of*

squash: Raven Zucchini, SlicPic Crookneck, Zephyr Straight Neck Squash, and Sunburst Pattypan. The pattypan 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.

Oregon Giant Snow Peas: *It looks like it will be a very good pea year. My best guess is that we will have them for two more weeks and then the first round of green beans should be ready. I snack on these, raw, all day, every day!*

From the Fields

Folks,

Last night was a great night! Farm work has been going VERY smoothly these last few weeks but, with our previous rain now a few weeks back, and with the high temperatures that are predicted, I had been thinking that it was unfortunate that there was no major chance for rain in the forecast. In some way, I prefer dry weather to wet weather. When it is dry we can, fairly easily, irrigate our crops ... though it takes an hour or two of my time each day. When it is too wet, there is little we can do about the prob-



lems that it can create, especially with plant diseases. In any case, after a lovely few hours swimming in the pond, and some great wood-fired pizzas with family and friends, we had a lovely ride home with a sky dotted with towering storms and LOTS of lightning all around us. It looked as though the storms would miss us... but just as I was getting ready for bed, the rain started and we received over an inch of rain and just a few peas-sized hailstones. The plants all look beautiful this morning and it is nice to think that I will not need to think about irrigation for at least another week!

Amazingly, we are now around half-way through our farming season even though we are still less than 1/4 of the way through our deliveries. As I assess the state of things on our farm I would say that nearly everything is in good to excellent condition. The warm-weather crops are making HUGE strides and my best guess is that we will have cucumbers (and much more squash) next week, peppers and eggplant the following week, and *maybe* the first tomatoes the week after that. The melons are a little behind and may not arrive until the middle of August this year. Napa, Fennel, Beets, and Romanesco are on the horizon, as are carrots. We should continue to have broccoli and cauliflower on and off for the foreseeable future.

I hope you all are enjoying our vegetables. If you want to do me a little favor, send me ideas for next week's newsletter. After writing these things for 21 years I am always looking for new ideas.

Mike

