



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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WHAT'S IN THE BOX?

Golden Bell or Intruder Red Peppers: *This is probably the last blast of red peppers for this summer so enjoy them!*

D'Avignon Radishes: *This round of French Breakfast radishes is splendid. They are crisp and a little sweet. Both the leaves and the roots are edible; I recommend*



taking the leaves off of the roots in order to store them. Wrap them loosely before refrigerating. A great fall recipe is roasted radishes. The sharpness of the root goes away when they are cooked. I am also a fan of butter and radish sandwiches.

Fennel (or Pac Choi): *Our first round of fennel was destroyed by deer. Our second round rotted due to excessive rainfall. At last we have some good looking fennel! Fennel is great in soups and salads. The bulb, chopped, is a great addition to a tomato based pasta sauce.*

Yukon Gold Potatoes: *I heard from a few of you that a few of the Yukons had hollow (and brown) centers. This is caused by the overly wet weather that we had. I only found a few bad ones... but I am sorry if you got one' There is no way to tell from the outside. I just cut away the bad part.*



Tomatoes: *We are, now, just days away from the last tomatoes. While this hasn't been the very BEST tomato year... it was pretty darned good!*

Broccoli, Cauliflower or Romanesco: *The final rounds of these are coming in slowly so there is a mixture of the three. All three are VERY tasty and have benefited from the cooler temperatures.*

Carmen Sweet

Peppers: *The Carmen Peppers are red and are horn shaped. These are, I believe, the sweetest of all of our pepper varieties. These are too good to cook*

Arugula : Rather than bag the arugula we decided to bunch it. Store it loosely wrapped in a plastic bag in your crisper drawer. We just ate an amazing arugula, walnut and apple salad for lunch. If you do not like arugula's "bite", sautee it and it makes a mild cooking green.



From the Fields

Folks,

Week Fifteen! Happy Autumn! Aside from the beautiful weather that we had this weekend, things really FEEL quite autumnal here at the farm. The trees have now shed around 1/4 of their leaves and all of the plants seem to know what is coming. Five weeks ago our crew made a bet about when the first frost would be and, since everyone but me put the date in September, I was failry sure I was going to win. In our first 15 years or so of



farming our first frost averaged September 23rd. Often these frosts would come before they were predicted since much of our farm is in the river valley and, if there is no wind, the coolest air tends to settle here. Our first year making it into October came just 5 years ago and now three of the last five have followed suite. Even two weeks ago the long range forecast was for warm weather right into October but, last week, thing shifted. Currently I see that temperatures are predicted to drop into the mid 30's this Friday and, if the wind leaves us, that will mean frost. The timing is good for this since it will give our crew several days to strip the fruits off of the tender plants and it will also give us time to bring in the winter squash before Jack Frost hits. These last few days will be a little frantic but then, after this work is done, the last two weeks of the delivery season will be very easy for us and we should have ample time to get a good start on cleaning things up any making preparations for next summer.

The last few boxes of the season look like they will be nice. We have lots of potatoes and onions left as well as leeks, broccoli, spinach, turnips, kale, collards and a few other thing. Sadly, this year it looks like our Brussels Sprouts, which we had to replant after they were destroyed as babies in a storm, will not mature in time for delivery.

I hope you are all staying warm and enjoying all of the beauty this season has to offer!

Mike



