



# The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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## WHAT'S IN THE BOX?

**Red Cabbage:** *This first round of red cabbage are really sweet and crunchy. I am a person who prefers red cabbage to green cabbage in most dishes. It is great raw or lightly cooked. You can use half of the head, wrap the rest, and it will keep for weeks! WE will have red cabbage again in 2-3 weeks.*

**Mixed Lettuces:** *Some of you will get heads and some of you will get bags of lovely loose leaf lettuces. All of it is nice and tender and, despite our washing it, I would wash it again before using it.*

**Sugar Anne Snow Peas:** *The peas have slowed down a little but still have flowers... so we are hoping, with the cooler weather that is predicted, to get one more picking out of them. These are meant to be sugar snaps but we have found that a handful of pea plants that seem to be producing shell peas... which is a little annoying. I wrote to the folks we get this seed from to complain.*

**Arcadia Broccoli (Full Shares):** *This next round of broccoli is just starting to come in and, therefore, only the Full Shares are getting it. It is BEAUTIFUL and there will be broccoli for everyone next week.*

**Scallion:** *Scallions are one of the foods that embody the flavor of spring-time for me. They are oniony, yes, but they also taste very "green" to me, as well. There are few things that are not made better with ample amounts of fresh chopped scallion*

**Nadia Eggplant:** *The first eggplant are starting to ripen and I, for one, am very excited. I am a huge fan of the eggplant after eschewing it as a child. There are scads of great eggplant recipes but, if you are not convinced, look up one for eggplant fries*



(and you can make a sauce for them with some of the cilantro). Even kids love eggplant fries. There will be more eggplant until frost.

**Cucumber (Full):** The main cucumber crop is *STILL* about a week out... but the first few fruits were on the vines and the Full Shares get the priority. Soon there will be scads of cucumbers for everyone!

**Slik Pik Summer Squash and or Sunburst Pattypan:** The summer squash has been coming in strong and we have been really enjoying it grilled. The small ones can be grilled whole over medium coals and the bigger ones can be cut into wedges, coated in olive oil and a little salt, and grilled until tender. This is sooooo good!



**Cilantro:** Hopefully you are not one of the people who has the genetics that make cilantro taste like soap! Cilantro is delicious chopped finely over just about anything. I

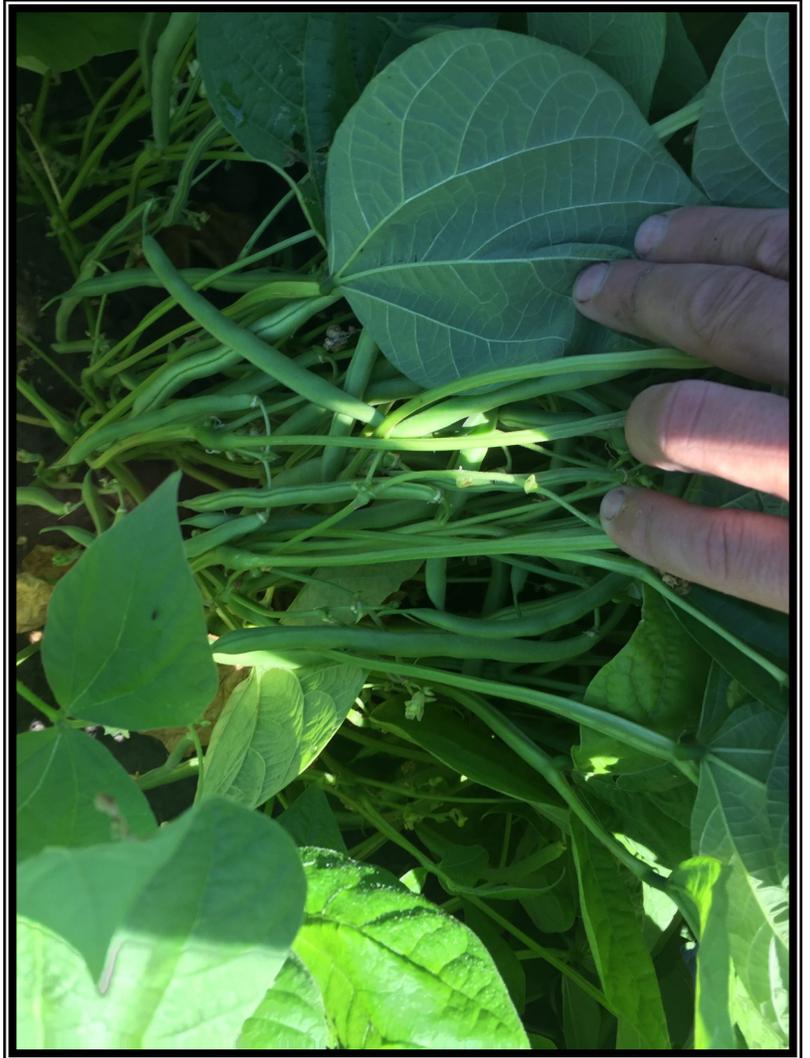
made some cold sesame noodles last night with julienned kohlrabi, pac choi and chopped cilantro.

**Kohlrabi:** This is the last taste of Kohlrabi until late summer. I recently discovered that spiralizing kohlrabi, after peeling it, is *AMAZING!* I have just topped it with a little seasoned rice wine vinegar (cider vinegar would work as well) and then have let it sit in the fridge for an hour. This is something we have done with chunks or matchsticks of kohlrabi for years... but the texture is even better after being spiralized!

**Wonder Bell Green Pepper:** *The green bells are also just starting to mature and while there were only enough to give everyone one this week, there will be heavy yields of them over the next two months. There are several other varieties of peppers coming as well.*

**Basil:** *This week we have some lovely bouquets of basil. The leaves are extra aromatic and seem to have a LOT of oil in them. I find that the best way to keep basil is like you would cut flowers. Trim the ends and place the stems in some fresh water. It is best used in the next 2-3 days.*

**Cippolini Onions:** *These are the flat onions and these are great grilled whole over low heat. Alternately, you can use them as you would any other onion. The first of the full sized onions should arrive in around 2 weeks.*



**Starbor Kale:**

*These are the curly bunches of greens.*

## **From the Fields**

Folks,

I think I spoke too soon in last week's newsletter! We ended up getting another round of rain and some more hot and muggy weather... but NOW the forecast looks PERFECT for the next 10 days. Aside from the rainy day predicted for Thursday, it looks as though we will have LOTS of beautiful work days ahead of us... and we will need them to catch up with all of the work that was missed between the beginning of the rains in June and last week! When I first moved to western MN I thought that it was odd how much that people spoke about the weather. Not only did people talk about



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the recent weather, and the weather that was predicted AND the weather they had a suspicion we would get... but they even talked about the weather history with some farmers being able to recall specific weeks of weather from a half century earlier. Now that I have been at this for more than two decades I find that, indeed, I too have become one of those guys. Talking about weather is a little like talking about God when you are farming. It is talking about forces that you really can't understand and yet that basically decide what kind of week or month or year you will have. In some way, as a farmer, you become a collector of days and the ways that they can go right and wrong. I find, more and more, that when things aren't horrible, I REALLY enjoy the feeling and notice the absence of the worries that weather produces in an acute way.

Right now the weather, after being REALLY challenging for the last month, seems to be treating us well and the crops are really responding. We are in that moment where the bulk of our crops are about to finally reach maturity and, if things go well, the boxes will begin to jump in size and weight each week. It is a time in which there is always a lot of nail-biting for me; Everything looks sooooo good and is just on the cusp and yet, after 22 years, I know too much to even begin counting my proverbial chickens!

My best guess for next week's share: Beets, Green Cabbage, Lettuce, Onions, Green Beans, Cucumber, Broccoli, Eggplant (Japanese), Bell Peppers, Parsley, Tomatoes, Summer Squash and maybe peas.

With Gratitude,  
Mike and Malena

