



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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WHAT'S IN THE BOX?

Napa Cabbage: *These are the heads of light colored leaves. Napa is a Chinese Cabbage and can be used either raw or lightly cooked. There are a million recipes for Napa online. We will have it, on and off, for the next several weeks. To store it, wrap it in a plastic bag and keep it in your crisper drawer.*

Mesclun Mix: *The Mesclun mix is bagged. It is a mixture of let-*

tuces, Mizuna, Arugula and baby lettuces. The flea beetles put little holes in the arugula... but the mix is delicious anyway. While this has been washed I recommend washing it again and sorting it to be sure that there is no grass that we might have missed in the first sorting. This makes a great salad with a hearty dressing.

Sugar Anne Snow Peas: *The peas are just starting to trickle in so we thought we would give you all a small bag this week. The plants are in full bloom now so there should be more over the course of the next two weeks. The green beans are also beginning to flower so they should arrive just as the peas disappear. This type of pea is supposed to be edible, pod and all, though we have found that some of the plants produced pods that were a little more fibrous than the variety is supposed to be. They are great thrown into stir fries.*

Arcadia Broccoli (Full Shares): *The next round of broccoli is just one week away but we had a few heads that were stragglers and we harvested them for the Full Shares.*





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*

Forono Beets: *Forono beets are longer than a round beet and have a delicious sweet taste. Both the greens and the roots are yummy so I recommend removing the greens from the roots, ASAP, and storing the greens in a bag in your fridge. They are great chopped into salads or sautéed with your other greens.*

Cucumber (Full): *The main cucumber crop is 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 best batch so far. Remember, both the greens AND the bulbs*



are edible. The bulbs are insanely versatile. If you peel the bulbs with a vegetable peeler you can eat the entire inside of the bulb either raw or gently cooked. For a delicious recipe google the recipe for kohlrabi from the cookbook, "Jerusalem". It is amazing!.. Today my wife made a delicious cold slaw with kohlrabi sticks, napa, some yogurt and some lemon juice and a little salt and pepper!

From the Fields

Folks,

Huzzah! At last we have had a harvest day that was not a muddy mess! Last night I woke, in the middle of the night, to the sound of thunder and rain. My heart sank a little thinking that, once again, we would have to slog through another muddy harvest.

Fortunately for us, the storm was short-lived and did not drop more than 1/4" and the fields were relatively dry when we got out there early this morning. The farm, and my attitude, have greatly benefitted from the slightly drier (and much sunnier) weather that has arrived. The second half of last week was VERY productive with conditions that allowed us to get closer to caught up on weeding AND, more importantly, to get caught up with planting. The plants all look like they are enjoying the sun and, so far, I see almost no sign of fungal problems which I had worried about with the number of rainy days. Basically, from early June through last week it rained nearly every 72 hrs. WE were blessed with a few good windows to get some important work done and, fortunately, both our crew and our equipment was up to the task for making good use of the small windows.





Now that the fourth of July has passed we are moving into the part of the growing season that almost all of our members LOVE. We are on the cusp of the beginning of the fruiting crop harvest with tomatoes, peppers, eggplant and cucumbers coming in the next 7-14 days. Next week's share will almost certainly have peppers, cukes and eggplant for everyone as well as red cabbages, cippolini onions, radishes, lettuces, basil and a few other things. Even though it is still fairly early, I have been checking our earliest tomato varieties daily for progress and, this morning, I found the first 4 ripe tomatoes. I resisted the urge to eat them myself and shared them with the crew over breakfast. It is *possible* that Full Shares will get a taste of tomato next week and my best guess is that everyone will get some the following week. We should then have all of those crops every week until the first frost in late September (or, if we are lucky, October). This year we have 7 types of tomatoes and 1400 plants in the field. If the yield is good there could be a LOT of tomatoes by the end of July or in early August. WE also have 8 types of peppers and the plants are the very best looking I have grown! The other crops, like cauliflower, Romanesco, Green Beans and Melons are also progressing nicely.

This year is, despite the odd weather, probably the least stressed I have felt in all of my years farming. The work load is heavy and things are always hectic from mid-July to mid-August... but I really feel as though I have things mostly under control and, for whatever reason, I am less worried than I normally am. I guess that this is one of the benefits of entering into middle-age! Oddly, with a little less stress time also seems to be passing even faster than normal and, knowing that, before the end of this harvest season, our first child will be leaving home seems to make every moment in the fields a little bittersweet. Such is life!

I hope you are all enjoying your veg!

With Gratitude,
Mike and Malena

