



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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WHAT'S IN THE BOX?

Dinosaur Kale: *These are the bunches of pebbly greens. Dinosaur kale is named for its texture and is also known as Black Russian and Tuscan Kale. Kids seem to like it largely due to its name. Kale is a hearty cooking green and can be used in a variety of dishes. In particular I seem to like kale cooked with eggs. It is simple to chop the whole bunch and then sauté it with a little garlic and olive oil. This can be served with pasta or rice alone or can be added to chicken or sausage dishes*



Romaine Lettuce: *The first two rounds of lettuce were hit hard by a herd of deer two days after they were planted but we managed to protect enough for this week's delivery. These heads have a nice crisp rib and a great flavor.*

Starbor Kale: *These are the bunches with curly leaves. Kale used to be relegated, here in the US, to the edges of salad bars or as garnish. Fortunately we have learned that it is both delicious and good for you. Fresh kale can be massaged after chopping, and then can be dressed as you would a Cesar salad. We call this Kale Cesar (which is punny) and, with good homemade croutons, it is DELICIOUS!*

Arcadia Broccoli: *I had a slightly tough decision this morning when it came time to harvest broccoli. These heads are on the small side of what I generally like to harvest (the Thursday heads should be perfect) but they are so delicious and the next round of broccoli is coming right behind them and several 90 degree days are pre-*



dicted between now and next Monday... so we decided to harvest them. There should be broccoli, on and off, for the rest of the summer. My best guess is that it will be in your boxes every week for the next 4 weeks.

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

French Breakfast Radishes: These are the long pink and white radishes. These put me in a similar position as the broccoli. With the minimal sun we have had they are maturing slowly... but they tasted so good! My favorite way to eat radishes is raw, on crusty French bread, with a good slather of butter. If you find radishes too zippy, if you cook them, gently, they lose their spiciness and are a great flavor in stir-fries. They are also delicious coated in olive oil and gently roasted.



Winner Kohlrabi: Kohlrabi is one of my favorite crops that, before I grew it myself, I had never tried. These are the guys with the round light green bulbs and leaves. Both leaf and bulb are edible. The bulbs can be separated from the leaves and lightly peeled. The center of the “rabi” is crisp and a little like sweet broccoli stem. It is good either raw or in stir fries. Another great thing to do is peel and grate them to make a delicious slaw. If you cut matchsticks you can add a little brine to them and pickle them in your refrigerator... also delicious!



Slik Pik Summer Squash: *The Summer Squash is going to start to come in heavily in the next week or two. The first cucumbers are just behind! All summer squash, whether they be straightnecks, crook-necks, zucchini or pattypan can be used in the same way. Last summer we discovered the spiralizer and now this is my favorite way to eat the stuff. We make “noodles” and then flash cook them in olive oil with a little salt and garlic. When it is just heated we add some black pepper and parmesan, and perhaps a little fresh basil. This is so astoundingly simple and so incredibly delicious.*



Basil: *The basil got a little thrashed in the storm a week ago... and since we had to prune it to get better regrowth, we decided to give you guys the delicious prunings.*

Cauliflower (FULL SHARES): *The first few heads of cauliflower came in a little early due to the erratic weather, so we decided to give it out. On Thursday some of you will get cauliflower and some will get double broccoli, cauliflower for all is just around the corner!*

From the Fields

Folks,

This weather is starting to drive me a little batty! The rain has continued (as I am sure you all know) and, more irritatingly, the sun has barely made an appearance for the last week and a half! So far the crops have mostly liked the rain and we have managed to sneak in a few good hours to stay nearly on schedule with planting... but the lack of sun is certainly slowing things down. I had thought, last week, that the first beets and peas, as well as cilantro, would be ready this week. Additionally, it looked as though the broccoli would be at peak maturity. It looks like we will need one more week! The good news is that the weather pattern is predicted to change and I can already imagine a time when I will be longing for some nice cool days... such is the life of a farmer!



We are now beginning to settle into the routine of summer on the farm. I am still working 6 days a week... but it is now possible to take that seventh day off, which feels really good. The next month is, generally, the most hectic part of the summer. There are the two days of the week that we are busy with harvest and packing AND we are still in peak weed-killing season as well still being in a part of the summer where there is still planting to do. The rain has made it difficult to get tractors into the field about half of the time but our crew has been doing a great job of using what time we have to keep ahead of the weeds and continue to move successions of crops out into the fields during dry spells. Some crops, like peppers and tomatoes, we plant just once. Others, like lettuce, broccoli, radishes, beans, carrots, beets and cabbages we plant several times. Beans, for instance, get planted every two weeks for 4 total successions. Broccoli gets planted 7 times. We try and plant some sort of lettuce almost every week right into early September. We always start the year with nice clean spreadsheets to guide our planting schedules... but then reality sets in and the weather dictates when things really go in the ground. In some years we are lucky and the rain seems to fall mostly on the weekends or late at night. Then there are years like this! Flexibility is the name of the game!

Right now the crops are all looking to be in very good condition and you should notice that this week's share is a little bigger than last weeks. Next week's should be larger yet. The cool season crops, like broccoli, cabbages, Napa and beets will come in in larger quantities and, if we get some heat and sun, it still looks like it will be an early year for peppers, tomatoes, and eggplant. Melons appear to me to be slightly smaller than normal... but the crop looks good and should arrive in early to mid August. I have been too busy to get out and take photos for our Facebook page... but if the sun comes out tomorrow, I will try and get some up.

I hope that you are having fun with your greens and that you are enjoying eating the foods that are the fruits of our labors.

With Gratitude,
Mike and Malena

