



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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WHAT'S IN THE BOX?

Lettuces: *There are a mixture of small lettuces this week.*

Japanese Eggplant: *These are the long light purple fruits. Japanese eggplant can be used as you would any other eggplant but they have far fewer seeds and, cut into rounds, they are delicious in stir-fries.*

Red Cabbage: *Last week I made a delicious slaw with red cabbage, basil, red onion, vinegar, maple syrup and a little mayo.*

Green Kale: *We have been eating Kale Cesar Salad at every chance.*

Nadia Eggplant: *The simplest delicious thing you can do with eggplant is to slice it thinly, coat the slices with olive oil and a little salt, and fry them gently in a pan until they just start to brown.*

Zukes, Straightneck of Patty pan Summer Squash: *This year we have four types of squash: Raven Zucchini, SlikPik Crookneck, Zephyr Straight Neck Squash, and Sunburst Patty pans. The patty pans 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 highly recommend summer squash fajitas! This week might be the last for the summer squash!*

Cucumber : *The cucumbers could really benefit from some sun and heat!*

Green, Orange and/or Red Bell Peppers: *The Orange and Red Bells are sweeter than the greens and the colored peppers should come in in larger numbers in the next 2 weeks.*

Biscayne Cubanelle Peppers: *These are the longer light green/yellow peppers.*



They are NOT spicy and can be used as you would a green pepper. I like them stuffed and grilled! More next week!

Carmen Sweet Pepper: *These are the long and pointy red peppers. They are VERY sweet and are great split in half, coated in olive oil, and grilled. The plants are LOADED with fruit so expect many more next week.*

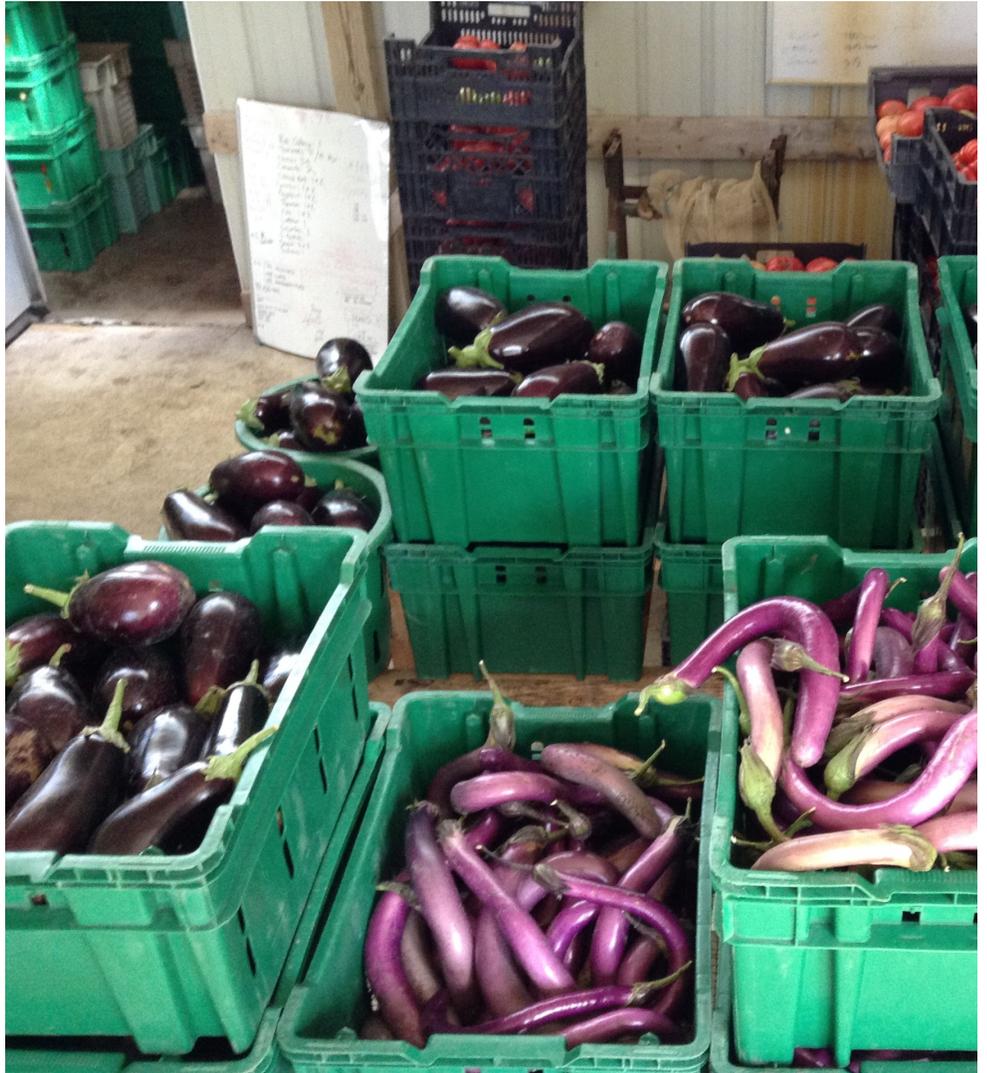
Mars Red Onions: *The onion crop did VERY well this year and many of these onions are JUMBO and VERY sweet*

Tomatoes: At long last I have good things to say about the tomato crop! This week we have a mixture of Brandywine, Marmarra, Granadero (Plum) and a few other slicing varieties. Both the Brandywine and the Marmarra are heirloom varieties and are often a little cracked and oddly shaped! We try and give you a mixture of fully red-ripe fruits and fruits ripened to about 80%

so that you will have tomatoes all week. Remove them from the bags ASAP and do NOT store them in your refrigerator. Some have small cracks due to the excessive rain... but they are still delicious!

Basil (Full): *This is what makes your box smell sooooo good!*

Green Beans: *There are never enough of these to satisfy anyone... but here are some nice bags.*





From the Fields

Folks,

September! My favorite month of the whole year. This is the month when I really get a chance to fully enjoy my life as a farmer! By now it is fairly clear how the rest of the season is likely to play out (well) and the vast majority of the season's work is well behind us. The weather tends to be great work weather and we have a little window where we have both the delicious offerings of summer (tomatoes, peppers, etc...) and the fall crops are starting to come in. This week one of our crew cooked up the very first sweet dumpling squash of the year. The squash crop looks AMAZING with huge butternuts, buttercups, delicata, sweet dumplings and pumpkins. While the size and abundance of the crop has been apparent for some time, I was still wondering if they would be sweet. The answer, according to Luwaina, is YES! I also ate my first Brussels Sprouts and we have been occasionally digging a hill or two of potatoes and they all look great.



The tomato, peppers and eggplant crop should remain heavy for the next 3 weeks (weather permitting) and, perhaps if we are lucky, we will avoid a frost until October and the boxes will be overflowing. My best guess for next week: Tomatoes, Peppers, Eggplant, Arugula, Beets, Radishes, Conehead Cabbages, Broccoli, Cucumber, Basil and Potatoes. The last three boxes, in addition to some lovely greens and carrots, will feature lots of Winter Squash, Leeks, Brussels Sprouts, Napa Cabbage, Spinach, and Radishes. Everyone should also get a very pretty (and tasty) pumpkin with their last box in October.

With Gratitude,
Mike