



The Beanstalk

Easy Bean Farm's Weekly Newsletter

Easy Bean Farm

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WHAT'S IN THE BOX?

Red Ace Beets or Boldor

Golden Beet: *I think that this will be the last round of beets for a while. The Golden Beets are delicious...but I'm not super pleased with how many are oddly shaped. The Golden Beet's Greens are fantastic.*

Romaine Lettuce (Full

Shares): *This year we have tried to plant so that we would have lettuces every week... but this week got away from us a little; We had a deer manage to get inside of our 8' fencing, a week or so ago, and walk down this bed of lettuces eating the center out of every few heads! I would guess that he/she destroyed around 300 lettuces... so this is missing from the Half Share boxes, where it was supposed to be!*



Romanesco Cauliflower or Cauliflower (Full): *The Romanesco are the green heads with spirals within spirals. Romanesco is a type of cauliflower and can be used similarly. I like to fry up the florets with olive oil and garlic and serve them over pasta with parmesan. The Cauliflower heads are a little yellow from the heat...but they are delicious!*

Marketmore Cucumbers: *The cukes keep coming!*

Itachi White Cucumbers: *Some of these are a little more yellow than white... but the taste and texture is really wonderful! The skins are very thin and I don't recommend peeling these.*

Conehead Cabbages: *This is not actually the name of this variety (I think it might be called Farao)...but we have called them coneheads for so long that, on our farm,*



that is now what everyone calls them!

Green Beans: *This was a new cultivar of green bean that had rave reviews... so I thought we would plant it. They are good... but, honestly, I think the Provider Bean, which is our “go-to” bean, is actually a little better.... Though these DO stay a little crisper at a larger size. The first flush of beans was really uneven in its maturity... so there is a mixture of sizes... but next week should be a little more even. The Yellow beans, which are two weeks out, look amazing!*

Basil: *What needs to be said about basil! It is best stored with the stems in a little jar of water, out of the sunlight, as you would keep cut flowers. There will be more and more Basil in the next few weeks.*

Raven Zucchini or SlickPik

Yellow Squash: *These are basically interchangeable... and we are on the cusp of having LOTS of them. I'm not one to sell products that I didn't*

make... but I have to say that I LOVE making zoodles with my spiralizer. Once I figured that out, and bought some good parmesan and olive oil, I never felt like I had too much squash!



Cippolini Onions: *The first of the bulbing type onions. More to come!*

Oregon Giant Snow Peas (Full): *Last week only the Full Shares got Snow Peas on Monday.. This week it is the Half Shares.*

Eggplant: *The Eggplant is starting to trickle in. Some of you got Japanese Eggplant and some got Italian Globes.*

Pac Choi: *Get your stir fry on! This will be the last choi for at least a month!*



From the Fields

Folks,

Week 6, already! This is always when I start to get a little antsy about our mid-summer crops, like tomatoes and peppers! The plants are now LOADED with fruit and, every day a few ripe ones trickle in... but the waiting game is on! WE wait and wait and wait and then, all of a sudden, the plants decide that it is time and we are deluged with fruits until the frost takes the plants in late September or, if we are lucky, sometime in October! There are signs that the great ripening is near... more and more of the fruit is showing a little blush. If I had to guess, I would estimate that the peppers should be ready next week and tomatoes the following week.



The fields are progressing nicely. Today we found the first ripe watermelon and consumed it greedily and with big smiles. I dug a potato plant, pictured above, and the tuber set looked very good. The fall crops we just planted have begun to root in and the celeriac, leeks, winter squash and parsnips are all in EXCELLENT condition. Our onion crop, while fine, does not look as stellar as last years. I wish I understood why... but, often, each farming season throws a few mysteries at us.

Best guess for next week: Broccoli, Napa Cabbage, Green Beans, Fennel, Cucumbers, Zukes, Basil, Buttercrunch Lettuces, Eggplant, Bell Peppers and, perhaps, a few other things.

Mike



