

# THE BUSY BEE

[www.fazendaboaterra.com](http://www.fazendaboaterra.com)

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## Gratitude For You

By John

There is someone that we are all lucky to have in our lives that I want to single out this week. That person is my beautiful wife Lidia whom week after week continues to amaze me. If you have called to the farm or emailed us or pick up your share every week at the Bloomington Farmers Market you may think that I am the one who makes it all happen as I generally handle all the communications and write The Busy Bee each week. This of course couldn't be further from the truth. If it were all up to me I am quite sure that you would be very disappointed in the shares you have received this year. The truth is that Lidia does almost every bit of fieldwork. I don't mean to imply that I sit on the couch eating chips eagerly awaiting to see who the next American Idol will be, but we have different schedules and work commitments. As some of you are aware, I am a manager at Gardens of Eagan being responsible about 50 acres of wholesale vegetables. This keeps me occupied from at the least 7AM to 5PM, generally longer with occasional weekend work. Lidia also works at Gardens of Eagan, but has gone to a part time schedule and not working there on Thursdays and Fridays. The fact that she has three extra hours Monday through Wednesday and all day Thursday and Friday puts the bulk of the workload on her shoulders.

I am so continually amazed at how much work she can get done in a day. I hate to say she works tirelessly. To call something tireless I feel implies that it isn't difficult. Rather, her work is exhausting and I would say she works relentlessly or ceaselessly. She is ceaseless in her commitment to being a great farmer, relentless in her pursuit to provide bountiful and beautiful shares to our CSA members no matter how tiring it may be. Lidia has done

### ON DECK FOR NEXT WEEK

The carrots, beets, cukes, zukes and summer squash and onions along with the greens will keep coming. Peppers, eggplant and beans should follow in close order.

almost all of the seeding both in the greenhouse and the field, the transplanting, the weeding, the harvesting and the washing by herself. Each share you receive is almost exclusively her work. She is also learning to do some of the tractor work as well. When I think about all of that, I have to wonder just what exactly it is that I do on the farm. We know that as young farmers we have to be small and support the farm with outside income, but we often comment "imagine what we could do if we had all day together." With that in mind we plan on growing our farm as fast as possible so that we can both be 100% committed to our members and our farm.

It breaks my heart on some days. I can be at my shop or on a tractor at Gardens of Eagan and from across the farm I can see our land where I can see Lidia toiling by herself in our fields, moving systematically and efficiently through the field on whatever task she is doing. Whether it's pulling weeds, shoveling hard wet soil to hold down the row cover or harvesting, she is always exemplary at every job she does. A few weeks back we had a tour come through the farm and while I was talking to this group of people about the farm we were positioned so that while I was looking at them I could see Lidia on her hands and knees harvesting that week's share in the background. Whatever I was trying to say seemed unimportant and all I could think about was how lucky I am to have such a woman as my wife. Being a bit distracted by this I stopped talking and just watched her for a minute. A little choked up and holding back a tear

(you will surely figure out that I am a sentimental fool) I said “That’s my wife Lidia working over there, she is really phenomenal, she is my favorite person ever.” I don’t expect that she will be any or your ‘favorite person ever’ but I hope that when you see your vegetables each and every week in your share you can give a little thanks to the strong and dedicated and all around amazing women that put them there.

### Featured Item

*We finally have carrots for you this week. I always eagerly await their arrival each summer. This week you will have Napoli, an incredibly sweet and tender bunching carrot. I fully expect to take on a bit of an orange hew over the next few weeks.*



Lidia Prepping the Seedbed

## News and Notes

- We ask that if you want to pick up at a different site or if you know that you will miss the delivery that you just give us a little heads up so we can plan our daily harvest accordingly.
- Our chicks arrived in the mail this week and are in the brooder. We thought about doing more but think we are going to stick with only 60 birds, 40 of which will be for sale first come first serve. More details to come.
- Full color copies of the newsletter are available at [www.fazendaboaterra.com](http://www.fazendaboaterra.com)

## Recipe of the Week

### Carrot and Beet Veggie Burger

1/2 cup sesame seeds  
1 cup sunflower seeds  
2 cups peeled grated beets (1-2 medium beets)  
2 cups grated carrots (about 4 carrots)  
1/2 cup minced onion (about 1 medium onion)  
2 eggs, lightly beaten (or egg substitute)  
1 cup cooked brown rice  
1 cup grated cheddar cheese  
1/2 cup vegetable oil  
1/2 cup finely chopped parsley  
3 tablespoons flour  
2 tablespoons soy sauce or tamari  
1 clove garlic, minced  
1/8-1/4 teaspoon cayenne pepper  
Butter or oil for greasing the baking sheet.

1. Preheat the oven to 350F. Lightly grease a baking sheet.
2. Place a small, heavy skillet over medium heat. Add the sesame seeds and stir them on the dry skillet just until lightly browned and fragrant, 3 to 5 minutes, watching closely to avoid burning them. Immediately remove from heat and transfer the toasted seeds to a dish to cool.
3. Return the skillet to the heat. Add the sunflower seeds and stir them on the dry skillet just until lightly browned and fragrant, 3 to 5 minutes, watching closely to avoid burning them. Immediately transfer them to the dish with the sesame seeds.
4. Combine the beets, carrots, and onion in a large bowl. Stir in the toasted sunflower and sesame seeds, eggs, rice, cheddar cheese, oil, flour, parsley, soy sauce or tamari, and garlic. Add cayenne and mix until thoroughly combined.
5. Using your hands, shape the mixture into 12 patties and arrange them in rows on the baking sheet.
6. Bake the patties until brown around the edges, about 20 minutes. Unless they are very large and thick, it should not be necessary to flip them.