

## My First Letter

From Lidia

A quick note from John:

When Lidia surprised me with this newsletter it warmed my heart so. She works so hard as it is and I know that she put a lot of time into working on this. It also took a great deal of courage; she is pretty self-conscious about her accent and is anything but comfortable with writing in English. Personally I love her accent, there are certain words that she says wrong and little grammatical confusions that I just can't bring myself to correct because I find it too endearing. That might not be fair to her but hey I am only human and cute is cute. When I edited this I corrected spelling and fixed some verb confusion and punctuation, but for the most part I left it alone. English is her second language and to me, the accent that comes along with it is part of who she is. My feeling when editing is that the little grammatical errors here and there are her accent in writing. When I read it, I could hear her voice and see her talking. To me it seems that her true voice shines through in all of its ill-felt awkwardness, humility, intelligence and hints at the truly amazing and complex person that hides under the shy exterior.

From Lidia:

I think you guys know that Johnny has been bugging me forever to write a newsletter, so Sunday I surprised him with this one. This is the first thing that I ever wrote in English, besides some e-mail and little notes. Johnny is going to edit and I'm sure he's going to make me sound really smart.

Everybody noticed that Johnny is the spokesperson in this relationship. I don't know if people noticed, but I'm very shy and awkward, I apologize if I was ever rude with anybody, it's that sometimes I can't express my thoughts very well. Johnny is the one who

### ON DECK

We may take off another week on the garlic just to make sure we have enough for seed to plant next month. It's brassica time now, with broccoli, cauliflower, cabbage, turnips and radishes. We will have green as well as carrots, onions, squash, potatoes, sweet potatoes, maybe celeriac and a variety of greens as usual.

answers all the e-mails and writes the newsletters; I don't know how he does it. I know that sometimes he runs out of subjects and every time that happens he writes about me, that's really embarrassing and very sweet at the same time.

I always say that Johnny is the brains and I'm the muscle, not that he doesn't do anything. He helps me whenever he can, but he has a full time job. And it's not that I don't think either I do a lot of the planning too. The year before we started farming on our own I confess that I was really nervous, I wasn't sure if I would be able to do everything by myself, but Johnny always had a lot of confidence in me and still does. Most of Johnny's newsletters make me cry, he is very sweet and I love him with all my heart. But enough about that...

We had a rough start this year with all the weeds and the cut worms in the beginning of the season, but it turned out to be a great year for farming speaking like we had predicted. I was very excited for next year before the bad news, and I still am. I have a lot of plans of what I want to do different, things that I want to try. Besides everything that is happening, I think next year is going to be another great year. Maybe it is the delusional farmer in me speaking...

I'm a little scared, new things have always scared me, but I have no doubt that with Johnny by my side we are going to overcome this new obstacle. Life always throws us curve balls, but we always hit over the ball park, so I'm not too worried. Things are never been and this is just another thing that we got to do. And our CSA members are so kind and supportive that I know you will make sure that our farm will be better than ever in the future.



Shameless Yankees Fans!

## News and Notes

- Just a friendly reminder that this Sunday is the meeting for us to strategize for the next steps for the farm as we move forward. It will be at Nha Sang in Burnsville at 5PM on Sunday, Sept 30<sup>th</sup>. If you haven't RSVP'd yet and are planning on coming please shoot [Allison](#) an email and let her know.
- We have had the first couple of frosts of the year. The heaviest was Saturday night. We scrambled to get things covered up after the market and I think that everything came through. The peppers and eggplant got a little burnt but hey should continue to produce as will the tomatoes. Most other crops actually benefit from the cool nights and we should see better flavor from the cool weather crops.
- Chicken will be for sale in about 2 weeks. This means we will only have a couple of weeks at the end to distribute them. We will hold the price at \$4.00/pound. Please fill out and return an [order form](#) to reserve your birds. We haven't sold nearly enough this year to justify their cost, so please let us know as soon as possible if you want to buy any. Whole chickens make great handouts for trick or treaters 😊

### Featured Item

It's cabbage time, we have had it for a few weeks now and for that we are really happy. Cabbage will keep for many weeks in your crisper drawer. So even if you can't use it now you can always save it for when the fresh greens are all gone and use it up for a fresh salad in November and December. Even if the outside leaves start to go bad, you can peel them back until you get to the good layers beneath. It is so hardy that it is not at all uncommon to be picking it in a Late November snow-storm. There is almost no limit to what you can do with a tasty cabbage. It makes great soups and salads, you can pickled it, ferment it, stuff it with vegetables (golabki), stuff it in a pierogi. It can be an ideal main dish or a side any way you like it.

## Recipe of the Week

### Polish Stuffed Cabbage - Golbaki

#### Ingredients

- 1 head cabbage
  - 1 lb. ground beef
  - 1/2 lb. ground pork
  - 16 oz. can tomato sauce (your favorite)
  - 8 oz. crushed tomatoes
  - 2 cups cooked rice
  - 2 eggs
  - 1 onion finely chopped
  - 2 cloves garlic, minced
  - 2 Tbsp. butter or margarine
  - salt and pepper to taste
- Optional ingredients are carrots, celery and herbs to taste like parsley, bay leaf or a pinch of nutmeg

#### Directions

Remove the core from the cabbage.  
Put the cabbage in boiling water and remove the leaves as they soften.  
Sauté the onions and garlic in the butter for a short time.  
In a bowl add the onions, meat, cooked rice, eggs and salt and pepper, mix this well.  
Place about 2 Tbsp. of the meat mixture in the center of a cabbage leaf and roll inward, then roll sides in and continue to roll.  
Place the rolls in a large pot and pour the tomato sauce onto the rolls.  
Then, with your hands, squeeze canned tomatoes and arrange on top of the cabbage rolls.  
Simmer over low heat for 2-3 hours.

Mashed potatoes make the ideal side