

## **Selected moments from the diaries of Margaret Helm**

**By Elijah Helm**

### **Everlasting Yeast**

There is no other creation from God that comes close to the importance of life than of yeast. Without yeast, we would have no bread, the essential food for all our meals.

Activating the yeast is something that I do nearly every evening. I warm up a pot of water, add of salt and sugar, add the yeast, and I go to bed.

In the morning, I divide the everlasting yeast into four parts, then I make four loaves of bread. The origin of this tradition came from my mother, and from her mother, and so on. Soon I'll pass it down to my daughter, for her family.

### **Cheese**

Clunk, scratch, clank, and splash, those are the sound my mixing spoon makes when stirring the milk in the kettle. But when I leave it to set, no living being dares to breathe the air that now smells like Death or the breath of The Devil.

### **Salt**

A gift of flavor  
but a curse for thirst.  
From mines to my table, it traversed  
to help meat be eaten later.

I really don't measure the ingredients,  
most of the recipes are from word to mouth.  
You'll know your kitchen in and out  
and the amount of salt for your soup with enough experience.

## **Sausage**

Pigs

They squeal, eat and run about  
They were in our barn but  
My husband took them to the Mr. Fleischer  
Now they brown, sizzle and feed us.

## **Soup**

It can be hot, it can be cold,  
It can be rich, its spices can be bold.  
It can have onions, garlic, cabbage, or bay leaves  
It can have noodles, meats, mushrooms, or some grease.

I know not the origin of how people began to eat flavored water,  
but I know that we'll love eating it any day  
or eating it when I have to play doctor.

## **Chicken**

In a way, chickens are the ultimate  
animals for a feast.  
Their eggs can be used for many dishes  
and they're a delicacy for their meat.

I wonder where we'll get chickens in this new land?

## **Bierock**

I am puzzled upon comfort foods;  
they are all relatively easy to make.  
However, when you're on the move,  
it's near impossible to simply bake.

Food also becomes more mysterious  
when you're not the one in the kitchen.  
How hard is it in this time of transition  
to give my child a dumpling to ease his sea sickness?

Quite hard.

## Apples

My favorite type of apple are the green ones,  
they're sour but sweet; tangy yet lively.  
Me and my family not only like them, so do the bugs,  
so we must buy them earlier than what seems likely.  
We usually don't eat them as they are,  
I bake them into cakes and other desserts that's beyond subpar.  
After our voyage across great lands and grander oceans,  
I just want an apple to remember the fun times more kindly.

## Dinner

I don't know why today feels too special,  
it is not a holiday, nor we have  
guests. So why did I make such a big meal  
today? But I know that the kids loved it.

We had chicken soup that had the perfect  
amount of salt, served with bread, cheese, and dried  
sausage. And then we had *Apfelkuchen* for  
dessert. Amazingly, we ate it all.

I can't remember how long we've been here,  
a few years maybe, but I know we've all  
accepted this farmland as our new home.

We have voyaged across ocean and fields  
to get here, but it's all worth it for our  
delight. Perhaps I should make some Bierocks.