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Seasonal eating for the summer
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I am looking out the window and the sky is debating on whether to be sunny or cloudy. It teases with a few blue patches here and few there, but it is decidedly ambivalent. There seems to be more rain than sun lately, and the temperatures are still having a difficult time staying above sixty-five. Despite all this, the calendar tells us it is summer.

Summer can be warm, hot, and sweltering. In order to balance ourselves with our environment, it would be best if we consumed items that are cooling. This has little to do with the temperature and more to do with the inherent nature of our food and drink. Our bodies prefer warmth. It works best when warmed. Warmth expands. Cold contracts. Contraction can cause discomfort that can be very noticeable or extremely subtle. Taking anything out of the refrigerator and freezer to gobble up immediately is not in our best interest. Traditional Chinese Medicine strongly encourages warming things up to at least room temperature. If you want to eat salad, let it sit out for a little bit. If you have a hankering for yogurt or cheese or something else that we associate with being chilled, waiting a little bit before serving would be a much better idea. If you find yourself at a party or a restaurant and cannot control the menu, a mug of warm water with some lemon will help lessen the jarring effects anything cold or frozen would have on our digestive tract.

The more water a food contains, the more cooling it is. The prime example is watermelon. It is the best thing to eat when we are hot. Salad stuff, such as tomatoes, cucumbers and lettuce, is full of water. As are berries, melons, squash, corn, zucchini and peaches. We wait all year for the bounty of summer. Let's enjoy!

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