

What's Growing

This morning I had the pleasure of returning to a garden I had not seen for almost 10 days during my travels. My son and I poked around the garden to the acoustic harmonies of our local dog-day cicadas, with a baseline of distant church bells. We slowly peeked below fuzzy elephant ear sized burdock leaves to see what we could find, and we were delighted to walk back to the house with some beautiful photos of bugs (including a praying mantis that gave us a hairy eyeball when we interrupted his lunch), ripening peppers, 1 honeycrisp, a heaping monster bowl of zucchini and squash blossoms, several varieties of beans, and juicy leaves of kale flying off the top of the bowl in the breeze. One of the squash blossoms was attained after a short battle with a bumble bee tucked within. *Abundance.*

The garden is in her glory - so much so that it is time to trim her back. Every moment a transition. *Impermanence.*

As we transition into beach toys now replaced with picked over school supplies on the supermarket shelves, let's take a look at this abundant, perfectly classic combo of beans and greens, to easily nourish our bodies as we squeak out the last remnants of yummy summer dog-days.

How nutritious is it?

My farmer grows the most BEAUTIFUL greens. Each week, when she brings them over, I chop them up to get them ready for the week's meals. They make it into most dishes; stirfrys, meatloaf, salads, soups, you name it. Any of the fibrous stems that won't cook down, I juice. The rest goes back to the earth in the way of compost. Anything we don't get to in a day or two goes in the freezer. All greens freeze well except lettuce. Nutrition? All of it, lol. Minerals, vitamins, electrolytes, iron, fiber...and tons of protein (yep, protein). Beans paired with greens and some grains make complete proteins (all essential amino acids). No meat required.

What to do with these cuties?

The possibilities here are endless. And since cooking greens are easily available year round, it can be easy to add these to most weeknight meals. Greens and beans make a great vegan or vegetarian maindish when served over grains (rice, quinoa, polenta), an amazing sidedish, great stirred into scrambled eggs (or tofu), frozen and added to soups, etc.

In your life; *Transitions can sometimes feel wobbly...liminal. Sometimes welcome, sometimes tumultuous, when the desire of the future pulls stronger on our ability to stay in the present moment, especially if that present moment is one we don't prefer. I've learned to be a patient and curious student of discomfort and change. And with gratitude for the teachings of my MANY mentors, I believe in the certainty of the goodness of the future, and, like a well tended garden, believe life is always working for my greatest growth. No matter where you are in this moment, or in the world, the sun, proven time again, is always rising.*

Local Growing Season

Weekly Nibble #53

Week of September 8th 2026



Klaudia



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