



*Local Growing Season
Weekly Nibble #50
Week of June 2nd 2026*

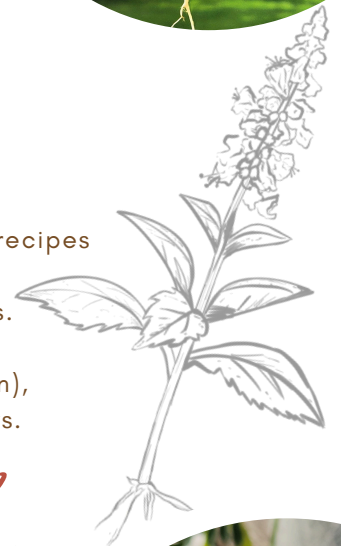
What's Growing

Spring is one of those seasons I spend a good amount of winter preparing for. And she came a bit later this year according to my personal hobby farmer's almanac. Her abundance humbles me. Her burst of life and energy takes my breath away. And it's hard for me to choose what to focus on. I thought about all the baby greens, or the edible flowers when they bolt...and I honor, and know, that choosing is not my strength. However, my sweet little baby radishes have been the best in show this week (some of my lucky neighbors will confirm this opinion). They're not the staple veggie on a platter, but growing up, plucked straight from the earth, still warm from the sun, they were often on my breakfast plate, especially in spring and fall when they are truly perfect, and fresh, and right in front of me.



How nutritious is it?

If you're not a fan, try a nice fresh one from a local farmer's market, and I have a few recipes that may change your mind. These little babies are part of the cruciferous family (think broccoli and kale) and share many of the nourishing constituents of their green cousins. Vitamin C (needed for making collagen), B vitamins (that turn your food into energy), fiber and a special protein that's healthy for your gut (important for healthy elimination), and potassium, an important electrolyte on warmer days.



What to do with this cutie?

Growing up with the land, Spring was often a time when what was available was fresh bread from last year's rye, fresh hand churned butter from our hefty cow, sweet golden honey from a sticky jar, and whatever was ready to be plucked from the earth (no greenhouse, so whatever nature decided). A slice of good bread, a nice spread of creamy yellow butter, thinly sliced radish, baby green flowers, scallion, a drizzle of honey and a sprinkle of salt. Open face, because look.. This would be handed to me by my smiling grandmother...happy after giving some negative energy a place to go - churning the cream and metabolizing her frustrations. Please try this.



***In your life;** How can you explore what this season of life has to offer...just as nature intended...no greenhouse to force...and savor the flavor of what's in front of you... when it's here for you, and perfect, and fresh...*

Klaudia



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Klaudia Burian is a Functional & Integrative Nutrition Health Coach Copyright 2026

