



The flavors of the season

Our beautiful planet is a system...a symphony of habitats, cycles, and for us animals, the finest and perfectly balanced buffet of flavors and nourishment. Spring for this girl brings with it so much excitement and anticipation I can hardly contain myself. The lettuces in my garden that self seeded in the fall are coming up, vibrant and bittersweet, and the budding sweet flowers on the trees and shrubs signal the soon arrival of sweeter berries. I even saw my 1st butterfly yesterday. I held my breath as he (or she) dilly-dallied by. One green delicacy I don't grow but really appreciate is the Belgian Endive. It's tough to cultivate (this variety is grown in the dark from chicory root), which makes me appreciate having access to it all the more. Does scarcity make the heart grow fonder? Maybe...I simply love it's beauty, culinary diversity and punch of flavor.

How nutritious is it

I love endive in so many delightful ways. They're little little - and fit into the palm of your hand. Raw, they're a perfect little juicy bite, crisp, a little moody and bitter, but when sauted, their savory sweetness fills you with comfort. The leaves pluck off into perfect little boats to carry anything. As with most greens, they nourish your heart (with folate and potassium), support healthy digestion (bitter flavors stimulate your liver), and the fiber keeps your intestines clean and your immune system happy.

Where to focus

Depending on what you crave, you can serve these hot or cold. Saute them like any other hearty green, or use this perfect little canoe for anything. If you're craving something sweet, I love them filled with ricotta and maple syrup. For a light, satisfying lunch with your very best friend, the recipe here is a basic chicken salad, sprinkled with chewy tart cherries, for a perfect blend of chewy, sweet, savory, crunchy and bitter. Top it off with a sunny day, a gentle breeze, a reasonable amount of time, a cup of tea, and a dear friend to chew over life's gifts and mysteries.

In your life; There's an ebb and flow, and a harmony between bitter and sweet moments in our lives, in our days, and sometimes moment by moment. Sometimes the sweetest gifts grow during the darkest of times.

Learning and Growing Season
Weekly Nibble #30
Week of April 7th 2024



Klaudia



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tune-in.

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