



Local Growing Season

Weekly Nibble #52

Week of July 12th 2026

What's Growing

July is one of those magical months where the baskets of produce at any farmer's market are tumbling; one right over the next - every color of the rainbow like a classic endless candy store, brimming. I hear the whisper of the old skittles commercial, in a playful hush - "taste the rainbow". As you know, I stroll through my little slice of Eden each rising day, in my bare feet, to feel the balmy kiss of the earth on my skin, and take loving inventory of which gift is bellowing her song, and sharing her light, indicating her peak of nourishment, for me. Taking a deep breath on that one. That's a prayer. Namaste great teacher, I bow.



I gather a humble handful of chamomile blooms to dry for my winter mug of comfort, nibble on sour sorrel still, crunch on radish seed pods (known as 'rat tails' - like peapods but peppery), and one lone crisp zucchini blossom catches my eye...I gather mint for the day's spring water, and saunter inside to scribble this love letter I wrote you in my mind. Today, my darling farmer is loading up her bushels of glory with a list as long as my forearm.

How nutritious is it?

I grew up eating LOTS and LOTS of cabbage (thank you mama). And I have shared recipes with you in the past of various ways to spotlight this sweet, fiber filled, juicy, crunchy brassica. (Let me know if you would like those). And, in my nest, not all birds sing her name in praise like I do (lol)...so I get creative.



I love watching cooking shows that take us back to the origins of recipes that never seem to go out of style - and this week I was pleased to dive in to some culinary anthropology around the common cabbage, as an Irish staple woven through comforting Irish Colcannon - a perfect vehicle for those more pungent greens, and those quiet birds.

What to do with this cutie?

The 'wheel' of this recipe, (traditional, not yet re-invented), features a quart of potatoes like the Yukon gold (equivalent found here in the states, and my favorite) steamed in the skin to preserve nutrients and flavor; 1 chopped head of cabbage, with most of the dark green leaves for a punch of color, boiled with lots of scallion and drained; shredded boiled bacon or ham, a few pats of country butter, a pinch of salt, all stirred together and served heaping in a bowl. For my recipe, I used 2 sweet potatoes, 1 Japanese sweet potato (purple skin, white flesh), sautéed the cabbage with a white onion in some organic oil, omitted the meat, and topped it with a pat of organic vegan butter and flake salt. I'm obsessed. And full. All the birds enjoyed it...cabbage and all.



In your life; My gratitude practice is quite short. I wake each day, greet abundance with a deep breath, and know there is nothing I'm not grateful for. namaste.

 Klaudia



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