


# Spring



**SPRING** – The rivers are swollen with snowmelt & the sap is starting to run in the trees. All the moisture that was bound by freezing temperatures is now moving to clear winter stagnation. And for our bodies, spring is the optimal time for lightening and clearing. Accumulated heavy & dense qualities from winter must be broken down & burned up. The body's need for the rich foods of winter shifts to a desire for light, dry, simple foods that digest easily. Stoke the digestive fires & encourage the body's natural cleansing this time of year with the pungent, bitter & astringent tastes found in seasonal greens, bright berries, fresh ginger, turmeric & spicy soups.

 Dates, information and menu's for our Spring Cookery Schools will be released half way through our Winter season

