

HOW LONG WOULD IT TAKE NATURE TO MAKE A RECIPE?

After reading this, a slice of bread will never be the same again

I propose this little exercise to turn your food into treasures

Today I went out for a walk without haste, which allows me to leave the city and enter in nature. At this time of year - spring - the fields where I live are full of cereals: wheat, barley, oats ... a real gem, see some of the photos.

When you pay close attention to what is happening around you, you can come up with very useful observations, which get you close to respecting your surroundings, and my observation today has been: how long would it take nature take to make a recipe?

Imagine for a moment that you want to make bread, something so simple that you can only make such simple ingredients as flour, water, salt and with or without yeast. And now, think for a moment what would happen if you had to start from scratch: grow the cereal to get the flour, dry sea water to get salt, get pure water and make your own yeast ... it would certainly be an adventure.

Let's focus on one ingredient: flour to make bread. In order to make flour, you would need to wait a year, so that you can harvest the fruits of your field. Yes, a year, you read well. During this year, it would be imperative that it rain when it has to rain, make it sunny when necessary, cold and heat at its right time and moment ... a feat. If it rains too much when the cereal already has a spike and is dry it can be filled with fungus and get useless to eat, if it rains a little and it is very hot the harvest will be low or zero, maybe your field gets sick and you run out of crop ... If you are lucky, it will take a year to have your bread, if not, maybe two.

If unluckily you run out of crop, it would be very nice to have someone like you, trying to make some bread from cereal sharing the crop with you ... much better than waiting another year.

Cocina tu vida

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Once you have managed to make your bread, the love you will have for that food will be immense and I am sure you would not throw a crumb. With dry bread you will make breadcrumbs or bread soup, whatever, to take good advantage of what it has cost you so much.

What if you wanted to make a whole recipe? Think of your favorite recipe and ingredients. How long would it take nature to prepare your favorite recipe?

Valuing the things we have and paying full attention to what surrounds us makes them become special.

I hope you enjoy this "meditation" or awareness, call it whatever you want, I just want it to make something simple as a slice of bread become a treasure.

#mindfulness