

ONE DAY AT A TIME

AUTUMN TIME

ALTHOUGH AUTUMN MARKS THE ENDING OF WARMER WEATHER AND LONGER DAYS, IT CELEBRATES A BEGINNING TOO. AFTER A SUMMER HIATUS, OUR TASTE BUDS ARE ONCE AGAIN READY FOR MORE - ROBUST, SPICIER ADVENTURE. OCTOBER IS LIKE RAGTIME PLAYED SLOW: EVERYTHING IS MORE INTENSE - COLORS, EMOTIONS, AND APPETITES. FALL IS A TIME FOR GETTING BACK INTO THE KITCHEN, FOR REDISCOVERING YOUR HEAVY POTS AND PANS.

IT'S A TIME FOR PREPARATION, TOO, AGAINST THE COLDS AND FLU'S OF THE IMPENDING WINTER. TO KEEP YOUR RESISTANCE UP, TRY CREATING RECIPES THAT WILL FEATURE WARMING SPICES, WHICH ARE SOME OF THE HEALTHIEST INGREDIENTS IN NATURE'S PHARMACY.

WORK'S FOR ME!!!!

WARMING SPICES OFFER A MYRIAD OF BENEFITS, INCLUDING EASING JOINT PAIN, IMPROVING CIRCULATION, AND PERHAPS ACCORDING TO AYURVEDIC MEDICINE, STIMULATE YOUR AGNI, OR INNER FIRE, MAKING YOU FEEL MORE ALIVE AND ENERGETIC.

COINCIDENTALLY, THESE SPICES—CURRY, TURMERIC, CINNAMON, ANNATTO, CHILI POWDER, PAPRIKA, GINGER, AND SAFFRON—MIRROR THE VIBRANT, DEFIANT COLORS OF THE FALLING LEAVES. IN OCTOBER, EVERYTHING COMES TOGETHER IN A GLORIOUS BURST OF CREATIVITY.

WORK'S FOR ME!!!!

JACK