

Spring is Springing down here in Florida! Last weekend, I walked out into my yard where I have planted lots of herbs and plants to attract all kinds of wonderful critters and flitters! My first sign of feeding was my bees on the basil bush! What a show! I just plopped down in the grass and was amazed at these tiny flitters hopping from flower to flower enjoying the yummys. They had no idea that I was anywhere in sight. They were intoxicated by the freshness of this simple and small bush.

I also thought about these 2 very natural things which we personally can enjoy the fruits of THEIR labor. As most of you know, my husband and I love to cook! There is nothing more incredible than walking out my front door with scissors in hand and snipping the fragrant and delicious basil. We use it in so many sauces but my favorite it just taking the whole leave and adding it to a tomato (also fresh from our garden) and a slice of mozzarella...don't forget the olive oil and balsamic vinegar. What a treat!

The other element of our bees is the HONEY! I have not gotten into bee keeping yet, but I have several friends who are making this their hobby! I feel honored to help them pollenate. With so many chemicals in our world today, it is a challenge for our bees to find happy places. Getting and having natural honey is also a delectable treat! I just made some tasty barbeque sauce using a local honey!

I think it is very nice to see more people growing their own food sources! Not only is it a joy to eat but a pleasure to watch.

Happy Spring,

Kim Pezzeminti



