



Wellness Wednesday:

Exploring mindfulness with herbs and spices

Key messages:

Mindfulness is the practice of living in the present moment by taking notice of all your senses plus your thoughts and feelings. You are not fixed on rehashing the past or worrying about the future, but instead focusing on what is happening right now and experiencing life in the present. You have five senses: sight, touch, hearing, smell, and taste. Food should be enjoyed with all five of your senses; taste, and smell, the beautiful presentation of food, texture, not only for the food but also for the eating utensils such as forks, plates, and bowls.

Herbs and spices are great ways to enhance the flavors of our meals. Rubbing the herbs between your fingers or hands releases the essential oils to increase the herb's fragrance and flavor. If you don't have fresh herbs on hand for a recipe, this is a great way to enhance the flavor of your dried herbs.

Activity: Whatever is MINT to be, will be

Get a sample of the herb of your choice (Note: Dried herbs will have the most noticeable difference between the first and second smell)

- Pick up the herb, smell it and set it back down.
- Now, rub the herb between your fingers first and then smell it.
- What did you notice between the first time you smelled the herb and the second time you smelled it? Did anything change?

chefsa.org

@CHEFSanAntonio

