A thriving household depends on the use of seasonal produce and the application of common sense. --Oliver de Serres (1539-1619)

**Seasons of the Monastic Table**

"'Remember the earth whose skin you are,' writes Joy Harjo, and there is literal truth to this. We are grown from the body of the Earth, we are made of it, and to it we return. Plants, bacteria, animals, fungi, humans: we all exist in relationship to each other and to a rotating and orbiting planet whose journey around the sun gives us waxing and waning light, seed sprouts and withering stems. Being attentive to these cycles and patterns can be a practice of remembrance." From Emergence Magazine comes a cookbook inspired by monastic cuisine, that honors the seasons with twenty-eight recipes to celebrate spring, summer, autumn, and winter.

**Be The Change:**

Take a moment to reflect on the connections that exist or don’t exist between your own daily life and the play of seasons. In what ways are your seasonal rhythms, activities and inputs linked to Nature’s cycles?