



## Live Seasonally

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This is a prairie sunflower. It is the last showy perennial to bloom in my garden every year. Because it's tall and bright, I can see it from almost anywhere in the garden right now, and from the kitchen window. I have a vase of these cheerful flowers sitting in the entry hall.

The longer I'm on this journey to eat seasonally the more it spreads to other areas of my life, like the fresh flowers I keep in the house. I once read, where Dr. Andrew Weil suggests, that a lot of health issues might be triggered by our disconnect to nature. He recommends keeping fresh flowers around as one way to bridge that gap. I think his recommendation should go one step further. The flowers should be seasonal.

For years I have been appalled that watermelon is available in the supermarket in winter, or that I can buy asparagus in August. Now I'm seeing the same thing with flowers. You can buy sunflowers in January, and tulips July. Something just does not feel right about having a vase of sunflowers in the house when it's cold out. It's like eating watermelon in winter. Watermelon is a refreshing treat, in the summer, when it is hot, but when it's cold out I want something more solid and filling.

We now live in a world where we can have anything at anytime. But just because we can, should we? What do you think?

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