



HERBS FOR FLAVOUR & HEALTH

by Pauline Canzani

My garden is filled with the most amazing herbs. They not only add incredible flavor to meals but are also packed with antioxidants, nutrients, vitamins, and minerals that offer numerous health benefits. For instance, parsley is rich in vitamin C and iron, lavender and chamomile are relaxing, peppermint has healing properties, and lemon balm reduces stress and aids sleep.

The best part about herbs is that they are easy to grow, even in containers or flowerpots on your kitchen counter or deck. I use fresh herbs every day—washing, chopping, and adding them to salads and meals for a health boost and a touch of decoration. When I have extra, I put them in freezer bags, flattening the bag as I go to take up less space. Once a bag is full -Voila! I have fresh herbs all winter long, ready to break off and add to my dishes.



Fresh herbs really belong anywhere you put them.

-Alex Guarnaschelli

Photos are of Pauline's garden

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Pesto Pasta - Simple and Delicious!

- 2 cups basil – or other (tasty) blitzable leafy greens (like kale, baby spinach)
- 2 tablespoons pine nuts – or other nuts (chopped). Cashews are the best (better value!) sub for a basil pesto.
- 1/2 cup / 50 grams parmesan. The better the quality, the better your pesto!
- 1/2 cup extra virgin olive oil – a really good quality one makes all the difference here! I know that sounds like a lot of olive oil but you need it, to make a good pesto. If you don't use enough, the pesto will be too pasty to use and it will be harder to blend too.
- 1 small garlic clove – not too large, else it will have too much of a raw, harsh garlic flavour.
- Salt and pepper

Combine and blend – that's it!



A little trick to make the pesto less dry is to add some of the pasta water to the mix before blending. This will make the pesto more moist and delicious - the editor

LOOKING BACK...A BIT OF HISTORY



What had I gotten myself into? Not even 16 and dropping out of school, leaving my tiny village of Sutton and moving to Montreal, 90 kilometers away. I found a job taking care of a French-Canadian woman who was ill. I couldn't even speak French, nor could she speak English, but luckily, one of her adult daughters, also named



Pauline spoke English and she was so happy that I was there to cook, clean and care for her mom.

My employer's daughter helped me learn French and showed me how to use buses to go to night school to finish my high school certificate. How exciting it was when she took me to the opening of Saint Hubert BBQ! It was the first time I ever ate in a restaurant, and it was so delicious. On my days off I would sit in a bus and go all over town, and I would especially love to go up to Mount Royal, a small mountain in the middle of Montreal.

Leaving home and moving to Montreal gave me the chance to spread my wings, to feel carefree, young and beautiful, and to embrace life's potential. I smile when I think back on that time, seeing it mirrored in my children and grandchildren.