**MAKE THE ORDINARY EXOTIC**

Instead of chasing produce across the world, rediscover local greens that are a powerhouse of taste and good health.

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**SHEEHY LASHO KUTTY**

There is constant trade between the seasons and I always find myself at the gate, trying to keep up with the pace of nature. I try to feed my soul with the goodness of local produce, and it seems like it is meant to be. When I found myself in a field of wild spinach, I knew I had to make it work, even if it meant breaking some rules.

I have always been fascinated by the idea of using wild greens in cooking. They add a unique flavor and texture to dishes, making them more interesting and nutritious. But the challenge has been finding a way to use them in a way that is both satisfying and accessible.

Recently, I stumbled upon a field of wild spinach, and I knew I had to make something special with it. I decided to make a spinach soup, using a combination of wild spinach and fresh spinach. It was a delicious and satisfying meal, and I realized that using wild greens in cooking can be a great way to add variety to your diet.

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**OTHER GREENS**

**PANNA KEERAI** (Olive creek) grows plentifully in uncultivated fields. It is rich in vitamins and minerals, making it a nutritional powerhouse.

**MUDAKATHAN KEERAI** (Sessile joyweed) is great for stir-fried dishes.

**KATTU PONNANGANNI KEERAI** (Pannanganni) is a great addition to stir-fried dishes, adding a unique flavor and texture.

**VILLEGU COMB** grows plentifully in uncultivated fields. It is rich in vitamins and minerals, making it a nutritional powerhouse.

**AMMUYILE LOOKEE** (Spinach) is great for soups and stews.

**PERIYAL** (Sessile joyweed) is great for stir-fried dishes.

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**Sweet treats**

Cocoa Town, in association with Cris Fords and M&N Foods, organise a four-day workshop on chocolate-making. Stephen Durfee, Professor of Chocolate at the Culinary Institute of America, who has 20 years of experience in chocolate-making, will host sessions on processes from selecting good cocoa beans to wrapping chocolate bars. The workshop also includes a farm tour to learn about cocoa bean manufacturing. Limited seats only. Registration fee is Rs. 10,000.

**Decorate with Cream**

Latha’s Kitchen organises a three-day cake decoration class. Participants will be taught to pipe different types of flowers, borders, fillings, and textures. Registration fee is Rs. 1,500. Limited seats only.

**Cooking workshop**

Learn to make grills, stews, soups, salads, Chinese, Italian, and African dishes at Latha’s Kitchen’s cooking classes. You can also learn about kitchen, tableware, and cooking equipment.

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**Sai Baba Colony Store, 293 Road, Vinayak Road Building, For Delectables: 9928049416**

**PS Puram Store, 28 Road, Vinayak Road Building, For Delectables: 7878490077**