

A Recipe for Some Springtime Joy

*Curated with love by the Thirty Sunsets and a Moon Project
Together with our friend, Farai Harreld*



Go dancing in the rain and jump in the puddles, as they too are heaven on earth.

Pour just a couple of inches of water into an old shallow dish large enough for a few feathered friends. Let it rest on a chair and when the birds show up for a cool bath, count how many different species have come by for a visit.

Gently till a spot of earth in your yard with some elbow grease, intention, and hope. Moisten it with water, then sprinkle with a dusting of wildflower seeds native to your place. Lightly press the seeds into the soil with your bare feet and return to this spot, every now and again, to watch the flowers grow.

Prepare a springtime Ramadan garden ftour with a tray of dates, milk, nuts, herbs, cheese, bread, and seasonal produce. Leave a little bite of herbs, fruits, or nuts in a special spot for your animal kin. And as always, give thanks for the gift of Mother Earth.

Plant fennel seedlings in an old milk jug filled with dirt. When they're ready, build a garden sure to welcome late spring butterflies.

Bring a little spring inside with fresh picked daffodils resting in a jar of water or fallen citrus blossoms hanging from string.

Tuck spring flowers into parchment paper and hide them in a heavy book. Pull them out after a moon cycle or so, then preserve them in local beeswax or gather them into a moon shaped luminary.

Blow on a dandelion seed head and make a heartfelt wish. Tuck a few flowers in your pocket to dry in the kitchen for a healing herbal tea.

Pick fresh spring herbs like mint, nettles, or thyme. Stir chopped handfuls into soft cheese and spread over warm bread or stuff into savory pastries that are baked until golden.

Gather a bundle of spring violets to simmer down into syrup. Equal parts water and sugar will make a sweet potion for using in all kinds of ways.

It's the season for visiting, but don't come empty handed! Pack some fresh baked cookies in pint sized jam jars with handwritten notes attached.

Prepare a spread of savory pastries and sweets treats for an Eid picnic brunch or just because. Wash it all down with honey sweetened herbal tea or fresh lemonade sweetened with violet syrup.



Be in community with us by tagging your springtime joy with #ThirtySunsetsAndAMoon. And, for our Wild Little Seekers out there celebrating Ramadan and Eid al Fitr, add a note on the hidden gem from Quran or Hadith hidden in the moment of joy you share. We just might have a surprise for you!