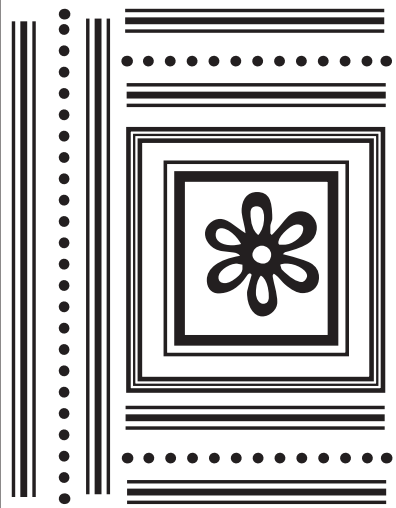
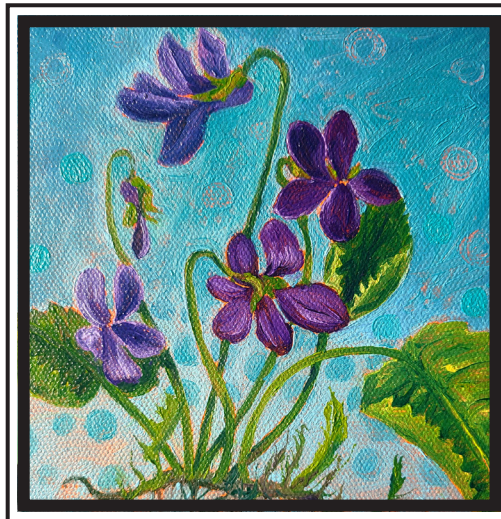
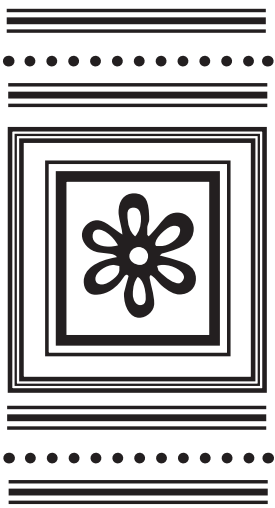


# A SPRING GIFT FROM THE LAND



GO FOR A WALK in the dappled spring sunlight. During May there will likely be violets scattered at the edges of the woods and in grassy places that aren't too mowed down. Bring a basket.

SIT ON THE GROUND AND FILL YOUR BASKET WITH FLOWER TOPS leave the stems and leaves for this recipe and just pull the flower heads.

IN A BLENDER OR FOOD PROCESSOR, combine 1/4 cup fresh violet flowers with 1/2 cup sea salt. Blend it well.

SPREAD THE MIXTURE in a thin layer over a sheet of wax paper. Allow it to dry overnight.

BREAK APART THE PIECES of the dried purple salt and pour into a jar.

ADD MORE SALT 2 or 3 tablespoons of extra course sea salt or epsom salts

ADD AN ESSENTIAL OIL if you wish to, such as lavender, to increase scent. Stir well.

Use in your bath all season to relax after a busy summer's day!

