

# Canning is Putting Love into Jars

A COLLECTION OF ESSAYS THAT  
EDUCATE AND INSPIRE



A CELEBRATION OF CANNING FROM  
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## Canning is Putting Love in Jars

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Canning is putting love in jars and this ebook is a collection of essays that explain the ways how canning is exactly that. It will address matters of practicality, but mostly of the heart. I hope it motivates you to try canning for yourself, for satisfaction of the body and soul.

### **Canning Gives Us Choice**

Canning is the skill you need to learn in order to simplify your cooking routine, eat better, exert more control over your diet, and reconnect with the food that fuels your body. In the space between where ever you are now in your eating journey and where you'd like to be, canning helps bridge the gap in an empowering and absolutely practical and achievable way. Canning truly can be for everyone. You don't need a homestead to can; you just need some jars and boiling water.

I'm a canning enthusiast for plenty of insubstantial reasons like the fact that home canned food is delicious, it is fun, and the resulting jars are pretty. The real reasons that I love it as a method of cooking are much more meaningful than jewel-colored jars and tasty dinners.

Canning gives you choice. Many of the negative food choices we make are the result of feeling like we have no other choice. Because of haste, a failure to prepare, and stress, we eat what we really don't want to eat and feel miserable later. This cycle is one we can step out of, but preserving food has to be part of the equation.

By having healthful food preserved, you are essentially cooking in advance, and giving yourself the choice of eating better when it isn't easy to do so. Opening a jar of canned peaches is faster than opening a store-bought can, miles more delicious, and can be way more nutritious. Yet, we have drifted away from methods of home preserving because it seems time

consuming, or seems difficult, or seems like an old lady hobby. The investment of an afternoon to preserve homemade tomato sauce is reaped tenfold; on many a busy evening thereafter, you can open a jar of sauce and with no or few additions beyond the pasta, have dinner ready and know that the sauce is missing all the things you want to avoid like added sugar or allergens. Give yourself choice by preserving good produce, that you want to eat, in jars.

For all the talk about eating healthy, whole, insert-diet-trend-here, the way you can actually take control of what you eat (short of growing fresh produce for yourself year round) is to can. Yet, that doesn't seem quite as hip or exciting. Old fashioned, maybe; effective, absolutely. Canning allows you to choose the produce - from a farmer's market, from your neighbor, from the conventional grocer - and prepare it however you see fit. So if you are sensitive to an additive, you won't add it. If your picky toddler doesn't like a particular flavor, you won't choose a recipe with that ingredient. There's no mystery on your plate with canning. You don't have to wonder what the jar and lid are coated with, whether or not it will make you sick, because you made it yourself.

Canning simplifies eating exponentially. Forget about reading labels; Check out any canning recipe and you'll quickly see ingredients that you would recognize from a produce stand and not much else. When you make jam, often an admittedly high-sugar food, you scoop and pour every single cupful and thus have a much better idea of how much of said jam you want to spread on your kid's PB&J. That understanding is critical to reconnecting our diets to our brains. If you want to spread the jam on thick, by all means, spread it! But because you made it, the choice will be a conscious one.

Many of us feel that eating at home is a routine worth reestablishing, and cooking in advance can be a way of making it fit our busy lives. I like to say that canning jars are clear in a metaphorical sense, as well as a physical one. You can see exactly what is inside; the shape of the plum, the seed of

the tomato, and the pickling spice floating to the bottom. There's no more mystery, no ingredients that you didn't choose, and no last minute, made in haste decisions. Canning isn't the solution to all our food problems but it can be the remedy to many of the dietary worries plaguing us today.

### **Not So Fast**

As I have moved through my twenties and tipped my toe into my thirties, I have learned ever more about the ways to feed myself and now feed my family. You have traveled a similar path surely; figuring out grocery shopping for one, bbq-ing for a party, feeding the flu, feeding a hangover, eating for study, eating for sadness, and my favorite, feasting for happiness. You learn why your mom cooked the way she did (or didn't) and why you will (or won't) follow in those footsteps. You learn from the new people you meet some awesome things to eat you never even knew you could eat and wonder why the heck you haven't eaten them before, and so on. Along this path you firm up a pattern in thinking about eating, food, and your whole relationship with feeding yourself and then your loved ones. As I journeyed along I realized that I had a rather common but unhealthy pattern in the way I evaluated a cooking and eating task. I care way, way too much about if it is fast or not.

I will be the first to say- demand even- that we working women should be understood as BUSY. I'm busy, damn it, and I don't know a woman worth her salt that isn't. I have a lot to do every day, and most days I don't get it all accomplished. I, and of course you too, are pressed by external pressures, internal forces, bad luck, and good weather to get stuff done. This pervasive pressure has caused us to squeeze something- anything, please!- out of our day and for many of us, that's cooking.

Am I the only one who associates the idea of being a "foodie" or a "gourmet" with being wealthy? If I didn't have to work, and if my husband didn't have to work, I could spend all day long making pizza dough from scratch, and shredding mozzarella that I made my hand from farm fresh

milk from the ethically sourced organic market shelf at the uber fancy grocery store. I could cook it in my imaginary outdoor kitchen, as my children laughed pleasantly with one another over completed homework, while enjoying an expensive libation, and you can insert the rest of your personal fantasy here. For most of us, that is not reality.

We buy and feed our loved ones and ourselves prepackaged, fully cooked, and otherwise inferior food because we feel like it will be faster and because that's the thing we are pressed to do, we settle for all the negative consequences we are all in the process of seeing more clearly as time goes on. All this faster food is more expensive, is full of calories that aren't also full of nourishment, and causes innumerable illnesses and ailments. It creates plastic waste that can't be recycled that we have to pay to get rid of and time to handle and who knows how much to pay to handle in the future when we run out of places to put it. I don't blame you a bit, Mama. You are doing your best and I know it. Here's what we can do instead.

What can start to do about this pattern of thinking is two things. We can realize that it isn't all that much faster. We have to spend time driving, parking, standing in line, paying, and then time to dispose of the garbage. We won't know for a long time, I bet, exactly the time a poor diet really takes from our life in terms of doctor's visits, hours we sit the metaphorical bench unable to participate as we wish we could, and literal years off our life. The time will pass by anyway; could we begin to ask ourselves if what we are doing instead is really, truly more important than mealtimes?

Secondly, we have to readjust our idea of what a quick meal really should be. If it is ready to eat in 1 minute, it probably should be a slice of watermelon or a glass of water. I am terribly guilty of this mindset; I stand impatiently waiting for a pot of water to boil, or measuring the merit of a recipe by it's length, number of ingredients, and prep time. Why don't I start by considering how delicious it would be? Or how much I would enjoy making it? Or how good I'd feel after eating it? I'm sure I am not alone.

The one time consuming cooking task I really love is canning. Save the granny jokes; I feel like it has made my supper time, snack time, and every other meal time faster and better. When I can crack open a can of tomato sauce that I canned, I know that it still could be considered a vegetable. I am feeding my small children a vegetable when I do this but if I opened a jar of store bought pasta sauce- who knows. I'd have to do an extensive google search to figure out what most of the ingredients were and a science degree to really comprehend whether or not it was a wise thing to eat or not. That is something I do not have time for, and neither should you. Canning- and fermenting, and kombucha-ing, and homemade bread baking, and cheesemaking, and more- is a way of making more at home that really isn't that time consuming, is very satisfying, better for you & those in your charge, and is something you should learn now if any of the above rings true for you.

### **Want to Improve Your Diet?**

Isn't canning just for old ladies? I'm here to tell you canning is THE thing you should be learning this season to improve mealtimes by miles, to improve your diet, to share your effort and love with others way after the seasons change, and to give authorship over one important slice of your life.

Canning is literally spreading the love. When you prepare a complex holiday meal, and exert all kinds of energy preparing it, it is of course appreciated but the results of that meal don't last. Other than the next-day turkey sandwiches, your effort can't be enjoyed later. With canning you can spend a few hours preserving delicious produce and enjoy it months afterwards. When you are the busiest, you can feel the satisfaction of that afternoon again and again. If you grow the produce yourself, then you get double the satisfaction of spreading the fruits of your labor over the course of the year. No green thumb? Me either, but don't worry. Canning has lots of love to share beyond gardeners and old women.

Canning gives you choice and authorship over what you eat. Eating healthy is THE hottest health topic around and for good reason. We all know someone who has lived what we would consider a healthful life and yet has suffered from one chronic disease or another, and surely, what we eat has played at least some small part. We cannot control everything and I would never suggest that everyone needs to start their own homestead but I will suggest that learning how to can gives you choice and that is something that is currently absent from the grocery store aisle. If you know how to can, you can preserve the peaches that you choose. Either you picked them, bought them from a market, or actively made a choice to can THOSE particular peaches. You get to wash them, you get to decide what recipe you use, what kind of sweetener, what kind of spice, and then you get to choose to feed them to your family. Buying store bought, packaged, and/or prepared food takes most of those choices away from you. If you aren't making the choice, who is? That is an important question anyone who is concerned about health should be asking.

Canning doesn't have to be all about what is green in the hip sense of the word, either. We have to be very careful about this slippery slope that marketers have put us consumers/moms/family cooks on. If we are forced to believe that organic, sustainably grown, wild, etc is THE only way to go, then it won't be long before as the family grocery shopper you run into an impasse. What if your kid doesn't like the organic strawberries? What if the fancy produce is crazy expensive? What if there's not a lot of choices in the produce aisle because you live a LONG way from the Central Valley of California? Canning allows you to take produce and preserve it for the sake of economy, nutrition, and for the choice it offers you in your diet. Choosing what you prepared yourself is almost always going to be a more healthful choice, no matter how many adjectives marketers tack onto their products.

Canning doesn't have to be the way you remember it. Canning doesn't have to take all weekend, or even all afternoon. In yesteryear, canning was

done in large batches out of necessity but now we have great refrigerators, easily accessible markets, and the recipes available to us to preserve small or medium sized batches in very sophisticated and multicultural variety. Knowing how to can allows you to reduce food waste in your home and that has an immediate financial and tangible benefit. If you bought a flat of berries and you realize a bit too late that the kids will never eat them all before they go bad, canning them saves all that nutrition and money to be enjoyed later. Later is often when you are busy and can't run to the market, and might be tempted to serve up something you'd rather not.

In my mind, canning is THE skill a modern girl should equip herself with in order to add more health, choice, and is critical to living more healthfully.

### **Canning is Part of Modern, Sustainable Home**

Canning reduces your waste of both food and packaging, gives you control over your diet, frees you from the trap of commercially produced foods, and is far more delicious than anything you can buy in a store. Canning is the technique that has brought sanity and smooth sailing to my new mom life and I want to share it with you all.

Canning allows for and respects the seasonality of produce. Canning preserves produce in jars to be enjoyed when they when it is out of season. The luxury of eating produce that is out of season and/or grown many miles away is one that is not sustainable, nor is it truly affordable.. I love eating bell peppers in the winter, and I love having pineapples available year round, but those preferences need to be to be closer in line with what is naturally growing closer to home. Learning how to can allows you to enjoy those summery tasting strawberries then none are growing nearby. It is a much more sustainable kind of magic.

Mason jars are made from recyclable, domestically produced glass. These jars are designed to be submerged, over and over, in boiling water. They are hardy, free from carcinogens, and are plastic free. There's no invisible



plastic film that can't be recycled and that will surely cause cancer. They are just plain old glass. I love mason jars because of this reason. They are literally and figuratively transparent. Mason jars come in 2 opening sizes and all lid and ring sizes always fit. Always. My greatest complaint with plastic containers is honestly the fact that the lids are never interchangeable. This makes them disposable, wasteful, and unusable. Canning jars come in regular and wide mouth. Any regular lid fits any and all regular mouth jars and the same goes for wide mouth jars. It bears mentioning that the jars are infinitely useful beyond canning. I use them for drinking any and all beverages, in my lunch box, storing bulk goods like flour, coffee beans, and sugar, and household items like crayons.

Canning fosters a healthy relationship with our food. Canning teaches you to save fresh produce for later. It brings you several steps closer to the farm on which it was raised, if not to the very berry patch, farm stand, or orchard, and that proximity is very educational. Many informed, conscious citizens have zero idea what is actually in season when, where it is cultivated, how many miles away that may be grown, the amount of fossil fuel it took to get the food to market, or what kind of waste results from each kind of food product. If you buy a can of peaches- even the politically correct, organic kind- you haven't any idea how much of those peaches was wasted when being cut from the pit or peeled, for example. When you can your own food you have absolute control in the healthiest way over the peaches you choose, the washing, the peeling, the removal of the pit, and the processing. Every step of the way, you get to choose and that is very empowering indeed.

Food that you preserve is less likely to be wasted. Canning takes about an hour, for a smaller batch of a simple recipe, and that hour in the kitchen makes a remarkable impression upon the home canner. Jam that was purchased may easily be tossed in the trash with a serving left inside, but homemade jam? That you made yourself? There's little chance that a spoonful will be wasted. Not only is it far more delicious, better for you, and

endlessly customizable to your tastes and dietary preferences, it a labor of love and that kind of investment in what we eat is critical to taming love hate relationship with store bought foods.

Canning jars are reusable, unlike the metal cans of the grocery store aisle or the ubiquitous plastic packaging in which most of our foods are wrapped. It is truly remarkable how that packaging is wrapped around even foods that are not processed- heads of cauliflower, bags of green beans- and are promptly thrown into the trash. Canning, which is essentially at home processing of foods in the name of seasonality and practicality, removes the cans and plastic from the store bought processed foods equation.

Canning helps save aging produce from the compost bin. Of course, compost is great. But canning is a key process in the modern kitchen because it helps us keep produce from going bad on the countertop and from a destiny in the compost bucket. Canning a small batch of applesauce after the fruit has lost its preferable crisp saves money, saves all the resources invested in growing said apples, and saves it all indefinitely. If the produce you are canning up before it goes bad is what you grew in your garden- in a windowsill or on a multi-acre homestead- that savings is understood tenfold.

Canned food is the gift and the presentation all in one. Home preserved food has such a high perceived value because it is a lost art that takes time and effort to execute, tastes wonderful, is healthful and free from mystery ingredients, and is beautiful to behold. Giving the gift of food, to be enjoyed with loved ones, is like giving a tiny, handmade quilt. Expert tip: a glug of white vinegar in the processing water makes the canning jars extra shiny for gifting and is especially helpful for those with hard water.

Canning forces us to look both forward and backward. If you take the time to preserve a batch of tomato sauce, you will reflect upon the quantity of tomato sauce you ate and enjoyed the previous year. You'll consider where

you sourced the tomatoes, what ways you'd like to improve upon the recipe, the jar size, or the technique you used. You also will be forced to look to the future. While roasting and peeling slippery peppers, you may consider preserving a delicious and tasty luxury only every other year. This perception is utterly different from buying your food in the grocery store pre-made and brings your attention much closer to the food system at ground level.

Canning has been the technique in my home kitchen that has given me more CHOICE than anything else. I can choose specific produce that I feel good about, choose a recipe that fits my children's preferences and my dietary demands, and choose to feed it to my family when I might be rushed or harried on a busy worknight.

### **Canning is My Love Language**

I have a confession to make: I don't give my jars of home-canned food away to just anyone. It is a lot of effort — sweaty, sometimes messy work — to preserve fruit and vegetables, and I won't give a jar away to people if I think they won't appreciate it. I gave my beloved little brother only one jar of pasta sauce in his stocking this year because I'm not convinced he'll actually cook it up and eat it.

If I give a jar of jam to someone, I really like them a lot, and they have convinced me that they will eat it and love it. Not to get all late '90s, but it should come as no surprise to you that my love language is Acts of Service. To me, canning is an act of service. With this act of service, canning allows you to share delicious, nutritious foods with those you love months after it was grown. It makes it possible for you to share this food with a lot of people because you can in batches, and it makes it easy to share the bounty of the season long after its harvest. Canning is a way of cooking that allows your effort to be shared beyond the mealtime.

One of the best parts of teaching people how to can is to hear about to whom they plan on gifting their jars of jam and salsa. Consider a holiday

dinner: Once it is enjoyed and the effort has been expended, that's it, save the next-day turkey sandwiches. With canning, the effort is spread over a much longer period of time. Canning is literally spreading the love.

You need to feed at least yourself — if not many others — three times a day, every day, and doing a good job of that can improve your life immeasurably. Canning is one awesome avenue to that improvement. I love lots of other hobbies like sewing, but I have to feed myself and my family, and canning has made that better, easier and more satisfying. I don't need to sew daily, but I definitely need daily nourishment. Canning allows that need to be met in a wholesome and connected way that opening a store-bought jar of pasta sauce just can't touch.

Canning gives you choice and authorship over what you eat. I'm not here to point fingers or get judgy about those of us who are crazy busy and sometimes feed ourselves and our families less-than-stellar meals. I'm the first to admit to feeding my kids popcorn and basically anything they want from the fridge on some nights — and that is OK. What is not OK is feeling like you don't have any other choices beyond that.

I think that canning is one way that you can *choose* to eat better. By having a jar of canned peaches on the shelf that you washed, prepared and canned, you *know* what you are serving up. In that harried moment when you have all the balls in the air, you don't have a lot to choose from. If you have available and at-the-ready food that you feel good about eating, then you will find it easier to make those choices.

Canning doesn't have to be all about what is organic/green/farm fresh/insert-your-favorite-buzzword-here, either. Sure, it is awesome to pick wild berries and preserve them or to go to a farmers market and buy fresh peppers from a person who actually grew them, but is that real life? Not by a long shot for most of us. What is real life, however, is scoring an impossibly large flat of ripe strawberries in a warehouse store on sale for cheap. Knowing how to can allows you to preserve inexpensive produce into whatever your heart desires, and even if it isn't organic or if you make

something that probably doesn't qualify as a "health food" (like syrup), it is assuredly better than whatever you can buy pre-made.

Canning doesn't have to be the way you remember it. Canning used to be done only in giant batches, in homes without cooling systems, all dang day, all season long, likely by a woman who was pretty cranky and sweaty by the end. That was all done out of necessity and tradition. Now, you can preserve in tiny batches, in pots that you already own, in jars that can be stored under your couch. The abundance and availability of sophisticated, safe recipes for batches in small and medium sizes is mouthwatering to say the least, so canning doesn't have to be boring ol' applesauce.

### **Wild Plum Jam & Living in the Moment**

The last time I saw my dear Grandpa Carlos, we visited him in his shady lawn in Willows, California. His plum trees were loaded with pretty, golden fruit and my mom and I kicked ourselves for not arriving with proper buckets for fruit collection.

Grandpa watched us pick his plums, filling grocery sacks and talking about canning jam. I know when he was well, as when he was ill, he was proud of my mom for being a stay at home mom, for having a big garden, for encouraging us kids to ride horses, for putting up every manner of food product into jars, and for teaching us gratitude and hard work. He set a fine example of those two virtues until the day he left us, and I think of him the most, with heavy heart, in the fall when he loved to go hunting and watch football.

He was a *fun* man. Really, really fun. So fun that I imagine he wasn't the best husband to his several wives, but as a grandpa, he was a blast. He taught me—as I need to remember almost daily—to relax and live in the moment. He would talk Mom into letting us drive when and where we shouldn't, and would advise anyone at anytime to drink another beer, have another bite, and play another game. He loved cards, dice, baseball,

football, casinos, rodeos, horseshoes, and beautiful women. When I look back at his role in my life and the lessons he left behind about having a good time and not worrying so damn much, more often than not it gives me pause.

I choose the word 'pause' intentionally because as a working mom, my days are on warp speed and I have to consciously tell myself to hit pause and slow down. The moments—with Baby on my lap, Daughter on the chair next to me in the kitchen—are what I'm here for. The moments in which time will stand still if only I let it are the moments I will hold in my heart forever; they are what fuels my greatest and most virtuous dreams.

I normally blog about projects that are happening *now*, but I wasn't blogging when I cooked this particular recipe with these delicious and now penultimately special plums. Fall is in the air now, plums are ripening, and hunting season always makes me think of Grandpa.

I came home from Willows that fall, pregnant with my son, and roasted his plums with my little girl on a chair beside me into the best preserve I may ever make and now I'm too sentimental to open the remaining jars and eat it up. I look back on that canning session and know I will never feel the same way again.

I know many of you have had sentimental cooking experiences; this one was mine. The smell of the plums was divine and I had such a tired, heavy heart because I knew I wouldn't be driving to Willows for a visit again. I was happy and leaden at the same time.

I can't find the recipe or pin I referred to that suggested I roast the plums so I can't give proper credit. I know my instructions that will follow are based very closely on the recipe for Plum Jam in my favorite canning book, *Canning for a New Generation*. Buy it if you want a wonderfully diverse and entirely inspiring text. You won't be sorry.

## **Recipe for Roasted Plum Jam**

4 pounds plums, pitted and diced

2 cups sugar

3 tablespoons lemon juice

1 tablespoon spice- The delightful cookbook *Canning for a New Generation* suggests cardamom but I used cinnamon, clove, and nutmeg and it was perfection.

Place the diced plums in a wide, oven safe pan and fill with just enough water to almost cover. Roast at 400 degrees, stirring often, until the fruit is very fragrant, the water is mostly cooked away, and the fruit is broken down. This is the part that makes your house smell so, so good. I can't say I have had a cooking experience like this one ever since and I hope you find it as wonderful as I did.

When the fruit is cooled a bit, ladle into a food mill and process to remove skins. Alternatively, press through a sieve. I have read that you could process in a blender but I have never done it that way though I bet it would work.

Add the lemon juice, sugar, and spice to the plums in a wide preserving pan. Simmer, stirring often, for about 20 minutes or until it is thickened significantly.

Ladle the hot jam into hot, sterilized jars following safe canning practice outlined in the introduction of any good canning book. Leave  $\frac{1}{4}$  inch headspace, add lids and rings, and process in a water bath for 5 minutes to process. Remove to a towel on a countertop and leave undisturbed for 12 hours. Label and store.

My Grandpa Carlos would hate to think of me not opening those final jars of jam that I left in the cupboard after his funeral. I may have to cowgirl up and

open one just for him—because he'd never want something so good to go to waste.

### **A Canner's Manifesto**

I care deeply about sharing with others the how and why behind learning more old fashioned, domestic pursuits like sewing, canning, and mending. Sure, I love those activities in a hobby sense, but far more importantly, those skills allow a person to become less dependent on others. I can't tell you the number of women who have told me that they couldn't hem their pants, had no idea how to fix a tear, or that they were afraid of canning. The idea that they feel they could not do those very simple things and had so much fear that they dare not even attempt a cooking task like canning is very troubling to me. Of course a person can do those things! Our grandmothers were no more able or bright than we are today. Yet many of us have erroneously developed this idea that we can't, and what a shame that is.

There are two problems with this whole mindset- that a perfectly capable gal can't make jam or sew on a button- one being that it makes said gal dependent on someone else to do it for her. By learning how to take in a dress, fix a rug binding, or cook a large and vaguely frightening squash, we take control of those tasks, those objects, and the time, money, and benefit associated. Cooking is the most obvious of these examples where the control of the food we and our families consume is often in someone else's hands. I'm not saying all those other hands are bad, necessarily, but they aren't our own. By embracing the idea that if we learn a few new things we take a bit more authority in the design and quality of our lives. Furthermore, developing increased sovereignty is certain to grow one's confidence in other, related areas. It feels really, truly good to be able to solve a problem-even a simple thing like pants that are too long-for yourself.

The second problem is the idea that a person cannot learn these things. It is fine if you don't like sewing or you don't care to learn to put up salsa. It is not fine that all kinds of people are going about believing that those skills



are vastly beyond their capability. I'm here to tell you that you indeed can learn these skills-any skills you want to- and that they are not "hard" but are a matter of deciding to learn. I worked in a fabric store while attending all five years of college and daily customers indicated that they felt like they could not ever sew/knit/tat/insert any craft here. That is bananas. Now, people compliment me often, gushing that they could never sew as I do, as if I'm a Navaho Code Talker. This is also bananas. I very rarely attempt projects, for fun or necessity, that are very difficult. Yes, anything new can be hard at first, but of course with a little practice and either mentorship or self education, it becomes much easier. Many who are working, ruling boardrooms, managing teams of subordinates, single-momming and killin' it, caretaking and problem solving, believe falsely that they could not learn to sew a bag or crochet a scarf. This makes no sense at all, of course.

The final element of this manifesto is to encourage you to find a domestic pursuit that you enjoy and do it for the sake of the pleasure in it. The satisfaction from picking, cooking, smelling, tasting, and finally canning your own jam can be tremendous. Choosing beautiful fabric or deliciously colored yarn can be therapeutic, and sitting before a spinning wheel that you finally get spinning the right way can be downright triumphant. If crocheting a hat makes you want to put the hook in your eye, then find a different medium that gives you pleasure, takes control over one tiny part of your life, and shows yourself and the world that you can absolutely learn a challenging new skill.

Here's to handmade, Wildflowers.

*Some of these essays have been published in other forms, on a variety of sites including but not limited to [www.enlightenmentissexy.com](http://www.enlightenmentissexy.com) , [www.sheknows.com](http://www.sheknows.com) and more.*

