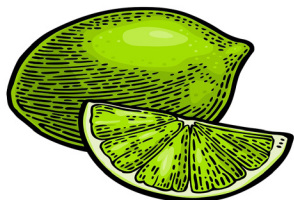




Light the NIGHT

December 21 is the winter solstice in the Northern Hemisphere, the longest night of the year and the official start of winter. Lights and candles are symbolic in many celebrations at this time of year -- think Christmas trees, Hanukkah menorahs, Kwanzaa kinaras, and New Mexican luminarias.



Sweet Limes

Sweet limes are thought to be a cross between a Mexican lime and a sweet lemon or citron. **They're low in citric acid, making them sweet rather than sour.** In Latin America, people eat the flesh like an orange. Try squeezing sweet lime on roasted winter squash.

DIY SNOW CANDLE

Here's a super simple craft to celebrate the solstice and bring a glittery holiday glow to your home.

Materials:

- Epsom salt
- Mod Podge glue
- Glass jar
- Votive candle

Steps:

1. Brush outside of jar with glue
2. Roll jar in epsom salt
3. Allow to dry
4. Insert votive candle

