

And this week...

I have always been an ambler, and have been lucky enough to live in some of the best cities for aimless wandering – Tokyo, Paris and London. New York is a great city for strolling with a direction in mind, but not for those of us who like to wander rudderless and make discoveries around the next bend in the unknown road ahead. California and The Cape are beautiful but, more often than not, one has to take a car to the walk which rather defeats the purpose.

My son has inherited my delight in heading out towards places unknown. As a child, he invented visits to “TomandJerryland” where, mid-walk, he would announce that the next crack in the sidewalk would open a portal to take us there. We would jump over the crack and then meander -- he the decision maker at each fork in the road as to whether to go right or left -- until he was tired. The next crack in the sidewalk would summon us home. We did this for a solid five years.

Today, he is of college age, and I know that when he phones me he is outdoors, moving around, exploring. Our calls are punctuated by descriptions of trees and plants that he stumbles upon or by an exclamation as some animal crosses his path unexpectedly. He is now home for part of the summer and a post-dinner or very late at night walk has already become part of our routine. We are both very much in agreement with the Welsh poet Gwyn Thomas who stated: "But the beauty is in the walking -- we are betrayed by destinations." Walking side by side with no particular aim in mind is also certainly the best way to get a college kid to talk openly about his life.

As well as walking and talking there has also been a fair amount of eating, and more meat downed in a week than I think I have eaten over the past three months! That being said, I have few recipes to share because we are presently working through his favorites, many which I have posted already.

[Herbed Egg Salad](#)

[Mushroom and Kale Pomodoro](#)

[Zingy Pea Bruschetta](#)

Pasta with Linguica, Kale and Chunky Tomato Sauce, Roasted Pasilla Pepper -
Parmesan Cream

Summer's Coming Strawberry Shake