



Saaptahik

Somewhere Between Here and Home

The festive season has a way of finding us, even from miles away.

There is a certain time of year when something quietly begins to change.

Not quite the festival itself—not yet. But suddenly, familiar colours appear in the local grocery stores. Shelves fill with sweets, flowers and decorations that seem to whisper: *festival season is coming.*

And just like that, a little bit of India comes back to us.

Perhaps we stop and look. Maybe we buy something, or maybe we simply pause to remember—the way our mothers prepared for the festivities, the sights and smells of home. Memory doesn't always need a photograph; sometimes, a familiar packet or a splash of colour is enough.

For those of us living far from where some of those memories were made, we've created a quiet tradition:

We recreate a little bit of home wherever life takes us. 😊



A little bit of home has found its way here.

THIS WEEK



A Little Bit of Home02

Why the festive season can make home feel a little closer, even when we're far away.



Seasons02

Making the most of these last golden weeks of summer, before they quietly slip away.



Did You Know?02

A little Canadian fact that might just make you look at our lakes differently.



Seasons

When Summer Comes in Baskets

*That generous time of year
when the farms seem to say:
"Take some home."*

There is a lovely moment in late summer when the farmers' markets and roadside stands seem to overflow with good things.

Peaches by the basket. Tomatoes by the box. Cucumbers, potatoes, onions and herbs — sometimes so plentiful, and so tempting, that buying just a little seems almost impossible. And perhaps we shouldn't.

This is the season to think beyond tonight's dinner.

Some of that bounty can be frozen for another day. Tomatoes can become sauce. Peaches can find their way into jam or chutney.



Herbs can be dried or frozen. And many of the vegetables we buy in abundance can be stored properly and enjoyed well after summer has packed itself away.

Even putting a little aside can make winter cooking feel a bit more generous. Because perhaps that's one of the nicest things about summer: **a little of it can stay with us.** ☀️

Did you Know

Canada has more lake area than any other country in the world.

Our lakes are among some of the world's largest.

It sounds almost unbelievable, but 563 Canadian lakes are larger than 100 square kilometres.

And The Great Lakes, straddling the Canada-U.S. boundary, contain 18% of the world's fresh lake water.

Share with Saaptahik

Have something you'd like us to share?

Have a story, an interesting idea or something you think our readers might enjoy?



Tell us about it. **We'd love to hear from you.**

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