



Welcome into our vibrant  
world with this month's  
newsletter!



***A summer-born Persian remedy, it blends cool yogurt with crisp cucumber, dried mint, rose petals, raisins, and walnuts, creating a light, herb-kissed chill that soothed bodies in the heat and offered families a simple, refreshing escape from long, sun-struck afternoons.***

*A dinner party*

*Let us celebrate your  
birthdays Persian style!*



A medieval Persian creation, it binds minced meat with rice, herbs, split peas, and warm spices, shaped into slow-simmered orbs that deepen in a tomato-saffron broth; a nourishing counterpoint to lighter fare, made to steady the body, gather families around a fragrant pot, and offer a grounding warmth that has carried through centuries of shared tables.

