

Special Comfort Food

By Natalie Lawson

Since I love to eat, I suppose my favorite comfort food would be something I don't eat very often.

I went to visit my sister Carmen in Palm Springs, California recently and I was telling her about how our sister Sally would make me cheese and onion enchiladas once in a while. Of course, since she developed Alzheimer's, it's only a memory I can enjoy. The day before I left Palm Springs, Carmen surprised me with an enchilada dinner just like my mother used to make. I do have to mention that my brother-in-law, Val, went to a culinary school after he retired. So everything was chopped up expertly and the desserts he makes are out of this world. Comforted, I was.

One day, on our way back from The Tennis BNP Paribas Open, we stopped at the Shields Date Garden. That is the food date. We saw a film on how they started their date business in 1924. They call it Home of the Romance and Sex Life of the Date. It was very interesting to see that there are so many different types of dates. Climbing the tall palm trees to harvest them is a little adventurous in itself. They have visitors and customers from all over the world. They offer free dates to taste and the walk at Shields Biblical Garden. It consists of fifteen sculptures in the Life of Christ beginning with the birth and ending with the road to Emmaus.

After eating all those flavorful dates, the walk was a perfect way to end the day. I can still remember the wonderful taste that lingered in my mouth. A true comfort food.