News EarthBeat



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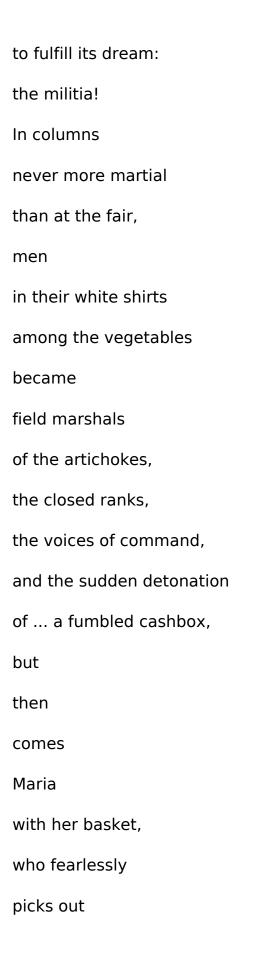
PAUSE

REFLECT

"Ode to the Artichoke" by Pablo Neruda The tender-hearted upright artichoke girded itself as a warrior, constructed a small dome, to keep itself waterproof within its scales. ... and then one day it was into the grand willow basket with the others and off

to the market

it marched



```
an artichoke,
looking at it, examining it
against the light as if it were an egg,
she buys it,
drops it
into her basket
with a pair of shoes,
a white cabbage and a
bottle
of vinegar as well
then
entering the kitchen
plunges it into the pot.
And so it ends,
in peace,
the career
of the armored vegetable
called 'artichoke,'
and presently
scale by scale
we undress
this delight
```

we munch

the peaceful paste

of its green heart.

The artichoke reminds us of the gospel call to be broken as food for others. How do you feel called to do that today?

PRAY

Write, or compose in your head, a short ode to a type of food that you appreciate.

Lenten Daily Food Reflections

pause | reflect | act

Editor's note: These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the <u>Lenten</u> Food Waste Fast at the Ignatian Solidarity Network.

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This story appears in the **Lenten Daily Food Reflections** feature series. <u>View the full series</u>.