

LS EDITOR'S NOTE

Of frosts and flavours

Winter looks gorgeous in a salad bowl and nothing can measure up to the delightful riot of colours in it. The ruby red beetroots in perfect harmony with the light green cucumbers together with the thinly cut slices of white radishes and bright orange carrots; and you must not forget to snip in some dark green capsicums and spring onions and the mandatory cilantro, drizzle all this with extra virgin olive oil, season it properly and you have



WHAT a colour combination and there is hardly anything healthier and more

appetising than this colourful bowl of salad. Winter is the vegetable season and kitchen markets all over the town are in festive moods and during such times it's almost a sin to have lunch or dinner without a bowl of salad.

Kitchen markets during winter are my personal favourites because of the rich display of colours and combinations. It's a pleasure to see dark purple, plump aubergines lying on a bed of sparkling green spinach, the okras topped off with white and green cauliflowers, cabbages or red and green tomatoes together in a basket with flat beans. The mere sight of fresh spinach being cut from their beds or shining light green turnips piled at any corner on the vegetable cart gives me a high.

For which Karwan Bazaar in the wee hours of the day or dead at night is the place to be.

Trucks unloading all sorts of produce from the villages and the lanes are clogged with fresh vegetables, it is very difficult to squeeze in and bargain in the middle of the night when nothing sells less than five kilos. But it's the best place to go to if you plan to do your weekly grocery shopping.

Bring in a friend or two so that you can split the budget.

You have to be a morning person, or else the charms and thrills of Karwan Bazaar are no different than that of other city kitchen markets. By



9am the entire area transforms back to the regular Karwan Bazaar that we normally get to see.

Gulshan 1 kitchen market has an excellent array of herbs, shrubs and other fresh produce. Of course the

superstores offer the same items and more imported ones too, but a local kitchen market beats them all. New Market Kitchen Market is also a good haunt.

Markets in the suburbs and outskirts of the city are fine places too. From the break of the day till around 7:30 am or a few hours before sunset, villagers bring in their catch from nearby rivers and fresh produce and sell them at extremely reasonable prices. These are small open markets that finish business as soon as the city wakes up or when dusk descends. One such place to go is Beri Baandh where the array of fish and vegetables is as organic as you get.

After the openings of superstores many of us stopped going to these places mainly because of the nasty lanes overflowing with dark dirty water, bad odours, and rotten vegetables stacked in a corner. Moreover for working people it is easier to drop by the superstores and get errands done while sipping coffee but the charms of buying and haggling from kitchen markets or visiting such small suburban 'haats' remain a different kind of fun altogether.

-RBR

Photo: Star Lifestyle
Archive/Sazzad Ibne Sayed

Vaseline Skin Center

EAT YOUR WAY TO HEALTHY SKIN

During winter, we tend to become a little more thoughtful about our skin, because the aridness of the weather makes it dry and rough. If you want radiant skin, the old age saying 'you are what you eat' has never been more true. Our tips will help you nourish your skin from the inside out.

Drink up: Skin needs moisture to stay flexible. Even mild dehydration will cause your skin to look dry, tired and slightly grey. We might instinctively not want to drink enough water in winter like we do in summer. But no matter what the season is, drinking water is extremely important to your body -- including your skin.

Eat your five-a-day: Fruit and vegetables contain powerful antioxidants that help to protect skin from the cellular damage caused by free radicals. Free radicals are caused by smoking, pollution and sunlight and can cause wrinkling and age spots. Eat a rainbow of colourful fruit and vegetables and aim for at least five portions a day.

Vitamin E: Vitamin E protects skin from cell damage and supports healthy skin growth. Foods high in vitamin E include almonds, avocado, hazelnuts, pine nuts and sunflower oil.

Don't be afraid of fat: Omega-3 fatty acids, found in fish, nuts and seeds, act as a natural moisturiser for your skin, keeping it supple.

Cut out crash diets: Repeatedly losing and regaining weight can take its toll on your skin, causing sagging, wrinkles and stretch marks. Crash diets are often short in essential vitamins too. Over long periods of time this type of dieting will reflect on your skin.

And finally this winter don't forget to use a good moisturizer. With a balanced diet, a good night's sleep and Vaseline Lotion, bid dry skin farewell and enjoy a beautiful, soft and glowing skin.

For any feedback or query about skin care:
www.vaseline.com



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