

EATING LIKE THEY DO

I recently attended High Tea, the newest attraction here in town. During the course of the event we feasted on dainty tea sandwiches and minuscule but, oh so scrumptious, desserts served in grand style from a fancy tea wagon. That event inspired some research. First, I found that the number of guests attending High Teas hosted by Her Majesty sometimes reach 8,000. (Now that's a lot of black bread, cream cheese, smoked salmon and English cukes!) Then, I asked, "What do royals eat the rest of the week?"

My quest to discover the answer began with the sometimes reliable Internet. I came up with tidbits such as: the Queen Elizabeth's favourite food is corn on the cob. According to a Yahoo snippet the Queen of England often eats cornflakes for breakfast out of a Tupperware™ container. (Not sure that I believe that one.) According to a 1953 article from Time magazine, her Majesty likes "short meals and plain, wholesome British fare". I was quite pleased to read that a vegetable garden has been planted on the royal property. Runner beans, onions, leeks, sweet corn, beets, carrots and an endangered variety of climbing French beans called "Blue Queen" are flourishing and perhaps gracing Buckingham's palatial table.

As far as I could discover, royals eat a lot of the same things we do (with silver dishes and tuxedoed waiters, of course). As for making all those sandwiches, the secret is having lots of help. So briefly, point is: Everyone, regardless of who they are or what their station in life, craves nourishment to feed both body and soul.

"Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty." (John 6:35)

Life often leaves us feeling empty: Jesus never does.