

Comfort and Joy
Leasa Sieve, Reference Librarian

As I start writing this, it is -13 degrees! I just want to wrap up in a blanket and sip something warm.

For me, winter is synonymous with soup. I don't think there is anything more welcome on a bone-chilling Minnesota day than a steaming bowl of soup. "Soup & Comfort: A Cookbook of Homemade Recipes to Warm the Soul" by Pamela Ellgen is a great place to start. Begin with Asiago Bisque and end the winter with Zucchini, Chickpea & Lentil Stew. You are sure to find a fantastic soup recipe for (in my opinion) ultimate winter comfort.

What could be more comfy cozy than a hand knit cowl to keep the winter wind at bay? "60 Quick Cowls: Luxurious Projects to knit in Cloud and Duo Yarns from Cascade Yarns" covers two winter comfort bases. The repetition of knitting is relaxing and you end up with a beautiful warm winter accessory. Win! Win!

"The Comfort Book" by Matt Haig is the perfect book to start off 2022. It offers hope and inspiration as we start a new year. From the back cover..."This is the book to pick up when you need the wisdom of a friend, the comfort of a hug, or the consolation of knowing the messy miracle that is being alive."

Remember Marie Kondo? "Spark Joy: An Illustrated Master Class on the Art of Organizing and Tidying Up" is worth revisiting. We spend more time in our homes during the winter, so why not tidy up a bit? I still use some of her suggestions from a few years ago when I "sparked joy" in my dresser.

Rediscover your sense of joy and learn to notice things in the world around you with "The Art of Noticing: 131 Ways to Spark Creativity, Find Inspiration, and Discover Joy in the Everyday" by Rob Walker. Now, that is a worthy new year's resolution...look for the joy around you.

"Mister Owita's Guide to Gardening: How I Learned the Unexpected Joy of a Green Thumb and an Open Heart" by Carol Wall is a memoir of finding grace and unexpected joy in gardening.

Here's to all of us finding comfort and joy as we start 2022.

Reminder: The library is closed on Monday January 17, 2022 to celebrate Martin Luther King, Jr. Day.

The library is located at 17 N. Broadway and is open to the public Monday to Thursday 9:30 a.m.-8 p.m. and Friday and Saturday 9:30 a.m.-5 p.m.