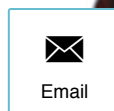
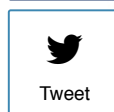


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## Mexican Vanilla

April 21, 2017 - by Melody Wren



Souvenirs are as personal as a trip itinerary is. Why do we bring, knickknacks and sentimental mementos of our travels home? Why do they mean so much? I used to pick up items just for the sake of it but the more I travelled, the less I brought home, and the more focussed I became. Authenticity was the goal. Markets are a wonderful source for trinkets and treasures and they vary depending on who you are. Handmade jewellery is always appealing for gifts (and for me) and in many places can be picked up for a song.

I spent a week in rural Mexico, traveling on the Yucatan while staying with relatives. As a reminder of the incredible food I savoured daily, I bought some authentic Mexican vanilla. Buying a package of three bottles meant I could split it into gifts and keep one for myself. In fact, I made a custom blend of vanilla and naming it Wren Vanilla that proudly sits in my baking cupboard, a scent-filled reminder of a wonderful trip.

***Recommended by Melody Wren***



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