

Stories

of

Jah Lemon

part eight

The Room of Simmering Lemons

Celebrating Citrus Aroma

Natty Mark Samuels

Stories
of
Jah Lemon

part eight

The Room of Simmering Lemons

Celebrating Citrus Aroma

©Natty Mark Samuels, 2019. African School.

<https://reggaediscography.blogspot.com/2019/01/african-garden-magazine-2019.html>

Dedication

to

PAT GREEN

aka Sista Purple

long-time culture and community activist

for her support for African School

from its inception in 2009: to its tenth anniversary year of 2019.

The Room of Simmering Lemons

Citrus Chant

Simmer, simmer,
Let it waft through the house;
Lemon fruit and rosemary herb.
Simmer, simmer,
Keep it on a low heat;
A natural air freshener.

Citrus Greeting

Jah Lemon enjoys cutting the lemons, his head buzzing with anticipation of fragrance, which the lemon never fails to offer. It is a partnership, alongside rosemary and heated water; weaving their magic, for the nasal pleasure of all. One of the good things with this version of the citrus freshener, is that it can be bottled in the fridge, for future nasal entrancement.

But his favourite one, is one without the aid of heat – but the addition of lime and vanilla. There's nothing sweeter to place on his desk, in the office of the Zambezi School, than a jar of water, full of slices of lemon, lime and sprigs of rosemary, with an accompaniment from vanilla. Lovely to have it on the desk, to look at it, to stir it now again - and see the gifts of Creation move around the glass: the intertwining of yellow and green, of two members of the citrus clan and one member of the mint family. Lovely to put his nose directly above the glass jar and take direct from the source, before its dissemination. Lovely to walk into the office at the beginning of a new day, to be welcomed with a citrus greeting: so let the day begin.

Lady Aroma

Jah Lemon imagines walking through certain locations in Italy, France or Spain, where they host citrus festivities - and immersing himself in the places of aroma. Following the Citrus Pilgrimage, that he advised his mentee Cindy Citrus to take. He's always wanted to take it himself, but there never seems to be time: Africa is always calling. But now he feels a new need to go to Menton, in the Riviera; to Calabria, Sardinia, Genoa and the orange festivals of Sciliy. Jah Lemon knows that when aroma says come, that it would be silly to refuse the invitation: all Lady Aroma offers is cordiality. She comes as she is, no pretensions and no discrimination; once you are in her orbit, you naturally become a recipient of her offerings.

Like the Patron Saint of Fragrance,
Lady Aroma comes amongst us.
At any occasion,
Her sacred emanation:
She comes without pomp or fuss.

The Streets of Vitamin C

One of the citrus festivities Jah Lemon would like to attend, is the one in Ivrea, in Italy. Following a medieval tradition of a victory of the common man over a local tyrant, this conflict is re-enacted by what is said to be Italy's biggest food fight – The Battle of Oranges. Revellers launch these citrus missiles at each other, leaving the street awash with peel, pulp and juice. He imagines taking a solitary, early morning stroll through the town, when the three day battle is over, engrossed in the aftermath of a citrus reverie. The smell of orange must linger for a day or two, as he goes walking through the streets of vitamin C.

Riveria Citrus

Come with me,
To the citrus revelry,
To a town in France called Menton.
There'll be floats and parades,
And gigantic sculptures,
All made from orange and lemon.

The Citrus Beatitudes

Blessed are those without citrus, for they shall soon know its benefits.

Blessed are the urban dwellers, for they shall visit groves and orchards.

Blessed are the poor in health, for they shall be restored through grapefruit.

Blessed are the wishers for well being, for they shall know pomelo and lemon.

Blessed are the generous, for they shall receive these fruits in abundance.

Blessed are the citrus farmers, for they know their closeness to Creation.

Blessed are the good-hearted, for they shall receive the best of the harvest.

Blessed are those who work for the health of all, for they shall know citrus mediation.

Citrus Multi-Tasker

Jah Lemon thinks of lemon as one of the original-multi-taskers. He knows it can be used for a wide range of domestic tasks. From personal experience, as well as an air freshener, he uses the peel, after a squeeze of the remnant, as a bin cleanser; and a carpet cleaner, when there is a little spillage: a squeezing over the affected spot. Either to dispel bad smells, or to encourage good ones, when Creator gave us lemon, he gave us one of his best offerings.

The Room of Simmering Lemons

And Jah Lemon gives thanks for everything Creation has given us; the colour, the shape, the medicinal and culinary possibilities: and the fragrance. Giving thanks for his little yellow companion, that he takes with him everywhere: his pocket-sized friend. He thinks that every educational institution, work environment, community centre, hospital and so on, should have a room of simmering lemons, where people can go and ease off the pressure – and resume again more positively. For the anxious student; the overloaded teacher; the single parent without respite; the overworked employee; the one that is under valued; the young man that is drifting too close to the rocks. Free and open to all, a place of healing and hushed conversation: there should always be a room of simmering lemons.

Orange or Lemon

Under the word 'aroma, ' the Cambridge Dictionary says " *A strong, pleasant smell, usually from food or drink.*" The English Oxford Living Dictionary says " *A distinctive, typically pleasant smell.*" Many people have their favourite, brought to them via incense sticks and cones, or the essential and herbal oils: their smell of a little solace. Jah Lemon is introducing the citrus options; the simmering variety and the version that stands in a glass jar, on the desk in his office.

Some will choose Honey
And others Patouchili.
He might say Amber,
She may say Lavender:
Someone will say orange or lemon

Some will vote for Rose,
As a treat for their nose.
One will opt for Nag Champa,
Another for Vanilla,
Someone will say orange or lemon.

Some will take Champaka,
While others prefer ginger.
One will swear by Cedar,
Another by Lotus Flower:
Someone will say orange or lemon.

Day After Citrus

Taking from the fridge what he'd made and used yesterday, Jah Lemon puts it in a pan, places it on the hob, to resume the simmering; so that all who enter, can receive a blessing, from the effluence of *citrus limon*.

Sources

The Lemon Festival in Menton: In Pictures - Sebastien Nogier
The Guardian, Feb.2018.

Italy's Battle of the Oranges
Speigel Online, Aug.2009

The Powerful Benefits of the Best Types of Incense - Laurie Pawlik-Kienlen
She Blossoms, 2018.

Twenty Common Incenses and What To Use Them For - Michelle Gruben

Grove and Grotto, May 2017.