



## The Wellness Column

by Amanda J. Butler

There are days in Mallorca that feel suspended in amber light, where time softens, conversation slows, and everything tastes just a little sweeter.

My recent afternoon at Lucinda Sanderson's organic citrus farm was exactly that.

Set among sun-drenched groves in the Mallorcan countryside, the day began with something beautifully simple: hand-picking oranges straight from the trees. Not supermarket-perfect, not waxed or uniform, but warm from the sun, fragrant, and alive with scent.

There is something profoundly grounding about harvesting your own fruit. The warmth of the Mediterranean sun on your face. The gentle resistance of the stem as you twist and release. The subtle spray of citrus oil as the skin breaks.

It is not just food. It's connection to Mother Nature in all her glory.

### The Art of Peeling: A Lesson in Slowing Down

Back at the long wooden table, baskets brimming with our freshly picked oranges, we began preparing the oranges for the next batch of **Montimare, Pieter-Jan Pattyn's** luminous creation – a unique blend of individual macerations and distillations of ecological citrus, Mediterranean herbs, Mallorcan almonds and quinine.

What I had not anticipated was how unexpectedly meditative, yet surprisingly labour-intensive, peeling oranges can be. The aim was not simply to remove the skin, but to peel it in one continuous ribbon, with just the right thickness. Too thin, and you lose the essential oils in the zest. Too thick, and too much of the bitter white pith remains.

It quickly became clear that zesting is an art.

At first, fingers fumbled and strips tore, followed by laughter and camaraderie. But with each orange we became more patient, more precise, more present. There was a rhythm to it, a quiet focus that drew everyone in.

By the end of the afternoon we were producing elegant spirals of peel, rich with oil, scenting the air with bright citrus notes. Fingers slightly tired, spirits uplifted. There is something deeply satisfying about participating in the process from grove to glass bottle, knowing exactly where the flavour begins.

And when we were finally rewarded with our own glass of Montimare, served nicely chilled as a Spritz with cava, by the creator himself – bright, zesty, infused with island sunshine – it tasted all the sweeter for the effort.

### Farm to Table, the Authentic Mallorca Way

We were then rewarded with a beautiful al-fresco lunch which commenced with a roasted cauliflower and potato soup – a delightfully comforting, slow-simmered bowl that tasted of fresh Mallorca countryside, prepared with love. Seasonal produce, simply prepared, with little need for embellishment.

This was followed with a truly authentic Mallorcan calçot ritual.

### A Ritual in Season: The Joy of Calçots

Calçots, often described as oversized spring onions or leeks, are a seasonal Catalan delicacy celebrated from January to April.

They are most certainly not dainty, they are



*Coming Up on Lucinda's organic citrus farm: 18-19 April - Brian Williams Transformational Breakthwork and Shamanic Journey*



**A TASTE OF TRUE MALLORCA:**  
An organic farm-to-table  
experience in the countryside

not polite – they are a messily joyful experience.

Cooked over an open flame until their outer layers blacken and char – we chose to eat them directly off the barbecue. The ritual is part of the pleasure. You grip

the green top, strip away the charred outer layer to reveal the soft, sweet interior, and then dip generously into a rich, nutty romesco-style sauce.

There is no elegant way to eat a calçot. You tilt your head back, lower it into your mouth, and accept the inevitability



of sauce on fingers and chin, and possibly, if you're not careful, all over your clothing!

It's communal. It's messy. It's delicious. And somehow, profoundly grounding.

Experiencing this ritual outdoors, surrounded by citrus trees and warm conversation, felt like stepping into something ancient and unpretentious. A reminder that food is not just nourishment, it is ceremony. A thing the Spanish do best.

But for me the grand finale was the orange cake. Made entirely from whole boiled oranges, fresh juice, almond flour and olive oil, it was moist, fragrant and beautifully textured, with no artificial sweetness. Topped with orange-infused mascarpone cheese and yoghurt with flaked almonds.

In a moment of inspired indulgence, our hostess Lucinda Sanderson, finished it off with a drizzle of last year's Montimare. It was, quite simply, divine.

Sunlight filtered through the leaves. Plates were passed slowly. Conversation drifted. Children contentedly playing in nature. No one was in a hurry to leave.

### More Than a Meal

What struck me most was not just the food, but the pace.

We often speak about wellness in terms of supplements, workouts and optimisation. Yet true wellbeing sometimes looks far more elemental. Seasonal eating. Shared effort. Sun on skin. Hands in food. Messy. Unadulterated. Laughter between strangers who, by the end of the afternoon, feel like friends.

There is something deeply restorative about engaging all the senses at once. The scent of citrus oil in the air. The texture of charred calçot skins. The taste of almonds, orange and olive oil. The sound of birds overhead. The warmth of late afternoon light.

We left with stomachs full, slightly tired fingers, and a quiet sense of contentment that lingered long after the day had ended.

### Seasonal Living in Mallorca

Lucinda hosts pop-up gatherings at her organic citrus farm throughout the year, from spring through to late autumn. These are intimate experiences rooted in seasonality, sustainability and the simple joy of sharing food in its purest form.

It is Mallorca at its most authentic. Not curated for social media, but lived, tasted and shared.

In a world that moves quickly, afternoons like this remind us that slowing down is not indulgence. It is recalibration.

And sometimes, wellness begins with something as simple as peeling an orange carefully, in one perfect strip.

For those seeking a deeper connection to Mallorca, it is often these quieter, more grounded experiences that reveal the true essence of the island, where nature, food and community come together in the most effortless and meaningful way.

**Coming Up on Lucinda's organic citrus farm:** 18-19 April – Brian Williams Transformational Breakthwork and Shamanic Journey; Montimare experiences which include making your own liquor with citrus and herbal macerations, with a delicious farm to table lunch or dinner, with Montimare of course! Themed Dining under the star events and much more... details on Lucinda's instagram account @lucinda.mallorca.

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