

The History of Wraps

A wrap is something that encloses, surrounds or captures. It might be a lovely garment, material for sustainable packaging, or even something delicious to eat. Wraps are a simple form of food in many cultures around the world; burritos, falafels, lumpia, temaki and spring rolls are all popular examples. For centuries, the spring roll has been a favorite seasonal wrap made with fresh spring vegetables, a welcomed change from winter preserves. Not only are wraps an easy on-the-go meal, they are a healthy snack that can be personally customized to fit your dietary needs.

As noted earlier, wraps come in several forms. The furoshiki, a traditional and beautifully decorated Japanese cloth, has been used for over 1,000 years, first in bath houses to wrap and carry one's clothing, and additionally as a bath mat—furoshiki literally translates to "bath spread." Typically, they are a 45- to 70-centimeter square made of cotton, but also found in rayon, nylon and silk. Furoshikis have been used to carry all types of goods from place to place, but soon succumbed to the introduction of single-use plastic bags by the end of World War II. However, furoshikis are quickly regaining their popularity! As more people seek out more eco-friendly alternatives to plastic, furoshikis are returning in full force to wrap and transport bento boxes, as well as serve as a reusable napkin, place mat or beautiful gift wrap... to perfection.

Let's return to our roots of health, simplicity and sustainability, all wrapped into one! Come learn more about wraps with me on February 23 in Tacoma!

-Lori

